



**NEWS-A-PEEL**  
THE NEWSLETTER AND CALENDAR OF  
FRIENDS & ADVOCATES  
Peel and Surrounding Areas  
Phone Number: (905) 452-1002

Your Community Adult Social Rehabilitation Organization  
SOCIAL REHABILITATION is the ANSWER!



**March 2023**

**IMPORTANT DATES:**

Daylight Saving Time starts - March 12  
Commonwealth Day - March 13  
St. Patrick's Day - March 17  
First Day of Spring - March 20  
Start of Ramadan - March 23

**INFORMATION FOR ZOOM ACTIVITIES:**

Accessing Zoom activities via computer: <https://zoom.us/join>.  
Accessing Zoom activities via phone: 647-558-0588.  
The meeting ID for F&A activities is 325 368 5712 and the password is 12345.  
The meeting ID for CSN activities is 703 571 1290 and the password 54321.  
The back of this page has more ways to connect with us online!

**HAPPY SAINT PATRICK'S DAY!**

We would like to wish everyone a very Happy Saint Patrick's Day! We hope all who celebrate do so safely this year. May you all be lucky enough for a pot of gold that offers you lots of love, happiness, prosperity, and good luck!

**DAY TRIP: THE TORONTO ZOO!**



We are excited to announce the return of trips with F&A! On **April 26<sup>th</sup>**, learn new facts and see some exciting animals as we explore the Toronto Zoo! The cost of the trip will be **\$15 per person**. We plan to meet at

8:30am and will be headed back from the Zoo around 3:30pm. Transportation to the Zoo will be arranged and space will be limited. Please note that active members will be given priority to attend. **Registration will begin April 3rd.**

**WRAP IS HERE!**

The Wellness Recovery Action Plan (WRAP) is here! Discover effective ways to create and maintain your personal wellness. To join WRAP, **you must be committed to attending all 8 sessions** which will each be up to 3 hours long. The sessions will run from March 22<sup>nd</sup> to May 10th. Due to the complexity of this program, it is being run in each service area starting with **Brampton members only**. Capacity is limited to 12 and **registration is from March 1<sup>st</sup> to March 15<sup>th</sup>**. Call to secure your spot!



**MARCH BIRTHDAY WISHES:**

Chris D., Kathy D., Sean G., TK K., Baljinder K., Robert K., Peter L., Antonella L-W., Veena M., James M., Elizabeth M., Sharon P-L, Reena P., Rafi R., Marian S., David S., Jessica S., Shirley S., Yvonne V., Stephen V., Romilla W., Lynda W.

**Happy Birthday Everyone!**



**IN-PERSON ACTIVITIES FOR MARCH**



Call the office to register for our face-to-face activities! Please aim to arrive early. If you will be late, please call the office to let us know. Safety of all members and staff is priority. Please do not attend an activity if you are sick. This month, our face-to-face activities are:

**Brampton:**

Bingo - March 8 @ 2:00pm  
Crafts Day - March 16 @ 2:00pm  
Nintendo Games - March 21 @ 2:00pm  
WRAP 1: Session 1 - March 22 @ 1:00pm  
CSN Discussion Group - March 23 @ 1:00pm  
WRAP 1: Session 2 - March 29 @ 1:00pm

**Mississauga:**

Nintendo Games - March 10 @ 1:30pm  
CSN Discussion Group - March 16 @ 1:00pm  
Craft Day - March 17 @ 2:00pm  
Bingo - March 28 @ 2:00pm

**North Etobicoke:**

Bingo - March 7 @ 2:00pm  
CSN Discussion Group - March 9 @ 1:00pm  
Nintendo Games - March 17 @ 2:00pm  
Pop Culture Think Tank - March 23 @ 2:00pm

**Dufferin:**

Games Day - March 6 @ 1:30pm  
Nintendo Games - March 30 @ 1:00pm

**NO PICTURE? NO PROBLEM!**

The F&A staff respect your privacy. At in-person activities, staff members will always ask for your permission to take pictures. Please note that these images may be posted across our social media platform. If you would prefer not to have your picture taken, please let us know. Additionally, if you would like an image of you removed from our social media platforms, please call the office to let a staff member know.

## GOVERNANCE MEETINGS

All are encouraged to attend our Governance meetings. Come out to share your ideas and learn more about the inner workings of our organization! Our Governance meetings take place on Zoom and are happening on the following days:

By-Law & Policy - March 13 @ 3:30pm

Board of Directors - March 20 @ 3:30pm

## JOINING ZOOM ACTIVITIES FROM PUBLIC SPACES

We understand that it may be convenient for some to join our Zoom activities from public spaces. However, doing this presents risk of breach of confidentiality. To ensure the comfort of all members and to respect the personal lives of others, please only join Zoom activities from private spaces. Thank you for your cooperation.

