



Peer Support Social Group (PSSG) 2024 Calendar

Monday	Wednesday	Friday
		Nov. 1 No Activities
Nov. 4 No Activities	Remarks: PSSG - No Activities (from Nov. 1st to Nov. 12th) And If you're interested in joining the recreational activities, please contact to Jennifer @ 604-675-3977 ext. 4 or Cory @ 604-675-3977 ext.1	
Nov. 11 Stat Holiday REMEMBRANCE DAY No Activities	Nov. 13 11:00 am - Relaxation with RCD (968-5300 No. 3 Rd, RMD) 12:30 pm Meet @ Brighthouse Station - Dining Out Bring \$20	Nov. 15 11:00 am Meet @ Lansdowne Station Please only call Icy to let you go into the "Garratt Wellness Centre" - Fun Cooking (12:00 pm - 3:00 pm) Garratt Wellness Centre "7504 Chelsea Place, Rmd"
Nov. 18 Meet @ 7111 No.2 Rd - RMD Presbyterian Church) 1:30 pm - Skin Care (Mask) - Cozy Autumn Drinks - Bingo	Nov. 20 11:00 am - Relaxation with RCD (968-5300 No. 3 Rd, RMD) 12:30 pm Meet @ Brighthouse Station - Dining Out Bring \$20	Nov. 22 11:00 am Meet @ Lansdowne Station Please only call Icy to let you go into the "Garratt Wellness Centre" - Fun Cooking (12:00 pm - 3:00 pm) Garratt Wellness Centre "7504 Chelsea Place, Rmd"
Nov.. 25 Meet @ 7111 No.2 Rd - RMD Presbyterian Church) 1:30 pm - Skin Care (Mask) - Cozy Autumn Drinks - Bingo	Nov. 27 10:30 am Meet @ Brighthouse Station - Dining Out Bring \$20	Nov. 29 11:00 am Meet @ Lansdowne Station Please only call Icy to let you go into the "Garratt Wellness Centre" - Fun Cooking (12:00 pm - 3:00 pm) Garratt Wellness Centre "7504 Chelsea Place, 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.

Oct.31,2024