



**CANADIAN MENTAL
HEALTH ASSOCIATION**
 ASSOCIATION CANADIENNE
 POUR LA SANTÉ MENTALE
 YORK REGION BRANCH
 Serving York Region and South Simcoe

Support for Depression

905-853-8477 ■ 1-866-208-5509

www.cmha-yr.on.ca

A United Way of York Region member agency

About the Program

Support for Depression offers individuals who are experiencing or have experienced depression an opportunity to share experiences in a safe, non-judgmental atmosphere, so that they can support each other and develop coping skills.

There is no set format; the group takes the conversation where it needs to go. In fact, at their first session, participants may just sit and listen if they so choose. The group facilitators are trained volunteers who have experienced depression themselves and are at a point in their recovery where they want to help others learn to cope with the illness.

<p>Aurora group</p> <p>① Every Wednesday night from 7:30 p.m. to 9:30 p.m. at CMHA, 15150 Yonge Street, Suite 3A</p>	<p>Markham group</p> <p>① Every Thursday night from 7:30 p.m. to 9:30 p.m. at CMHA, 3601 Highway 7 East (HSBC Tower), Suite 710, Markham</p>
<p>Newmarket groups</p> <p>① Every Thursday from 10:00 a.m. to 12 noon at Church of the Nazarene, 79 Main Street</p> <p>② Every Thursday night from 7:00 - 9:00 pm at CMHA, 1091 Gorham St. Suite 300 (N/E corner of Leslie & Gorham.)</p>	<p>Richmond Hill group</p> <p>① Every Monday night from 6:30 p.m. to 8:30 p.m. at the Rexall Pharmacy (meeting room at back of store), 9625 Yonge Street, Richmond Hill</p>

Referral and Intake

Interested Individuals are invited to attend at any of these locations. There is no need to pre-register. For more information call the Support for Depression Coordinator at ext. 4227.

This program is funded by the Central Local Health Integration Network. There are no fees for service.

About CMHA

CMHA, York Region Branch was founded in 1984 and is dedicated to improving the quality of life for people with mental illnesses. We help people learn how to maintain their mental health, look for and identify the signs of mental illness, and get help and support when they need it. Through several locations across York Region and South Simcoe, we provide a wide range of services to assist individuals with their recovery. Our multi-disciplinary team of professionals are dedicated to assisting people achieve their optimum level of mental health.

CMHA, York Region strives to be a centre of excellence in mental health and support the resilience and recovery of people experiencing mental illness.
We value accessibility, accountability, respect, inclusivity, empowerment, and leadership.

