

**YOUTH**



**Family Matters  
Peer Support  
and  
Recovery Program**

**LIVING**

**WELL**

**For youth and young adults aged 16-29 affected by mood disorders and related issues. This open-ended group focuses on relationship issues with immediate family members, friends, and other close supporters.**



**Meeting the 2nd and 4th  
Thursday each month**

**36 Eglinton Ave. West, Suite 602 || 6:00-8:00 p.m.**

To attend an upcoming group, RSVP  
to Allison at:  
[allisondunning@mooddisorders.ca](mailto:allisondunning@mooddisorders.ca) or  
416-486-8046 ext. 222