



MOOD DISORDERS PEER SUPPORT GROUP FOR MILLENNIALS

Do you have Bipolar,
Depression or Anxiety?
You are not alone. Our
Millennial group is FREE
peer-to-peer support and
completely confidential

5:30pm-7:00pm
Tuesdays

Ongwanada
191 Portsmouth Ave, rm 410



Founded in 2005 as a Regional Peer Support
Group through the Mood Disorders Association
of Ontario. Formerly known as MDAYAK
www.mooddisorders.ca | 1-888-486-8236



Locally sponsored by the Family Resource
Centre, a division of Addiction & Mental
Health Services-KFLA

frc@amhs-kfla.ca | 613-544-2886

WWW.MOODDISORDERS.CA/EVENT/KINGSTON-MOOD-DISORDERS-MILLENNIALS