



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

Mood Disorders Association of Manitoba (Westman Region) is indebted to the hard work and support of its passionate and committed volunteers, to its many community partnerships within the Brandon and Westman region, and to the support of Brandon and District United Way, Brandon Neighborhood Renewal Corp., City of Brandon, SPIN, HTN, Tundra Oil and Gas, Boissevain Morton Donor's Choice program.

We offer many programs and support groups of interest to seniors as well as to individuals of all ages. We offer mixed gender, men, and women's programming as well as a Men's Workshop Club. We offer programs online and in person when possible.

We offer presentations to groups, organizations, businesses, schools, postsecondary institutions, etc. These can be offered in person or online. We also offer displays of our information in person or online as well. Please contact Marian Goldstone, Regional Outreach for MDAM (Westman Region) at 204 721 2174 or westman@moodmb.ca to learn about our groups, classes, presentations, displays and other supports for individuals, friends and families affected by mood disorders as well as co-occurring addictions.

