



**Mood Disorders**  
ASSOCIATION OF MANITOBA

*Helping people  
help themselves*

## **Message from the Mood Disorders Association of Manitoba Board Chair**

From the beginning of time, *people helping people* has been the foundation of our civilization.

Today, for those struggling with mental health issues, *people helping people* is called peer support, and it is building stronger, healthier communities.

This holiday season, please reach out to someone who may be alone, and let them know you care and that you have strengths to share.

Hope is the most precious gift we can give, and hope is what we at Mood Disorders work to provide 365 days a year.

We are open every day, including Christmas day and New Year's day, to ensure that everyone who needs our help, receives our help.

On behalf of everyone at Mood Disorders, a big heart-felt thank you!

We are so appreciative for all your help and support, encouragement and strengths that you share with us.

We wish you and your families the very happiest Holiday Season and a New Year full of blessings.

Sincerely,

Pamela Mann



