



Mood  
Disorders  
Association  
of  
Ontario

# MANAGING YOUR DEPRESSION & ANXIETY

An 8 week educational recovery group for those interested in understanding and developing tools to cope with depression and anxiety.

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Participants will learn:

- How thoughts, feelings and behaviours contribute to depression and anxiety
- How to manage thoughts, feelings and behaviours related to depression and anxiety
- Strategies to better manage stress, worry and anger

**An information session\* will be held on  
Tuesday, October 30<sup>th</sup> from 4:00-5:30 p.m.**

**Location: Sun Room @ MDAO  
36 Eglinton Ave. West, Suite 602**

Sessions will take place on the following Tuesdays from 4:00-6:30 p.m.:  
November 6, November 13, November 20, November 27,  
December 4, December 11, January 8, January 15

To register, contact Eric Jonasson at [ericj@mdao.ca](mailto:ericj@mdao.ca)  
or (416) 486-8046 ext. 224

\*Please note that the information session is mandatory.