## RECEIVING PHONE CALLS FROM STAFF

There will be times where you may receive calls from any one of our staff members. We understand you may be more familiar with certain staff, however the F&A team are all qualified and have your best interest at heart. **A reminder to treat all staff equally and that there should be no need to request a change in who you are speaking to.** If you would like to speak to another staff member for a different reason, feel free to call their extension at a later time. Thank you for your cooperation.

## ACTIVITY REMINDER

As a member of F&A, you are expected to **attend a minimum of 2 activities each month**. Active members will always be given priority to attend our big events and trips. While attending activities, it is expected that you remain in the group from beginning to end. However, we understand things happen. If you need to leave early, please let a staff member know. In order for your attendance at an activity to be counted, you must remain at the activity for the majority. Thank you for your understanding!

## GOODBYE, MICHAEL!

We are sad to announce that Michael will be leaving F&A to continue his journey elsewhere. Michael, we thank you for all of your hard work and contributions to this organization. We wish you all the best with your future and you will be greatly missed!



## HAVE AN F&A-TASTIC DAY!

### 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](mailto:contact@fapeel.org)

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

Website. . . . . [www.fapeel.org](http://www.fapeel.org)

### STAFF EXTENSIONS

Please feel free to leave a direct message to any member of our staff team at (905) 452 - 1002!

Reception . . . . .	321
Scott B . . . . .	322
Carrie A . . . . .	323
Christina B . . . . .	324
Nadine B . . . . .	327
Albert D . . . . .	329
Elizabeth F . . . . .	331
Aj S . . . . .	333
Lea J . . . . .	330
Students . . . . .	326/328/334



### Connect with us online:



Join Zoom by phone at 647-558-0588

Join Zoom by computer: <https://zoom.us/join>

Zoom Meeting ID: 325 368 5712

Zoom Password: 12345



[Facebook.com/friendsadvocatespeel](https://www.facebook.com/friendsadvocatespeel)



[Twitter.com/Fa\\_peel](https://twitter.com/Fa_peel)



[Instagram.com/fapeel](https://www.instagram.com/fapeel)

### 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 Line. . . . . 905-278-9036

Peel Crisis Capacity Network. . . . . 905-278-7208

Distress Centre of Greater Toronto. . . . . 416-408-4357

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

Centre for Grief and Healing . . . . . 905-848-4337

Telehealth Ontario. . . . . 1-866-797-0000

Family Services of Peel. . . . . 905-453-5775

Crisis Text Line: Text HOME to 686868 to text with a trained crisis responder.

