

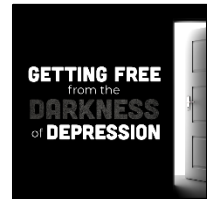
FOR IMMEDIATE RELEASE
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South Bay Bible Church Announces Community Event Depression Workshop: Getting Free from the Stubborn Darkness of Depression

On Friday, August 20, at 7:00 p.m., South Bay Bible Church is holding a one-time, virtual workshop entitled *Getting Free from the Stubborn Darkness of Depression* with internationally acclaimed author Edward T. Welch, Ph.D. Dr. Welch will address the complex nature of depression with compassion and insight. He will offer rich treasures and provide fresh hope to those struggling with depression.

EAST MORICHES, NY – Stubborn darkness. Crippling despair. Overwhelming hopelessness. These descriptions fall short of fully describing the desperate state of many people suffering from depression. On Friday, August 20, at 7:00 p.m., South Bay Bible Church, 578 Montauk Highway, East Moriches, is holding a one-time, virtual workshop entitled *Getting Free from the Stubborn Darkness of Depression* with internationally acclaimed author Edward T. Welch, Ph.D.



Instead of offering simple platitudes or unrealistic “cure-all” formulas, Dr. Welch will address the complex nature of depression with compassion and insight. He will offer rich treasures and provide fresh hope to those struggling with depression.

“Joy is not the opposite of depression. It is deeper than depression. Therefore, you can experience both. Depression is the relentless rain. Joy is the rock. Whether depression is present or not, you can stand on joy,” said Dr. Welch.

Getting Free from the Stubborn Darkness of Depression is a one-hour, online event designed to give you a new perspective, practical help, and most of all increased hope. This workshop is offered to the public without charge as a community service by South Bay Bible Church, which is underwriting all costs associated with the event.

To attend *Getting Free from the Stubborn Darkness of Depression*, please register at www.southbaychurchli.org/depression by August 11. Once registered, you will receive the conference link and workshop materials. Everyone completing the workshop will receive a complimentary copy of Dr. Welch’s book, *Depression: Looking Up from the Stubborn Darkness*. Questions may be directed to South Bay Bible Church at (631) 909-8241 or by email at info@sbbcli.org.

Edward T. Welch, M.Div., Ph.D. is a counselor and faculty member at CCEF. He earned a Ph.D. in counseling (neuropsychology) from the University of Utah and has a Master of Divinity degree from Biblical Theological Seminary. Ed has been counseling for over thirty years and has written many books and articles on biblical counseling, including *When People Are Big and God Is Small*; *Addictions: A Banquet in the Grave*; *Blame It on the Brain?*; *Depression*; *Running Scared*; *Shame Interrupted*; *Side by Side: Walking with Others in Wisdom and Love*; and *A Small Book about a Big Problem: Meditations on Anger, Patience, and Peace*. He and his wife, Sheri, have two married daughters and eight grandchildren. In his spare time, Ed enjoys spending time with his wife and extended family and playing his guitar.



As a non-denominational Christian church, South Bay Bible Church was started in 2006 with the mission to lead people into a growing relationship with Jesus Christ. The church is dedicated to creating environments where people are encouraged to pursue intimacy with God, community with insiders, and influence with outsiders.

To find out more about South Bay Bible Church and its upcoming events, please visit southbaychurchli.org.

About South Bay Bible Church: South Bay Bible Church is a non-denominational Christian church known for Biblical messages applicable to everyday life. The church meets at 578 Montauk Highway in East Moriches, NY. The church's mission is to lead people into a growing relationship with Jesus Christ. Our service schedule includes three convenient times: Sunday morning at 9:00 and 11:00, and online anytime. A nursery and children's church are available. For more information, go to southbaychurchli.org, call (631) 909-8241, or find us on Facebook or Twitter @sbbcli.

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Note to editor: A full press page with graphics, logos, and videos is available at www.southbaychurchli.org/press. News media are invited to cover "*Getting Free from the Stubborn Darkness of Depression.*" Please call ahead.

