

# FRIENDSHIP SUPPORT GROUP (FSG)

## ACTIVITY CALENDAR – NOVEMBER 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.



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

Speaker: Ottawa Fire Services – Fire Safety

**November 14<sup>th</sup>: 5:45 to 7:45 pm**

Recipe Exchange

**November 21<sup>st</sup>: 5:45 to 7:45 pm**

Mental Health Discussion – Topic: Gratitude

**November 28<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

