

# MARCH 2024

## PMRH PEER SUPPORT SCHEDULE

\*Registration required. To join, please contact our Brandon office



### MONDAY

**Wellness Peer Support Group**  
6:30-8:00 pm  
Meets Online  
Bi-Weekly on March 4 & 18

### TUESDAY

### WEDNESDAY

**Soul Sisters**  
10:00-11:30 am  
Meets Online

**Men's Workshop**  
12:30-2:00 pm  
440 Rosser Ave  
Brandon, MB

### THURSDAY

**Bipolar Peer Support Group**  
6:30-8:00 pm  
Meets Online  
Bi-Weekly on March 14 & 28

### FRIDAY

### SATURDAY

### CONTACT

\*Registration required.  
To join or for more information, please contact our Brandon office by emailing or calling/texting:

[adassist@moodmb.ca](mailto:adassist@moodmb.ca)  
(204) 721-2174

