

# FRIENDSHIP SUPPORT GROUP (FSG)

## ACTIVITY CALENDAR – JANUARY 2019

The FSG is a peer support group of adults living with mental illness.  
Join us every Wednesday for an evening of friendship and engagement.



**January 2<sup>nd</sup>: 5:45 to 7:45 pm**  
***Christmas Holidays: No meeting***

**January 9<sup>th</sup>: 5:45 to 7:45 pm**  
Updates from MICA - Mental Illness Caregivers Association

**January 16<sup>th</sup>: 5:45 to 7:45 pm**  
Games Night

**January 23<sup>rd</sup>: 5:45 to 7:45 pm**  
Movie Outing @ the Coliseum

**January 30<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

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