

REGION	CONTACT	PROGRAMS
<b>CENTRAL REGION</b>	Tami Giesbrecht 204-304-0271 central@adam.mb.ca	<p><b>Support Groups:</b> 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><b>Individual Support</b> Various Locations - Phone support or in person by appointment. Please call.</p>
<b>WESTMAN REGION</b>	Deb Fisch 204-725-8550 westman@adam.mb.ca	<p><b>Support Groups:</b> Brandon - 1st Tuesday of each month @ Centre for Adult Psychiatry Conference Room Time: 7:00 p.m - 8:30 p.m. Neepawa - 3rd Tuesday of each month @ Neepawa Library Time: 1:00 p.m. - 2:30 p.m.</p> <p><b>Overcoming Anxiety Program:</b> Brandon - Throughout the year. Please call for dates/times/location.</p>
<b>INTERLAKE REGION</b>	Sherry MacVicar 204-389-5030 interlake@adam.mb.ca	<p><b>Support Groups: September - June *No Groups July or August*</b> 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><b>Overcoming Anxiety Program:</b> Throughout the year. Please call for dates/times/location.</p>
<b>EASTMAN REGION</b>	Elsa Sydorko 204-345-8511 eastman@adam.mb.ca	<p><b>Support Groups:</b> 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. <b>For Senior Women:</b> Lac Du Bonnet - Tuesdays @ Lac Du Bonnet Support Center Time: 2:00 p.m. - 3:30 p.m.</p> <p><b>Individual Support</b> Lac du Bonnet - Phone support or in person at the client's home. <b>Overcoming Anxiety Program:</b> Lac Du Bonnet- Throughout the year. Please call for dates/times/location.</p>
<b>NORMAN REGION</b>	Deanna Carriere 204-271-0060 norman@adam.mb.ca	<p><b>Support Groups:</b> Flin Flon- Thursday @ 6-78 Main Street Time: 1:00 p.m.- 3:00 p.m. &amp; 6:00 p.m.- 9:00 p.m. The Pas - Monday. Call for location. Time: 6:00 p.m. - 7:30 p.m.</p> <p><b>Walk-In @ 6-78 Main Street:</b> Flin Flon - Tuesday and Wednesday Time: 1:00 p.m - 4 p.m Fridays Time 1:00 p.m - 3:00 p.m.</p>
<b>PARKLAND REGION</b>	Charity Hudson 204-638-5368 parkland@adam.mb.ca	<p><b>Support Groups:</b> Dauphin - 2nd Tuesday of the month. Call for location</p>
<b>SWAN RIVER REGION</b>	James Wigley 431-280-0116 swanriver@adam.mb.ca	<p><b>Support Groups:</b> Swan Valley - 2nd Thursday every month. Call for location. Time: 6:00 p.m. – 8:00 p.m.</p> <p><b>Overcoming Anxiety Program:</b> Swan Valley - Starting in the Fall of 2017. Call for location/dates.</p>