



# 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 & 5<sup>th</sup> 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 2<sup>nd</sup> week, (Feb 12 & 26th) 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](mailto: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](mailto: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 2<sup>nd</sup> & 4<sup>th</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> 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)**  
2<sup>nd</sup> 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 2<sup>nd</sup> Week (Feb 5, 19th)  
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](mailto: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**