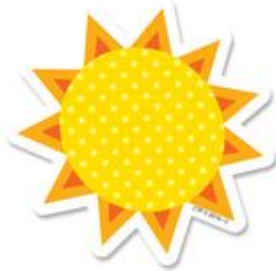


FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – JULY 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.



July 4th: 5:45 to 7:45 pm

Canadian Trivia

July 11th: 5:45 to 7:45 pm

Strawberry Social



July 18th: 5:45 to 7:45 pm

Discussion and Sharing Night: Mental Health

July 25th: 5:00 to 7:30 pm

Annual BBQ at Andrew Hayden Park

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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