



OUTREACH SUPPORT SCHEDULE

REGION	CONTACT	SUPPORT GROUP SCHEDULE
CENTRAL REGION	Tami Giesbrecht 204-304-0271 central@adam.mb.ca	Winkler - Wendesdays @ Pathways: 1:00 pm - 3:00 pm Altona - 1st and 3rd Monday of the month @ Altona Hospital Board room: 6:30 pm - 8:00 pm
WESTMAN REGION	Debbie Fisch 204-725-8550 westman@adam.mb.ca	Brandon - 1st Tuesday of the month @ Unit 4A 1200-13th Street: 7:00 pm - 8:30 pm Neepawa - 4th Tuesday of the month @ Neepawa Salvation Army Board Room: 1:00 pm - 2:30 pm Killarney - 4th Tuesday of the month @ Killarney United Church: 1:00 pm - 3:00 pm
INTERLAKE REGION	Sherry MacVicar 204-389-5030 interlake@adam.mb.ca	Stonewall - 2nd Tuesday of the month @ Stonewall Health Centre MPR A: 7:00 pm Selkirk - 2nd Wednesday of the month @ Selkirk Support Centre: 7:00 pm Gimli - 2nd Thursday of the month @ Gimli HOSpital MPR: 7:00 pm ***NO SUPPORT GROUPS DURING JULY AND AUGUST
EASTMAN REGION	Elsa Sydorko 204-345-8511 eastman@adam.mb.ca	Lac du Bonnet - Last Thursday of the month @ Lac du Bonnet Health Centre: 10:30 am - 12:00 pm Lac du Bonnet (for Senior Women) - Every Tuesday @ Lac du Bonnet Support Center: 2:00 pm - 4:00 pm Dugald - 2nd and 4th Wednesday of the month @ Springfield Library: 12:00 pm - 3:00 pm
NORMAN REGION		
PARKLAND REGION	Charity Hudson 204-638-5368 parkland@adam.mb.ca	Dauphin - 2nd Tuesday of the month - call for location and time
SWAN RIVER REGION	James Wigley 431-280-0116 swanriver@adam.mb.ca	Swan Valley - 2nd Thursday of the month: 6:00 pm - 8:00 pm - call for location
THOMPSON REGION	Bobbi Vicente 204-670-1363 burntwood@adam.mb.ca	Thompson - Every Tuesday of the month @ Princeton Drive AFM, front door: 7:00 pm - 8:30 pm Thompson - Every Wednesday of the month @ Princeton Drive AFM, front door: 7:00 pm - 8:30 pm

*****ALL ADAM OUTREACH REGIONS OFFER INDIVIDUAL SUPPORT AND THE OVERCOMING ANXIETY PROGRAM PLEASE CALL YOUR REGION FOR DETAILS**