



**NEWS-A-PEEL**  
**THE NEWSLETTER AND CALENDAR OF**  
**FRIENDS & ADVOCATES**

*Peel and Surrounding Areas*  
*Your Community Adult Social Rehabilitation Organization*  
*SOCIAL REHABILITATION is the ANSWER!*



**FEBRUARY 2018**

**OFFICE CLOSED**

Monday 19, February - Family Day  
Thursday 15, February - F&A RALLY

**F&A GOVERNANCE IN ACTION:**  
**/2018 COMMITTEE MEETINGS**

Fundraising Committee. . . . . Monday 12<sup>th</sup> @ 1:00pm  
By-Law & Policy Committee. . . . Monday 12<sup>th</sup> @ 2:00pm  
Finance Committee. . . . . Tuesday 20<sup>th</sup> @ 5:45pm

**Regional Social & Leisure Committees:**

North Etobicoke. . . . . Thursday 1<sup>st</sup> @ 1:00pm  
Mississauga. . . . . Monday 5<sup>th</sup> @ 2:00pm  
Brampton. . . . . Monday 5<sup>th</sup> @ 7:00pm  
Dufferin. . . . . Tuesday 6<sup>th</sup> @ 11:00am

**Regional Public Relations Committees:**

Mississauga. . . . . Monday 5<sup>th</sup> @ 3:00pm  
Brampton. . . . . Monday 5<sup>th</sup> @ 6:00pm

**NEW MEMBER SOCIAL DAY**

**Friday, 9 February 2018 - 1:30pm**

Welcome New Members! This is an new opportunity for you to learn about your organization. Did you have questions about the Organization after your interview? Which activities have people my age? My interests? The type of Fun I prefer? Come out to this meeting and get all the answers, talk to fellow Members and Staff. Have a Tea or Coffee and get a clearer picture of what opportunities the Organization can offer you. These activities will be frequently placed in the Social Calendars of the F&A News-A-Peel Newsletter, in each Service Area but if you want to come to one in another Service Area that is fine. We will welcome you no matter which one you attend. **Remember that this Activity is specifically for New Members.**

**BIRTHDAY WISHES go out to:**

Dina A., William B., Mark B., Kyle C.,  
Angela I., Janice J., Carmeta J., Ron K.,  
Ewa K., Dena M., Emily N., Timothy O.,  
Sharon P., Chris P., Reza R., Corey S.,  
Judy S., Sue T., Michael T., Shannon T.



**HAPPY BIRTHDAY!**

**THE F&A RALLY 2018**

**Thursday, 15 February @ 10:30am**

The 2018 F&A Rally is finally here!! We will have the Organization Report Card. This is your opportunity to give us direct feedback into the services we offer you as a Member. There will be a lot of workshops too, which your Board and Staff will facilitate. It will be a great day and every Member should attend! Last Day to Register for The Rally is Thursday, 8 February 2018!

**Note: The Rally is for F&A Members Only & it is a Free event to attend! PLEASE CALL TO REGISTER !**

**SHROVE TUESDAY aka PANCAKE TUESDAY**

At F&A, we have a tradition, on Pancake Tuesday, Tuesday, 13 February 2018, Scott the CEO rolls up his sleeves and heats up the griddle to make Pancakes and Turkey Bacon for those members who register for either of two seatings, at the Office. Each Seating is 45 minutes from 10:30am to 11:15am and 11:15am to 12:00noon. **There are approximately 16 places in each seating be sure to register by calling the office ASAP spots will fill up!!**

**DAY TRIP -ROYAL ONTARIO MUSEUM**

**(VIKINGS EXHIBIT) - Thursday, 22 February**

F&A will be going to explore the myths and stereotypes of the ancient culture in VIKINGS: The Exhibition is a fresh and contemporary look into the Viking Age, VIKINGS is an extraordinary window into the lifestyle, religion, and daily lives of these legendary explorers, artisans, and craftspeople. Encounter objects rarely displayed outside of Scandinavia in this compelling exhibition that challenges the perceptions of the Viking Age through hundreds of objects, as well as interactives, and immersive experiences.

Cost : **Members- \$5.00 ,Associate Members - \$10.00**  
**Guests - \$15.00**

Members In Brampton are welcome to drop by at the office & Register. **Members in the Mississauga, Dufferin & North Etobicoke can Register with staff on the dates listed below:**

**Mississauga:** January 19, 22, 30 & February 2, 5, 9, 15  
**Dufferin:** January 24 & February 6, 14 & 15  
**North Etobicoke:** January 26, 29 & February 1, 7, 14, 15

**Guest registration begins Thursday, 8 February 2018**  
**Registration closes on Thursday, 15 February 2018**

**Note: You are only registered once payment has been received**

## DISCUSSION GROUPS FOR FEBRUARY

February is a month of Small Talks! If you enjoy discussion groups, make sure to check them out! The discussions will be hosted by our Placement Staff & Fellow Members! So make sure to come out & support them!

### MOVIE MEMORIES - *Thursday, 1 February 2018*

Let's talk about your favourite movie and what genre interests you! Bring your favourite movie title and share your memories Let us know what makes this movie your number one It could be romance, drama, history, action or suspense Come on out and lets have fun "You had me at HELLO!"

