

September 14: “When Someone You Know Has Depression,”

Susan J. Noonan, MD, MPH

Dr. Susan Noonan is a medical doctor, author of two books on depression, a consultant, patient, and certified Peer Specialist. She regularly blogs for “Psychology Today” and facilitates peer groups at McLean. Susan graduated with an AB from Mount Holyoke College, earned a Doctor of Medicine degree from Tufts University School of Medicine, and a Master’s Degree in Public Health from the Harvard University School of Public Health. After achieving board certification in Emergency Medicine, Dr. Noonan focused her clinical career in the greater Boston area. Emergency Medicine gave her the opportunity to treat patients with a variety of medical conditions, including many years counseling, treating, and advocating for individuals with mental illness.

Family members need to know what to say or do to cope with a person’s impaired thinking and fluctuating moods. As a physician who has treated, supported, and educated those living with – and those caring for a– person who has a mood disorder, and as one who has personal experience in living with depression, Dr. Susan Noonan has firsthand knowledge of what is most helpful. She will describe effective communication and support strategies to use when your loved one has an episode of depression, including special challenges a person may present. She will offer specific suggestions for what to say, how to encourage, and how to act around a loved one—as well as when to back off. She will also emphasize how caregivers can and must care for themselves.

October 12: “Depression as a Muse: Music by Sir Christian,”

Christian Tiogson

Christian Tiogson (also known as Sir Christian) is a member of the DBSA-Boston Board of Directors. He also volunteers at the Welcome Table and facilitates the Young Adults Group. Christian is a guitarist who has been playing for 15 years. During his career, he was diagnosed with depression and anxiety, which greatly changed his perspective on his music and life. Instead of treating depression as an enemy, he looks at the illness as a muse and a teacher, who inspires his creativity and guides him to recovery. By treating his illness as a positive factor to his music, Christian was able to bounce back from the depths of his depression and overall improve his overall well-being. Music is life for Christian and he wants to share his music and story with DBSA-Boston.

Christian will be performing an acoustic set of guitar and ukulele music. He also will take the opportunity to share some details about his battle with depression, explain his perspective of depression as a muse, and discuss his overall recovery.

Christian created a special CD just for the speaker series that contains his original music as well as live recordings from open mic sessions. He will be giving away 5 CDs in a raffle. He also will be selling autograph CD's as well. 100% of the proceeds will benefit DBSA-Boston.

We hope that you are able to catch this intimate music concert with Sir Christian!

November 09: “Clubhouses in the Boston Area,” Nancy Berger

Nancy Berger has a great passion for helping others. With the help of Center Club Boston, she now works full-time as Peer Specialist at Baycove BEST (Boston emergency services team).

Nancy will discuss clubhouses, their history in the Peer movement, and what types of services they can provide to Peers.