

# Managing your mood in these uncertain times



Between the pandemic and the isolation that comes with it, as well as the gloomy days of winter, many of us are struggling.

Join Dr. London as he discusses depression and other mood disorders and the different ways we can cope during this difficult time.

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**Wednesday, March 3, 2021**  
**3:30-4:30pm**  
via **Zoom**

Please register for this event by visiting [jfsdetroit.org/drlondon](https://jfsdetroit.org/drlondon)

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Board certified in the areas of child/adolescent and general psychiatry, Dr. Jeffrey London, MD, has over 40 years of experience working with children, adolescents and adults. A graduate of the University of Michigan Medical School, he has been on staff at the Birmingham Maple Clinic and Havenwyck Hospital. His areas of specialization include psychiatric evaluation and medication management for children and adolescents, as well as ADD/ADHD issues.