### VALENTINES DAY - *Wednesday, 14 February 2018*

Before you make plans to do something else today, why not come out & have a F&A Valentines Day!! We will share in laughs, stories, jokes & an amazing time!! Maybe we'll do a craft or two! Most importantly we'll indulge in some chocolate!! Can't wait to see you there!

### POETRY - *Saturday, 24 February 2018* - Brampton

No matter if you're writing sonnets or lyrics to your next mixtape. The only thing that will make your poetry powerful and enticing is great imagery. It doesn't matter if your experienced or not! Come out & enjoy in this learning opportunity with your F&A Friends!

### MUSIC - *Friday, 23 February 2018* - North Etobicoke

Music is essential to many of our lives. We listen to it when waking up, while in transit, at work, and with our friends. For many, music is like a constant companion. It can bring us joy and motivate us, accompany us through difficult times, and alleviate our worries. We would love to talk to you about different types of music

### ONTARIO PERCEPTION OF CARE (OPOC)

Thank you to everyone who took the time to fill out an OPOC at either a designated activity or one of our big events! Your opinion is so important! Remember you can fill out the OPOC as many times as you want. During January we will have activity days led by STAFF for an opportunity to complete an OPOC. If you cannot attend the activity but would still like to complete a survey call the office !

**Dufferin:** Tuesday, 6 February - 11:00am - 1:00pm

**Mississauga:** Friday, 9 February - 2:00pm - 4:00pm

**Brampton:** Tuesday, 16 February - 2:00pm - 4:00pm

**North Etobicoke:** Wednesday, 28 February - 1:30pm - 3:30pm

### F&A SOCIAL IN MISSISSAUGA

**Wednesday, 28 January from 2:00pm - 4:00pm**

Members can drop by, chat & have fun!! We will be doing Intakes with new members!! You are welcome to stay for a while or for time your choice. Can't wait to see you there!!

## YOUR BOARD WILL BE MEETING THIS MONTH

The Board of Directors Meeting will be on Monday, 12 February at 3:00pm! We encourage all Members of the Board to attend!

## WINTER WII BOWLING LEAGUE IN FEBRUARY

Come out and have a blast by joining our Winter Wii Bowling League. The league will run for 6 weeks in Mississauga & North Etobicoke! There will be prizes and a banquet dinner for all participants. The cost to join the League is \$10.00. Don't forget to provide your shirt size upon registration! For more information about the league please contact Fatimah at 905-452-1002.

## PATHFINDER CAMPAIGN

Join our intrepid band of Adventurers as they save farmers from marauding Goblins, delve into deep dungeons to find Dragon Treasures and defeating evil Wizards as they seek to enslave the Townsfolk! To check out the action, join us on alternate **Tuesdays, 13 February and 27 February at 1:30pm, at the office.** Call Scott to get more information about this RPG experience.

## HAVE AN F&A-TASTIC DAY!

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### FRIENDS & ADVOCATES

**Peel and Surrounding Areas**

**239 Queen St. E, Unit 6, Brampton, ON L6W 2B6**

**Telephone. .... (905) 452-1002**

**e-mail..... contact@fapeel.org**

**Fax..... (905) 452-1036**

**Website..... www.fapeel.org**

### Follow us on Twitter:

**Friends & Advocates Peel . .... @FA\_Peel**

**CSN-CW Adult.. .... @CSN\_Adult**

**CSN Youth & Young Adult. .... @CSN\_Youth**

### and Facebook:

**<http://www.facebook.com/FriendsAdvocatesPeel>**

**<http://www.facebook.com/csnyouth>**

**<http://www.facebook.com/csnew>**

### In Case of a Crisis:

**(Work Hours: Monday to Friday 8:30am - 4:30pm)**

**Call F&A Peel Staff..... 905-452-1002**

### After Hours:

**24/7 Crisis Support Peel. .... 905-278-9036**

**Distress Centre..... 905-278-7208**

**SPECTRA..... 905-459-7777**

**Health Line Peel..... 905-799-7700**

**Warm Line. .... 416-960-9276**

**Krasman Warm Line.. .... 1-888-777-0979**

**24/7 Warmline ..... 1-844-427-3247**

**Psychiatric Survivors Warmline. .... 1-519-631-1580**

# FRIENDS & ADVOCATES PEEL

## Peel and Surrounding Areas

### ACTIVITY DETAILS

#### FEBRUARY BRAMPTON

- In the event of severe weather conditions, the Director of Services, Member Services Worker or CEO in consultation with the Leaders of the Activity, has the authority, usually 4 hours before the scheduled start of the activity, to cancel the activity. A message with respect to the cancellation will be placed on the office answering service announcement.
- Members are eligible for Transit Subsidy if attending two social activities each month, Training Programs, Governance Meetings, Special Events (as designated) or as Leaders of an Activity.
- In order to be counted in attendance, at an activity, you must be present from the beginning of the scheduled time for the activity and you must stay until the end of the activity to be counted.
- Leaders will be available to the activity ½ hour before the scheduled start of the Activity.

