

Calendar Details – January 2025

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

Breakfast Club	On January 3 rd join us for some breakfast at Among Friends as we try to start the new year right with a balanced meal! If you could give us a call to sign up we will make sure to save a plate for you.
Walk For Change Planning	We will be planning the Walk For Change this month as it is getting closer and closer to our start date in May! There will be lots of planning and volunteers needed and so please join us to share your thoughts and your time to fundraise for our program and mental health.
Dietitian: Making Food Bank Meals Fun	LAMP's Community Dietician named Eileen will be coming in to demonstrate how to make some common Food Bank items into a delicious meal. Eileen has done several programs with food banks and is happy to take some suggestions for the future programs at Among Friends in February and March
Funny Bones	We are finally returning to Funny Bones! We will be offering just a drink and the entrance fee for our members if they would like to join us. Make sure to attend as many sessions as you can before they close during the Summer
Book Club: Alice in Wonderland	We will be having the final book club session for Alice in Wonderland. We will be watching the movie and discussing the various mental health themes in the book. We will try to have a book club again soon and so please give some suggestions on which books you would like to have featured.