

Winnipeg Groups

Monday	Mixed Group 1:00 to 3:00 pm Weekly MDAM 4 Fort Street	Young Adults (18-24) 6:30 to 8:00 PM Weekly MDAM 4 Fort Street	Mixed Group 7:00-9:00 PM Weekly Access Transcona 845 Regent Avenue		
Tuesday	Mixed Group 1:00 to 3:00 pm Weekly Besthesda Church 1350 Grant	Trauma Group 2:00 to 3:30 pm 1st and 3rd Tuesday MDAM 4 Fort Street	LGBT Group 1:00 to 3:00 pm 2nd and 4th Tuesday MDAM 4 Fort Street		
Wednesday	Leisure Group 1:30 to 3:30 Weekly MDAM 4 Fort Street	Postpartum Group 1:00 to 3:00 3rd Wednesday MDAM 4 Fort Street	Teen (12-17) Group 5:30 to 7:00 Weekly MDAM 4 Fort Street	Parents Group 5:30 to 7:00 Weekly MDAM 4 Fort Street	
	Depression Group 7:00 to 9:00 Weekly MDAM 4 Fort Street	Bipolar Group 7:00 to 9:00 pm Weekly MDAM 4 Fort Street	Borderline Group 7:00 to 9:00 pm Weekly MDAM 4 Fort Street	Friends & Family Group 7:00 to 9:00 pm Weekly MDAM 4 Fort Street	
Thursday	Mixed Group 1:00 to 3:00 pm Weekly MDAM 4 Fort Street	Women's Group 7:00-9:00 PM Weekly MDAM 4 Fort Street			
Friday	Addictions 7:00 to 9:00 pm Weekly MDAM 4 Fort Street				
Saturday	Leisure Group 1:00 to 3:00 pm Weekly MDAM 4 Fort Street				
			Sunday	Mixed Group 1:00 to 3:00 pm Weekly MDAM 4 Fort Street	Living Room, Christian Based 4:00 to 6:00 PM 2nd & 4th Sunday MDAM 4 Fort Street