

APRIL 2024

PRAIRIE MOUNTAIN REGION 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
April 15 & 29

****NO Meeting
on April 1 due
to stat holiday***

TUESDAY

WEDNESDAY

Soul Sisters
10:00-11:00 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
April 11 & 25

FRIDAY

SATURDAY

CONTACT

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

adassist@moodmb.ca
(204) 721-2174

