





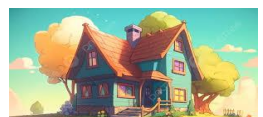





**Peer Support Social Group
(PSSG) 
2023 Calendar**

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

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
		September 1 10:00 am Meet @ 6800 Azure Rd - Exercise (Qi Flow) - Fun Gardening 2:00 pm Meet @ #1000 - 8181 Cambie Rd - Espots (Arcade Games/ Darts/ Mahjong/Karaoke)
September 4 	September 6 10:00 am Meet @ Brighthouse Stn - Tsawwassen Mills Outlet Shopping Mall 5000 Canoe Pass Wy, Tsawwassen 12:00 pm - Dining Out Bring \$20 (Food Court - Tsawwassen Mills) 2:30 pm - 4:00 pm Meet @ Brighthouse Library - Digital Literacy (Basics) "Tablet, PC or Smart Phone"	September 8 10:00 am Meet @ 6800 Azure Rd - Exercise (Qi Flow) - Fun Gardening 2:00 pm Meet @ #1000 - 8181 Cambie Rd - Espots (Arcade Games/ Darts/ Mahjong/Karaoke)
September 11 Meet @ 7111 No.2 Rd -Church (in-person / Zoom) 2:00 pm - Card Games (Skip.Bo) - Cozy Autumn Drink, Bingo 	September 13 10:00 am Meet @ Brighthouse Stn - Walking "Minoru Lakes Park" 12:00 pm - Dining Out Bring \$20 (Cannery Cafe) 3711 Moncton St., Steveston 2:30 pm - 4:00 pm Meet @ Brighthouse Library - Digital Literacy (Basics)	September 15 10:00 am Meet @ 6800 Azure Rd - Exercise (Tai Chi) - Fun Gardening 2:00 pm Meet @ #1000 - 8181 Cambie Rd - Espots (Arcade Games/ Dart/Karaoke)
September 18 Meet @ 7111 No.2 Rd -Church (in-person / Zoom) 2:00 pm - Funny Videos Cozy Autumn Drink, Bingo	September 20 10:00 am Meet @ Brighthouse Stn - Dining Out Bring \$20 (Birthday Celebrations) "D1 Noodle Restaurant" #150 - 8191 Saba Rd Remarks: with the participant born in July, Aug., Sept., Oct., Nov. & Dec.) 	September 22 10:00 am Meet @ Brighthouse Station - Home Visit @ Dalta (Peer Group member's house) 
September 25 Meet @ 7111 No.2 Rd -Church (in-person / Zoom) 2:00 pm - Karaoke, - Cozy Autumn Drink & Bingo 	September 27 10:00 am Meet @ Brighthouse Station - Gym Exercise "Minoru Centre for Active Living" 7191 Granville Ave, 12:00 pm - Dining Out Bring \$20 "Aberdeen Centre-Food Court"	September 29 10:00 am Meet @ Brighthouse Station - Celebrations Mid-Autumn Festival (Garden City Community Park and Arboretum) 6620 Garden City Rd, Rmd

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.