

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – FEBRUARY 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.



February 7th: 5:45 to 7:45 pm

Winterlude Outing
(contact us for more details)

February 14th: 5:45 to 7:45 pm

Valentine's Day Jeopardy

February 21st: 5:45 to 7:45 pm

Let's Get Organized!: Organization & Decluttering

February 28th: 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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