



# WINNIPEG PEER SUPPORT GROUPS

## PEER SUPPORT

We offer drop in peer support groups at our Winnipeg office, and throughout the province.

No registration is required, groups are free of charge and confidentiality is always respected.

## MONDAY

ADHD 18+ Support Group from 7:00-9:00pm

Mixed Group from 1:00- 3 :00 pm weekly at 4 Fort Street  
Young Adults (18-24) from 6:30-8:00 pm weekly at 4 Fort Street

Mixed Group from 7: 00- 9: 00 pm weekly at 845 Regent

## TUESDAY

Mixed Group from 1:00-3:00 pm weekly at **1350 Grant**

Trauma Group from 1:00-3:00 pm weekly at 4 Fort Street

LGBTQ+ Group from 6:00- 7:30 pm the 2nd and 4th each month at 4 Fort Street

## WEDNESDAY

Leisure Group from 1:30- 3:30 pm weekly at 4 Fort Street

Teen Group ( 12-17) from 5:30- 7: 00 pm weekly at 4 Fort Street

Parents Group from 5:30-7:00 pm weekly at 4 Fort Street

Depression Group from 7: 00- 9: 00 pm weekly at 4 Fort Street

Bipolar Group from 7: 00- 9: 00 pm weekly at 4 Fort Street

Borderline Group from 7:00-9:00 pm weekly at 4 Fort Street

Friends and Family Group from 7: 00- 9: 00 pm weekly at 4 Fort Street

## THURSDAY

Mixed Group from 1: 00- 3: 00 pm weekly at 4 Fort Street

Postpartum Group from 5: 00- 7: 00 pm 2nd and 4th each month at 4 Fort Street

Women's Group from 7:00-9:00 pm weekly at 4 Fort Street

## FRIDAY

Leading Change: A peer support approach to Meth Recovery: 5:00- 7:00pm **REGISTRATION REQUIRED**  
contact 204-786-0987 for more info

Jib Stop Group from 6: 00- 7: 00 pm weekly at 4 Fort Street

Addictions and Mood Disorders Group from 7:00-9:00 pm weekly at 4 Fort Street

## SATURDAY

Eating Disorders/ Disordered Eating: 1:00 – 3:00pm weekly at 4 Fort Street

## SUNDAY

Mixed Group: 1:00 – 3:00pm weekly at 4 Fort Street

**CONTACT US: Mood Disorders Association of Manitoba 4 Fort Street, Winnipeg, MB R3C 1C4**

204-786-0987 or 1-800-263-1460

info@mooddisordersmanitoba.ca

www.mooddisordersmanitoba.ca