

FC Groups for Ontario

NOTE: must be able to attend ALL classes; missed first class - automatic reschedule to waitlist for future group; 2 missed classes in weekly session- will be asked to attend future group; any missed time for weekend intensive, will be asked to sign up for another class

City	Address	Main Intersection	Schedule	Time	Details
Brampton, ON	CMHA Community Door 7700 Hurontario St. Boardroom (first room on the right) Brampton ON L6Y 5B4	Hurontario St. and Malta Ave.	Thursdays January 24 - April 18, 2019 no class March 14 MUST BE ABLE TO ATTEND ALL 12 DATES	6:30 pm – 8:30 pm	Status: open for registration Caregivers, siblings, partners, friends Sponsored by: The Sashbear Foundation and CMHA Peel
Guelph, ON	TBD	TBD	2 weekends (Saturday and Sunday) Winter 2019 Dates TBD MUST BE ABLE TO ATTEND ALL 4 DATES!	8:30 am - 5:00 pm	Status: Open for registration Caregivers, siblings, partners, friends Sponsored by: The Sashbear Foundation
Hamilton, ON	St. Joseph's Hospital 100 West 5th Street Hamilton ON L8N 3K7	Fennell Ave. W & West 5th Street	Tuesdays January 15 - April 16, 2019 no class March 12, 2019 MUST BE ABLE TO ATTEND ALL 12 DATES.	6:30pm - 8:30pm	Status: Open for registration Caregivers, siblings, partners, friends **Must be within Hamilton Niagara Haldimand, Brant LHIN region (includes Burlington - not Oakville or Mississauga) Sponsored by St. Joseph's Hospital Hamilton
Hamilton, ON	St. Joseph's Hospital 100 West 5th Street Hamilton ON L8N 3K7	Fennell Ave. W & West 5th Street	Wednesdays January 16 - April 17, 2019 no class March 13, 2019 MUST BE ABLE TO ATTEND ALL 12 DATES	6:30pm - 8:30pm	Status: Open for registration Caregivers, siblings, partners, friends **Must be within Hamilton Niagara Haldimand, Brant LHIN region (includes Burlington - not Oakville or Mississauga) Sponsored by St. Joseph's Hospital Hamilton
Kitchener, ON	GRH-Grand River Hospital 835 King St. W. Kitchener, ON N2G 1G3	King St. W. & Mt. Hope St.	2 weekends (Saturday and Sunday) 2019 dates TBD MUST BE ABLE TO ATTEND ALL 4 DATES	8:30 am - 5:00 pm	Status: Open for registration Caregivers, siblings, partners, friends Sponsored by: The Sashbear Foundation
Mississauga, ON	FAME 50 Burnhamthorpe Rd W, Ste #300, Mississauga, L5B 2C2	Burnhamthorpe Rd W & Hurontario St	Tuesdays January 22 - April 16, 2019 (no class March 12, 2019) MUST BE ABLE TO ATTEND ALL 12 DATES	6:30 pm – 8:30 pm	Status: Open for registration Caregivers, siblings, partners, friends Sponsored by: The Sashbear Foundation and FAME
Mississauga, ON	Peel Alternative School 1500 Ogden Avenue Mississauga, L5E 2H8	Ogden Ave & QEW	Tuesdays January 22 - April 16, 2019 (no class March 12, 2019) MUST BE ABLE TO ATTEND ALL 12 DATES	6:30 pm – 8:30 pm	Status: Open for registration Caregivers, siblings, partners, friends
North Bay, ON	LOCATION MAY CHANGE P.E.P building (People for Equal Partnership in Mental Health) 351 Ferguson St, 2nd floor North Bay, Ont	Ferguson St. & Main St. W.	2 weekends (Saturday and Sunday) January and February 2019, Dates TBD MUST BE ABLE TO ATTEND ALL 4 DATES	8:30am - 5:00pm (each day)	Status: Open for registration Caregivers, siblings, partners, friends Sponsored by The Sashbear Foundation and Nipissing Family Peer Support Services

