




October 2011 Client Group Calendar

For more information
please see page 2.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>1-2:15 pm Problem Solving and Support (552 Princess)</p> <p>6:30-8 pm FRC Family Support Group (552 Princess)</p>	<p>4</p> <p>1:30 pm Yoga (552 Princess)</p> <p>5:30-7 pm FRC Mood Disorder (Youth) Ongwanada, 191 Portsmouth, Rm 410</p> <p>7-9 pm FRC Mood Disorder (Adult) Ongwanada, 191 Portsmouth, Rm 410</p>	<p>5</p> <p>2-330 pm Concurrent Disorder Group (385 Princess)</p> <p>6:30-9 pm NAMI program (552 Princess)</p>	<p>6</p> <p>1:30-3 pm Fun with Art! (552 Princess)</p>	<p>7</p> <p>11 am-2 pm Feed Your Soul Soup & Spirituality Fellowship Group (St. John's Church, 41 Church Street)</p> <p>1-2:15 pm Problem Solving and Support (552 Princess)</p>
<p>10</p> <div style="text-align: center;">  <p>Agency closed for Thanksgiving</p> </div>	<p>11</p> <p>1:30 pm Yoga (552 Princess)</p> <p>5:30-7 pm FRC Mood Disorder (Youth) Ongwanada, 191 Portsmouth, Rm 410</p> <p>7-9 pm FRC Mood Disorder (Adult) Ongwanada, 191 Portsmouth, Rm 410</p>	<p>12</p> <p>2-330 pm Concurrent Disorder Group (385 Princess)</p> <p>6:30-9 pm NAMI program (552 Princess)</p>	<p>13</p> <p>1:30-3 pm Fun with Art! (552 Princess)</p>	<p>14</p> <p>11 am-2 pm Feed Your Soul Soup & Spirituality Fellowship Group (St. John's Church, 41 Church Street)</p> <p>1-2:15 pm Problem Solving and Support (552 Princess)</p> <p>1-3 pm Music Appreciation NEW LOCATION (Robert Meek Building, 559 Bagot, Teen Room in the basement)</p>

<p>17</p> <p>1-2:15 pm Problem Solving and Support (552 Princess)</p> <p>NEW 6-7:30 pm The Recovery Group (552 Princess)</p> <p>6:30-8 pm FRC Family Support Group (552 Princess)</p>	<p>18</p> <p>1:30 pm Yoga (552 Princess)</p> <p>5:30-7 pm FRC Mood Disorder (Youth) Ongwanada, 191 Portsmouth, Rm 410</p> <p>7-9 pm FRC Mood Disorder (Adult) Ongwanada, 191 Portsmouth, Rm 410</p>	<p>19</p> <p>2-330 pm Concurrent Disorder Group (385 Princess)</p> <p>6:30-9 pm NAMI program (552 Princess)</p>	<p>20</p> <p>10am-2pm Corn Maze at Fruition Berry Farm</p> <p>1:30-3 pm Fun with Art! (552 Princess)</p>	<p>21</p> <p>11 am-2 pm Feed Your Soul Soup & Spirituality Fellowship Group (St. John's Church, 41 Church Street)</p> <p>1-2:15 pm Problem Solving and Support (552 Princess)</p>
<p>24</p> <p>1-2:15 pm Problem Solving and Support (552 Princess)</p> <p>6-7:30 pm The Recovery Group (552 Princess)</p> <p>6:30-8 pm FRC Family Support Group (552 Princess)</p>	<p>25</p> <p>1:30 pm Yoga (552 Princess)</p> <p>5:30-7 pm FRC Mood Disorder (Youth) Ongwanada, 191 Portsmouth, Rm 410</p> <p>7-9 pm FRC Mood Disorder (Adult) Ongwanada, 191 Portsmouth, Rm 410</p>	<p>26</p> <p>2-330 pm Concurrent Disorder Group (385 Princess)</p> <p>6:30-9 pm NAMI program (552 Princess)</p>	<p>27</p> <p>1:30-3 pm Fun with Art! (552 Princess)</p> <p>3 pm Client Advisory Committee</p>	<p>28</p> <p>11 am-2 pm Feed Your Soul Soup & Spirituality Fellowship Group (St. John's Church, 41 Church Street)</p> <p>1-2:15 pm Problem Solving and Support (552 Princess)</p> <p>1-3 pm Music Appreciation NEW LOCATION(Robert Meek Building, 559 Bagot, Teen Room in the basement)</p>
<p>31</p> <p>1-2:15 pm Problem Solving and Support (552 Princess)</p> <p>6-7:30 pm The Recovery Group (552 Princess)</p> <p>6:30-8 pm FRC Family Support Group (552 Princess)</p>	<p>November 1</p> <p>1:30 pm Yoga (552 Princess)</p> <p>5:30-7 pm FRC Mood Disorder (Youth) Ongwanada, 191 Portsmouth, Rm 410</p> <p>7-9 pm FRC Mood Disorder (Adult) Ongwanada, 191 Portsmouth, Rm 410</p>	<p>November 2</p> <p>2-330 pm Concurrent Disorder Group (385 Princess)</p> <p>6:30-9 pm NAMI program (552 Princess)</p>	<p>November 3</p> <p>1:30-3 pm Fun with Art! (552 Princess)</p>	<p>November 4</p> <p>11 am-2 pm Feed Your Soul Soup & Spirituality Fellowship Group (St. John's Church, 41 Church Street)</p> <p>1-2:15 pm Problem Solving and Support (552 Princess)</p>

