

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – MAY 2019

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 1st: 5:45 to 7:45 pm

Monthly meal (rescheduled from April 24th)
Please bring a toonie

May 8th: 5:45 to 7:45 pm

Games Night

May 15th: 5:45 to 7:45 pm

Tulip Festival Outing
Contact us for more information

May 22nd: 5:45 to 7:45 pm

Video: The Nature of Things- The Wild Canadian Year

May 29th: 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
Or check out our website: [www. http://friendshipsupportgroup.ca/](http://friendshipsupportgroup.ca/)

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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