



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA
PRAIRIE MOUNTAIN

Helping People Help Themselves

MAY 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
May 13 & 27

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
May 9 & 23

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