## MARCH 2023 DETAILS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Facebook Live Aj (10:00am)</p> <p>Zoom Wellness Wednesday Rachel &amp; Christina (11:30am) <b>Leader: Meeghan A.</b></p> <p>Zoom Theatre Co. Scott &amp; Elizabeth (4:30pm)</p> <p>Zoom Balderdash Lea &amp; Aj (7:00pm) <b>Leader: Marisa. F</b></p> <p>Roll 20 Major Powers Scott (7:00pm)</p>	<p>2 Zoom CSN Group Lea (11:00am)</p> <p>Zoom Leadership Training Aj (12:30pm)</p> <p>Zoom Music Small Talk Elizabeth &amp; Aj (2:30pm) <b>Leader: Ed. W</b></p>	<p>3 Zoom America Says Elizabeth &amp; Aj (11:30am) <b>Leader: Amanda S.</b></p> <p>Roll 20 Pathfinder Scott (1:00pm)</p> <p>Zoom Social Christina &amp; Jimi (3:00pm) <b>Leader: Jamie M.</b></p>	4
5	<p>6 Zoom Self Love Small Talk Joke &amp; Christina (11:30am) <b>Leader: Yvonne V.</b></p> <p>Dufferin Games Day Aj (1:30pm) <b>Leader: Ed W.</b></p> <p>Zoom Check In Elizabeth &amp; Scott (2:00pm) <b>Leader: John D.</b></p> <p>Zoom CSN Group Lea (3:30pm)</p>	<p>7 Zoom Kil-A-Metre Club Scott (1:30pm)</p> <p>Etobicoke Bingo Elizabeth (2:00pm) <b>Leader: Jamie M.</b></p>	<p>8 Facebook Live (10:00am)</p> <p>Zoom Living Series Joke &amp; Christina (11:30am) <b>Leader: Rod W.</b></p> <p>Brampton Bingo Elizabeth (2:00pm) <b>Leader: Shirley S.</b></p> <p>Zoom Theatre Co. Scott &amp; Christina (4:30pm)</p> <p>Zoom Wheel of Fortune Elizabeth &amp; Aj (7:00pm) <b>Leader: Darren S.</b></p>	<p>9 Zoom Fun Facts Carrie (11:00am) <b>Leader: Robert. K</b></p> <p>Zoom Leadership Training Aj (12:30pm)</p> <p>Etobicoke CSN Group Lea &amp; Elizabeth (1:00pm)</p> <p>Zoom Never Have I Ever Christina &amp; Carrie (2:30pm) <b>Leader:</b></p>	<p>10 Zoom 5 Things Carrie &amp; Elizabeth (11:30am) <b>Leader:</b></p> <p>Roll 20 Pathfinder Scott (1:00pm)</p> <p>Mississauga Nintendo Switch Aj (1:30pm) <b>Leader: Jill J.</b></p> <p>Zoom Social Christina &amp; Jimi (3:00pm) <b>Leader: John D.</b></p>	11
12	<p>13 Zoom Mind Body Practices Small Talk Rachel &amp; Aj (12:00pm) <b>Leader: Simmi J.</b></p> <p>Zoom Check In Carrie &amp; Scott (2:00pm) <b>Leader: Yvonne V.</b></p> <p>Zoom By-Law &amp; Policy Scott &amp; Carrie (3:30pm) <b>Leader: Shirley S.</b></p>	<p>14 Zoom St. Patrick's Day Scavenger Hunt Scott &amp; Aj (1:30pm) <b>Leader: Simmi J.</b></p> <p>Zoom Social &amp; Leisure Carrie, Aj, &amp; Elizabeth (3:00pm) <b>Leader:</b></p> <p>Zoom Leadership Meeting Carrie, Aj, &amp; Elizabeth (4:00pm)</p>	<p>15 Facebook Live Elizabeth (10:00am)</p> <p>Zoom Wellness Wednesday Rachel &amp; Nadine (11:30am) <b>Leader: Rod W.</b></p> <p>Zoom Theatre Co. Scott &amp; Albert (4:30pm)</p> <p>Zoom Trivia Night Carrie &amp; Christina (7:00pm) <b>Leader: Marisa F.</b></p> <p>Roll 20 Major Powers Scott (7:00pm)</p>	<p>16 Zoom Leadership Training Aj (12:30pm)</p> <p>Mississauga CSN Group Lea &amp; Carrie (1:00pm)</p> <p>Brampton Crafts Day Albert (2:00pm) <b>Leader: Amanda S.</b></p> <p>Zoom 20 Questions Aj (3:00pm) <b>Leader: Paul F.</b></p>	<p>17 Zoom Word Hunt &amp; Jimi (11:30am) <b>Leader: Meeghan A.</b></p> <p>Roll 20 Pathfinder Scott (1:00pm)</p> <p>Etobicoke Nintendo Switch Albert (2:00pm) <b>Leader: Jamie M.</b></p> <p>Mississauga Craft Day Aj (2:00pm) <b>Leader: Jill J.</b></p> <p>Zoom Social Elizabeth &amp; Nadine (3:00pm) <b>Leader: John D</b></p>	18
19	<p>20 Zoom Alphabet Game Rachel &amp; Elizabeth (11:30am) <b>Leader: Robert K.</b></p> <p>Zoom Check In Carrie &amp; Scott (2:00pm) <b>Leader: Paul F.</b></p> <p>Zoom Board Of Directors Scott &amp; Carrie (3:30pm)</p>	<p>21 Zoom Best Stories From F&amp;A Small Talk Scott &amp; Albert (1:30pm) <b>Leader: Zachary G.</b></p> <p>Brampton Nintendo Switch Nadine (2:00pm) <b>Leader: Amanda S.</b></p> <p>Zoom Story Chain Christina &amp; Elizabeth (3:30pm) <b>Leader: Simmi J.</b></p>	<p>22 Facebook Live Christina (10:00am)</p> <p>Zoom Wellness Wednesday Rachel &amp; Albert (11:30am) <b>Leader: Rod W.</b></p> <p>Brampton WRAP Lea &amp; Nadine (1:00pm)</p> <p>Zoom Theatre Co. Scott &amp; Albert (4:30pm)</p> <p>Zoom 2 Truths &amp; 1 Lie Albert &amp; Nadine (7:00pm) <b>Leader: Darren S.</b></p>	<p>23 Zoom Leadership Training Aj (12:30pm)</p> <p>Brampton CSN Group Lea &amp; (1:00pm)</p> <p>Etobicoke Pop Culture Think Tank Elizabeth (2:00pm) <b>Leader: Jamie M.</b></p> <p>Zoom Who am I ? Jimi &amp; Nadine (3:00pm) <b>Leader: Ed W.</b></p>	<p>24 Zoom Scenarios Jimi &amp; Nadine (11:30am) <b>Leader: Shirley. S</b></p> <p>Roll 20 Pathfinder Scott (1:00pm)</p> <p>Zoom Deal or No Deal Elizabeth &amp; Christina (1:30pm) <b>Leader: Zachary. G</b></p> <p>Zoom Social Albert &amp; Jimi (3:00pm) <b>Leader: Paul. F</b></p>	25

