



FAMILY PEER SUPPORT CALENDAR OF TOPICS

JANUARY – MARCH 2025

Month:	Mondays:	Topic:	Group Type:
JAN.	06-Jan-25	Open Discussion, Sharing and Support	Zoom
	13-Jan-25	Open Discussion, Sharing and Support	In-Person
	20-Jan-25	<i>Change: How to Start</i>	Zoom
	27-Jan-25	Open Discussion, Sharing and Support	In-Person
FEB.	03-Feb-25	<i>Taking Ownership of Our Intention</i>	Zoom
	10-Feb-25	Open Discussion, Sharing and Support	In-Person
	17-Feb-25	Statutory Holiday	Closed
	24-Feb-25	<i>Strategies for Attending Virtual FPSG Meetings When You Live with the Person You Support</i>	Zoom
MAR.	03-Mar-25	<i>Stopping in the Middle of Chaos</i>	In-Person
	10-Mar-25	Open Discussion, Sharing and Support	Zoom
	17-Mar-25	Open Discussion, Sharing and Support	In-Person
	24-Mar-25	<i>Being Nice vs. Being Kind</i>	Zoom
	31-Mar-25	<i>Being the "Well Person"</i>	In-Person

Group Type: **In-person or Zoom**

In-Person Group Location: **211 Bronson Ave. Rm. 212, Ottawa, ON, K1R 6H5 ***

Time: **6:30 – 8:30 PM**

* Free parking is available behind the building, after 3 PM, via Nepean St.

For information please
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