



MOOD DISORDERS ASSOCIATION  
OF BRITISH COLUMBIA

A BRANCH OF Lookout

# Mood Disorders Association of British Columbia

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

## Lower Mainland Support Group List

<p><b>Vancouver</b></p> <p><b>Monday Group</b> 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><b>Jewish Support Group</b> 2nd Thursday 7:00-9:00pm Jewish Community Center 950 West 41st Avenue Lisa 778.228.4037 lisakleiman2013@gmail.com Dave 604.618.7531 davemda@gmail.com</p> <p><b>Self-Care/Self Compassion Discussion and Support Group</b> Every Tuesday 2:15- 4:15pm The Counselling and Wellness Centre at MDABC Suite 480- 789 West Pender St. Mdasefcareselfcompassion@gmail.com</p> <p><b>Women's Group</b> First Thursday 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><b>*Moving Beyond Youth Group</b> <b>Ages 19—29</b> Monday 6:30-8:30pm MDA Office 1450-605 Robson Street (@ Seymour) <b>As of Jan 8th, 2018 the new meeting address will be #480-789 West Pender st (@ Howe)</b>  movingbeyond.bc@gmail.com <i>**Please arrive 15 minutes early to be let into the building.</i></p> <p><b>Evening</b> 2nd and 4th Thursday 7:30-9:30pm Shaughnessy Heights Church 1550 W 33rd Avenue @ Granville claire.mdabc@gmail.com</p> <p><b>Faith Based Evening</b> 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><b>East Van Group</b> 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><b>*Post Traumatic Stress Disorder (PTSD)</b> 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.



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Mental Health Society

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## 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 Monday  
1:30-3:00pm  
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