



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA
PRAIRIE MOUNTAIN

Helping People Help Themselves

JULY 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
Once a Month on July 15

TUESDAY

Seniors Tea & Tales
**Starting July 9*
10:30-12:00 pm
311 Park Ave E
Brandon, MB
***To join please call Hannah at Seniors for Seniors (204) 717-9918**

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
Once a Month on July 4

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



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