



**Mood Disorders**  
ASSOCIATION OF MANITOBA

*Helping people  
help themselves*

SHOPPERS LOVE. YOU. Women's Group Speaker Series, May - June, 2018

May 31	Open Support & Share
June 14	Mindfulness with Marjolaine
June 21	An Advocates Journey, Shandi Strong
June 28	Tips, Tricks & Reducing Tension, Kristy Coreau

\*Please note schedule may be subject to change