

# For Siblings Only

---

- A support group for siblings of people living with a mood disorder and psychosis (between 14-35).
- A supportive place to share with other siblings.
- Learn about topics such as: coping, communication, self-care and recovery.



Thursdays: 6:30–8:30

20 weeks

Jan 14th–Apr 15th 2010

For more information,  
Contact:

Catherine Bancroft  
Coordinator of Family  
and Youth Programs

**Mood Disorders Association  
of Ontario**

602-36 Eglinton Avenue W.  
Toronto, Ontario  
M4R 1A1

Contact:

416-486-8046 ext. 300

E-mail: [catherineb@mooddisorders.on.ca](mailto:catherineb@mooddisorders.on.ca)

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

