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## Mood Disorders Association – Peer Support Calendar March 2010

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 <b>GLBT Support Group</b> 7:00-8:30 pm	2 <b>Depression/Anxiety Support Group</b> 7:00-9:00 pm	3 <b>Concurrent Disorders Support Group</b> 7:00-8:30 pm	4 <b>Depression/Anxiety Support Group</b> 1:30-3:00 pm <b>Bi-Polar Disorder Support Group</b> 7:00-9:00 pm <b>Supporting the Supporter</b> 7:00-8:30 pm	5	6
7	8 <b>GLBT Support Group</b> 7:00-8:30 pm	9 <b>Depression/Anxiety Support Group</b> 7:00-9:00 pm	10 <b>Concurrent Disorders Support Group</b> 7:00-8:30 pm	11 <b>Depression/Anxiety Support Group</b> 1:30-3:00 pm <b>Bi-Polar Disorder Support Group</b> 7:00-9:00 pm	12	13
14	15 <b>GLBT Support Group</b> 7:00-8:30 pm	16 <b>Depression/Anxiety Support Group</b> 7:00-9:00 pm	17 <b>Concurrent Disorders Support Group</b> 7:00-8:30 pm  <b>Speakers Series: Cultural Diversity</b> 7:00-8:30 pm	18 <b>Depression/Anxiety Support Group</b> 1:30-3:00 pm <b>Bi-Polar Disorder Support Group</b> 7:00-8:30 pm <b>Supporting the Supporter</b> 7:00-8:30 pm	19 <b>Motherhood Emotions</b> 1:30 am	20
21	22 <b>GLBT Support Group</b> 7:00-8:30 pm	23 <b>Depression/Anxiety Support Group</b> 7:00-9:00 pm	24 <b>Concurrent Disorders Support Group</b> 7:00-8:30 pm	25 <b>Depression/Anxiety Support Group</b> 1:30-3:00 pm <b>Bi-Polar Disorder Support Group</b> 7:00-9:00 pm	26 <b>Motherhood Emotions</b> 1:30 am	27
28	29 <b>GLBT Support Group</b> 7:00-8:30 pm	30 <b>Depression/Anxiety Support Group</b> 7:00-9:00 pm	31 <b>Concurrent Disorders Support Group</b> 7:00-8:30 pm	<b>Daylight Savings Time on March 14th</b> Don't forget to put your clocks forward one hour!		

\*Unless otherwise noted, all the Support Groups are held at the Mood Disorders Association Waterloo Region site at 67 King St. E. in Kitchener in the Basement Level. Enter through the side door of the building. To access the Basement Level, you can take the elevator or stairs and find the designated meeting room.

#### **Bi-Polar Disorder Support Group**

- Individuals who experience bi-polar disorder are invited to participate in this group. Mood swings within bi-polar can be mild, moderate, or severe and can be accompanied by changes in thinking and behavior. This group provides a safe and comfortable environment where the above can be discussed and explored.

#### **Depression/Anxiety Support Group**

- Participants who engage in the group are currently or have at some point in their life experienced depression and/or anxiety. The goal of this peer-led group is to talk and share experiences in an effort to provide support and useful information that promotes and maintains optimal health.

#### **Supporting the Supporter**

- This group was designed to support family members and friends of individuals with a mood disorder. The group is facilitated by a family member who provides a safe and comfortable environment for participants to share and support each other. It runs the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month.

#### **Concurrent Disorders Support Group**

- This group is designed to support individuals who experience concurrent disorders. The goal for the group is to provide an encouraging and comfortable environment where each individual will gain support and receive useful information to benefit overall good mental health.

#### **GLBT**

- This group is for the Gay Lesbian Bi-Sexual Transsexual community to relate and discuss common issues and how it pertains to their mental health.

#### **Speakers Series**

- This month join our guest speaker Naman Palander from the KW YMCA. Naman works in Cross Cultural and Immigrant Services and will be talking about Cultural Diversity and awareness.

#### **Motherhood Emotions**

- This is an opportunity for soon-to-be mothers and mothers to share and support each other while dealing with the emotions of pregnancy and motherhood. You may be feeling overwhelmed, anxious, may be going through the baby blues or a post partum mood disorder, or may be living with a mental health issue while going through a pregnancy or having a new baby. If so, this group is a place for you to talk with others going through similar feelings.

#### **Speakers/Education Series for 2010**

<p><i>The Speakers/Education Series is an opportunity to hear from guest speakers on a particular topic. <b>Please contact Paula Vallee with any suggestions for topics or speakers.</b></i></p> <p><b>valleep@self-help.ca</b> (519) 570-4595 ext. 290</p>	<h4><b>Upcoming Speakers Series</b></h4> <p>April 14<sup>th</sup> – Drug Awareness. Facilitated by Mark Koiter, Waterloo Regional Police Service.</p> <p>May 19<sup>th</sup> – Cultural Diversity &amp; Mental Health. Facilitated by The Kitchener Downtown Community Health Centre.</p>
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**\*When participating in our services all individuals are required to adhere to the code of conduct.**