

February 2026

PRAIRIE MOUNTAIN REGION PEER SUPPORT SCHEDULE



****Registration required for online groups.** To join, please contact our Brandon office

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>One on One Supports via Zoom 1:00-3:00pm Contact for Link</p>	<p>Tea & Tales (Boissevain) 10-11:00am First Tuesday of the Month Cherry Creek</p>	<p>Tea & Tales (Minnedosa) 10:30-12:00pm Minnedosa 50+ Activity Centre 31 Main St S</p>	<p>Coffee Talk Every Thursday 10:00-11:00am Our Office</p>	<p>Seniors Tea & Tales (Rotary Villas) 10:30-12:00 pm Rotary Villas 1340 10 St Brandon, MB</p>
<p>Wellness Peer Support Group Weekly 6:30-8:00pm Meets Online</p>	<p>Soul Sisters 12:00-1:00pm In Office or Online</p>	<p>Family and Friends Workshop February 18th 10:00-11:30am Our Office</p>	<p>Tea & Tales (Virden) 2nd Thursday of the Month 1:30-2:30pm Virden Library</p>	<p>One on One Supports via Zoom 1:00-3:00pm Contact for Link</p>
	<p>Mindful Motherhood 10-11:00am First Tuesday of the Month Our Office</p>	<p>One on One Supports via Zoom 1:00-3:00pm Contact for Link</p>	<p>The Healing Path Holistic Healing Workshop Last Thursday of the Month 6:30-8:00pm Our Office</p>	
	<p>Men's Support Group Monthly 2nd Tuesday of the Month 6:00-7:00PM In Office</p>		<p>Virtual: Highlighted Blue</p>	
			<p>Hybrid(Online and In-person): Highlighted Purple</p>	

CONTACT

To join or for more information, please contact our Brandon office by emailing or calling/texting:

adassist@moodmb.ca
(204) 721-2174