

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – MAY 2017

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 3rd: 5:45 to 7:45 pm

Activity: Art and its Therapeutic Benefits

May 10th: 5:45 to 7:45 pm

Speaker: Upstream Ottawa

May 17th: 5:45 to 7:45 pm

Outing: Tulip Festival
(contact Sara or Crystal for details)

May 24th: 5:45 to 7:45 pm

Discussion: Technology and Mental Health

May 31st: 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 85 & 176 – two blocks south of Westgate Mall



Sponsored by MICA - Mental Illness Caregivers Association
www.micaontario.com
613-860-7800