



Mood Disorders Association of British Columbia

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Interior and Vancouver Island Support Group List

<p>If you are interested in starting an MDABC support group in your town please go to our website here, http://www.mdabc.net/mda-general-interest-support-groups for more information.</p>	<p><u>Nanaimo</u></p> <p>1st and 3rd Tuesday 6:00-7:30pm Country Grocer Community Room 1800 Dufferin Crescent off Bowen Road Mary 250.729.9191</p> <p>PTSD 2nd & 4th Monday of the month For more information about registration criteria, time, and location, please contact nanaimomda@gmail.com</p> <p><u>Victoria</u></p> <p><i>Begbie</i> 1st and 3rd Wednesday 7:30-9:30pm Royal Jubilee Hospital (corner of Fort and Richmond Streets) Woodward Room Tamara 250.474.3065</p> <p><i>Capital</i> 2nd and 4th Tuesday 7:30-9:30pm Capital Mental Health Association 125 Skinner Street (West end of Bay Street bridge) Ken 250.475.1843</p> <p><i>Faith Based</i> 3rd Monday 7-9pm Emmanuel Baptist Church 2121 Cedarhill Cross Road (near Henderson entrance to UVic) Pastor Joan Dosso 250.592.2418 ext. 227 joan@emmanuelvictoria.ca</p>	<p><u>Interior</u></p> <p><u>Salmon Arm</u> 1st & 3rd Monday - noon Askews (Uptown) contact Nan at 250 832-3733, or ndickie@telus.net</p> <p><u>Vernon</u> Friday 2:30-4pm Canadian Mental Health 3100 28th Avenue Patricia: 250.558.6900</p>
<p><u>Vancouver Island</u></p> <p><u>*Cowichan Valley-Duncan</u> Tuesday 3:30-4:30pm Cowichan Mental Health and Addictions 3088 Gibbins Road, Duncan Debbie 250.715.0103</p> <p><i>*This group is an initiative by Cowichan Mental Health and Addictions, it is not an MDABC support group but it is a group that is open to anyone in the Cowichan Valley-Duncan area who has a mood disorder. Please contact Debbie for more information.</i></p> <p><u>North Island</u></p> <p>Every Monday 5:00pm Campbell River Community Centre 401 11 Ave, Campbell River In Room 2 nimooddisorders@mail.com</p>		

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 nanaimomda@yahoo.com to find out more.