



2026 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

***One-on-One Chat with the PMH Team**
Every Monday
1:00-3:00 pm
Contact for Link

***Wellness Peer Support Group**
6:30-8:00 pm

Mixed Bipolar *NEW*
6:45-7:45 pm
Every Monday

Young Adult (18-28) Virtual Peer Support Group
7:30-8:30 pm
Virtual every 1st, 3rd & 5th Mon
Alternates In-person

TUESDAY

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

Youth (12-17) Virtual Peer Support Group**
5:00-6:00 pm
Virtual every 1st, 3rd & 5th Tue
Alternates In-person

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
6:00-7:00 pm
Virtual Every 2nd week (May 9th/23rd)
Alternates in-person

FRIDAY

***One-on-One Chat with the PMH Team**
Every Friday
1:00-3:00 pm
Contact for Link

SATURDAY

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



**Please note you must pre-register for this group. To join please email, call or text:
youthprogram@moodmb.ca
(204) 890-4316

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



All support groups are free to join and meet online on Zoom.

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.



2026 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

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

Young Adult (18-28) Peer Support
7:30 - 8:30 pm
Every 2nd & 4th Mon
Alternates Virtual
100-4 Fort Street
Winnipeg

TUESDAY

Tea & Tales Boissevain
10:00-11:00 am
First Tuesday of every month
Cherry Creek Place, Boissevain

Mindful Motherhood*
10:00-11:00 am
First Tues of Month
In Brandon Office

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

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

Youth (12-17) Peer Support
5:00-6:00 pm
Every 2nd & 4th Tue, Alt. Virtual
204 - 83 Garry Street, Winnipeg

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

Grief & Loss Support Group
6:00-7:30 pm
100-4 Fort St., Winnipeg

Brandon Men's Support Group
Second Tues of every month
6:00-7:00 pm
In Brandon Office

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

WEDNESDAY

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

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

Tea & Tales (Virden)
2nd Thu/Month
1:30-2:30pm
Virden Library

Women's Peer Support
5:30-6:30 pm
4 Fort St, Winnipeg

Family and Friends Peer Support
6:00-7:00 pm
In-Person Every 2nd Week (Apr 30/May 14 & 28th)
Alternates Virtual
4 Fort St, Winnipeg

Depression & Anxiety
6:30-7:30 pm
4 Fort St, Winnipeg

The Healing Path Holistic Healing Workshop
Last Thu/of Month
6:30-8:00 pm
in Brandon Office

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 the groups bordered in yellow are held in our Prairie Mountain Region in Brandon. To register or if you have any questions please email, call or text:
adassist@moodmb.ca
(204) 721-2174



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA
PRAIRIE MOUNTAIN
Helping People Help Themselves

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



**PEER CONNECTIONS
MANITOBA**