26	<p>27 Zoom Food Small Talk Aj &amp; Rachel(12:00pm) <b>Leader: Viola. R</b></p> <p>Zoom Check In Carrie &amp; Scott (2:00pm) <b>Leader: Viola. R</b></p> <p>Zoom Improv Writing Christina &amp; Joke (3:30pm) <b>Leader: Yvonne. V</b></p>	<p>28 Zoom Drawing Game Aj &amp; Christina (11:30am) <b>Leader: Simmi. J</b></p> <p>Zoom Potpourri Small Talk Scott &amp; Albert (1:30pm) <b>Leader: Viola. R</b></p> <p>Mississauga Bingo Aj (2:00pm) <b>Leader: Robert. K</b></p>	<p>29 Facebook Live Nadine (10:00am)</p> <p>Zoom Wellness Wednesday Rachel &amp; Christina (11:30am) <b>Leader: Viola R.</b></p> <p>Brampton WRAP Lea &amp; Nadine (1:00pm)</p> <p>Zoom Small Talk on Books &amp; TV Shows Joke &amp; Carrie (1:30pm) <b>Leader: Amanda S.</b></p> <p>Zoom Theatre Co. Scott &amp; Albert (4:30pm)</p> <p>Zoom Family Feud Nadine &amp; Albert (7:00pm) <b>Leader: Zachary G.</b></p> <p>Roll 20 Major Powers Scott (7:00pm)</p>	<p>30 Zoom CSN Group Lea (11:00am)</p> <p>Dufferin Nintendo Switch Aj (1:00pm) <b>Leader: Ed. W</b></p> <p>Zoom Just A Minute Nadine (2:00pm) <b>Leader: Viola R.</b></p>	<p>31 Zoom Sports Small Talk Aj (11:30am) <b>Leader: Shirley S.</b></p> <p>Roll 20 Pathfinder Scott (1:00pm)</p> <p>Zoom Short Film Watch &amp; Discuss Elizabeth (1:30pm) <b>Leader: Viola R.</b></p> <p>Zoom Social Albert &amp; Nadine (3:00pm) <b>Leader: Paul F.</b></p>
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**Wednesday, March 1 2023 @ 10:00am** ..... **Facebook Live**  
 We love to check in with you and make sure everything is going well. Join us for a Facebook Live!! Follow us on Facebook: Friends & Advocates Peel & Surrounding Areas. To join the live, go on the page at the given time and you will see the post for a live video, all you have to do is click to watch!

**Wednesday, March 1 2023 @ 11:30am** ..... **Zoom Wellness Wednesday's**  
 Make sure to join our wellness activities, where we learn how to maintain and manage our mental health! Refer to Cover Page for instructions to join.

**Wednesday, March 1 2023 @ 4:30pm..** ..... **Zoom Theatre Co.**  
 We are working on a new production! **If you would like to participation this round of Theatre Co. make sure to check us out!**  
 Refer to Cover Page for instructions to join.

**Wednesday, March 1 2023 @ 7:00pm..** ..... **Zoom Balderdash**  
**Join us for fun game of Balderdash! Refer to cover page for instructions to join.**

**Wednesday, March 1 2023 @ 7:00pm..** ..... **Zoom Roll 20 Major Powers**  
 If you are interested in joining this activity please contact Scott B. at 905-452-1002, ext. 322. He will be in touch with you on how to be part of this gaming experience!

**Thursday, March 2 2023 @ 11:00am.** ..... **Zoom CSN Group**  
 Zoom CSN Check In.  
**EVERYONE IS WELCOME! The meeting ID is 703 571 1290 and the password is 54321.**

**Thursday, March 2 2023 @ 12:30pm** ..... **Zoom Leadership Training**  
 If you are interested in becoming a leader please come to Leadership Training! Refer to cover page for instructions to join.

**Thursday, March 2 2023 @ 1:00pm..** ..... **Zoom Music Small Talk**  
**Come share and find out about everyone music taste! Refer to cover page for instructions to join.**

**Friday, March 3 2023 @ 11:30am.** ..... **Zoom America Says**  
 Can you correctly guess the responses to the questions? Come find out! Refer to cover page for instructions to join.

**Friday, March 3 2023 @ 1:00pm.** ..... **Roll 20 Pathfinder**  
 If you are interested in joining this activity please contact Scott B. at 905-452-1002, ext. 322. He will be in touch with you on how to be part of this gaming experience!

**Friday, March 3 2023 @ 3:00pm.** ..... **Zoom Social**  
 We love to check in with you before the weekend and talk about various topics! Refer to Cover Page for instructions to join.

**Monday, March 6 2023 @ 11:30am..** ..... **Zoom Self Love Small Talk**  
 Join us for a discussion on self love hosted by Joke.Refer to cover page for instructions to join.

**Monday, March 6 2023 @ 1:30pm.** ..... **Dufferin Games Day**  
**Please call the office to register for this activity. Subsidy Deadline: March 3**  
**Location:** Alder Street Community Centre  
**Address:** 275 Alder Street, Orangeville  
**Major Intersection:** Dufferin Rd 109 & Alder St

**Monday, March 6 2023 @2:00pm..** ..... **Zoom Check In**  
 We love to check in with you, what did you do over the weekend and talk about various topics! Refer to Cover Page for instructions to join.

