

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – NOVEMBER 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.



November 7th: 5:45 to 7:45 pm

Speaker: Ottawa Fire Services – Fire Safety

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

Recipe Exchange

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

Mental Health Discussion – Topic: Gratitude

November 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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