



Mental Health Promotion & Education Calendar 2009



Why not Carpool?

There's a variety of events taking place in North Eastman - why not arrange a carpool and check them out!

EVENT	DATE	TIME	LOCATION	COST	CONTACT
Regular Monthly Sessions					
Anxiety Disorders Association of Manitoba (ADAM) and Mood Disorders Association of Manitoba (MDAM) Support Group Meetings	Third Monday of the month	7:00 pm to 9:00 pm	Pine Falls Health Complex Multipurpose Room Pine Falls	FREE	Elsa Sydorko 345-8511
	Fourth Tuesday of the month	1:00 pm to 3:00 pm	Beausejour Health Complex Lower Board Room Beausejour	FREE	Elsa Sydorko 345-8511 or Judy Dunn 444-5228
	Fourth Wed. of the month	10:00 am to 12:00 pm	Lewis Business Centre, Small Boardroom Pinawa	FREE	Elsa Sydorko 345-8511 or Judy Dunn 444-5228
Changes Clubhouse	Every Monday	11:30 am to 3:30 pm	SunGro Centre Beausejour	FREE	Judy Dunn 444-5228 jd4mdam@mts.net
Support Group for Family & Friends of People with Mental Illness This session POSTPONED UNTIL FURTHER NOTICE	Second Monday of the month	6:30 to 8:00 pm	Beausejour Health Centre Multipurpose Rm Beausejour	FREE	For info contact Chris Summerville 786-1616 chris@mss.mb.ca

2010 Events & Sessions

EVENT	DATE	TIME	LOCATION	COST	CONTACT
Information Coming Soon !					