



Mood
Disorders
Association
of
Ontario

Register now for MAST

Mindful Awareness Stabilization Training

MAST is a four week group that teaches emotion regulation skills through psychoeducation and mindfulness practice. This group is for individuals who experience anxiety or depression and want to learn about how mindfulness can help them cope with their symptoms.

MAST will meet Tuesdays in March

**Where: 36 Eglinton Ave. West, Suite 602
(Sun Room @ MDAO)**

**When: March 6, 13, 20, 27
3-4:30 p.m.**

**To register, contact Stacey at staceyb@mdao.ca
or 416-486-8046 ext. 237**