



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

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><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>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>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 begbiemoodsupport@hotmail.com</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>Vernon</u> Friday 2:30-4pm Canadian Mental Health 3100 28th Avenue Patricia: 250.558.6900</p>

All of our MDABC support groups are free of charge. All of our groups, do not require registration, just drop in and you will be welcomed!