



Anxiety Disorders
Association of Manitoba

Free Public Information Sessions 2019

Evening: Tuesdays @ 7 pm

Daytime: Wednesdays @ Noon

January 8	January 23
February 5	February 20
March 5	March 20
April 2	April 17
May 7	May 22
June 4	June 19
	July 24
August 6	August 21
September 3	September 18
October 1	October 16
November 5	November 20
December 3	December 18

All sessions will be held at **100-4 Fort Street (Multipurpose Room)**. Registration is NOT required. Street parking is available on Fort Street, Garry Street and Assiniboine Avenue as well as a pay parking lot directly across from the entrance. After attending the info session, please call us at 204-925-0600 or email adam@adam.mb.ca to enroll for any of our groups/ programs.