



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

Be a Fundraising Hero
Donate Today

Helping People Help Themselves

WHAT WE DO

The Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education and advocacy for those living with a mood disorder, co-occurring disorders or other mental health illnesses. We increase public awareness about mood disorders and empower people to develop hope and recovery.

TESTIMONIALS

"MDAM offers a safe non-judging place to heal and to grow and to give back and to flourish. It made and continues to make a difference in my life." - Bob

"Whether I am having the worst week of my life, or the absolute best, they are there to cry with me, laugh with me, and cheer me on to the best that I can be." - Anonymous

From my very first interaction through an email, I was treated with kindness and respect. they care, support, and encourage me to help me see my value as a person." - Excerpt from Annual Report, 2019-2020

HOW YOU CAN HELP

Your donation will help us expand our programs, services and current resources.

Visit us at moodmb.ca for more information and resources.

GIVING REWARDS

All donors will receive a charitable tax receipt, plus:

TIER	REWARDS
BRONZE \$10 - \$999	Name on Website, thank you on social media
SILVER \$1,000-\$4,999	Above plus a weighted blanket from Silk & Snow
GOLD \$5,000-\$9,999	All of the above plus a half page ad in our Annual Report
PLATINUM \$10,000-\$24,999	All of the above plus your logo on our website and printed materials
DIAMOND \$25,000+	All of the above plus naming of workshop and full page ad in our Annual Report

WAYS TO DONATE

- E-transfer
- Credit card
- Cash
- Cheque
- Scan QR Code

SCAN ME



CONTACT MDAM



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Programs

WOMEN'S

Our women's program hosts a variety of support groups, and events for those who identify as female. Topics include: postpartum, healthy habits, self-care, disordered eating and the Women's Speaker Series.

YOUTH

The youth program is available to youth ages 12 to 24. M.A.D. Camp and M.A.D. Wednesdays provide youth with a creative outlet, while the online and in-person events lead to opportunities for peer support.

INDIGENOUS

Our Indigenous program is home to weekly Smudges, Indigenous peer support and an online group.

SENIORS

The seniors program offers support and connection to older individuals. Tea and tales, peer support, and an upcoming book club are also under seniors programming.

MEN'S

The Men's program provides One on One, in-person group and online platforms for peer support; as well as the men's exchange, woodworking and activity clubs.

LGBTQIA+

Our LGBTQIA+ groups aim to provide safe and accepting spaces for all those who identify. This program runs our coffee & chat group as an opportunity for connection.

NEWCOMERS

The Newcomer's group at MDAM aims to offer support, community and resources to those new to Canada. Peer support, both online and in-person, is available.

Peer Support Groups

MON Age 12-29 Disordered eating
Age 12-29 Youth Self-Esteem
Men's Support
Mixed Peer Support
Wellness Peer Support
Youth Self-Esteem

TUE Friends & Family
Mixed Coffee & Chat
Mixed Bipolar
Senior's Tea & Tales
Youth Peer Support

WED Men's Peer Support
Men's Workshop
Soul Sisters

THU Bipolar Peer Support
Depression & Anxiety
Senior's Tea & Tales (Selkirk)
Women's Peer Support

FRI Game Night
Interlake-Eastman Peer Support

Workshops:

Adult Disordered Eating & Body Image
Baby Blues & Better Days
Men's Woodworking
Men's CBTm
Self-Help Book Club
Women's Healthy Habits
Women's Wellness
Youth Disordered Eating & Body Image
Youth M.A.D. Camp