#### FEBRUARY BRAMPTON ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Small Talk - Movie Memories (2:00pm)  Adult Colouring (6:00pm)	2	3
4	5 Public Relations Committee (6:00pm)  Social & Leisure Committee (7:00pm)	6 Movie Night (5:30pm)	7	8	9 New Member Social (1:30pm)	10 BINGO (3:00pm)
11	12 Fundraising Committee (1:00pm)  By-Law & Policy Committee (2:00pm)  Board of Directors (3:00pm)	13 CEO's Pancake Tuesday (10:30am)/(11:15am)  Pathfinder Campaign Session 1 (1:30pm)	14 Small Talk Valentines (2:00pm)	15 F&A RALLY (10:30am)  OFFICE CLOSED	16 Calendar Day/ OPOC DAY (2:00pm)	17 Greet & Eat A&W(5:30pm)
18	19 OFFICE CLOSED Family Day	20 Finance Committee (5:45pm)	21 Craft Night (6:00pm)	22 Royal Ontario Museum Day Trip Vikings	23 Volunteer Check-In (4:00pm)	24 Small Talk Poetry (1:00pm)
25	26	27 Pathfinder Campaign Session 2 (1:30pm)	28			

**Thursday 1 February 2018 @ 2:00pm LEADERS: Sam M, Staff** ..... Small Talk - Movies  
Let's talk about your favourite movie and what genre interests you! Bring your favourite movie title and share your memories!  
**Place:** Friends & Advocates Office (239 Queen Street East, Unit 6) **Main Intersection:** Queen & Kennedy, Brampton  
**Cost:** Free **Attendance Goal:** 10  
**Associate Members & Guest Welcome** **Subsidy:** 25 January

**Thursday, 1 February 2018 @ 6:00pm LEADERS: Amanda S, Shirley S** ..... Adult Colouring  
Adult colouring books relieve stress and improve focus! Come out and join your F&A friends for this self care activity!!  
**Place:** Friends & Advocates Office (239 Queen Street East, Unit 6) **Main Intersection:** Queen & Kennedy, Brampton  
**Cost:** Free **Attendance Goal:** 11  
**Associate Members & Guests Welcome** **Subsidy:** 25 January

**Monday, 5 February 2018 @ 6:00pm LEADERS: Staff, Meeghan A** ..... Public Relations Committee  
Shrove Tuesday, Family Day and Valentines day too! Our Rally is this month and PR has kicked into high gear. F&A is dear to your heart so keep us near.  
**Place:** Friends & Advocates Office (239 Queen Street East, Unit 6) **Main Intersection:** Queen & Kennedy, Brampton  
**Cost:** Free **Attendance Goal:** 10  
**Members Only** **Subsidy:** 29 January

- Monday, 5 February 2018 @ 7:00pm LEADERS: Staff, Amanda S.**..... Social & Leisure Committee  
 We will be planning activities for APRIL ! Come out & help us, your ideas are always valued!!  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Members Only** **Subsidy: 29 January**
- Tuesday, 6 February 2018 @ 5:30pm LEADERS: Warren S, Yvonne V.**..... Movie Night  
 Does it really matter what kind of movie is playing when your with good company? Come out & enjoy good company with good friends  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 11**  
**Associate Members & Guests Welcome** **Subsidy: 30 January**
- Friday, 9 February 2018 @ 1:30pm LEADERS: Staff.**..... New Member Social  
 !This is an new opportunity for you to learn about your organization. Did you have questions about the Organization after your interview? Which activities have people my age? My interests? The type of Fun I prefer? Come out to this meeting and get all the answers, talk to fellow Members and Staff.  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**New Members Only** **Subsidy: 2 February**
- Saturday, 10 February 2018 @ 3:00pm LEADERS: Warren S, Meeghan A.**..... BINGO  
 It's Bingo in Brampton so why not come out for some fun, conversation and an evening spent with your friends!! Make sure to bring some extra change!!  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: \$3.00** **Attendance Goal: 10**  
**Associate Members & Guests Welcome** **Subsidy: 2 February**
- Monday, 12 February 2018 @ 1:00pm LEADERS: Staff.**..... Fundraising Committee  
 We need your support at this months Fundraising Committee Meeting. Share your ideas & get on board with ongoing fundraising initiatives!!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Members Only** **Subsidy: 5 February**
- Monday, 12 February 2018 @ 2:00pm LEADERS: Staff.**..... By-Law & Policy Committee  
 Come out & Support the Committee as we review new & existing policies!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Members Only** **Subsidy: 5 February**
- Monday, 12 February 2018 @ 3:00pm LEADERS: Staff**..... Board of Directors  
 Your Board is Meeting today. Reviewing Reports and making Decisions which are largely based on your input at Committees and Activities.  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 11**  
**Board Members Only** **Subsidy: 5 February**
- Tuesday, 13 February 2018 @ 10:30/ 11:15am LEADERS: Staff.**..... CEO's Pancake Tuesday  
 This annual event is taking place TODAY! Reserve a spot at 10:30am or 11:15am for Pancakes and Turkey Bacon. Seating is limited.  
**Place: Friends & Advocates Peel (239 Queen St. E, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 7**  
**Associate Members & Guest Welcome** **Subsidy: 6 February**
- Tuesday, 13 February 2018 @ 1:30pm LEADERS: Staff.**..... Pathfinder Campaign - Session 1  
 The Adventurers meet and decide whether to attempt one of the items on the Town Square Board or see if anything peaks their interest at the local Inn.  
**Place: Friends & Advocates Peel (239 Queen St. E, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 7**  
**Members Only** **Subsidy: 6 February**
- Wednesday, 14 February 2018 @ 2:00pm LEADERS: Staff.**..... Small Talk - Valentines Day  
 This is going to be a very funny and interesting small talk with valentines day coming just around the corner.  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Associate Members & Guest Welcome** **Subsidy: 7 February**
- Thursday, 15 February 2018 @ 10:30am LEADERS: Staff**..... F&A Organization Rally  
 The BIG Day for the Members to give their Organization a Report Card on the Services which they receive. We expect a great turnout !  
**Place: Bramalea Lions Hall (45 Avondale Blvd)** **Main Intersection: Avondale Blvd & Bramalea Rd, Brampton**  
**Cost: Free** **Attendance Goal: 150**  
**Members Only** **Subsidy: 8 February**
- Friday, 16 February 2018 @ 2:00pm LEADERS: Staff**..... Calendar Day/OPOC DAY  
 Teamwork divides the task and multiplies the success. We need you on our F&A team while we put together the Calendar! You can fill our an OPOC today!  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Associate Members & Guest Welcome** **Subsidy: 9 February**

