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Calendar April–August 2017

| Programs | | Registration required: amiquebec.org/programs or 514-486-1448 |
|---|---|--|
| <p>Tele-workshops</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>One-Time Workshops</p> <p>(At AMI; for families*) Resilience Thursday, April 20, 7-9pm Skills for Caregivers Thursday, May 18, 7-9pm</p> <p>For information and registration: amiquebec.org/workshops</p> | <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>Introduction to BPD</p> <p>(family* only) At AMI, 6-8pm Wednesday, April 12</p> <p>For information and registration: amiquebec.org/BPDintro</p> | <p>Mindfulness Meditation</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 | | | | |
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| 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 Apr 3; May 8; Jun 12; Jul 10; Aug 7 | BIPOLAR DISORDER May 1, 29; Jun 26; Jul 24; Aug 21 | DEPRESSION Apr 24; May 15; Jun 19; Jul 24; Aug 21 | HOARDING May 1, 29; Jun 26; Jul 24; Aug 21 | OBSESSIVE COMPULSIVE DISORDER (OCD) 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* Apr 3, 24; May 1, 8, 15, 29; Jun 12, 19, 26; Jul 10, 24; Aug 7, 21 | BPD FOR CAREGIVERS Apr 3; May 15; Jun 19 | SOUTH SHORE 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 | | KALEIDOSCOPE Apr 3; May 8; Jun 12; Jul 10; Aug 7 |

Annual General Meeting, June 13

Look for **AMIQUEbec** on:

-  Facebook
-  YouTube
-  Twitter
-  SoundCloud

For information www.amiquebec.org
514-486-1448
1-877-303-0264 (outside Montreal)
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