



September 2010-Toronto Groups Drop-in (Blue)/Pre-Register (green)/Special Events (magenta)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 WRAP Reassurance 12:00 pm – 2:00 pm	2 Women Only <u>1:00 – 3:00 pm</u>	3	4
5	6 Labour Day Office Closed -	7 Depression & Anxiety <u>7:00 – 9:00 pm</u>	8 MDAO Program Information Day <u>11:00 am – 12:00 pm</u>	9 Women Only <u>1:00 – 3:00 pm</u> Drumming to Our Beat 6 – 8 pm	10	11
12	13 Depression/ Bipolar 1:30 - 3:30 pm	14 Men Only Group <u>7:00-8:30 pm</u>	15 WRAP Reassurance <u>12:00 pm – 2:00 pm</u> Special 25 th AGM Keynote Speaker: Dr. David Goldbloom	16 Women Only <u>1:00 – 3:00 pm</u> Drumming to Our Beat 6 – 8 pm	17	18
19	20 Older Adults <u>1:00 – 3:00 pm</u> MDAO Art Group <u>6:00 to 8:00 pm</u> Family Members Only <u>7:30 – 9:30 pm</u>	21 Depression/Bipolar <u>7:00-9:00 pm</u>	22 WRAP <u>1:30-4:00 pm</u> Story Telling Workshops 1-4pm Youth & Young Adults 7-9pm	23 Women Only <u>1:00 – 3:00 pm</u> Drumming to Our Beat 6 – 8 pm	24	25
26	27 Depression/ Bipolar <u>1:30 - 3:30 pm</u> MDAO Art Group <u>6:00 to 8:00 pm</u>	28 Info Session Mindfulness in Everyday Life 4:00 – 5:00pm Depression/Bipolar 7:00-9:00 pm	29 WRAP <u>1:30-4:00 pm</u> Story Telling Workshops 1-4 pm Laughing Like Crazy 7:00-9:45	30 Women Only <u>1:00 – 3:00 pm</u> Drumming to Our Beat 6 – 8 pm		

Groups and Events at MDAO

Depression & Anxiety

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

Older Adults

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

MDAO 25th Annual General Meeting

Wednesday Sept 15/10
6:00 – 8:00 pm

At Best Western Roehampton

6:00 -Reception
6:30 -MDAO AGM & Scholarship Presentations
7:15 Keynote Address
Dr. David Goldbloom

Please RSVP Carlin Buller @ carlinb@mooddisorders.on.ca or call 416-486-8046 ext. 222 by September 10, 2010.

Men Only

This is a group for men dealing with depression or bipolar 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. Registration required.

MDAO Program Information Day

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

WRAP Reassurance

This group is for anyone wanting to use the principles of WRAP or other recovery models to guide their discussion and further the development of their action plans.

Tuesdays with Families

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

Women Only

This group is for women dealing with a hormonal related mood

Family Members Only

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

Depression/Bipolar

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

Youth and Young Adult

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

Mindfulness in Everyday Life

This is a 5 week program that will benefit those new to mindfulness or those familiar with mindfulness and wishing to practice their skills in a supportive group. Reaistration is required.

Drumming to Our Own Beat

Learn how to cope with your Mood Disorder by Beating Away the Blues. No experience necessary. Drums, maracas &

Story Telling Workshops

Explore you're personal experience of recovery through the process of writing and stories. Registration required.

MDAO Art Group

An eight week art program for all skill levels, Monday evenings 6 – 8 pm, starting September 20th. Registration Required.

Laughing Like Crazy

This 15-week program teaches people with mental illness to take control of their life by turning their problems into comedy. Reaistration required.



Mood Disorders Association of Ontario

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