**Saturday, 17 February 2018 @ 5:30pm LEADERS: Corrine M, Sam M.** ..... Greet & Eat - A&W  
 Dinner with your F&A friends! What better way to have some burgers & fries! Can't wait to see you all there  
**Place: A&W (74 Resolution Dr)** ..... **Main Intersection: Steeles & Resolution Dr, Brampton**  
**Cost: Transit Only** ..... **Attendance Goal:8**  
**Associate Members & Guests Welcome** ..... **Subsidy: 9 February**

**Tuesday, 20 February 2018 @ 5:45pm LEADERS: Staff.** ..... Finance Committee  
 We will be going over our Finances at this meeting!! We cant wait to see you there!  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** ..... **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal: 10**  
**Members Only** ..... **Subsidy: 13 February**

**Wednesday, 21 February 2018 @ 6:00pm LEADERS: Amanda S, Shirley S.** ..... Craft Night  
 Do you enjoy expressing your creativity? How about bringing your creative side to our F&A Craft night!!!  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** ..... **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal: 10**  
**Associate Members & Guest Welcome** ..... **Subsidy: 14 February**

**Thursday, 22 February 2018 @ LEADERS: Staff.** ..... ROYAL ONTARIO MUSEUM  
 Bloodthirsty plunderers. Pillaging warriors. Seafaring traders. What do we really know about Vikings? Come out & learn with us!!  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** ..... **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Members: \$5.00, Associate Member: \$10.00, Guest:\$15.00** ..... **Attendance Goal: 70**  
**Associate Members & Guest Welcome** ..... **Subsidy: 15 February**

**Friday, 23 February 2018 @ 4:00pm LEADERS: Staff.** ..... Volunteer Check In  
 We Request all Volunteers to come out today & touch base with the Volunteer Coordinator May!  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** ..... **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal: 10**  
**Volunteers Only** ..... **Subsidy: N/A**

**Saturday, 24 February 2018 @ 1:00pm LEADERS: Jason S, Shirley S.** ..... Small Talk - Poetry  
 Poetry is a form of literature that uses aesthetic and rhythmic qualities of language! Come out & learn how to write poems!  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** ..... **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal: 10**  
**Associate Members & Guest Welcome** ..... **Subsidy: 16 February**

**Tuesday, 27 February 2018 @1:30pm LEADERS: Staff.** ..... Pathfinder Campaign  
 Based on their decisions in the last session, the Adventures find themselves up their eyeballs in Danger!  
**Place: Friends & Advocates Peel (239 Queen St. E, Unit 6)** ..... **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:7**  
**Members Only** ..... **Subsidy: 20 February**

## FEBRUARY MISSISSAUGA ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Wii League - Week 1(2:00pm)	3
4	5 Social & Leisure Committee(2:00pm)  Public Relations Committee (3:00pm)	6	7	8	9 Wii League - Week 2 / OPOC DAY (2:00pm)	10
11	12	13 Cafe Afternoon Eva's Original(2:00pm)	14	15 F&A RALLY (10:30am) OFFICE CLOSED	16 Wii League - Week 3(2:00pm)	17 Swiss Chalet (3:00pm)
18	19 Office Closed Family Day	20 Cineplex Movie (12:00pm)	21	22 Royal Ontario Museum Day Trip Vikings	23 Wii League - Week 4(2:00pm)	24
25	26 Writing Group(2:00pm)	27	28 F&A Social / Valentines Craft (2:00pm)			

