

Exhausted?

Feeling alone?

Having
emotional
outbursts?



KITSILANO FAMILY GROUP

**For Family & Friends
Who Care & Support
People With Mental Illness**

3rd Monday of Each Month

7:00 to 8:30 pm

St. Mark's Church
1805 Larch St. (2nd & Larch)
Upstairs in the Boardroom

**FOR MORE
INFORMATION:
Almas: 604-267-1472
OR
604-873-0103
mdabc@telus.net**



**MOOD DISORDERS ASSOCIATION
of British Columbia**

**MDA Groups meet in
locations
throughout BC.
For more information:
604-873-0103
mdabc@telus.net
www.mdabc.net**