

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – MAY 2018

The FSG is a peer support group of adults living with mental illness.
Join us every Wednesday for an evening of friendship and engagement.



May 2nd: 5:45 to 7:45 pm

Craft Night – Learning to Make Origami

May 9th: 5:45 to 7:45 pm

Discussion and Sharing Night: Helpful Resources for Mental Health

May 16th: 5:45 to 7:45 pm

Outing - Tulip Festival

Contact Sara or Crystal for more details

May 23rd: 5:45 to 7:45 pm

Movie Night (in-house)

May 30th: 5:45 to 7:45 pm

Monthly meal – please bring a toonie

For more information, contact Crystal & Sara at 613-860-7800 or fsg@micaontario.com

Carlington Community Health Centre

900 Merivale Road

Bus 80 & 85 – two blocks south of Westgate Mall

Sponsored by:



MICA - Mental Illness Caregivers Association

www.micaontario.com

613-860-7800



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