

OPEN FAMILY FORUM PRESENTS
**A FAMILY'S GUIDE TO
COMMON MENTAL
HEALTH DISORDERS**
WITH DR. VANESSA AVERSA

TUESDAY, MARCH 24TH 6PM-8PM
ROOM 224, NORTHERN DISTRICT LIBRARY

Hope and Me - Mood Disorders Association is proud to present a special presentation from Dr. Vanessa Aversa, a resident psychiatrist from Sunnybrook Health Sciences Centre about the features, diagnosis, and treatments of common mental health disorders, including depression, generalized anxiety disorder, bipolar disorder, and others. The special presentation is a part of Open Family Forum, a psycho-education and peer support program for family members and caregivers who are supporting loved ones with mental health challenges.

TICKETS AVAILABLE ON EVENTBRITE
OR CONTACT SAMANTHA AT SAMANTHAF@MOODDISORDERS.CA