- Friday, 2 February 2018 @ 2:00pm LEADERS: LTP, Norma G-L** ..... Wii Bowling - Week 1  
 Today is the first week of the Wii Bowling League. If your not registered to play you can come out, watch, and share in the social aspect of the activity!  
**Place:** Church of the Holy Spirit (1170 Tynegrove) **Main Intersection:** Burnhamthorpe & Golden Orchard, Mississauga  
**Cost:** \$10:00 to Register **Attendance Goal:** 15  
**Associate Members & Guests Welcome** **Subsidy:** 26 January
- Monday, 5 February 2018 @ 2:00pm LEADERS: Marissa F, LTP** ..... Social & Leisure Committee  
 Planning time in the City of Mississauga. Come out and share new activity ideas at your Social & Leisure Committee.  
**Place:** Church of the Holy Spirit (1170 Tynegrove) **Main Intersection:** Burnhamthorpe & Golden Orchard, Mississauga  
**Cost:** Free **Attendance Goal:** 8  
**Members Only** **Subsidy:** 29 January
- Monday, 5 February 2018 @ 3:00pm LEADERS: LTP** ..... Public Relations Committee  
 The committee will be meeting to discuss PR opportunities in Mississauga! We encourage all members to attend!  
**Place:** Church of the Holy Spirit (1170 Tynegrove) **Main Intersection:** Burnhamthorpe & Golden Orchard, Mississauga  
**Cost:** Free **Attendance Goal:** 8  
**Members Only** **Subsidy:** 29 January
- Friday, 9 February 2018 @ 2:00pm LEADERS: LTP, Norma G-L** ..... Wii Bowling - Week 2  
 The Wii Bowling League is in full swing now... Every Strike counts as we move into week 2!!  
**Place:** Church of the Holy Spirit (1170 Tynegrove) **Main Intersection:** Burnhamthorpe & Golden Orchard, Mississauga  
**Cost:** Only registered participants can bowl **Attendance Goal:** 15  
**Associate Members & Guests Welcome** **Subsidy:** 2 February
- Tuesday, 13 February 2018 @ 2:00pm LEADERS: Robert K** ..... Café Afternoon - Eva's Original Chimneys  
 Coffee, cake, scones? Come out for the Mississauga Café Afternoon ! We will meet at the Simons Entrance which is located next to the Sport Check!  
**Place:** Eva's Original Chimneys Square 1 (100 City Centre Drive) **Main Intersection:** City Centre Dr & Square One Dr, Mississauga  
**Cost:** Transit Only **Attendance Goal:** 15  
**Associate Members & Guests Welcome** **Subsidy:** 6 February
- Thursday, 15 February 2018 @ 10:30am LEADERS: Staff** ..... F&A Organization Rally  
 The BIG Day for the Members to give their Organization a Report Card on the Services which they receive. We expect a great turnout !  
**Place:** Bramalea Lions Hall (45 Avondale Blvd) **Main Intersection:** Avondale Blvd & Bramalea Rd, Brampton  
**Cost:** Free **Attendance Goal:** 150  
**Members Only** **Subsidy:** 8 February
- Friday, 16 February 2018 @ 2:00pm LEADERS: LTP, Norma G-L** ..... Wii Bowling - Week 3  
 The Wii Bowling League is in full swing now... Week 3 is the time to step up your game and take your skill & score to the next level!!  
**Place:** Church of the Holy Spirit (1170 Tynegrove) **Main Intersection:** Burnhamthorpe & Golden Orchard, Mississauga  
**Cost:** Only registered participants can bowl **Attendance Goal:** 15  
**Associate Members & Guests Welcome** **Subsidy:** 9 February
- Saturday, 17 February 2018 @ 3:00pm LEADERS: Michelle Y, Staff** ..... Greet & Eat @Swiss Chalet  
 How about some delicious rotisserie chicken and corn? Why not join us for a meal at Swiss Chalet ??  
**Place:** Swiss Chalet (4555 Hurontario St) **Main Intersection:** Hurontario St, & Eglinton Ave, Mississauga  
**Cost:** Transit Only **Attendance Goal:** 10  
**Associate Members & Guests Welcome** **Subsidy:**9 February
- Tuesday, 20 February 2018 @ 12:00pm LEADERS: Marisa F** ..... Movie Afternoon Cineplex  
 There are Many movies to choose from! So come on out & have a great time with your friends!  
**Place:** Cineplex Cinemas (309 Rathburn Rd) **Main Intersection:** Duke of York & Rathburn Rd, Mississauga  
**Cost:** Transit Only **Attendance Goal:** 10  
**Associate Members & Guests Welcome** **Subsidy:**13 February
- Thursday, 22 February 2018 @ LEADERS: Staff** ..... ROYAL ONTARIO MUSEUM  
 Bloodthirsty plunderers. Pillaging warriors. Seafaring traders. What do we really know about Vikings? Come out & learn with us!!  
**Place:** Cineplex Cinemas (309 Rathburn Rd) **Main Intersection:** Duke of York & Rathburn Rd, Mississauga  
**Cost:** Members: \$5.00, Associate Member: \$10.00, Guest: \$15.00 **Attendance Goal:** 70  
**Associate Members & Guest Welcome** **Subsidy:** 15 February
- Friday, 23 February 2018 @ 2:00pm LEADERS: LTP, Norma G-L** ..... Wii Bowling - Week 4  
 The Wii Bowling League is in full swing now... Week 4 is the time to step up your game and take your skill & score to the next level!!  
**Place:** Church of the Holy Spirit (1170 Tynegrove) **Main Intersection:** Burnhamthorpe & Golden Orchard, Mississauga  
**Cost:** Only registered participants can bowl **Attendance Goal:** 15  
**Associate Members & Guests Welcome** **Subsidy:** 16 February

**Monday, 26 February 2018 @ 2:00pm LEADERS: Staff**..... Creative Writing

If you love creativity and would like to express your ideas and talents, come out and join us at the F&A Creative Writing Afternoon!!

