

July: Family Council Support Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Family Resource Centre 1-6pm @ College St Site, Rm G21	2 Family Resource Centre 1-4pm @ College St Site, Rm G21	3	4
5	6 Early Years of Recovery Support Group 7-9 pm @ 130 Spadina Ave. Suite 302 Family Resource Centre 1-5pm @ College St Site, Rm G21	7 F.A.M.E 7-9pm North York Family Support Group Family Resource Centre 4:30-7:30pm @ College St Site, Rm G21	8 Family Resource Centre 1-6pm @ College St Site, Rm G21	9 Family Resource Centre 1-4pm @ College St Site, Rm G21	10	11
12	13 F.A.M.E 7-9pm Etobicoke Family Support Group F.A.M.E 7-9pm Brampton Family Support Group Family Resource Centre 1-5pm @ College St Site, Rm G21	14 F.A.M.E 7-9pm Scarborough Centenary Hospital Support Group Family Resource Centre 4:30-7:30pm @ College St Site, Rm G21	15 Family Resource Centre 1-6pm @ College St Site, Rm G21	16 Family Resource Centre 1-4pm @ College St Site, Rm G21	17	18
19	20 F.A.M.E 7-9pm Mississauga Family Support Group Family Resource Centre 1-5pm @ College St Site, Rm G21 Family Member Support 7:30-9:30 @MDAO	21 Family Resource Centre 4:30-7:30pm @ College St Site, Rm G21	22 Family Resource Centre 1-6pm @ College St Site, Rm G21	23 Family Resource Centre 1-4pm @ College St Site, Rm G21	24	25
26	27 F.A.M.E 7-9pm Bolton Family Support Group	28 Family Resource Centre 4:30-7:30pm @ College St Site, Rm G21	29 Family Resource Centre 1-6pm @ College St Site, Rm G21	30 F.A.M.E 7-9pm The Scarborough Hospital - Grace Division Support Group Family Resource Centre 1-4pm @ College St Site, Rm G21	31	



F.A.M.E

The Family Association for Mental Health Everywhere (F.A.M.E.) offers support to families where any mental illness is an issue by providing education, resources and coping strategies

You're not alone. Drop in to a monthly peer-based support group in your area facilitated by F.A.M.E Staff.

Scarborough

Centenary Hospital Support Group

Second Tuesday of the month,
7:00-9:00 p.m.,
2867 Ellesmere Rd., 6th floor.
Parking is validated.

The Scarborough Hospital - Grace Division Support Group

Last Thursday of the month,
7:00-9:00 p.m.,
3030 Birchmount Rd. at Finch,
basement Lecture Hall.

North York

North York Family Support Group

First Tuesday of the month, 7:00-9:00 p.m.,
Ancaster Community Centre, 41
Ancaster Rd.,
(North of Wilson between Keele & Dufferin)

Etobicoke / West Toronto

Etobicoke Family Support Group

Second Monday of the month, 7:00-9:00 p.m.,
4214 Dundas St.W., Suite 209.

Mississauga

Mississauga Family Support Group

Third Monday of the month, 7:00-9:00 p.m.,
2600 Edenhurst Dr., Suite 101 (at
Dundas & Hurontario).

Brampton

Family Support Group

Second Monday of the month, 7:00-9:00 p.m.,
Eclipse Drop-In Centre
71 West Dr., Unit 21 (at Queen St.
East & Highway 410)

Bolton

Family Support Group

Fourth Monday of the month, 7:00-9:00 p.m.,
150 Queen Street South

Mood Disorders Association of Ontario



36 Eglinton Avenue W. Suite 602
Toronto, Ontario M4R 1A1

Tel: 416-486-8046

Toll free: 1-888-486-8236

Fax: 416-486-8127

Email: info@mooddisorders.on.ca

Website: www.mooddisorders.on.ca

Family Members Only

This group is for family members
and/or friends who do not have



Family Resource Centre ROOM G21 College St Site

For families facing addiction and mental health issues.

We are volunteers who have experienced the impact of mental health and addiction issues on our own family members and friends. The Family Resource Centre is a collaboration between The Family Council and the Centre for Addiction and Mental Health.

PEER SUPPORT

Family Resource Centre Hours

Monday 1:00pm - 5:00pm

Tuesday 4:30pm - 7:30pm

Wednesdays 1:00pm - 6:00pm

Thursdays 1:00pm - 4:00pm

We respond to telephone Messages on a daily basis, Monday-Friday. Please call (416) 535-8501