










Peers supporting Peers

**Peer Support Social Group
(PSSG) 
2024 Calendar**



There's a lot going on right now.
Let connect, have some fun,
and make some new friends.

PSSG Activities need all participants to sign up with Icy at 604-762-7723. To sign up or if you have any questions or further clarification, please contact Icy. The programs are subject to change. Everyone should assess their own risk and determine their comfort in how they want to spend time with others. Consider who you are spending time with and if you may need to take extra measures. Hence, the RCFC – PSSG has some events, you need to wear mask. And please bring your own masks and hand sanitizer. If you show any signs of symptoms, do not show up to our indoor and outdoor activities but you can still participate in Zoom (Virtual Activity) and our digital programs. The Recreational Activities, please contact Ashely at 604-675-3977 ext 4 to sign up. Please download App.

Monday	Wednesday	Friday
<p>April 1</p>  <p><i>Close for The holiday</i></p>	<p>April 3</p> <p>10:30 am Meet @ Brighthouse Station - Gym Exercise "8880 Williams Rd, Rmd</p> <p>12:30 pm Meet @ Brighthouse Station - Dining Out Bring \$20 (Food Court of Lansdowne Mall)</p> <p>2:30 pm - 4:00 pm Meet @ Brighthouse Library</p>	<p>April 5</p> <p>12:30 pm Meet @ Lansdowne Station</p> <p>Please only call Icy to let you go into the "Garratt Wellness Centre"</p> <p>- Fun Cooking</p> 
<p>April 8 Meet @ 7111 No.2 - RMD Presbyterian Church</p> <p>1:30 pm - Knitting Hat / Scarf - Water Bottle Workouts - Cozy Hot Drink - Bingo</p> 	<p>April 10</p> <p>10:30 am Meet @ Brighthouse Station - Gym Exercise "8880 Williams Rd, Rmd</p> <p>12:00 pm Meet @ Brighthouse Station - Dining Out Bring \$20 (Food Court of Parker Place)</p> <p>2:30 pm - 4:00 pm Meet @ Brighthouse Library</p>	<p>April 12</p> <p>2:30 pm Meet @ Lansdowne Station</p> <p>Please only call Icy to let you go into the "Garratt Wellness Centre"</p> <p>- Fun Cooking</p>
<p>April 15</p> <p>1:30 pm - Knitting Hat - Water Bottle Workouts - Cozy Hot Drink - Bingo</p> 	<p>April 17</p> <p>11:00 am Meet @ Brighthouse Station - Dining Out Bring \$20</p> <p>1:00 pm Meet @ eSpot #1000 – 8181 Cambie Rd - Mahjong / Darts / Arcade</p> <p>2:30 pm - 4:00 pm Meet @ Brighthouse Library</p>	<p>April 19</p> <p>1:30 pm Meet @ Lansdowne Station</p> <p>Please only call Icy to let you go into the "Garratt Wellness Centre"</p> <p>- Fun Cooking</p>
<p>April 22 Meet @ 7111 No.2 - RMD Presbyterian Church</p> <p>1:30 pm - Knitting Hat / Scarf - Water Bottle Workouts - Cozy Hot Drink & Bingo - Crystal Chain Project</p>	<p>April 24</p> <p>11:00 am Meet @ Brighthouse Station - Dining Out Bring \$20</p> <p>1:00 pm Meet @ eSpot #1000 – 8181 Cambie Rd - Mahjong / Darts / Arcade</p> <p>2:30 pm - 4:00 pm Meet @ Brighthouse Library</p>	<p>April 26</p> <p>2:30 pm Meet @ Lansdowne Station</p> <p>Please only call Icy to let you go into the "Garratt Wellness Centre"</p> <p>- Fun Cooking</p>
<p>April 29 Meet @ 7111 No.2 - RMD Presbyterian Church</p> <p>1:30 pm - Knitting Hat / Scarf - Cozy Hot Drink & Bingo - Karaoke</p>	 	

Remarks: Each participant will need to be referred to the program. If you wish to join peer support social group and are a client of the Richmond Mental Health Team – ask your case manager for a referral.

May 26, 2024