**Place: Church of the Holy Spirt (1170 Tynegrove)**

**Main Intersection: Burnhamthorpe & Golden Orchard, Mississauga**

**Cost: Free**

**Attendance Goal: 15**

**Associate Members & Guests Welcome**

**Subsidy: 20 February**

**Wednesday, 28 February 2018 @ 2:00pm LEADERS: Staff**..... F&A Social/ Valentines Craft

Come out and join us for a fun Social!!! We will be doing Intakes, if you or anyone you know would like to join F&A please call us and book an Appointment!

**Place: Church of the Holy Spirt (1170 Tynegrove)**

**Main Intersection: Burnhamthorpe & Golden Orchard, Mississauga**

**Cost: Free**

**Attendance Goal:20**

**Associate Members & Guests Welcome**

**Subsidy: 21 February**

## FEBRUARY DUFFERIN ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 <b>BINGO (2:00pm)</b>	3
4	5 <b>Leadership Training Session 4(2:00pm)</b>	6 <b>Social &amp; Leisure OPOC DAY (11:00am)</b>	7	8	9	10 <b>Greet &amp; Eat McDonalds (5:00pm)</b>
11	12 <b>Leadership Training Session 5 (2:00pm)</b>	13	14 <b>CSN REGIONAL (1:00pm)</b>  <b>Wii Afternoon (2:00pm)</b>	15 <b>F&amp;A RALLY (10:30am)</b> <b>OFFICE CLOSED</b>	16	17
18	19 <b>Office Closed Family Day</b>	20	21	22 <b>Royal Ontario Museum Day Trip Vikings</b>	23 <b>DVD Afternoon (2:00pm)</b>	24 <b>De Ja Vu (12:00pm)</b>
25	26	27 <b>Small Talk (2:00pm)</b>	28			

**Friday, 2 February 2018 @ 2:00pm LEADERS: Ron D, Rob J**..... BINGO Afternoon

Come out and join us for a fun and lightly competitive afternoon of BINGO! Can't wait to see you there!!

**Place: Edelbrock Centre (30 Centre St)**

**Main Intersection: Centre St. & Hillside Dr., Orangeville**

**Cost: \$3.00**

**Attendance Goal:10**

**Associate Members & Guests Welcome**

**Subsidy: 26 January**

**Monday, 5 February 2018 @ 2:00pm LEADERS: Staff**..... Leadership Session 4

This is your fourth training session for becoming a Leader at F&A! You will learn about the Rules and Practice for being a Leader.

**Place: Edelbrock Centre (30 Centre St)**

**Main Intersection: Centre St. & Hillside Dr., Orangeville**

**Cost: Free**

**Attendance Goal: 5**

**Members Only - (Open only to individuals who signed up)**

**Subsidy: 29 January**

**Tuesday, 6 February 2018 @ 11:00am LEADERS: Staff**..... Social & Leisure Committee/ OPOC DAY

Planning time in Dufferin. Come out and share new activity ideas at your Social & Leisure Committee. You can fill our an OPOC at this activity!!

**Place: Edelbrock Centre (30 Centre St)**

**Main Intersection: Centre St. & Hillside Dr., Orangeville**

**Cost: Free**

**Attendance Goal: 8**

**Members Only**

**Subsidy: 30 January**

**Saturday, 10 February 2018 @ 5:00pm LEADERS: Angela C, Annette S**..... Greet & Eat- Mc Donald's

Come out and share some laughs with your F&A friends at Mc Donald's.

**Place: Mc Donald's (23 Broadway Ave)**

**Main Intersection: Sherbourne St & Broadway, Orangeville**

**Cost: Transit Only**

**Attendance Goal: 9**

**Associate Members & Guests Welcome**

**Subsidy: 2 February**

**Monday, 12 February 2018 @ 2:00pm LEADERS: Staff**..... Leadership Session 5

This is your final Leadership Training Session! You will soon start leading F&A activities! **(Open only to individuals who signed up)**.

**Place: Church of the Holy Spirit (1170 Tynegrove)**

**Main Intersection: Burnhamthorpe & Golden Orchard, Mississauga**

**Cost: Free**

**Attendance Goal: 15**

**Members Only**

**Subsidy: 5 February**

**Wednesday, 14 February 2018 @ 1:00pm LEADERS:Staff** ..... CSN REGIONAL MEETING  
 The CSN would like to hear your input about Mental Health Services in your area!!! Come out for a hearty discussion with Jessica!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr., Orangeville  
**Cost:** Free **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 7 February

**Wednesday, 14 February 2018 @ 2:00pm LEADERS: Rob J, Staff** ..... Wii Afternoon  
 You can come out & play, watch, and share in the social aspect of the activity!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Free **Attendance Goal:**6  
**Associate Members & Guests Welcome** **Subsidy:** 7 February

