



**Mood  
Disorders  
Association  
of  
Ontario**

# Strengthening Families Together

**March 30th—June 1st  
Tuesdays 6:30-8:30 p.m.**



**Call or email to register.  
Space is limited.**

**The Mood Disorders Association  
of Ontario**

**presents:**

## **Strengthening Families Together**

FREE 10-week program for  
parents who are  
providing care and support to a youth  
ages 14-35 who is experiencing  
psychosis and a mood  
disorder.

Course topics include:

What are psychosis and other related  
mental illnesses?

Coping as a family

Treating mental illness

Daily living tips

Dealing with crisis

Understanding the mental health  
system

Supporting yourself and  
your loved one

For information or to register, please  
contact:

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