



2025 PEER SUPPORT WEEKLY ONLINE SCHEDULE

VIRTUAL PEER SUPPORT

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

TUESDAY

***Soul Sisters**
12:00-1:00 pm
In Brandon Office or Online

Women's Peer Support
6:00-7:00 pm

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

WEDNESDAY

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

THURSDAY

Family and Friends Peer Support Group (every 2nd week - Apr 17, May 1)
6:00-7:00 pm
4 Fort St.
Winnipeg, MB

FRIDAY

SATURDAY

To join our virtual peer support groups, please visit <https://moodmb.ca/peer-support/> or scan the QR Code below and then navigate to the group and click on the blue LAUNCH ONLINE MEETING button.



NOTES

*Please note that Registration is required for our Brandon Groups (bordered in yellow). To join please email, call or text:
adassist@moodmb.ca
(204) 721-2174

This group is co-facilitated with Peer Connections Manitoba at the Winnipeg office located at 4 Fort Street.

All support groups are free and meet online on Zoom.

2025 PEER SUPPORT WEEKLY IN-PERSON SCHEDULE

IN-PERSON
PEER SUPPORT

To join an in-person group, please go to the address listed at the appropriate time and date. All are welcome.

MONDAY

Baby Talk (Brandon)
1st & 3rd Monday/Month
10:30-11:30 am
Brandon Office

Seniors Tea & Tales Lac du Bonnet
2nd Mon/Month
1:30-3:00 pm
253 McArthur Ave
Lac du Bonnet, MB

Men's Support
5:30-6:30 pm
4 Fort St.
Winnipeg, MB

TUESDAY

Seniors Tea & Tales Winnipeg
1:30-3:30 pm
4 Fort St, Winnipeg, MB

Mixed Coffee & Chat
5:30-6:30 pm
4 Fort St, Winnipeg, MB

Mixed Bipolar
6:30-7:30 pm
4 Fort St, Winnipeg, MB

Seniors Tea & Tales (Boissevain)
2nd Tues/Month
10:00-11:00 am
Cherry Creek Pl, 259 Mill Rd
Boissevain, MB

***Soul Sisters**
12:00-1:00 pm
In Brandon Office or Virtual

Movie Night
Tues May 13, 2025
6:00-8:00 pm
In Brandon Office

Grief Support Group
6:00-7:30 pm
4 Fort St.
Winnipeg, MB

WEDNESDAY

Seniors Tea & Tales Minnedosa
10:30-12:00 pm
Minnedosa 50+ Activity Centre
31 Main St S
Minnedosa, MB

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

***Soul Sisters After Hours**
Every Second Wednesday
6:30-8:00pm
In Brandon Office

THURSDAY

Coffee Talk*
Every Thursday
10:00-11:00 am
Brandon Office

Seniors Tea & Tales Selkirk
1:00-2:30 pm
384 Eveline St.
Selkirk, MB

***Tea & Tales Brandon**
Every Thursday
2:00-3:00 pm
Brandon Office

Depression & Anxiety
6:30-8:00 pm
4 Fort St.
Winnipeg, MB

Women's Peer Support
6:45-7:45 pm
4 Fort St
Winnipeg, MB

Family and Friends Peer Support Group
(Every 2nd week-
Apr 24, May 8)
6:00-7:00 pm
4 Fort St.
Winnipeg, MB

FRIDAY

Seniors Tea & Tales Rotary Villas
10:30-12:00 pm
Rotary Villas
1340 10 St
Brandon, MB

Game Night
6:00-10:00 pm
4 Fort St.
Winnipeg, MB

NOTES

*Please note that groups bordered in yellow are out of our Prairie Mountain Region. For Questions please email, call or text:
adassist@moodmb.ca
(204) 721-2174

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PEER CONNECTIONS
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