

2024 PEER SUPPORT 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

***Wellness Peer Support Group**
6:30-8:00 pm
Bi-weekly on
Apr 15 & 29
***NO Meeting on Apr 1**
due to Stat Holiday

TUESDAY

Friends & Family Peer Support
7:00-8:00 pm

Women's Peer Support
6:30-7:30 pm

WEDNESDAY

***Soul Sisters**
10:00-11:00 am

Men's Peer Support Group
6:30-7:30 pm

THURSDAY

***Bipolar Peer Support Group**
6:30-8:00 pm
Bi-weekly on
April 11 & 25

FRIDAY

SATURDAY

To join our virtual peer support groups, please visit <https://moodmb.ca/peer-support/> or scan the QR Code below.



EMAILS

Youth Self-Esteem
norman@moodmb.ca

Wellness Peer Support
adassist@moodmb.ca

Soul Sisters
adassist@moodmb.ca

Bipolar Peer Support
adassist@moodmb.ca

Young Adult Peer Support
youthprogram@moodmb.ca

Self-Esteem (Youth) meet online and in-person at Huddle Brandon at 701 Rosser Ave. To register, email norman@moodmb.ca.

All support groups are free and meet online on Zoom.

2024 PEER SUPPORT WEEKLY IN-PERSON SCHEDULE



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	EMAILS
<p>Senior's Tea & Tales 1:30 - 3:00 pm 253 McArthur Avenue Lac du Bonnet, MB 2nd Monday/ Month</p>	<p>Senior's Tea & Tales 1:30-3:30 pm 4 Fort St. Winnipeg, MB</p>	<p>Men's Workshop 12:30-2:00 pm 440 Rosser Ave Brandon, MB</p>	<p>Senior's Tea & Tales 1:00-2:30 pm 384 Eveline St. Selkirk, MB</p>	<p>Game Night 6:00-10:00 pm 4 Fort St. Winnipeg, MB</p>		<p>Youth Self-Esteem norman@moodmb.ca</p>
<p>Men's Support 5:30-6:30 pm 4 Fort St. Winnipeg, MB</p>	<p>Mixed Coffee & Chat 5:30-6:30 pm 4 Fort St. Winnipeg, MB</p>		<p>Depression & Anxiety 6:30-7:30 pm 4 Fort St. Winnipeg, MB</p>			<p>SPECIAL NOTES *Disordered Eating and Youth Self-Esteem meets both online and in-person at Huddle Brandon 701 Rosser Ave. To register, email norman@moodmb.ca</p>
	<p>Mixed Bipolar 6:30-7:30 pm 4 Fort St. Winnipeg, MB</p>		<p>Women's Peer Support 6:45-7:45 pm 4 Fort St Winnipeg, MB</p>			
			<p>Youth Peer Support 4:00-5:00 pm</p>			
			<p>*Young Adult Peer Support 5:00-6:00 pm *On Hold Until Further Notice*</p>			