

# FRIENDSHIP SUPPORT GROUP (FSG)

## ACTIVITY CALENDAR – SEPTEMBER 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.



**September 4<sup>th</sup>: 5:45 to 7:45 pm**

Open Discussion and Sharing Night

**September 11<sup>th</sup>: 5:45 to 7:45 pm**

TED Talk Videos

**September 18<sup>th</sup>: 5:45 to 7:45 pm**

Speaker: CompuCorps

**September 25<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)  
Or check out our website: [www. http://friendshipsupportgroup.ca/](http://friendshipsupportgroup.ca/)

**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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