

Calendar June - August 2026

amiquébec

Alliées en santé mentale
Allies in mental health

Our workshops will return in the fall

Visit amiquebec.org/workshops
for our Process Group and Caregiver Groups

All our other programs run all year long
Visit amiquebec.org or call **514-486-1448**
if you have a loved one who is struggling with
mental illness and you need help

Weekly Walking Group
4:30pm every Tuesday (rain or shine!)
5800 Decarie, Montreal
amiquebec.org/walk

AMI'S WELL NEST INVITES YOU TO A



5 TO 7 PM THURSDAY JULY 23

5800 BOUL. DÉCARIE, MONTRÉAL, H3X 2J5

Online Support Groups

For information: amiquebec.org/support

Mondays, 6:30-8:00 pm online on Google Meet. Registration not required.

For family, friends, and people living with mental illness:

ANXIETY/OCD	BIPOLAR	DEPRESSION	HOARDING	QUEER GROUP 2SLGBTQIA+	YOUNG ADULTS (18-35 year olds)
June 8 July 27 August 17	June 8 July 27 August 17	June 15 July 13 August 10	June 22 July 13 August 10	June 22 July 13 August 10	June 15 July 27 August 17

For family & friends only—any mental illness welcome:

FAMILY & FRIENDS

June 8
July 13
August 10

BORDERLINE PERSONALITY DISORDER FOR FAMILIES

June 15

SPOUSES AND PARTNERS

Wednesday June 17

In July and August, attend Family & Friends

SOUTH SHORE FAMILY & FRIENDS

IN PERSON, 6:30-8pm
91 Churchill Blvd,
Greenfield Park

June 15; July 6; August 17

For people living with any mental illness only:

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June 22
July 27
August 17

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everywhere you use social media



amiquebec.org
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