









*Peers supporting Peers*



**Updated  
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 Jennifer at 604-675-3977 ext 4 to sign up. Please download App.

Monday	Wednesday	Friday
	<p><b>May 1</b></p> <p>10:30 am <b>Meet @ Brighthouse Station</b> - Dining Out "YVR Airport Outlet Mall (#1000- 7899 Templeton Station Rd, Rmd)</p> <p>2:30 pm - 4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basic)</p>	<p><b>May 3</b></p> <p>10:30 am Meet @ 6800 Azure Rd</p> <p>- Fun Gardening </p>
<p><b>May 6 Meet @ 7111 No.2 - RMD Presbyterian Church)</b></p> <p>1:30 pm - PSSG Monthly Activities Plan (June) - Knitting Hat / Scarf - Golf Croquet - Cozy Hot Drink - Bingo</p>	<p><b>May 8</b></p> <p>10:30 am <b>Meet @ Brighthouse Station</b> - Dining Out Bring \$20 (YVR Airport Observation Area)</p> <p>1:00 pm <b>Meet @ eSpot #1000 – 8181 Cambie Rd</b> - Mahjong / Darts / Arcade</p> <p>2:30 pm -4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basic)</p>	<p>10:30 am Meet @ 6800 Azure Rd</p> <p>- Qi Flow Workout  - Fun Gardening</p>
<p><b>May 13 Meet @ 7111 No.2 - RMD Presbyterian Church)</b></p> <p>1:30 pm - Knitting Hat / Scarf - Golf Croquet - Cozy Hot Drink - Bingo</p>	<p><b>May 15</b></p> <p>10:30 am <b>Meet @ Brighthouse Station</b> - Dining Out Bring \$20 (YVR Airport Observation Area) 3211 Grant McConachie Wy, Rmd</p> <p>1:00 pm <b>Meet @ eSpot #1000 – 8181 Cambie Rd</b> - Mahjong / Darts / Arcade</p> <p>2:30 pm -4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basic)</p>	<p><b>May 17</b></p> <p>7:30am meet @ <b>Brighthouse Station</b></p> <p>8:00am – Breakfast (Free) Observation Area 3211 Grant McConachie Wy, Rmd </p>
<p><b>May 20</b></p> <p><i>Close for The holiday</i> </p>	<p><b>May 22</b></p> <p><b>No Activities</b></p>	<p><b>May 24</b></p> <p><b>No Activities</b></p>
<p><b>May 27</b></p> <p><b>No Activities</b></p>	<p><b>May 29</b></p> <p><b>No Activities</b></p>	<p><b>May 31</b></p> <p><b>No Activities</b></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.

*Apr 30 2024*