

Facing Anxiety and Depression: A Conversation with His Holiness the 104th Ganden Tripa

**Free and open
to the public**

**A conversation about Buddhist
responses to anxiety and depression**

Mental health, anxiety, and depression affect many people around us, young and old alike. This event is a presentation and dialogue with a high master of Tibetan Buddhism, the 104th Ganden Tripa, about Buddhist tools and responses to dealing with these problems at both individual and social levels. Dr. Ellen Katz who teaches in the Factor-Inwentash Faculty of Social Work and in New College at the University of Toronto will mediate questions from the audience about how to counter negative self-talk and mental anguish, and how to work towards a stronger, more resilient, mind.

Ganden Tripa Lobsang Tenzin Paksangpo (or Rinpoche) is a leading Tibetan Buddhist scholar who was appointed by H.H. the Dalai Lama as the 104th Ganden Tripa, the head of the Geluk school of Tibetan Buddhism. Born in Tibet in 1934 and ordained as a monk at the age of seven, he studied to earn the highest degree of Geshe Lharampa in 1979, and has taught about Buddhist philosophies for many years. He is presently the Director of Gyume Tantric College in India.



4 July 2019

7:00–8:30 pm

Main Activity Hall

Multi-Faith Centre

569 Spadina Avenue

University of Toronto

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University of Toronto

For more information, go
to <https://buddhiststudies.utoronto.ca/events/facing-anxiety-depression>



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