



**Mood
Disorders
Association
of
Ontario**

Siblings Group

**March 11th—May 20th
Thursdays 6:30-8:30 p.m.**



**Call or email to register.
Space is limited.**

The Mood Disorders Association of Ontario

presents:

Siblings Only Group

FREE 10-week program for siblings of people (ages 14-35) living with a mood disorder and psychosis.

Course topics include:

- What are psychosis and other related mental illnesses?
- Coping
- Communication
- Tools for maintaining healthy relationships
- Self-care
- Treating mental illness
- Recovery
- Supporting yourself and your sibling

For information or to register,
please contact:

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