

# FRIENDSHIP SUPPORT GROUP (FSG)

## ACTIVITY CALENDAR – NOVEMBER 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.



**November 1<sup>st</sup>: 5:45 to 7:45 pm**

Activity: Benefits of Journaling

**November 8<sup>th</sup>: 5:45 to 7:45 pm**

Game: Balderdash!

**November 15<sup>th</sup>: 5:45 to 7:45 pm**

Open Sharing and Discussion Night

**November 22<sup>nd</sup>: 5:45 to 7:45 pm**

Movie Night

**November 29<sup>th</sup>: 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](mailto: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](http://www.micaontario.com)

613-860-7800