**Monday, March 6 2023@ 3:30pm..... Zoom CSN Group**

Topic: Wellness Strategies - Drop-in to discuss strategies for recovery and well-being.  
EVERYONE IS WELCOME! **The meeting ID is 703 571 1290 and the password is 54321.**

**Tuesday, March 7 2023 @ 12:00pm. .... Zoom Fundraising Committee**

Come join us as we plan and discuss our fundraising efforts. Refer to Cover Page for instructions to join.

**Tuesday, March 7 2023 @ 2:00pm..... Etobicoke Bingo**

**Please call the office to register for this activity. Subsidy Deadline: March 3**  
**Location:** Rexdale Community Hub  
**Address:** 21 Panorama Court Ave, Etobicoke  
**Major Intersection: Kipling Ave & Panorama Court**

**Wednesday, March 8 2023 @ 10:00am..... Facebook Live**

We love to check in with you and make sure everything is going well. Join us for a Facebook Live!! Follow us on Facebook: Friends & Advocates Peel & Surrounding Areas.  
To join the live, go on the page at the given time and you will see the post for a live video, all you have to do is click to watch!

**Wednesday, March 8 2023 @ 11:30am..... Zoom Holistic Mental Health Living Series**

Join us for a living series on Holistic Mental Health hosted by Dr. Bisleen Refer to Cover Page for instructions to join.

**Wednesday, March 8 2023 @ 2:00pm..... Brampton Bingo**

**Please call the office to register for this activity. Subsidy Deadline: March 6**  
**Location:** Loafers Lake Recreational Centre  
**Address:** 30 Loafers Lake Ln, Brampton  
**Major Intersection: Conestoga Dr & Loafers Lake Ln**

**Wednesday, March 8 2023 @ 4:30pm..... Zoom Theatre Co.**

We are working on a new production! **If you would like to participation this round of Theatre Co. make sure to check us out!**  
Refer to Cover Page for instructions to join.

**Wednesday, March 8 2023 @ 7:00pm..... Zoom Wheel Of Fortune**

Join us for a game of Wheel Of Fortune with our hosts Nadine & Elizabeth! Refer to Cover Page for instructions to join.

**Thursday, March 9 2023 @ 11:00am..... Zoom Fun Facts**

**come share and learn some very cool and fun facts!** Refer to cover page for instructions to join.

**Thursday, March 9 2023 @ 12:30pm..... Zoom Leadership Training**

If you are interested in becoming a leader please come to Leadership Training! Refer to cover page for instructions to join.

**Thursday, March 9 2023 @ 1:00pm..... Etobicoke CSN Group**

**Please call the office to register for this activity. Subsidy Deadline: March 6**  
**Location:** Rexdale Community Hub  
**Address:** 21 Panorama Ct, Etobicoke  
**Major Intersection: Panorama Ct & Kipling Ave**

**Thursday, March 9 2023 @ 2:30pm..... Zoom Never Have I Ever**

Join us for a game of Never Have I Ever! Refer to cover page for instructions to join.

**Friday, March 10 2023 @ 11:30am..... Zoom 5 Things**

**Can you name 5 things in the category in 5 seconds ?Join us Refer to cover page for instructions to join.**

**Friday, March 10 2023 @ 1:00pm..... Roll 20 Pathfinder**

If you are interested in joining this activity please contact Scott B. at 905-452-1002, ext. 322. He will be in touch with you on how to be part of this gaming experience!

**Friday, March 10 2023 @ 1:30pm..... Mississauga Nintendo Switch Games**

**Please call the office to register for this activity. Subsidy Deadline: March 7**  
**Location:** Church of The Holy Spirit  
**Address:** 1170 Tynegrove Rd, Mississauga  
**Major Intersection: Burnhamthorpe Rd W & Golden Orchard**

**Friday, March 10 2023 @ 3:00pm..... Zoom Social**

We love to check in with you before the weekend and talk about various topics! Refer to Cover Page for instructions to join.

**Monday, March 13 2023 @ 11:30am..... Zoom Mind Body Practices Small Talk**

Join us for a discussion on Mind & Body Practices! Refer to cover page for instructions to join.

**Monday, March 13 2023 @2:00pm..... Zoom Check In**

We love to check in with you, what did you do over the weekend and talk about various topics! Refer to Cover Page for instructions to join.

**Monday, March 13 2023@ 3:30pm..... Zoom By-Law & Policy**

Come out & support the Committee as we review the Organization's By-laws and Polices! Refer to Cover Page for instructions to join.

**Tuesday, March 14 2023 @ 1:30pm.** ..... **Zoom Scavenger Hunt**  
Scott will give you a list of items to find! Based on the item you find you will get points and maybe even win a prize! Refer to Cover Page for instructions to join.

**Tuesday, March 14 2023 @ 3:00pm** ..... **Zoom Social & Leisure**  
We want your feedback on current activities and to hear your ideas and suggestions for new ones. Refer to Cover Page for instructions to join.

**Tuesday, March 14 2023 @ 4:00pm** ..... **Zoom Leadership Meeting**  
**This meeting is for LEADERS ONLY.** Join us to pick the activities you will be leading. If you are unable to join reach out to Aj prior to the meeting.  
Refer to Cover Page for instructions to join.

