

depressed

Bipolar

ANXIETY

# VICTORIA Support Groups

VICTORIA

2nd & 4th Tues Of Each Month

7:15 to 9:30 pm

Capital Mental Health Assoc.  
Building

125 Skinner St (upstairs)  
(West end of Bay St Bridge)

Info: Ken 250-475-1843  
Tamara 250-474-3065

BEGBIE

1st & 3rd Wed Of Each Month

7:30 to 9:30 pm

Royal Jubilee Hospital

Begbie Hall, Rm 150  
(Fort & Richmond intersection)

Info: Tamara 250-474-3065  
begbiemoodsupport@hotmail.com

***Friends & Family Welcome***

FOR MORE  
INFORMATION:

MDA

604-873-0103

mdabc@telus.net



MOOD DISORDERS ASSOCIATION  
OF BRITISH COLUMBIA

MDA Groups meet in  
locations  
throughout BC.

For more information:  
[www.mdabc.net](http://www.mdabc.net)