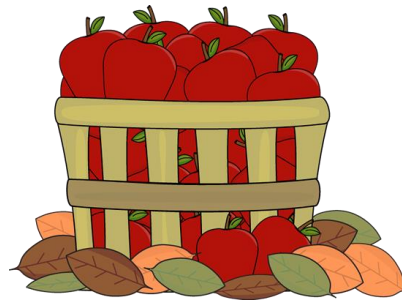


FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – SEPTEMBER 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.



September 6th: 5:45 to 7:45 pm
Open Sharing and Discussion Night

September 13th: No Group
Centre closed

September 20th: 5:45 to 7:45 pm
Activity: Fall Craft

September 27th: 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