



*Peers supporting Peers*

**Only Due to Covid-19 = 2023, June Schedule  
PSSG (Peer Support Social Group)**



*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. 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 programs are subject to change. To sign up or if you have any questions or further clarification. Icy @ 604-762-7723. The Recreational Activities, please contact Ashely at 604-675-3977 ext 4 to sign up. Please download App.

Monday	Wednesday	Friday
		<p><b>June 2 Meet @ Brighthouse Station</b></p> <p>10:30 am - Laughter Yoga - Fun Gardening</p> 
<p><b>June 5 Meet @ Brighthouse Station</b></p> <p>1:30 pm - Bible Song Sharing - Games with Cups - Cozy Summer Drink &amp; English Class (Video-Basic Level)</p> 	<p><b>June 7</b></p> <p>10:30 am <b>Meet @ Brighthouse Station</b> - Golf Croquet @Brighthouse Park</p> <p>12:00 pm - Dining Out Bring \$20 (McDonald's) No. 3 Rd</p> <p>2:30 pm - 4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basics) "Tablet, Computer or Smart Phone"</p>	<p><b>June 9 Meet @ 6800 Azure Rd</b></p> <p>10:30 am - Tai Chi Begining - Fun Gardening</p>
<p><b>June 12 Meet @RPC - (RMD Presbyterian Church) 7111 No.2 Rd, RMD</b></p> <p>2:00 pm in-person / Zoom - Water Bottle Resistance Workout - Cozy Summer Drink &amp; Bingo</p> 	<p><b>June 14</b></p> <p>10:30 am <b>Meet @ Brighthouse Station</b> - Badminton @Brighthouse Park</p> <p>12:00 pm - Dining Out Bring \$20 (Pho Lan @6950 No.3 rd</p> <p>2:30 pm - 4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basics)</p> 	<p><b>June 16 Meet @ 6800 Azure Rd</b></p> <p>10:30 am - Laughter Yoga - Fun Gardening</p> 
<p><b>June 19 Meet @RPC - (RMD Presbyterian Church) 7111 No.2 Rd, RMD</b></p> <p>2:00 pm in-person / Zoom - Water Bottle Resistance Workout - Cozy Summer Drink &amp; Bingo</p> 	<p><b>June 21</b></p> <p>10:30 am <b>Meet @ Brighthouse Stn</b> - Kite Day @ Garry Point Park</p> <p>12:00 pm - Dining Out Bring \$20 (Cannery Cafe - Steveston) 3711 Moncton St.</p> <p>2:30 pm - 4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basics)</p> 	<p><b>June 23 Meet @ 6800 Azure Rd</b></p> <p>10:30 am - Tai Chi Begining - Fun Gardening</p>
<p><b>June 26 Meet @RPC - (RMD Presbyterian Church) 7111 No.2 Rd, RMD</b></p> <p>2:00 pm in-person / Zoom - Funny video - Cozy Summer Drink &amp; Bingo</p> 	<p><b>June 28</b></p> <p>10:30 am <b>Meet @ Brighthouse Station</b> Pick Your Own "Strawberry" at GJ Farms 11400 #4 Road ,RMD</p> <p>12:00 pm - Dining Out Bring \$20 (John 3:16 Malaysian Delights) 6832 No. 3 Rd</p> <p>2:30 pm - 4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basics) "Tablet, Computer or Smart Phone"</p>	<p><b>June 30 Meet @ 6800 Azure Rd</b></p> <p>10:30 am - Tai Chi Begining - Fun Gardening</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.