

# JANUARY 2019

## SMD Self-Help Clearinghouse

204-825 Sherbrook Street

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*All events take place at 825 Sherbrook unless noted*

## January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- ♦ *Jan 2* Manitoba Brain Injury Association Survivors Group 7:00 - 9:00 p.m.
- ♦ *Jan 3* Manitoba Brain Injury Association Discussion Group 2:00—4:00 p.m.
- ♦ *Jan 8* Tai Chi (Fibro Support Group) 6:30—9:30 for info or to register call Nelson at 204-256-1191
- ♦ *Jan 9* Fibromyalgia Support Group Informal Neighborhood Group (west Winnipeg) meeting Lunch (1:30-3:30) at Perkins, 305 Madison at Ness Ave. —call 975-3037 for more information
- ♦ *Jan 9* Manitoba Brain Injury Association Survivors Group 7:00—9:00 p.m.
- ♦ *Jan 10* Manitoba Brain Injury Association Discussion Group 2:00—4:00 p.m.
- ♦ *Jan 15* Tai Chi (Fibro Support Group) 6:30—9:30 for info or to register call Nelson at 204-256-1191
- ♦ *Jan 16* Fibromyalgia Support Group Informal Neighborhood Group (North Winnipeg) meeting—Lunch (12:30-3:00) at Salisbury House, 787 Leila call 975-3037 for more information
- ♦ *Jan 16* Manitoba Brain Injury Association Survivors Group 7:00 - 9:00 p.m.
- ♦ *Jan 16* MBIA Caregiver Support Group 7:30—9:30 p.m.
- ♦ *Jan 17* Manitoba Brain Injury Association Discussion Group 2:00-4:00 p.m.
- ♦ *Jan 21* Canadian Hard of Hearing Association Transcona Support Group meeting, Abundant Life Baptist Church 1396 Plessis Rd. 1:00—2:30 for information email [jo-annejones@hotmail.com](mailto:jo-annejones@hotmail.com)
- ♦ *Jan 22* Tai Chi (Fibro Support Group) 6:30—9:30 for info or to register call Nelson at 204-256-1191
- ♦ *Jan 23* Fibromyalgia Support Group Informal Neighborhood Group (south Wpg) meeting Breakfast 10:00—11:45) at Smittys, **(NEW LOCATION)** 150 Meadowood Drive —call 975-3037
- ♦ *Jan 23* Winnipeg Ostomy Association Chapter Meeting 7:30—10:00 p.m.
- ♦ *Jan 24* Manitoba Brain Injury Association Discussion Group 2:00—4:00 p.m.
- ♦ *Jan 25* Asperger Manitoba Inc. Support Group for Parents/Caregivers of Adults with Aspergers 6:30-8:30 p.m.
- ♦ *Jan 25* Asperger Manitoba Inc. Peer Support Group, 6:30—8:30 p.m.
- ♦ *Jan 31* Council of Women of Winnipeg General Meeting, 7:00—9:00 pm