**Thursday, 15 February 2018 @ 10:30am LEADERS: Staff** ..... F&A Organization Rally  
 The BIG Day for the Members to give their Organization a Report Card on the Services which they receive. We expect a great turnout !  
**Place:** Bramalea Lions Hall (45 Avondale Blvd) **Main Intersection:** Avondale Blvd & Bramalea Rd, Brampton  
**Cost:** Free **Attendance Goal:** 150  
**Members Only** **Subsidy:** 8 February

**Thursday, 22 February 2018 @ LEADERS: Staff**..... ROYAL ONTARIO MUSEUM  
 Bloodthirsty plunderers. Pillaging warriors. Seafaring traders. What do we really know about Vikings? Come out & learn with us!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Members: \$5.00, Associate Member: \$10.00,Guest:\$15.00 **Attendance Goal:** 70  
**Associate Members & Guest Welcome** **Subsidy:** 15 February

**Friday, 23 February 2018 @2:00pm LEADERS: Ed W, Staff**..... DVD/Movie Afternoon  
 How about watching a movie? Sounds like a great way to spend some time with your F&A friends!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr., Orangeville  
**Cost:** Free **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 16 February

**Saturday, 24 February 2018 @ 12:00pm LEADERS: Ron D**..... Greet & Eat- De Ja Vu  
 Come out and share some laughs & Food At De Ja Vu!! Cant wait to see you there!!  
**Place:** De Ja VU Diner (318 Broadway Ave) **Main Intersection:** Blind Line St & Broadway, Orangeville  
**Cost:** Transit Only **Attendance Goal:** 9  
**Associate Members & Guests Welcome** **Subsidy:** 16 February

**Tuesday, 27 February 2018 @ 2:00pm LEADERS: Angela C, Staff** ..... Small Talk  
 Come on Out for a Small Talk & enjoy the F&A company!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Free **Attendance Goal:**6  
**Associate Members & Guests Welcome** **Subsidy:** 20 February

**NORTH ETOBICOKE ACTIVITIES**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Social & Leisure Committee(1:30pm) Room : Staff Lounge	2	3
4	5 Café/ Games Afternoon Woodbine Mall (1:30pm)	6	7 Wii League - Room: B2 Week 1 (1:30pm)	8	9	10
11	12	13	14 Wii League - (1:30pm) Week 2- Room: B2	15 F&A RALLY (10:30am) OFFICE CLOSED	16	17
18	19 Office Closed Family Day	20	21 CSN REGIONAL MEETING (1:30pm) Room A	22 Royal Ontario Museum Day Trip Vikings	23 Small Talk - Music Room B2 (1:30pm)	24
25	26	27	28 Wii League - Week 4/ OPOC DAY (1:30pm) Room: Staff Lounge			



**Thursday, 1 February 2018 @ 1:30pm LEADERS: Frank G, Rowena A.**..... Social & Leisure Committee  
 Why would like you to be a part of the decision making for the activities happening in your area!  
**Place: Rexdale Community Hub (21 Panorama Court)** **Main Intersection: Kipling & Panorama, Etobicoke**  
**Cost: Free** **Attendance Goal:10**  
**Members Only** **Subsidy: 25 January**

**Monday, 5 February 2018 @ 1:30pm LEADERS: Denise H, Debbie M, David B.**..... Café Games Afternoon  
 Why not join us for lunch & a lightly competitive game of UNO !!! Cant wait to see everyone there! **Meet in front of Thai Express in the food court.**  
**Place: Woodbine Centre - Food Court (500 Rexdale Blvd)** **Main Intersection: Rexdale & Hwy 27, Etobicoke**  
**Cost: Transit Only** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 29 January**

**Wednesday, 7 February 2018@ 1:30pm LEADERS: Staff, Denise H, Yolanda F.**..... Wii Bowling - Week 1  
 Today is the first week of the Wii Bowling League. If your not registered to play you can come out, watch, and share in the social aspect of the activity!  
**Place: Rexdale Community Hub (21 Panorama Court)** **Main Intersection: Kipling & Panorama, Etobicoke**  
**Cost: \$10:00 to Register** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 31 January**

**Wednesday, 14 February 2018@ 1:30pm LEADERS: Staff, Frank G.**..... Wii Bowling - Week 2  
 Bowling League is in full swing now... Every Strike counts as we move into week 2!!  
**Place: Rexdale Community Hub (21 Panorama Court)** **Main Intersection: Kipling & Panorama, Etobicoke**  
**Cost: Only registered participants can bowl** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 7 February**

**Thursday, 15 February 2018 @ 10:30am LEADERS: Staff**..... F&A Organization Rally  
 The BIG Day for the Members to give their Organization a Report Card on the Services which they receive. We expect a great turnout !  
**Place: Bramalea Lions Hall (45 Avondale Blvd)** **Main Intersection: Avondale Blvd & Bramalea Rd, Brampton**  
**Cost: Free** **Attendance Goal: 150**  
**Members Only** **Subsidy: 8 February**

**Wednesday, 21 February 2018@ 1:30pm LEADERS: Staff.**..... CSN REGIONAL MEETING  
 The CSN would like to hear your input about Mental Health Services in your area!!! Come out for a hearty discussion with Jessica!  
**Place: Rexdale Community Hub (21 Panorama Court)** **Main Intersection: Kipling & Panorama, Etobicoke**  
**Cost: Free** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 14 February**

