

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – OCTOBER 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.



October 3rd: 5:45 to 7:45 pm
Bingo Night

October 10th: 5:45 to 7:45 pm
Fall harvest celebration

October 17th: 4:30 to 8:15 pm
Outing: Trip to Gatineau Park
(See Sara or Crystal for details)

October 24th: 5:45 to 7:45 pm
Pre-bake sale baking night!

October 31st: 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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