

Sara Riel Promotes Self-Help Groups during Mental Health Week

Winnipeg, MB – May 5, 2021

Over the past year we have seen unprecedented levels of stress and anxiety that have challenged the mental health of many Manitobans. Sara Riel is focused on providing peer-led, self-help groups for individuals needing support during COVID-19. The following topics are being offered:

Workshop	Date	Time
Anxiety	every Wednesday	2-4 pm
Bipolar	3 day series, May 13, 20, 27	5-7 pm
General	every 3rd Thursday starting April 29	12-2 pm
Independent Living	3 day series, April 30, May 14, May 28	1-3 pm
Isolation & Loneliness	May 10	2-4 pm
LGBT2Q+	every 2nd Monday starting May 3	5-7 pm
Living with Schizophrenia	3 day series, April 23, May 7, May 21	1-3 pm

Sara Riel would like to express their sincere gratitude for the City of Winnipeg Wellness Grants and to the following councillors for their generous support, making the groups possible:



Councillor Brian Mayes,
St. Vital Ward



Councillor Markus Chambers,
St. Norbert-Seine River Ward

To register for one of the above groups, call Karen at 237-9266.

For more information about Sara Riel Inc. and the services we provide, please see contact information below.

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For media contact, and to arrange interviews, please call:

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