

1 in 4 Canadians suffer from it...



Are you, or is someone
you know suffering from

**DEPRESSION,
ANXIETY or
STRESS?**

Come to a support group
where you can learn,
discuss, and find the
hope you need!

**Every Monday starting October 15th, 2007
7:30 p.m. – 8:30 p.m.
DROP IN ANY TIME**

HOPE COMMUNITY CARE CENTRE
35 King Cres., Ajax, ON L13 2L8
(southeast of 401/Harwood)

**CALL FOR MORE INFORMATION: 905-426-4347
NO REGISTRATION REQUIRED - FREE PARKING**



In partnership with the Mood Disorders Association of Ontario
Website: <http://hope-communitychurch.com>;
<http://mooddisorders.ca>

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