**Thursday, 22 February 2018 @ LEADERS: Staff.**..... ROYAL ONTARIO MUSEUM  
 Bloodthirsty plunderers. Pillaging warriors. Seafaring traders. What do we really know about Vikings? Come out & learn with us!!  
**Place: Woodbine Centre - Outside TD Bank (500 Rexdale Blvd)** **Main Intersection: Rexdale & Hwy 27, Etobicoke**  
**Cost: Members: \$5.00, Associate Member: \$10.00,Guest:\$15.00** **Attendance Goal: 70**  
**Associate Members & Guest Welcome** **Subsidy: 15 February**

**Friday, 23 February 2018@ 1:30pm LEADERS: Jamie M, Hannah H, Rowena A.**..... Small Talk - Music  
 Music? Yes you heard Lets talk about Music!! We would like to know what you listen to and maybe you'll get the opportunity to sing as well!  
**Place: Rexdale Community Hub (21 Panorama Court)** **Main Intersection: Kipling & Panorama, Etobicoke**  
**Cost: Free** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 16 February**

**Wednesday, 28 February 2018@ 1:30pm LEADERS: Staff, Yolanda F, Jamie M.**..... Wii Bowling - Week 4  
 The Wii Bowling League is in full swing now... Week 4 is the time to step up your game and take your skill & score to the next level!!  
**Place: Rexdale Community Hub (21 Panorama Court)** **Main Intersection: Kipling & Panorama, Etobicoke**  
**Cost: Only registered participants can bowl** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 21 February**

# FRIENDS & ADVOCATES ORGANIZATION RALLY WORKSHOPS

*Thursday, 15 February @ 10:30am -4:30PM*

**THIS IS A MEMBERS ONLY EVENT & IT IS FREE TO ATTEND**

**\*PLEASE CALL THE OFFICE TO REGISTER**

## **WORKSHOP SESSION 1 1:15p.m.**

### **A. CLIMBING on BOARD**

One of the BIG jobs of the Board of Directors is finding interested members to replace them as their terms come to a close. Learn what it is to be on the Board, what time, participation and duties are required.

### **B. SOCIAL AND LEISURE ACTIVITY DEVELOPMENT- HOW TO GET YOUR ACTIVITY ON THE CALENDAR**

How do you get your Idea to the F&A Calendar, What are the steps to a Successful Process? We average fifty activity per month covering four different regions. Approval process, research, health and safety checks, transit and cost are just some of the things involved in turning a idea into a Friends & Advocates activity. Join us and discover all the steps you did not know go into creating the activities you enjoy.

### **C. CSN 101**

Learn about the Consumer/Survivor Network and how you can be involved and share your voice!

### **D. F&A TRAINING PROGRAMS**

Do you know what the F&A training programs are? Well this is your opportunity to learn all about PRESENTATION TRAINING, LEADERSHIP TRAINING, AV CLUB & ROLE PLAY GAMING!!!

## **WORKSHOP SESSION 2 2:00p.m.**

### **A. SOCIAL MEDIA & PUBLIC RELATIONS**

Where are we presenting and what are the outcomes. Advertising and Social Media plans and future ideas. Suggestions? And what does the future look like?

### **B. PRIVACY & CONFIDENTIALITY**

Why did we choose the OCAN? . What is a lead organization? How does Friends & Advocates protect your information? How are you in control of your information and privacy? Come out and learn about all this and more at the Rally.

### **C. FRIENDS & ADVOCATES CLUBS & LEAGUES**

We have book clubs, creative writing groups, Wii leagues, sports leagues, the Kill-A-Metre Club and more! At this workshop we will be looking into the past, discussing the present and brainstorming a possible future of all the different clubs and leagues at F&A!

### **D. DAY TRIP & BIG TRIP 2018 - 2019**

What is the difference in a Day Trip and a BIG Trip? What meets our needs for either in 2018-2019?

## **WORKSHOP SESSION 3 2:45p.m.**

### **A. CODE OF CONDUCT & MEMBER BILL OF RIGHTS**

Hello Partners & Volunteers! This discussion will outline F&A's code of conduct and review our members bill of rights. These 2 documents are outlined at the point of intake for new individuals joining, and it never hurts to have a refresher. Come one, come all! Spots will fill up fast!

### **B. SOCIAL REHABILITATION & SUPPORT MODEL - WHO ARE WE AND HOW CAN WE HELP**

Friends & Advocates is a Social Rehabilitation organization, but what does that mean? Come out and learn about our model of service and how we provide support to our membership. Provide your thoughts about how we are doing well and how we could be doing better.

### **C. DISCUSSION GROUPS & LIVING SERIES**

What are the broad topics of interest, what will be of interest to Members AND the Community, What interest do the 4 Service Areas have in the Community Living Series & Discussion Groups appearing locally?

### **A. QUALITY IMPROVEMENT- OPOC'S/ LINKAGES/ QI PLAN**

F&A's Quality Improvement Committee's role, responsibilities and the future of F&A's Quality Improvement Plan moving forward!