
SELF-HELP GROUPS

SOUTHERN REGION

WINKLER – ADAM group meets every Wednesday from 1:00pm – 2:30pm @ the Pathways office in the ALG building

Mood Disorders group meets the 2nd and 4th Wednesday of the month from 10:00am – 12:00pm @ the Evergreen building beside Eden Mental Health Centre

ALTONA – ADAM group meets Mondays from 6:30pm – 8:00pm @ the Altona Hospital in the conference room

CARMAN – Mood Disorders group meets the 2nd and 4th Wednesday of every month from 2:00pm – 4:00pm @ the Carman Mennonite Church

PORTAGE – Mood Disorders group meets the 1st and 3rd Wednesday of every month from 1:00pm – 3:00pm in the Mental Health Activity room, lower floor of the Portage General Hospital

ADAM

Anxiety Disorders Association
of Manitoba
Tami Giesbrecht
204-324-6110/204-304-0271
central@adam.mb.ca

MDAM

Mood Disorders Association of
Manitoba
Barbara Bogart
204- 330-7826
mdam.central@mts.net

MSS

Manitoba Schizophrenia Society
Kim Heidinger
204-371-0824
eastmanmss@mts.net