



Mood Disorders Association of Ontario

Managing Your Depression & Anxiety

An educational recovery group lasting 8 sessions for those interested in developing understanding and tools to cope with depression and anxiety.

Through participation in this group you will:

- Develop understanding of how thoughts, feelings and behaviours contribute to depression and anxiety
- Acquire skills to manage thoughts, feelings and behaviours related to depression and anxiety.
- Learn strategies to better manage stress, worry and anger.

****Each session will involve information presentation, facilitated discussion, and skills building activities. ****

When: Tuesdays 4-6:30 (Oct. 24th—Dec. 12th)

Information Session: Tuesday Oct. 10th 4-5pm

Where: Mood Disorders Association of Ontario

36 Eglinton Avenue West, Suite 602, Toronto, ON

For registration information please contact Eric Jonasson at 416-486-8046 ext. 224 or ericj@mdao.ca