Group Descriptions (Page 2)

****PLEASE NOTE GROUPS BEGINNING WITH FRC ARE OPEN TO THE PUBLIC; ALL OTHER GROUPS ARE FOR CLIENTS ONLY****

Client Advisory Committee – If you are interested in participating in the CAC please contact Melanie Darling for more information 613-544-1356 Ext 2242.

Concurrent Disorders Group – This is an open group. Are you struggling with a mental illness and/or are you worried about your alcohol or drug use? Drop in to the group and find the support you need, meet others who share your concerns and share freely about your worries about your drug and alcohol use and/or the issues you are facing. For more information call Janet at 613-544-1356 ext. 2251.

Corn Maze at Fruition Berry Farm – Join us for some fun! Corn maze, lunch, campfire, hay wagon rides, games. The bus will be leaving from 552 Princess Street at 10 am and will return from the farm at 2 pm. Please let staff know that you want to attend by October 14, 2011.

FRC NAMI FREE12-week Program – For educational/skills training, emotional support and empowerment for family members dealing with severe mental illness, begins Wednesday, September 14, 2011. Classes are held at 552 Princess Street, from 6:30 – 9:00 p.m. Sponsored by the Family Resource Centre/Frontenac Community Mental Health Services. To register, or for more information, contact 613-544-2886 or email frc@fcmhs.ca.

Feed Your Soul Soup & Spirituality Fellowship Group – Lunch will be provided through the kindness of parishioners of St. John's Church. You will have the opportunity for fellowship, meditation and if desired, spiritual encouragement and prayer. We will provide board and card games so people have the opportunity to connect socially. Stay as little or as long as you want, EVERYONE WELCOME, BRING A FRIEND! If you have any questions please contact Jane at 613-544-1356 ext. 2311.

FRC Family Support Group (FSG), sponsored by the Family Resource Centre, this group provides a safe place for family members to share their experiences with others who understand their struggles and joys. For more information call Kathy or Bruce at 613-547-4327.

Fun with Art!! – Come try out this fun art group, where we work on various types of art projects each week. There is a weekly calendar of projects available when you come which includes dates to visit local art galleries with the group. The group will run on Thursday from August 25-December 1, 1:30 – 3 pm @ 552 Princess St (and will start up again in the New Year). To find out more about this class please contact Tina Pane @ 613-544-1356 ext: 2315.

Music Appreciation Group – NEW LOCATION: Robert Meek Building at 559 Bagot Street, Teen Room in the basement. This group is designed to give individuals a chance to join others who appreciate music. All are welcome - players, singers or listeners. Bring an instrument if you have one. For more information contact Julie @ 613-544-1356 ext. 2380.

Problem Solving and Support – Is open to clients who have a problem with alcohol and/or drugs or a problem with gambling and are hoping to make some changes. The group runs every Mon. and Fri. from 1:00 to 2:15 at 552 Princess Street. The only other guideline is that clients are asked not to drink or use substances on the day of the group, prior to attending. They may (and should) certainly take any prescription medications. A referral is not required. Clients may come for as much or as little as they are able. They do not need a referral and they will not be required to make any commitment to attend further sessions.

NEW Recovery Group – Will be held from October 17-December 19. Topics discussed: What is recovery? Quality of life; self management; medication as a tool for recovery; moving forward, and a personal action plan. For more information or if interested please call Mike at 613-544-1356 ext. 2339 by October 7, 2011.

Yoga – Yoga improves posture, tones muscles, improves flexibility and promotes relaxation. Please contact Donna 613-544-1356 ext. 2318 to register.