City	Address	Main Intersection	Schedule	Time	Details
Ottawa, ON	Location TBD		Evening group, dates TBD Either Wednesday or Thursday evenings, beginning January MUST BE ABLE TO ATTEND ALL 12 DATES	6:00pm - 8:30pm	Status: Open for registration Caregivers, siblings, partners, friends
Ottawa, ON	Royal Ottawa Mental Health Centre 1145 Carling Avenue, Ottawa K1Z 7K4	Carling Ave & Island Park Dr	Saturdays January 12 - March 30, 2019 MUST BE ABLE TO ATTEND ALL 12 DATES	9:30am - 12:00pm	Status: Open for registration Caregivers, siblings, partners, friends
Sarnia, ON	Lambton Mental Wellness Centre 109 Durand St. Sarnia, ON	Durand St. and Christina St. N.	2 weekends (Saturday and Sunday) 2019 dates TBD MUST BE ABLE TO ATTEND ALL 4 DATES	8:30 am - 5:00 pm	Status: Open for registration Caregivers, siblings, partners, friends Sponsored by: Access Open Minds, CMHA, Lambton MWC
Scarborough, ON	St. Paul's United Church 200 McIntosh Street Scarborough, ON M1N 3Z3 (Enter via door attached to parking lot, upstairs classroom)	Kingston Rd & Midland Ave	Mondays January 21 - April 29, 2019 (no classes February 18, March 11, April 22) MUST BE ABLE TO ATTEND ALL 12 DATES	6:00pm - 8:00pm	Status: Open for registration Part of YouthCan Project (EMYS) For parents of youth, priority to parents with youth ages 14 - 18 Sponsored by: The Sashbear Foundation and YouthCAN
Thornhill, ON	Thornhill Baptist Church, 8018 Yonge St. Thornhill, ON L4J 1W3	North of Steeles and South of HWY 407	Thursdays beginning mid-March 2019, running weekly for 12 classes, dates TBD MUST BE ABLE TO ATTEND ALL 12 DATES	7:00pm - 9:00pm	Status: Open for registration Caregivers, siblings, partners, friends
Toronto, ON	Davenport Perth Neighbourhood Centre 1900 Davenport Rd, Toronto, ON M6N 1B7	Davenport & Symington Ave	Thursdays January 24 - April 18, 2019 (no class March 13, 2019) MUST BE ABLE TO ATTEND ALL 12 DATES	6:15pm - 8:15pm	Status: Open for registration Parents, partners, friends, siblings 18+ Sponsored: The Sashbear Foundation and DPNCHC
Toronto, ON	Eastminster United Church 310 Danforth Av, Toronto, ON M4K 1N6 Jackman Room	Danforth and Jackman (at Chester Station)	Mondays January 21 - April 29, 2019 (no classes February 18, March 11, April 22) MUST BE ABLE TO ATTEND ALL 12 DATES	6:15pm - 8:15pm	Status: Open for registration Part of YouthCan Project (EMYS) For parents of youth, priority to parents with youth ages 14 - 18 Sponsored By: The Sashbear Foundation and YouthCAN
Toronto, ON	SickKids Centre for Community Mental Health 440 Jarvis St Toronto, ON M4Y 2H4	Jarvis St and Maitland St	Mondays Winter 2019 Dates TBD MUST BE ABLE TO ATTEND ALL 12 DATES	6:20 pm - 8:30 pm	Status: Open for Registration Parents with children 18 and under Sponsored by: SCCMH
Toronto, ON	Skylark 40 Orchard View Blvd #102, Toronto, ON M4R 1B9	Yonge & Eglinton Enter via Orchard View Blvd; follow ramp to basement "YouthCan Impact Walkin"	Thursdays January 24-April 18, 2019 MUST BE ABLE TO ATTEND ALL 12 DATES	6:00pm - 8:00pm	Status: Open for Registration Part of YouthCan Project For parents of youth, priority to parents with youth ages 14 - 18 Sponsored: The Sashbear Foundation and YouthCAN
Whitby, ON	Ontario Shores Centre for Mental Health Sciences 700 Gordon Street Whitby, Ontario L1N 5S9		Thursdays Winter 2019 Dates TBD MUST BE ABLE TO ATTEND ALL 12 DATES	7:00 pm - 9:00 pm	Status: Open for Registration Caregivers, siblings, partners, friends Sponsored by: Ontario Shores Centre for Mental Health Sciences