



# EQUILIBRIUM

a Mental Health Support Group  
for those affected by Depression or Bipolar Disorder

**When “Don’t Worry, Be Happy” doesn’t cut it**  
*signs, symptoms & impacts of anxiety*

**guest speaker**

**Melanie McGregor**, Specialist, Health Promotion &  
Advancement – Canadian Mental Health Association,  
Halton Region Branch

pls join us - discussion to follow

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**Wednesday, March 25<sup>th</sup>, 2020**  
**doors open 7:00 pm meeting at 7:30pm**

location

**Norval United Church, [14015 Danby Rd., Georgetown](#)**

**FREE admission**

for more information

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or

[www.facebook.com/EquilibriumGeorgetown/](https://www.facebook.com/EquilibriumGeorgetown/)