

Peer Support Group



"As for me you must know that I shouldn't precisely have chosen madness if there had been any choice."

Written by Vincent Van Gogh, 1889, in a letter to his brother, when Vincent was involuntarily confined in a psychiatric hospital at St.-Remy, France.

Van Gogh often painted irises which is the symbol around the world for the schizophrenia movement.



MANITOBA SCHIZOPHRENIA SOCIETY
A REASON TO HOPE THE MEANS TO COPE

For more information

Manitoba Schizophrenia Society, Inc.

100-4 Fort Street, Winnipeg, MB R3C 1C4

Tel: (204) 786-1616 • Fax: (204) 783-4898

E-mail address: info@mss.mb.ca

Website: www.mss.mb.ca



**"Need to talk to
someone about your life
with schizophrenia, or
schizoaffective
disorder?"**

Then consider attending the

PEER SUPPORT GROUP



Our Peer Support Group Offers:

- a place that's safe, caring and empathetic
- a place valuing confidentiality
- a place where your personal journey is honoured
- a place to learn from others
- a place where you are viewed not as someone with an illness, but as a person
- a place to talk about your feelings and emotions
- a place of hope and recovery
- a place to ask questions

What Should You Know?

- This is an open group - no registration or fee required.
- Various topics of interest for discussion are offered via guest speakers, video presentations and other resources.
- Topics such as stress management, anger management, medication problems, alcohol and substance use/abuse, self-esteem, recovery and spirituality are addressed by special speakers.
- The peer support group addresses personal issues and questions. These are discussed with confidentiality within the group only.

When?

Every Wednesday afternoon from 1:00 p.m. to 2:30 p.m.

Where?

Manitoba Schizophrenia Society, Inc.

100-4 Fort Street,
Winnipeg, MB R3C 1C4

Phone: 1-(204) 786-1616

info@mss.mb.ca

www.mss.mb.ca