

ANXIETY RESOURCES (resources not requiring referral)

<https://www.mooddisorders.ca/event/toronto-drop-in-depression-and-anxiety>

Toronto Drop-In: Depression and Anxiety Evening Group

Meetings occur on the first Tuesday of each month from 7-8:50 p.m.

There is also an afternoon group on the third Tuesday of each month from 1-3 p.m.

Please use the access entrance, to enter the building after 4pm. Pressing the button will unlock the door.

Download:

 [Depression and Anxiety Drop-in Group](#)

November 6, 2018 - 7:00pm - 8:50pm

Toronto

[Provincial Peer Support Program](#)

Location

Mood Disorders Association of Ontario

602 - 36 Eglinton Avenue West

Toronto, Ontario M4R 1A1

Canada

<http://anxietyrecovery.ca/resources/referral-sources/clinics> (Info about anxiety groups)

<https://toronto.cmha.ca/find-help/> (CMHA crisis services)

<https://www.bigwhitewall.ca> (online self-help and online peer support/counseling)