



**Mood Disorders**  
ASSOCIATION OF MANITOBA

*Helping people  
help themselves*

## **Mood Disorders Association of Manitoba Westman Region Groups and Classes** **Updated Jan. 2021**

Please contact Marian Goldstone, MDAM Westman Regional Outreach Manager, 204 721 2174, [wetman@moodmb.ca](mailto:wetman@moodmb.ca) for any inquiries about groups or mood disorders. You may also contact the group facilitator directly as indicated on the poster to receive a link to the group. During Covid restrictions our services are available online. Unless otherwise indicated, our groups are free and participants may take part in as many as they wish. Please feel welcome to attend!

1. “Monday Evening Mixed Group Peer Support for Mood Disorders” takes place from 6:30 to 8:00 pm. (We do not meet on statutory or government holidays). Please contact Marian at 204 721 2174 or [westman@moodmb.ca](mailto:westman@moodmb.ca).
2. “Soul Sisters: Real Women, Real Conversations” (Women’s support meeting) Tuesday morning from 10:00 to 11:00 am. Contact Susan at [susans@moodmb.ca](mailto:susans@moodmb.ca)
3. “Cut the Clutter”. A decluttering challenge group. Decluttering tips, tricks and inspiration for a simpler life with less mess and less stress. Tuesday 2:00 to 3:00 pm. Contact [corib@moodmb.ca](mailto:corib@moodmb.ca)
4. “Wednesday Women’s Wellness”. (A group assisting women develop skills to cope with unhelpful behaviors of others .... Substance abuse, gambling, mental health issues). Wednesday morning 10:00 to 11:00 am. Contact [corib@moodmb.ca](mailto:corib@moodmb.ca)
5. “Getting Unstuck”. (Feb. 10 to March 31). Explore your own resistance. Discover your path in acceptance. (mixed group). Wednesday evening 6:30 to 8:00 pm. Contact [laurajeanne69@gmail.com](mailto:laurajeanne69@gmail.com)
6. Westman Men’s Exchange. A virtual “coffee shop” for Westman men 18 and all ages above. Thursday 1:30 to 3:00 pm. Discuss news about your community, interests, and “hang out”! Contact [westman@mood.ca](mailto:westman@mood.ca)



Brandon, Manitoba, Canada