

April Outings & Events

Spring Fling

Food and Fun at Among Friends. It's Spring time and that means it is time for another Among Friends tradition—Spring Fling. There will be food and lots of it. There will be friends—many. And of course all kinds of fun activities. Sign up so we can plan the food!

High Park Cherry Blossoms

High Park is our favourite place to Hike and May is our favourite month to do so. The Cherry Blossoms will be flowering and the hillside will be spectacular. This walk is open to all levels.

Walk for Change Meeting

We need all kinds of planners to help get this event going. Setting timelines is the main goal of this meeting. New participants welcome.

Wellness Toolbox— Emotional Spring Cleaning

Check out the themes in Wellness toolbox sessions. Each week we will look at difficult topics and see how our 5 key concepts can guide us through these difficult problems/events in our lives.

Monthly WRAP Class is scheduled for individuals who have a good grasp of the five key concepts and the Wellness Toolbox.



April Programs

Coffee and Chat

Join us for any amount of time during this program and just hang out at Among Friends. We play cards, games, and of course we colour!

Drop In Support

Drop in for coffee and chat and sign up to see Deb. Appointment times are related to the number of members signed up.

Gym and Swim at Gus

Ryder: If you are interested but not sure about attending, give us a call! Spring has sprung so try something new!

Emotional Spending

Many of us are challenged with spending money as a result of our mood...in order to disperse, transcend, deny, evade many emotional realities. Let's chat!

Signing up for Programs



Sign-up is now open for programs scheduled to April 21st.

Sign-up will open on April 10th for programs scheduled up to Friday, May 5th.

For the Artist

Art with Dana will be held each month. Painting styles and techniques will progress. Sign up so you don't miss out. Space limited.

Artist Studio is open for a variety of artistic experiences. This month we are pulling out all the materials and organizing them for future use!

Stitch'n Stuff includes sewing, knitting crocheting and simple stitching projects. The sewing machine will be set up.

For more information on any of our programs or to book a personal appointment call us at 416-251-8666.