

Calendar January–August 2017

Programs <i>Registration required: amiquebec.org/programs or 514-486-1448</i>	
Tele-workshops (for all) By phone, Wednesdays 7:00-8:00pm January 25 April 26 For information, registration, and topics: amiquebec.org/teleworkshops	LEAP Communication (family* only) At AMI, Thursdays 7:00-9:00pm March 2 Introduction March 16 Introduction March 30 Follow-up For information, registration: amiquebec.org/LEAP
Borderline Personality Disorder (family* only) At AMI, must attend all 7 sessions Start date Saturday, April 22 For information and registration: amiquebec.org/BPD	Mindfulness (at AMI; for all) Introduction to Mindfulness January 11 10:00am-12:00pm January 12 7:00-9:00pm Mindfulness Meditation 10:00-11:00am January 18, 25; February 1, 8 May series: dates to be determined For information and registration: amiquebec.org/mindfulness

***Family includes**
 Those in the circle of support of someone living with mental illness (parents, spouses, siblings, adult children, friends, etc.)

One-Time Workshops
 At AMI; for families*
Skills for Caregivers
 Wednesday, February 15, 7-9pm
 Thursday, May 18, 7-9pm
SoulCollage
 Thursday, February 23, 7-9pm
Coping Through Artistic Expression
 Wednesday, March 22, 6:30-9pm
Resilience
 Thursday, April 20, 7-9pm
 For information and registration:
amiquebec.org/workshops

Support Groups <i>Mondays, 7:00-8:30 pm 4333 Côte Ste Catherine Rd. unless otherwise indicated. Registration not required</i>				
For family*, friends, and people living with mental illness:			For information visit amiquebec.org/support	
ANXIETY	BIPOLAR DISORDER	DEPRESSION	HOARDING	OBSESSIVE COMPULSIVE DISORDER (OCD)
Jan 9; Feb 6; Mar 6; Apr 3; May 8; Jun 12; Jul 10; Aug 7	Jan 23; Feb 20; Mar 20; May 1, 29; Jun 26; Jul 24; Aug 21	Jan 16; Feb 13; Mar 13; Apr 24; May 15; Jun 19; Jul 24; Aug 21	Jan 23; Feb 20; Mar 20; May 1, 29; Jun 26; Jul 24; Aug 21	Jan 16; Feb 13; Mar 13; Apr 24; May 15; Jun 19; Jul 10; Aug 7
For family* & friends only — any diagnosis welcome:			For people living with mental illness only — any diagnosis welcome:	
FAMILY*	BPD FOR CAREGIVERS	SOUTH SHORE Wednesdays, 6:30pm-8:30pm Greenfield Park Baptist Church basement (side door) 598 Bellevue North, Greenfield Park, QC. Jan 11, 25; Feb 8, 22; Mar 8, 22; Apr 5, 19; May 3, 17, 31; Jun 14, 28; Jul 12, 26; Aug 9, 23		KALEIDOSCOPE
Jan 9, 16, 23; Feb 6, 13, 20; Mar 6, 13, 20; Apr 3, 24; May 1, 8, 15, 29; Jun 12, 19, 26; Jul 10, 24; Aug 7, 21	Jan 16; Feb 13; Mar 13			Jan 9; Feb 6; Mar 6; Apr 3; May 8; Jun 12; Jul 10; Aug 7

Annual General Meeting, June 13

For information www.amiquebec.org
 514-486-1448
 1-877-303-0264 (outside Montreal)
info@amiquebec.org