

R 'R 'S 'T C Ab

By Erin Murphy
Staff Writer

In a city where the sun is shining and the birds are singing, it's hard to see the dark clouds of depression hanging over the city. But for many people, the sun is not shining and the birds are not singing. Depression is a common mental health problem that affects millions of people each year. It is a serious illness that can make it difficult to do even the simplest tasks. If you or someone you know is struggling with depression, it's important to seek help. There are many treatments available, and with the right support, you can feel better.

Depression is a common mental health problem that affects millions of people each year. It is a serious illness that can make it difficult to do even the simplest tasks. If you or someone you know is struggling with depression, it's important to seek help. There are many treatments available, and with the right support, you can feel better.

Depression is a common mental health problem that affects millions of people each year. It is a serious illness that can make it difficult to do even the simplest tasks. If you or someone you know is struggling with depression, it's important to seek help. There are many treatments available, and with the right support, you can feel better.

Depression is a common mental health problem that affects millions of people each year. It is a serious illness that can make it difficult to do even the simplest tasks. If you or someone you know is struggling with depression, it's important to seek help. There are many treatments available, and with the right support, you can feel better.

Depression is a common mental health problem that affects millions of people each year. It is a serious illness that can make it difficult to do even the simplest tasks. If you or someone you know is struggling with depression, it's important to seek help. There are many treatments available, and with the right support, you can feel better.

Depression is a common mental health problem that affects millions of people each year. It is a serious illness that can make it difficult to do even the simplest tasks. If you or someone you know is struggling with depression, it's important to seek help. There are many treatments available, and with the right support, you can feel better.

P E b C c I a E c

By Sukhinder Thethy
Staff Writer

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

"I can focus on my job, and still pursue my dream."

The dream of being a professional counselor starts with a desire to help people feel better about themselves. It's within your reach at ASPP/San Francisco. Our counseling program meets one weekend a month to offer the flexibility you're looking for while becoming a licensed Marriage & Family Therapist (MFT). Our professors are some of the area's top doctoral level counselors and psychologists. So you'll learn from the best, and be even better prepared for your career.

GRADUATE PROGRAMS OFFERED

- Counseling Psychology (M.A.)
- ASPP/San Francisco Doctorate in Clinical Psychology (Psy.D.)
- Clinical Psychology (M.A.)

ASPP/San Francisco is accredited by the North Central Association of Colleges and Schools (NCA, 30 N. LaSalle, Suite 2400, Chicago, IL 60602-1308, 800-638-8838).
American Psychological Association, 750 First St. N.E., Washington DC 20002-4242, (202) 336-1979

American School of Professional Psychology/ San Francisco Bay Area
CHANGING THE FACE OF PSYCHOLOGY.

San Francisco Bay Area Campus
395A Canal Blvd.
Point Richmond, CA 94801

AMERICAN SCHOOLS OF PROFESSIONAL PSYCHOLOGY
Visit us at www.aspp.edu to see our online courses at <http://argos.aspp.edu>
1-888-488-7533

©Argosy Education Group, Inc. 2001

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

M a H Sc S P A S Tac
by Billy O'Keefe
TMS Campus

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

After a long day of work, many people feel exhausted and stressed. This is a normal part of life, but for some people, it can lead to a condition called burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is often accompanied by feelings of helplessness, hopelessness, and a sense of being overwhelmed and frustrated. If you're experiencing burnout, it's important to take a break and seek support. There are many ways to manage stress and prevent burnout, and with the right strategies, you can feel better.

Dozens of Classes (no exams)

Special Rates for Students & Faculty

KEYMAN
771 Jackson St.
918-324-0378

FREMONT
25222 Fremont Blvd.
918-488-0233

SAN LEANDRO
567 Florio Rd.
918-351-7878

SAN JOSE
1570 Hamilton Ave.
408-267-1800

PLEASANT HILL
2318 Woodward Blvd.
925-887-0833

BALLY TOTAL FITNESS
ballyfitness.com

Comprehensive Training Area
Free Weight Area
Rehabilitation Physical Therapy Equipment
Daily Refreshments
Group Fitness Classes including:
SPINNING
PILATES
Early Swimming
Kick Boxing
BASKETBALL by Santa Clara Sports
Swimmer Strength Training Area
Low Impact & Swimming Lessons
Certified Personal Trainers
Golf Course Center
*Members may be required to purchase additional gear for some classes.

\$5 to start

COMING SOON!

SOUTH SAN FRANCISCO
180 E. St. Camino Blvd.

CAMPUS EXPRESSWAY
2000 Alamo Square
San Jose

THE PIONEER
150 South First St.
San Jose