



Anxiety Disorders
Association of Manitoba

OUTREACH SUPPORT SCHEDULE

REGION	CONTACT	PROGRAMS	
CENTRAL REGION	Tami Giesbrecht 204-304-0271 central@adam.mb.ca	<p>Support Groups Winkler - Every Wednesday @ Pathways Time: 1:00 p.m. - 3:00 p.m. Altona - Every Monday @ Altona Hospital Board Room Time: 6:30 p.m. - 8 p.m.</p>	<p>Overcoming Anxiety Program Throughout the year. Please call for dates/times/location.</p>
WESTMAN REGION	Deb Fisch 204-725-8550 westman@adam.mb.ca	<p>Support Groups Brandon - 1st Tuesday of each month @ Unit 4A 1200 – 13th Street Time: 7:00 p.m - 8:30 p.m. Neepawa – 4th Tuesday of each month @ Neepawa Salvation Army, Board Room Time: 1:00 p.m. - 2:30 p.m. Killarney – 4th Tuesday of each month @ Killarney United church Time: 1:00 p.m. – 3:00 p.m.</p>	<p>Overcoming Anxiety Program Throughout the year. Please call for dates/times/location.</p>
INTERLAKE REGION	Sherry MacVicar 204-389-5030 interlake@adam.mb.ca	<p>Support Groups (No Groups in July & August) Stonewall - 2nd Tuesday of each month @ Stonewall Health Centre MPR A Time: 7:00 p.m. Selkirk - 2nd Wednesday of each month @ Selkirk Support Centre Time: 7:00 p.m. Gimli - 2nd Thursday of each month @ Gimli Hospital MPR Time: 7:00 p.m.</p>	<p>Overcoming Anxiety Program: Throughout the year. Please call for dates/times/location.</p>
EASTMAN REGION	Elsa Sydorko 204-345-8511 eastman@adam.mb.ca	<p>Support Groups Lac du Bonnet - Last Thursday of the month @ Lac du Bonnet Health Centre Time: 10:30 a.m. - 12:00 p.m. Dugald - 2nd and 4th Wednesday of the month @ Springfield Library Time: 12:00 p.m. - 3:00 p.m. For Senior Women Lac du Bonnet - Tuesdays @ Lac Du Bonnet Support Center Time: 2:00 p.m. – 4:00 p.m.</p>	<p>Overcoming Anxiety Program Lac du Bonnet Please call for dates/times/location.</p>
NORMAN REGION	Deanna Carriere 204-271-0060 norman@adam.mb.ca	<p>Support Groups Flin Flon – Thursday @ 6-78 Main Street Time: 1:00 p.m. – 3:00 p.m. & 6:00 p.m. – 7:30 p.m. The Pas – Monday. Call for location. Time: 6:00 p.m. – 7:30 p.m.</p>	<p>Walk-in @ 6-78 Main Street Flin Flon – Tuesday and Wednesday Time: 1:00 p.m. – 4:00 p.m. Fridays – Time: 1:00 p.m. – 3:00 p.m.</p>
PARKLAND REGION	Charity Hudson 204-638-5368 parkland@adam.mb.ca	<p>Support Groups Dauphin – 2nd Tuesday of each month. Call for location.</p>	<p>Overcoming Anxiety Program Dauphin – Call for location/dates.</p>
SWAN RIVER REGION	James Wigley 431-280-0116 swanriver@adam.mb.ca	<p>Support Groups Swan Valley – 2nd Thursday every month. Call for location. Time: 6:00 p.m. – 8:00 p.m.</p>	<p>Overcoming Anxiety Program Swan Valley – Call for location/dates.</p>

***All ADAM Outreach Regions offer individual support – please call your region for information