



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

**IN-PERSON
PEER SUPPORT**



M.A.D. MONDAYS

A safe after school space
for Youth ages 12-17.
Registration required.

Mondays from
4:00 - 7:00 pm at
204 – 83 Garry St
in Winnipeg

**Pre-registration required! Scan QR
Code to register online or call/email
the Youth Program Coordinator at
youthprogram@moodmb.ca
(204) 890-4316**





VIRTUAL &
IN-PERSON
PEER SUPPORT

YOUTH (12-17) PEER SUPPORT GROUP

Every Tuesday, 5:00-6:00 pm
Alternates between Virtual
(Every 1st, 3rd & 5th Tue
starting Oct 7 & 21) &
In-Person at 204 – 83 Garry St
Winnipeg



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****Please note you must pre-register
for this group. To join please email,
call or text: [youthprogram@
moodmb.ca](mailto:youthprogram@moodmb.ca) (204) 890-4316**



VIRTUAL &
IN-PERSON
PEER SUPPORT

YOUNG ADULT (18-28) PEER SUPPORT

Every Monday, 7:30-8:30 pm
Alternates between Virtual
(Every 1st, 3rd & 5th Mon
starting Oct 6) & In-Person at
100-4 Fort Street Winnipeg



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