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Family Caregivers Unite!

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November 12th 2013:Success-Depths of Depression-Success

Rebecca DiFilippo founded a successful prepress business in 1986, which she successfully operated for over 12 years. In 2001, she was hospitalized with clinical depression and struggled with a long battle back to full recovery. She describes her life prior to and during the depression and her success after the depression. She discusses the most challenging of the challenges she experienced emotionally and with her moods, in her actions and activities, and in her attitudes and reactions to other people. She talks about the help needed to overcome the challenges created by depression so that suc

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Featured Guest



Rebecca DiFilippo

Rebecca DiFilippo founded a prepress business in 1986, which she successfully operated for over 12 years. In 1998 her business was awarded the Business Excellence Award for Etobicoke, ON. In 2001, she was hospitalized with clinical depression and struggled with a long battle back to full recovery. Her devastating experience led to the creation of Moods magazine, a consumer publication covering various aspects of mental health with an emphasis on prevention. As a result of her struggles, she openly discusses her long road to recovery, her many losses, the many causes of depression, and how she was affected as a business owner, employee, mother, and spouse. She has sat on several mental health

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