

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR –DECEMBER 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.



December 5th: 5:45 to 7:45 pm

Presentation: Pharmacist

FRIDAY, December 7th: Doors open at 5:00 pm

Dinner at 6:00 pm

Friendship Support Group Christmas Party
Kitchissippi United Church (630 Island Park Drive)



December 12th: 5:45 to 7:45 pm

Christmas Craft: Hot Chocolate Mason Jars

December 19th: 5:45 to 7:45 pm

Christmas Gathering & Potluck

December 26th: Christmas holidays - No Meeting

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



invested for good