



# *Mood Disorders Association of BC*

## *MOVING BEYOND*

**open to anyone (aged 17-29) who wants to explore/learn/talk/rant about mental health, and connect with other young adults.**

*you do not need a formal diagnosis to attend.*

*we welcome all shapes and sizes, and we'll feed ya yummy food!*

*Mondays, 6:00pm TO 8:00pm (or later)*

*@ The Mood Disorders Association office*

*#202 – 2250 Commercial Drive*

*for information contact MDA:*

*604-873-0103*



### Monthly Schedule

- 1st week: educational workshop
- 2nd week: sports/games
- 3rd week: Mental Health speaker
- 4th week: movie night

***hope to see you  
there!***