

Calendar Details – March 2023

Program Sign-Up Required

Workshops and Events require sign up so that we can plan appropriately and make sure the program is not over booked. Sign-up for weekly programs by calling 416-251-8666. Late arrivals and early exits from structured workshops need to be discussed with staff prior to the workshop in order to minimize the impact on the group.



Program Information

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| Susannah's Art Exhibition | Susannah's art exhibition is currently on display at the Humber Grounds Interpretive Centre. You are welcome to go see it any day, but if you want to go with a group and get a tour from the artist herself, we will be going on March 2 nd . You can meet us at Among Friends at 1pm or at the Interpretive Centre at 1:30pm. Drinks and snacks provided. |
| Women's Day | We will be celebrating International Women's Day a day early, on March 7 th . |
| Peer Support Group | New! Rebecca will be facilitating a peer support group where we can share about how things are going for us in a safe space, with the option of getting feedback from the group. This is a chance for us to connect and support each other with life's challenges. |
| Volunteer Appreciation Day | We want to celebrate all of you who volunteer your time with Among Friends. If you have helped out at any of Volunteer Day, Planning Meeting, Mental Health Advocacy Group, Cemetery Cleanup, or with any individual tasks, come join us so we can thank you for all you do! |
| Lunch 'n Learn About Depression | Join us for something to eat while we discuss causes and symptoms of depression and what helps us get through it. |
| Univox Concert | We get to once again attend a Univox Choir concert for free! You can meet us at Among Friends at 5pm to take TTC with us, or you can meet us at the concert venue at 6:30pm. The concert is being held at Christ Church Deer Park, 1570 Yonge St. |