

Mood Disorders Association of Manitoba (MDAM)

Peer Support Group Times 2018

General notes about groups:

Groups will not meet on statutory holidays.

- Depending upon numbers of participants, groups may not use the entire time allotted.
- **Groups will meet at Brandon Community Welcome (Welcome Inn) 1036 Louise Ave. Brandon, MB.**
- For further information or questions regarding peer support group meetings or one on one peer support appointments, please contact Marian Goldstone, MDAM Regional Outreach Manager for Brandon and Westman at 204-725-1232 or email MarianG@mooddisordersmanitoba.ca
- **Bi-Polar Support Group:** Will meet on the 1st and 3rd Mondays of the month (not on statutory holidays) from 6:30pm (sharp) to 8:00pm at Brandon Community Welcome.
- **Anxiety and Depression Support Group:** Will meet on the 2nd and 4th Mondays of the month (not on statutory holidays) from 6:30pm (sharp) to 8:00 pm. At Brandon Community Welcome.
- **Depression Support Group:** Will meet on the 1st and 3rd Wednesdays (not on statutory holidays) of the month from 1pm (sharp) to 3:00pm at the Brandon Community Welcome.
- **Friends and Family Support Group:** Will meet on the 2nd and 4th Wednesdays (not on statutory holidays) from 1pm (sharp) to 3:00pm at the Brandon Community Welcome.

February/March 2018 Timetable:

No meetings week of January 29-February 2,, 2018

Bi-polar group at 6:30-8:00pm on Feb.5th, (No Meeting Feb 19th Louis Riel Day) March 5th, March 19th

Depression & Anxiety at 6:30-8:00pm on Feb. 12th, Feb.26th, March 12th, March 26th

Depression at 1-3pm on Feb. 7th, Feb.21st, March 7th, March 21st

Friends and Family at 1-3pm on Feb. 14th, Feb. 28th, March 14th, March 28th.

No meetings week of Feb. 26th to March 2nd .

