



## FAMILY PEER SUPPORT CALENDAR OF TOPICS

### JANUARY – MARCH 2025

Month:	Mondays:	Topic:	Group Type:
<b>JAN.</b>	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
<b>FEB.</b>	03-Feb-25	<i>The Power of Silence</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
<b>MAR.</b>	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
<p>Group Type: <b>In-person or Zoom</b>            In-Person Group Location: <b>211 Bronson Ave. Rm. 212, Ottawa, ON, K1R 6H5 *</b>            Time: <b>6:30 – 8:30 PM</b></p> <p><i>* Free parking is available behind the building, after 3 PM, via Nepean St.</i></p>			
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Prepared by: Psychiatric Survivors of Ottawa