**Wednesday, March 15 2023 @ 10:00am** ..... **Facebook Live**  
We love to check in with you and make sure everything is going well. Join us for a Facebook Live!! Follow us on Facebook: Friends & Advocates Peel & Surrounding Areas.  
To join the live, go on the page at the given time and you will see the post for a live video, all you have to do is click to watch!

**Wednesday, March 15 2023 @ 11:30am** ..... **Zoom Wellness Wednesday's**  
Make sure to join our wellness activities, where we learn how to maintain and manage our mental health! Refer to Cover Page for instructions to join.

**Wednesday, March 15 2023 @ 4:30pm.** ..... **Zoom Theatre Co.**  
We are working on a new production! **If you would like to participation this round of Theatre Co. make sure to check us out!**  
Refer to Cover Page for instructions to join.

**Wednesday, March 15 2023 @ 7:00pm.** ..... **Zoom Trivia Night**  
Come test your brain power out with Trivia Night! Refer to Cover Page for instructions to join.

**Wednesday, March 15 2023 @ 7:00pm.** ..... **Zoom Roll 20 Major Powers**  
If you are interested in joining this activity please contact Scott B. at 905-452-1002, ext. 322. He will be in touch with you on how to be part of this gaming experience!

**Thursday, March 16 2023 @ 12:30pm** ..... **Zoom Leadership Training**  
If you are interested in becoming a leader please come to Leadership Training! Refer to cover page for instructions to join.

**Thursday, March 16 2023 @ 1:00pm.**..... **Mississauga CSN Group**  
**Please call the office to register for this activity. Subsidy Deadline: March 13**  
**Location:** Church Of The Holy Spirit  
**Address:** 1170 Tynegrove Rd, Mississauga  
**Major Intersection:** Burnhamthorpe Rd W & Golden Orchard

**Thursday, March 16 2023 @ 2:00pm.**..... **Brampton Crafts Day**  
**Please call the office to register for this activity. Subsidy Deadline: March 13**  
**Location:** Loafers Lake Recreational Centre  
**Address:** 30 Loafers Lake Ln  
**Major Intersection:** Conestoga Dr & Loafers Lake Ln

**Thursday, March 16 2023 @ 3:00pm.**..... **Zoom 20 Questions**  
Can you guess a person, place or a thing with only 20 questions? Come find out Refer to cover page for instructions to join.

**Friday, March 17 2023 @ 11:30am.** ..... **Zoom Word Hunt**  
Can you figure out the word today? Refer to cover page for instructions to join.

**Friday, March 17 2023 @ 1:00pm.** ..... **Roll 20 Pathfinder**  
If you are interested in joining this activity please contact Scott B. at 905-452-1002, ext. 322. He will be in touch with you on how to be part of this gaming experience!

**Friday, March 17 2023 @ 1:30pm.** ..... **Etobicoke Nintendo Switch Games**  
**Please call the office to register for this activity. Subsidy Deadline: March 14**  
**Location:** Rexdale Community Hub  
**Address:** 21 Panorama Court, Etobicoke  
**Major Intersection:** Kipling Ave & Panorama Court

**Friday, March 17 2023 @ 1:30pm.** ..... **Mississauga Craft Day**  
**Please call the office to register for this activity. Subsidy Deadline: March 14**  
**Location:** Church of The Holy Spirit  
**Address:** 1170 Tynegrove Rd, Mississauga  
**Major Intersection:** Burnhamthorpe Rd W & Golden Orchard

**Friday, March 17 2023 @ 3:00pm.** ..... **Zoom Social**  
We love to check in with you before the weekend and talk about various topics! Refer to Cover Page for instructions to join.

**Monday, March 20 2023 @ 11:30am.** ..... **Zoom Alphabet Game**  
Come test your alphabet brain power with Alphabet Game. Refer to cover page for instructions to join.

**Monday, March 20 2023 @2:00pm.** ..... **Zoom Check In**  
We love to check in with you, what did you do over the weekend and talk about various topics! Refer to Cover Page for instructions to join.

**Monday, March 20 2023 @ 3:30pm. . . . . Zoom Board Of Directors**

Join us at the first BOD meeting of the newly elected Board. We discuss what is going on within the organization as a whole. All members are welcome to join and observe. There is also an opportunity to ask questions. Refer to Cover Page for instructions to join.

**Tuesday, March 21 2023 @ 1:30pm. . . . . Zoom Favourite F&A Stories Small Talk**

Join us for a small talk on your favourite F&A stories. Refer to cover page for instructions to join.

**Tuesday, March 21 2023 @ 2:00pm . . . . . Brampton Nintendo Switch**

**Please call the office to register for this activity. Subsidy Deadline: March 17**

**Location:** Loafers Lake Recreational Centre  
**Address:** 30 Loafers Lake Ln  
**Major Intersection:** Conestoga Dr & Loafers Lake Ln

**Tuesday, March 21 2023 @ 3:30pm . . . . . Zoom Story Chain**

Lets be creative and see where the story goes! Refer to cover page for instructions to join.

