



## Peer Support Social Group (PSSG) 2024 Calendar

Monday	Wednesday	Friday
<p><b>Dec. 2</b></p> <p><b>No Activities</b></p>	<p><b>Dec. 4</b></p> <p>11:00 am - Indoor Gym Exercise (7191 Granville Ave, Richmond)</p> <p>12:30 pm <b>Meet @ Brighthouse Station</b> - Dining Out Bring \$20</p> <p>2:30 pm -4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basic)</p>	<p><b>Dec. 6</b></p> <p>11:00 am <b>Meet @ Lansdowne Station</b> Please you have to call Icy go into "Garratt Wellness Centre"</p> <p>- Fun Cooking (12:00 pm - 3:00 pm) Garratt Wellness Centre "7504 Chelsea Place, Rmd"</p>
<p><b>Dec. 9</b></p> <p><b>Meet @ 7111 No.2 Rd - RMD Presbyterian Church)</b></p> <p>1:30 pm - Skin Care (Mask) - Cozy Winter Drinks - Bingo</p>	<p><b>Dec. 11</b></p> <p>11:00 am - Indoor Gym Exercise (7191 Granville Ave, Rmd)</p> <p>12:30 pm <b>Meet @ Brighthouse Station</b> - Dining Out Bring \$20</p> 	<p><b>Dec. 13</b></p> <p>11:00 am <b>Meet @ RMHT (Team)</b></p> <p><b>Free Lunch @ Sing Cafe</b></p> <p><b>Birthday Celebrations</b></p> <p>(Who's born in July, August, Sept, Oct., Nov., Dec.)</p>  <p><b>Please sign up with Icy!</b></p>
<p><b>Dec. 16</b></p> <p><b>Meet @ 7111 No.2 Rd - RMD Presbyterian Church)</b></p> <p>1:30 pm - Skin Care (Mask) - Cozy Winter Drinks - Bingo</p>	<p><b>Dec. 18</b></p> <p>11:00 am - Indoor Gym Exercise (7191 Granville Ave, Richmond)</p> <p>12:30 pm <b>Meet @ Brighthouse Station</b> - Dining Out Bring \$20</p> <p>2:30 pm -4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basic)</p>	<p><b>Dec. 20</b></p> <p>11:00 am <b>Meet @ Lansdowne Station</b> Please you have to call Icy go into "Garratt Wellness Centre"</p> <p>- Fun Cooking (12:00 pm - 3:00 pm) Garratt Wellness Centre "7504 Chelsea Place, Rmd"</p> 
<p><b>Dec. 23</b></p> <p><b>Meet @ 7111 No.2 Rd - RMD Presbyterian Church)</b></p> <p>1:30 pm - Skin Care (Mask) - Cozy Winter Drinks - Bingo</p>	<p><b>Dec. 25</b></p> <p><b>Stat Holiday</b></p> <p><b>No Activities</b></p> 	<p><b>Dec. 27</b></p> <p>11:00 am <b>Meet @ Lansdowne Station</b> Please you have to call Icy go into "Garratt Wellness Centre"</p> <p>- Fun Cooking (12:00 pm - 3:00 pm) Garratt Wellness Centre "7504 Chelsea Place"</p>
<p><b>Dec. 30</b></p> <p><b>Meet @ 7111 No.2 Rd - RMD Presbyterian Church)</b></p> <p>1:30 pm - Skin Care (Mask) - Cozy Winter Drinks - Bingo</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.

NOV 28, 2024