

MOOD DISORDER SUPPORT GROUPS

Gather with others to find support and learn to develop strength and strategies for coping while integrating change into your lives.

1ST and 3rd Tuesdays 7 pm

For people living with mood disorders

2nd and 4th Tuesdays 7 pm

For loved ones of those living with mood disorders

*Northwell Health Long Island Jewish Valley Stream Hospital
900 Franklin Avenue, Valley Stream 2nd Floor*

*Facilitated by Depression and Bipolar Support Alliance and the
Queens/Long Island Counseling Services of FRMH staff.*

*For more information about mood disorder groups and other
services contact:*

MDSGLI at ww.mdsgli.com or call 516-499-MDSG (6374)

Queens/Long Island Counseling Services of FRMH

Telephone: 516-547-4318

Email: frmh@optonline.net Website: FRMH.org