

March 2010 Drop-in (blue)/Pre-Register (green)/Special Events (magenta)

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Older Adults 1-3 pm <hr/> Women Only 6:30—8:30 pm	2 Depression & Anxiety 7:00-9:00 pm <u>Surviving in the Workplace 6:30 - 8:30 pm</u>	3 WRAP—Wellness Recovery Action Plan- ning 1:30- 4:00 pm	4 Women Only <u>1:00-3:00 pm</u> <u>Drumming to Your Own Beat 6 to 8 pm</u>	5	6
7	8 Depression/ Bipolar <u>1:30-3:30 pm</u>	9 Men Only Group <u>7:00—8:30 pm</u>	10 MDAO Program Information Day <u>11:00 am-12:00 pm</u> WRAP—Wellness Recovery Action Plan- ning 1:30- 4:00 pm Stand Up for Mental Health <u>7:00—9:45 pm</u>	11 Women Only <u>1:00-3:00 pm</u> <u>Siblings Group 6:30-8:30 pm</u>	12	13
14	15 Older Adults 1-3 pm <hr/> Family Members Only <u>7:30-9:30 pm</u>	16 Depression/Bipolar <u>7:00—9:00 pm</u>	17 WRAP—Wellness Recovery Action Plan- ning 1:30- 4:00 pm <u>Board Meeting 6:00 pm</u> Stand Up for Mental Health <u>7:00—9:45 pm</u>	18 Women Only <u>1:00-3:00 pm</u> <u>Siblings Group 6:30-8:30 pm</u>	19	20 Vocal Workshop <u>1:00—4:00 pm</u> To register call Kim at ext. 223
21	22 Depression/ Bipolar <u>1:30-3:30 pm</u>	23 Depression/Bipolar <u>7:00—9:00 pm</u>	24 Youth & Young Adults <u>7:00-9:00 pm</u> Stand Up for Mental Health <u>7:00—9:45 pm</u>	25 Women Only <u>1:00-3:00 pm</u> <u>Siblings Group 6:30-8:30 pm</u>	26	27
28	29	30 Strengthening Families Together <u>6:30—8:30 pm</u>	31 Stand Up for Mental Health <u>7:00—9:45 pm</u>			

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# Groups and Events at MDAO

## **Depression/Bipolar**

This is a group for people who have either depression or bipolar disorder.

## **Family Members Only**

This group is for family members and/or friends who do not have a mood disorder.

## **Men Only**

This group is for men who have either depression or bipolar disorder.

## **Tuesdays with Families**

The MDAO introduces a new **FAMILY NUMBER** for families who have questions about their loved one and need support **For Support, Information and Referrals 416.486.0411**  
**Tuesdays 12:00pm to 8:00pm**

## **Surviving in the Workplace**

An eight week educational group for anyone entering the workplace OR anyone currently in the workplace. This group will provide various coping strategies to help prevent relapse.

## **MDAO Program Information Day**

Information about MDAO services, agency tour & help in deciding if our groups are right for you.

## **Drumming to Our Own Beat**

Learn how to cope with your Mood Disorder by Beating Away the Blues.

## **Stand Up for Mental Health**

This 15-week program is a repeat of 8 amazingly successful projects led by Michael Cole in the last 5 years.  
Wednesday evenings starting March 10  
7:00 pm—9:45 pm

## **Older Adults**

This group is for older adults (55+) who have either depression or bipolar disorder.

## **Depression & Anxiety**

This group is for individuals dealing with both depression and anxiety.

## **Strengthening Families Together**

A ten week education and support group for parents who are providing care and support to a youth ages 14-35 who is experiencing a first episode of psychosis and a mood disorder.

## **Women Only**

This group is for women who have depression, bipolar disorder, postpartum depression, perimenopause or pre-menstrual dysphoric disorder.

## **Youth and Young Adult**

This is a support group for youth and young adults aged 16-30 affected by a mood disorder.

## **Wellness Recovery Action Planning**

**WRAP** is a non-medical approach which gives participants the knowledge and ability to reclaim their power, connect with the community and create their own recovery journey through an 8 week program.

## **Siblings Group**

A ten week education and support group for siblings who are providing care and support to a youth ages 14-35 who is experiencing a first episode of psychosis and a mood disorder

## **Voice Workshop**

Participants will learn fundamentals of deep breath work, explore vocal impulses and uncover possibilities of sound through improvisation. No experience necessary. Registration required.



**Mood Disorders Association of Ontario**  
36 Eglinton Avenue W. Suite 602  
Toronto, Ontario M4R 1A1

**Tel: 416-486-8046 Toll free: 1-888-486-8236**  
**Fax: 416-486-8127**

**Email: [info@mooddisorders.on.ca](mailto:info@mooddisorders.on.ca)**

**Website: [www.mooddisorders.on.ca](http://www.mooddisorders.on.ca)**

**Press the wheelchair access button to gain entry into the building after 4:00 p.m.**