



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

100-4 Fort Street Winnipeg, Manitoba R3C 1C4
Phone: 204-786-0987 Toll Free: 1-800-263-1906
Website: www.mooddisordersmanitoba.ca

Mood Disorders Association of Manitoba

Now Offering

FAMILY NAVIGATION PROGRAM

PARENT SUPPORT GROUP

Wednesdays 5:30 – 7:00 p.m.

100-4 Fort Street

If you have a teen struggling with mood disorder/mental health we want to help. MDAM offers a free drop in peer support group for parents of teens affected by mood disorder (anxiety, depression, bipolar, self-harm, suicidal thoughts or attempts, addictions and other co-occurring disorders or hardships that teen life can bring). This is a nonjudgmental & safe environment where you can share with likeminded parents, look for help navigating the mental health system for youth or access/understand other community supports.

For more info call Charlotte Sytnyk 204-942-8715

Charlottes@mooddisordersmanitoba.ca

Visit our website at www.mooddisordersmanitoba.ca or call our office 204-786-0987

NOW OFFERING TEEN SUPPORT GROUP AT THE SAME TIME?