

Lower Mainland Support Group List

<p>Vancouver</p> <p>Monday Group Mondays 1:30-3:30pm <i>*Group still runs on Stat holiday-Mondays. Exception would be if Christmas and New Years Day fall on a Monday*</i> Raven Song, 2450 Ontario street (between 8th Avenue and Broadway), Room 101 (Main Floor directly across from the elevator). ravensongmonday@gmail.com</p> <p>Tuesday Evening Group (formerly Jewish Support Group) NOTE new details as of October 9th 2nd and 4th Tuesday 6:00-8:00pm Raven Song—Room 101 2450 Ontario Street lisakleiman2013@gmail.com davemda@gmail.com</p> <p>Self-Care/Self Compassion Discussion and Support Group Every Tuesday 2:15- 4:15pm The Counselling and Wellness Centre at MDABC Suite 480- 789 West Pender St. Mdaselfcareselfcompassion@gmail.com</p>	<p>Women's Group First Monday of the month 5:45 - 7:15 pm The Counselling and Wellness Centre at MDABC Suite 480- 789 West Pender St. Mdabc.women@gmail.com</p> <p>*Moving Beyond Youth Group Ages 19—29 Monday 6:30-8:30pm MDA Office 1450-605 Robson Street (@ Seymour) As of Jan 8th, 2018 the new meeting address will be #480-789 West Pender st (@ Howe) movingbeyond.bc@gmail.com <i>**Please arrive 15 minutes early to be let into the building.</i></p> <p>Evening 2nd and 4th Thursday 7:30-9:30pm Shaughnessy Heights Church 1550 W 33rd Avenue @ Granville claire.mdabc@gmail.com</p> <p>Faith Based Evening 1st and 3rd Tuesday 7:00-9:00pm Granville Chapel 5901 Granville Street (@43rd) Janice janiceelderton@gmail.com <i>*This is not an mdabc group and the group includes prayer</i></p>	<p>East Van Group Friday 2:00-4:00pm 5575 Boundary Road East Vancouver between Vanness Ave. and Kingsway on East side of Boundary Rd – Lots of parking! <i>*Walking distance from Joyce skytrain station*</i> Contact: mosaicmda@gmail.com</p> <p>*Post Traumatic Stress Disorder (PTSD) Mondays Longhouse Ministry 2595 Franklin Street martin.mdabc@hotmail.com</p> <p><i>*Note this is our only group where pre-registration is required. Please email Martin, give your first name, email address and phone number and one of the facilitators will call, tell you about this group, and invite you to attend.</i></p>
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All of our MDABC support groups are free of charge. All our groups, except our Post Traumatic Stress Disorder (PTSD) group do not require registration, just drop in and you will be welcomed! Our PTSD group requires pre-registration, please contact martin.mdabc@hotmail.com to find out more.



MOOD DISORDERS ASSOCIATION
OF BRITISH COLUMBIA

A BRANCH OF Lookout
Mental Health Society

Mood Disorders Association of British Columbia

480-789 West Pender Street Vancouver, BC V6C 1H2 • P604.873.0103 • F604.873.3095 • info@mdabc.net • www.mdabc.net

Abbotsford

1st and 3rd Thursday
7-9pm
Abbotsford Community
Services
2420 Montrose Avenue
Christine 604.854.9404
*Note family members are wel-
come to this group, please iden-
tify yourself to the
facilitator.

Faith Based

1st and 3rd Friday
1—3pm
New Life Church
35270 Delair Road
Jenny 604-852-3662
jennykleine@shaw.ca

Burnaby

1st and 3rd Saturday
10:15am-12:15pm
Tommy Douglas library
Meeting room
7311 Kingsway
mdaburnabygroup
@gmail.com

Faith Based

2nd and 4th Friday
12-2pm
Brentwood Park Alliance Church
1410 Delta Avenue
Suzy
smmdennis@hotmail.com

New Westminster

Every Thursday
7-9pm
Sherbrooke Lounge,
Sherbrooke Centre
260 Sherbrooke Street
mdanewwest@gmail.com

Richmond

2nd and 4th Monday
And
Richmond General Hospital
7000 Westminster Highway
Room # 4 in Rotunda
*Before 8pm use south entrance
between Emergency and
parkade, after 8pm use
Emergency entrance only*
annalyn@rakehockey.ca

Surrey

Newton
3rd Monday
6-8pm
The “Roost” Clubhouse
13582 68 Ave, Surrey
Nuvi 604.561.5344
MDAfacilitator@hotmail.com

South Surrey

Whale House Support Group
1st and 3rd Fridays
10:00-11:30am
15877 Pacific Ave,
White Rock, BC

Contact the MDABC office:
604.873.0103 ext 346

Tri-City

Fridays
7—9pm
2850 Shaughnessy St #7100
Port Coquitlam
Carol tricity.mdabc@gmail.com