



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA
PRAIRIE MOUNTAIN

Helping People Help Themselves

SEPTEMBER 2024

PRAIRIE MOUNTAIN REGION PEER SUPPORT SCHEDULE



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

MONDAY

Wellness Peer Support Group
6:30-8:00 pm
Meets Online
Once a Month on Sept 16

Postpartum Peer Support Group (Brandon)
Once a Month on Sept 16

10:30-11:30 am
Baby Bump
728 18 St
Brandon, MB

***To join please contact Lora at outreachmgr@moodmb.ca (431) 866-4234**

TUESDAY

WEDNESDAY

Soul Sisters
10:00-11:00 am
Meets Online

Men's Workshop
12:30-2:00 pm

BNRC
440 Rosser Ave
Brandon, MB

Seniors Tea & Tales (Minnedosa)

**Starting Sept 18*
10:30-12:00 pm

Minnedosa 50+ Activity Centre
31 Main St S
Minnedosa, MB

THURSDAY

Bipolar Peer Support Group
6:30-8:00 pm
Meets Online
Once a Month on Sept 5

Postpartum Peer Support Group (Neepawa)
Twice a Month on Sept 12 & 26

2:00-3:00 pm
Calvary Chapel
221 Hamilton St
Neepawa, MB

***To join please contact Lora at outreachmgr@moodmb.ca (431) 866-4234**

FRIDAY

Seniors Tea & Tales (Brandon)

**Starting Sept 6*
10:30-12:00 pm

Rotary Villas
1340 10 St
Brandon, MB

SATURDAY

CONTACT

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

adassist@moodmb.ca
(204) 721-2174

