

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – JULY 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.



July 5th: 5:45 to 7:45 pm
Canadian-Themed Trivia Night

July 12th: 5:45 to 7:45 pm
Strawberry Social

July 19th: 5:45 to 7:45 pm
Movie Outing:
Time and movie to be determined
(Contact Sara or Crystal for more details)

July 26^h: 4:00 to 7:30 pm
Annual BBQ at Andrew Haydon Park
(3169 Carling Ave)

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