**Wednesday, March 22 2023 @ 10:00am . . . . . Facebook Live**

We love to check in with you and make sure everything is going well. Join us for a Facebook Live!! Follow us on Facebook: Friends & Advocates Peel & Surrounding Areas. To join the live, go on the page at the given time and you will see the post for a live video, all you have to do is click to watch!

**Wednesday, March 22 2023 @ 11:30am . . . . . Zoom Wellness Wednesday's**

Make sure to join our wellness activities, where we learn how to maintain and manage our mental health! Refer to Cover Page for instructions to join.

**Wednesday, March 22 2023 @ 1:00pm . . . . . Brampton WRAP**

The Wellness Recovery Action Plan (WRAP) is a personalized wellness and recovery system rooted in the principle of self-determination. Participants create a personalized system of wellness tools and action plans. **Registered Brampton Members Please call the office to register for this activity. Subsidy Deadline: March 20**

**Location:** Loafers Lake Recreational Centre  
**Address:** 30 Loafers Lake Ln  
**Major Intersection:** Conestoga Dr & Loafers Lake Ln

**Wednesday, March 22 2023 @ 4:30pm.. . . . . Zoom Theatre Co.**

We are working on a new production! **If you would like to participation this round of Theatre Co. make sure to check us out!**  
Refer to Cover Page for instructions to join.

**Wednesday, March 22 2023 @ 7:00pm.. . . . . Zoom 2 Truths & 1 Lie**

Everyone will share 2 truths & 1 lie , can you figure out the lie? Refer to Cover Page for instructions to join.

**Thursday, March 23 2023 @ 12:30pm . . . . . Zoom Leadership Training**

If you are interested in becoming a leader please come to Leadership Training! Refer to cover page for instructions to join.

**Thursday, March 23 2023 @ 1:00pm.. . . . . Brampton CSN Group**

**Please call the office to register for this activity. Subsidy Deadline: March 20**

**Location:** Church Of The Holy Spirit  
**Address:** 1170 Tynegrove Rd, Mississauga  
**Major Intersection:** Burnhamthorpe Rd W & Golden Orchard

**Thursday, March 23 2023 @ 2:00pm.. . . . . Etobicoke Pop Culture Think Tank**

Come out and share your opinion on a variety of pop culture topics and headlines! Refer to cover page for instructions to join.

**Thursday, March 23 2023 @ 3:00pm.. . . . . Zoom Who am I?**

Join us for this discussion filled game where do find out who we are!Refer to cover page for instructions to join.

**Friday, March 24 2023 @ 11:30am. . . . . Zoom Scenarios**

**What will you do in these scenarios? Lets find out Refer to cover page for instructions to join.**

**Friday, March 24 2023 @ 1:00pm. . . . . Roll 20 Pathfinder**

If you are interested in joining this activity please contact Scott B. at 905-452-1002, ext. 322. He will be in touch with you on how to be part of this gaming experience!

**Friday, March 24 2023 @ 1:30pm. . . . . Zoom Deal Or No Deal**

**Will you choose the \$0.01 or \$1.000,000, briefcase ? The banker has some tempting offers. Will you say deal or no deal. Refer to cover page for instructions to join.**

**Friday, March 24 2023 @ 3:00pm. . . . . Zoom Social**

We love to check in with you before the weekend and talk about various topics! Refer to Cover Page for instructions to join.

**Monday, March 27 2023 @ 11:30am. . . . . Zoom Food Small Talk**

**Join us as we discuss our favourite food and dishes.** Refer to cover page for instructions to join.

**Monday, March 27 2023 @2:00pm. . . . . Zoom Check In**

We love to check in with you, what did you do over the weekend and talk about various topics! Refer to Cover Page for instructions to join.

**Monday, March 27 2023 @ 3:30pm. . . . . Zoom Improv Writing**  
Use your creative writing skills to keep it going! Refer to cover page for instructions to join.

**Tuesday, March 28 2023 @ 11:30am. . . . . Zoom Drawing Game**  
Can you draw a story with the words given? Refer to Cover Page for instructions to join.

**Tuesday, March 28 2023 @ 1:30pm . . . . . Zoom Potpourri Small Talk**  
Join Scott & Albert to discuss what you are interested in. Refer to Cover Page for instructions to join.

**Tuesday, March 28 2023 @ 2:00pm . . . . . Mississauga Bingo**  
**Please call the office to register for this activity. Subsidy Deadline: March 24**  
**Location:** Church Of The Holy Spirit  
**Address:** 1170 Tynegrove Rd, Mississauga  
**Major Intersection:** Burnhamthorpe Rd W & Golden Orchard Dr

**Wednesday, March 29 2023 @ 10:00am . . . . . Facebook Live**  
We love to check in with you and make sure everything is going well. Join us for a Facebook Live!! Follow us on Facebook: Friends & Advocates Peel & Surrounding Areas.  
To join the live, go on the page at the given time and you will see the post for a live video, all you have to do is click to watch!

