

Depression/Manic Depression Group*

About the Group

The Depression/Manic Depression Group is a very relaxed, confidential and non-judgmental group where you can choose to come and share your experience, or just listen to what others have to say.

Many people who come to the Depression/Manic Depression Group say that they need the additional support, especially from those who understand the issues.

Topics discussed include (but are not limited to):

- Family
- Diagnosis
- Stigmas
- Holidays
- Medications
- Self esteem

The group is more than willing to discuss any other personal subjects that arise.

For more details about our programs and services, please visit our website:
www.communityresourcecentre.ca



Attending Meetings

We know that the first group is always the toughest to attend—we've been there too!

Give us a try. You'll be glad you did!

Meetings are held every:

2nd and 4th Wednesday of the month, 6:30—8:00 p.m.

Western Ottawa

Community Resource Centre

2 MacNeil Court, Kanata

Call 613-591-3686

and ask for a Counsellor

About Counselling, Information and Referral

Counsellors are available at the WOCRC for phone support or individual face-to-face counselling.

The counsellor is here to:

- answer questions about services;
- assist clients in finding solutions (i.e. house, paying bills);
- make referrals to services you need within the Western Ottawa CRC or in the community;
- provide short-term counselling;
- provide crisis intervention for individuals and families;
- and most importantly to provide a supportive ear.

We recommend calling 613-591-3686 to speak to, or make an appointment to see, a counsellor.

Counsellors are available for walk-in clients, however it is preferable to call ahead if possible.

*Available in English only/
Disponible en anglais seulement

Western Ottawa Community Resource Centre

Community services play a vital role in promoting healthy lifestyle strategies and problem solving skills for individuals and families. Whether it's facing a personal crisis, dealing with peers or aging family members, parenting or wanting to help others in your community, the WOCRC is here for you.

Our Vision

We envision a future in which Western Ottawa is comprised of vibrant, safe, healthy communities in which everyone has access to the services and resources they require for their health and wellbeing.

Our Mission

The Western Ottawa Community Resource Centre partners with others to develop, provide and coordinate accessible community, health and social services for all members of our diverse communities.

We are committed to ensuring access to permanent and quality French Language Services in our designated programs and services.

Our Guiding Beliefs

These are the deeply held beliefs within the Western Ottawa Community Resource Centre and are demonstrated through our day-to-day interactions with clients, partners, volunteers, members, and staff. For more detailed information about each of our guiding beliefs, please visit our website.

Volunteers

Volunteers are an essential part of our team. Their support and enthusiasm allows the WOCRC to offer a wider variety of programs and services.

**Join our volunteer team!
613-591-3686**



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Bringing care and community together

Depression/ Manic Depression Group



A place where people living with depression or bipolar disorder can come and talk about the 'ups and downs' of dealing with this on a daily basis.

613-591-3686

2 MacNeil Court, Kanata