

Calendar April–August 2017

Programs		Registration required: amiquebec.org/programs or 514-486-1448
Tele-workshops	One-Time Workshops	<p>*Family includes Those in the circle of support of someone living with mental illness (parents, spouses, siblings, adult children, friends, etc.)</p> <p>Subject to change; other workshops may be added.</p> <p>Check amiquebec.org for the most up to date information.</p>
<p>(for all) By phone, 7:00-8:00pm Wednesday, April 26 - Grieving Mental Illness</p> <p>For information, registration, and recordings: amiquebec.org/teleworkshops</p>	<p>(At AMI; for families*) Resilience Thursday, April 20, 7-9pm</p> <p>Skills for Caregivers Thursday, May 18, 7-9pm</p> <p>For information and registration: amiquebec.org/workshops</p>	
Introduction to BPD	Mindfulness Meditation	
<p>(family* only) At AMI, 6-8pm Wednesday, April 12</p> <p>For information and registration: amiquebec.org/BPDintro</p>	<p>(at AMI; for all; no need to register) Tuesdays, 10-11:30 am April 4, 18; May 2, 16, 23; June 6, 20</p> <p>For information: amiquebec.org/mindfulness</p>	

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

Annual General Meeting, June 13

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For information www.amiquebec.org

514-486-1448

1-877-303-0264 (outside Montreal)

info@amiquebec.org