**Wednesday, March 29 2023 @ 11:30am . . . . . Zoom Wellness Wednesday's**  
Make sure to join our wellness activities, where we learn how to maintain and manage our mental health! Refer to Cover Page for instructions to join.

**Wednesday, March 29 2023 @ 1:00pm . . . . . Brampton WRAP**  
The Wellness Recovery Action Plan (WRAP) is a personalized wellness and recovery system rooted in the principle of self-determination. Participants create a personalized system of wellness tools and action plans. **Registered Brampton Members Please call the office to register for this activity. Subsidy Deadline: March 26**  
**Location:** Loafers Lake Recreational Centre  
**Address:** 30 Loafers Lake Ln  
**Major Intersection:** Conestoga Dr & Loafers Lake Ln

**Wednesday, March 29 2023 @ 1:30pm. . . . . Zoom Small Talk On Books & TV Shows**  
join us as we discuss our favourite books and tv shows! Refer to Cover Page for instructions to join.

**Wednesday, March 29 2023 @ 4:30pm. . . . . Zoom Theatre Co.**  
We are working on a new production! **If you would like to participation this round of Theatre Co. make sure to check us out!**  
Refer to Cover Page for instructions to join.

**Wednesday, March 29 2023 @ 7:00pm. . . . . Zoom Family Feud**  
Join us for Family Feud. It will be similar to the TV Game Show Refer to Cover Page for instructions to join.

**Wednesday, March 29 2023 @ 7:00pm. . . . . Zoom Roll 20 Major Powers**  
If you are interested in joining this activity please contact Scott B. at 905-452-1002, ext. 322. He will be in touch with you on how to be part of this gaming experience!

**Thursday, March 30 2023 @ 11:00am. . . . . Zoom CSN Group**  
Zoom CSN Check In  
**EVERYONE IS WELCOME! The meeting ID is 703 571 1290 and the password is 54321.**

**Thursday, March 30 2023 @ 1:00pm . . . . . Dufferin Nintendo Switch**  
**Please call the office to register for this activity. Subsidy Deadline: March 27**  
**Location:** Alder Street Community Centre  
**Address:** 275 Alder Street, Orangeville  
**Major Intersection:** Dufferin Rd 109 & Alder St

**Thursday, March 30 2023 @ 2:00pm. . . . . Zoom Just A Minute**  
Join us for this fun and silly activity! You'll get a minute to talk about a funny topic and you can say random things just to make up the minute. Refer to cover page for instructions to join.

**Friday, March 31 2023 @ 11:30am. . . . . Zoom Sports Small Talk**  
come and discuss sports with Aj Refer to cover page for instructions to join.

**Friday, March 31 2023 @ 1:00pm. . . . . Roll 20 Pathfinder**  
If you are interested in joining this activity please contact Scott B. at 905-452-1002, ext. 322. He will be in touch with you on how to be part of this gaming experience!

**Friday, March 31 2023 @ 1:30pm. . . . . Zoom Short Films**  
Watch a short film and discuss key themes, likes and dislikes, and more ! Refer to cover page for instructions to join.

**Friday, March 31 2023 @ 3:00pm. . . . . Zoom Social**  
We love to check in with you before the weekend and talk about various topics! Refer to Cover Page for instructions to join.



## **FRIENDS & ADVOCATES ZOOM ETIQUETTE FOR ACTIVITIES**

- 1. Position your camera properly, have your first name and last name initial on the screen for attendance purposes. Attendance will be taken by Staff. Staff will monitor individuals joining during the meeting.**
- 2. If joining late please don't announce yourself, it can be distracting since the activity has started. Staff will acknowledge your presence when appropriate. If you need to leave the activity early, please don't announce this, it is distracting for all participants, it is appreciated if you leave the activity quietly. Thanks for joining.**
- 3. Mute your microphone unless you're speaking. This will keep background noise to a minimum. Turn off TV, Radio, etc. If you wish to speak raise your hand. If you're calling by phone press \*6 to mute and \*6 to unmute. Press \*9 to raise your hand.**
- 4. Limit distractions and multitasking during Zoom activities. Examples: cooking, cleaning, shopping, walking outside, etc. (Only attend if you're able to participate attentively). If you need to take a phone call, please don't announce it simply mute your microphone and turn off your camera until you're able to resume your full participation.  
  
*(Hosts & Co-hosts can and may turn off microphones and/or cameras as appropriate).***
- 5. To minimize distractions, the "in meeting" chat will be disabled. You won't be able to send messages to each other but will be able to send messages to the Co-host. The Co-host is \_\_\_\_\_.**
- 6. Please dress appropriately.**
- 7. If anyone is being disruptive or not following the rules they may be removed from the meeting with a follow up call from Staff.**
- 8. This is a positive space meant for everyone, please share only positive comments.**
- 9. Let's all have fun and enjoy ourselves!!**