

OUR MISSION

The Mood Disorders Association of Manitoba is a charitable, self-help organization dedicated to providing support, education, and advocacy for those living with a mood disorder, co-occurring disorders, or other mental health illnesses. We increase public awareness about mood disorders and empower people to develop hope and recovery.



INFORMATION

Westman Region offers peer-support groups for those affected by mood disorders as well as groups on wellness. Registration required.

CONTACT US

For more information or to receive the virtual link to any of our online groups, please email

westman@moodmb.ca

There is no charge for these groups and please note that they do not meet on statutory holidays.

LOCATION

Brandon Office
217 10th Street, Unit C
Brandon, MB R7A 4E9

Text or Call:
204-721-2174



MDAM WESTMAN PEER SUPPORT GROUPS



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*



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MONDAYS

MIXED PEER SUPPORT GROUP

Alternate Monday evenings from 6:30 to 8pm. This group addresses all mood disorders, diagnosed or undiagnosed, and welcomes everyone to experience an evening of support and connection. Please check with office for dates.

TUESDAYS

SOUL SISTERS

Every Tuesday morning from 10 to 11am. A "coffee and conversation" support group for women experiencing mood disorders, low mood, or the frustrations and concerns of life's stressors. Women helping women through sisterhood and connection.

GRIEF SUPPORT GROUP

Meets the first Tuesday of the month from 6:30 to 8pm. A safe place to share personal experiences of grief & loss, explore different kinds of grief, and support each other through the grieving process. Spots are limited.

WEDNESDAYS

BRANDON MEN'S ACTIVITIES CLUB

Every Wednesday afternoon in person at 1:30pm at the BNRC Creation Nation Maker Space at 440 Rosser Avenue. The group fosters socialization and connection amongst men in a workshop setting. Registration required.



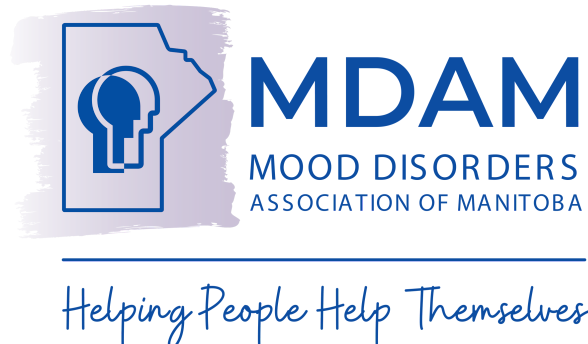
THURSDAYS

WESTMAN MEN'S EXCHANGE

Every Thursday afternoon at 1:30pm. Join men aged 18+ from the Westman area to discuss news about your community, your interests and general connection and camaraderie.

BIPOLAR PEER SUPPORT

Alternate Thursday evenings from 6:30 to 8pm. An online peer support group for those living with bipolar, diagnosed or undiagnosed. Meet and connect with peers in your area. Please check with office for dates.



Thank you to our generous supporters