



2023



Weekly Online Schedule

To join an online group, please go to our website, click on peer support, click the group you want to join and launch group.

* Some groups need registration, therefore you will need to email the facilitator. Emails are listed below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>* Age 12-29 Disordered Eating 4:30-5:30 PM</p> <p>* Age 12-29 Youth Self-Esteem 5:30-6:30 PM</p> <p>* Power to Parent 6:30-8:00 PM Note: 1st Monday of each month.</p> <p>Mixed Peer Support 6:30-7:30 PM</p> <p>* Mixed Peer Support 6:30-8:00 PM</p>	<p>* Soul Sisters 10:00-11:00 AM</p> <p>Youth Peer Support 6:00-7:30 PM</p> <p>* Women's Disordered Eating 6:30-7:30 PM</p> <p>* Letting Go 6:30-8:00 PM</p> <p>Friends & Family Peer Support 7:00-8:00 PM</p>	<p>* Get Better Together 9:30-11:30 PM</p> <p>Men's Peer Support 6:30-7:30 PM</p> <p>* Unloading Zone 6:00-7:30 PM</p>	<p>Women's Peer Support 12:00-1:00 PM</p> <p>* Men's Exchange 1:30-3:00 PM</p> <p>* Baby Blues & Better Days 6:30-7:30 PM</p> <p>* Bipolar Peer Support 6:30-8:00 PM</p>		<p>Mixed Peer Support 11:00-12:00 PM</p> <p>Postpartum Peer Support 9:00-10:00 AM</p>	<p><u>Power to Parent</u> adassist@moodmb.ca</p> <p><u>Mixed Peer Support</u> adassist@moodmb.ca</p> <p><u>Soul Sisters</u> adassist@moodmb.ca</p> <p><u>Disordered Eating (Tues)</u> womensprogram@moodmb.ca</p> <p><u>Letting Go</u> corib@moodmb.ca</p> <p><u>Get Better Together</u> rcullen@pmh-mb.ca</p> <p><u>Unloading Zone</u> norman@moodmb.ca</p> <p><u>Men's Exchange</u> adassist@moodmb.ca</p> <p><u>Baby Blues</u> womensprogram@moodmb.ca</p> <p><u>Bipolar Peer Support</u> adassist@moodmb.ca</p>
					<p>Emails: <u>Disordered Eating (Mon) & Youth Self-Esteem</u> norman@moodmb.ca</p>	



2023



Weekly In-Person Schedule

To join an in-person group, please go to the address listed, all welcome.

* Some groups need registration, therefore you will need to email the facilitator. Emails listed below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Men's Support</p> <p>5:30-6:30 PM</p> <p>4 Fort St. Winnipeg, MB</p>	<p>Senior's Tea & Tales</p> <p>1:30-3:30 PM</p> <p>4 Fort St. Winnipeg, MB</p>	<p>* Men's Activity Club</p> <p>1:30-3:30 PM</p> <p>440 Rosser Ave. Brandon, MB</p>	<p>Senior's Tea & Tales</p> <p>12:00-2:30 PM</p> <p>384 Eveline St. Selkirk, MB</p>			
<p>* Age 12-29 Disordered Eating</p> <p>4:30-5:30 PM</p> <p>701 Rosser Ave. Brandon, MB</p>	<p>Mixed Coffee & Chat</p> <p>5:30-6:30 PM</p> <p>4 Fort St. Winnipeg, MB</p>	<p>* Age 12-17 M.A.D. Wednesdays</p> <p>4:00-7:00 PM</p> <p>83 Garry St. Winnipeg, MB</p>	<p>Depression & Anxiety</p> <p>6:30-7:30 PM</p> <p>4 Fort St. Winnipeg, MB</p>			
<p>* Youth Self-Esteem</p> <p>5:30-6:30 PM</p> <p>701 Rosser Ave. Brandon, MB</p>	<p>Mixed Bipolar</p> <p>6:30-7:30 PM</p> <p>4 Fort St. Winnipeg, MB</p>		<p>Women's Support</p> <p>6:45-7:45 PM</p> <p>4 Fort St. Winnipeg, MB</p>			
						<p>Emails:</p> <p><u>Disordered Eating & Youth Self-Esteem</u> norman@moodmb.ca</p> <p><u>Men's Activity Club</u> adassist@moodmb.ca</p> <p><u>M.A.D. Wednesdays</u> youthprogram@moodmb.ca</p>