

Sometimes I Get Sad (But Now I Know What Makes Me Happy)

Jane Ratcliffe



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Ages 5 - 10. The incidence of childhood depression has increased dramatically in the last 15 years and it is affecting younger children than before. Sara is depressed for a variety of reasons but she gets help from a combination of individual and group counseling. Sometimes she still gets sad...but now she knows how to help herself feel better.

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