



JULY 2025

Men's Resource Centre of Brandon Programming Calendar
 Contact us for more information: Dkennedy@BrandonJohnHoward.ca
 204-727-1696 ext. 4 or 431-541-7201

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JUNE 30	1	2	3	4	5	6
Community Connections-Bannock & Belonging 4-6pm	Men's Group 4-6pm *SMART 6:30pm N.A. 8pm	RACG 2pm M.A.P. 4-6pm A.A. 7:30pm	Coffee & Conversations 4-6pm	O.R.B. 4-6pm	MRC Closed	MRC Closed A.A. 9:30am
7	8	9	10	11	12	13
Mealtime 9-10am Community Connections-Bannock & Belonging 10-11	Men's Group 9-11am *SMART 6:30pm N.A. 8pm	M.A.P. 9-11am RACG 4:30pm A.A. 7:30pm	Coffee & Conversations 10-11am	O.R.B. 9-11am	MRC MENS GROUP OUTTING 3-6 SEE POSTER	MRC Closed A.A. 9:30am
14	15	16	17	18	19	20
Community Connections-Bannock & Belonging 4-6pm	Men's Group 4-6pm *SMART 6:30pm *N.A. 8pm	RACG 2pm M.A.P. 4-6pm A.A. 7:30pm	Coffee & Conversations @ Dinsdale Park 4-6pm	O.R.B. 4-6pm	MRC Closed	MRC Closed A.A. 9:30am
21	22	23	24	25	26	27
Mealtime 10-11am **Alternate MRC PROGRAMMING THIS WEEK **SEE SCHEDULE	Men's Group 10-11am *SMART 6:30pm *N.A. 8pm	M.A.P. 9-11am RACG CANCELLED A.A. 7:30pm	Mealtime 10-11am	Mealtime 10-11am	MRC Closed	MRC Closed A.A. 9:30am
28	29	30	31	*JULY 21-25 MRC IS OPERTING ON A SUMMER PAUSE SCHEDULE. MAX CAPACITY IS 5 PEEPS IN THE SPACE*		
Community Connections-Bannock & Belonging 4-6pm	Men's Group 4-6pm *SMART 6:30pm *N.A. 8pm	RACG 2pm M.A.P. 4-6pm *A.A. 7:30pm	Coffee & Conversations 4-6pm			

🔥 Introducing: Bannock & Belonging (Community Connections THEME)

Community Connections – Mondays @ 4-6 PM (some mornings too!)

Come learn how to make bannock, share stories, and connect with others in a warm and welcoming space. Each session is hands-on and open to all skill levels — whether it's your first time or you're looking to fine-tune your recipe. No sign-up required. Just show up and be part of something special.

🕒 New! M.A.P. Programming (REPLACING OPEN RESOURCE)

Wednesdays @ 4-6 PM OR 9-11 AM (alternating weeks)

The M.A.P. group is your chance to check in, reflect, and set goals. Build healthy routines, track your wins, and stay accountable in a non-judgmental, supportive space. Open to all MRC participants. Drop-in welcome!

🧠 Introducing: O.R.B. – Opportunities, Resources & Belonging (REPLACING OPEN RESOURCE)

Fridays @ 4-6 PM OR 9-11 AM (rotates) PARTICIPANTION AND WORK IS ESSENTIAL MUST SIGN UP!

O.R.B. is a new space to get connected with community support, job leads, housing info, and resource-sharing — all while building relationships and trust. This is where opportunity meets support, with a dash of laughter and shared snacks.

You don't have to do it alone. Come find your next step — or help someone else take theirs.