




*Peers supporting Peers*



**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
<b>July 1</b>  <b>No Activities</b>	<b>July 3</b> 10:30 am <b>Meet @ Brighthouse Station</b> - Dining Out Bring \$20  1:00 pm <b>Meet @ eSpot</b> #1000 – 8181 Cambie Rd - Mahjong / Darts / Arcade	<b>July 5</b> <b>Meet @ 6800 Azure Rd (RCFC Garden Plot)</b>  10:30 am Bring a bottle of Water and cap - Qi Flow Workout - Fun Gardening
<b>July 3</b> <b>Meet @ 7111 No.2 - RMD Presbyterian Church)</b> 1:30 pm - Knitting Hat / Scarf - Golf Croquet - Cozy Summer Drink - Bingo	<b>June 10</b> 10:30 am <b>Meet @ Brighthouse Station</b> - Dining Out Bring \$20  1:00 pm <b>Meet @ eSpot</b> #1000 – 8181 Cambie Rd - Mahjong / Darts / Arcade  2:30 pm -4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basic)	<b>July 12</b> <b>Meet @ 6800 Azure Rd (RCFC Garden Plot)</b> 10:30 am Bring a bottle of water and cap - Qi Flow Workout - Fun Gardening
<b>July 15</b> <b>Meet @ 7111 No.2 - RMD Presbyterian Church)</b> 1:30 pm - Knitting Hat / Scarf - Golf Croquet - Cozy Summer Drink - Bingo 	<b>July 17</b> 10:30 am <b>Meet @ Brighthouse Station</b> - Dining Out Bring \$20  1:00 pm <b>Meet @ Minoru Lakes "7599 Minoru Gate, Rmd"</b> - Frisbee  2:30 pm -4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basic)	<b>July 19</b> <b>Meet @ 6800 Azure Rd (RCFC Garden Plot)</b> 10:30 am Bring a bottle of water and cap - Qi Flow Workout - Fun Gardening 
<b>July 22</b> <b>Meet @ 7111 No.2 - RMD Presbyterian Church)</b> 1:30 pm - Knitting Hat / Scarf - Golf Croquet - Cozy Summer Drink - Bingo	<b>July 24</b> 10:30 am <b>Meet @ Brighthouse Station</b> - PSSG Picnic (Free) Minoru Lakes 7599 Minoru Gate, Rmd  2:30 pm -4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basic)	<b>July 26</b> <b>Meet @ 6800 Azure Rd (RCFC Garden Plot)</b> 10:30 am Bring a bottle of water and cap - Qi Flow Workout - Fun Gardening
<b>July 29</b> <b>Meet @ 7111 No.2 - RMD Presbyterian Church)</b> 1:30 pm - Knitting Hat / Scarf - Golf Croquet - Cozy Summer Drink - Bingo	<b>July 31</b> 10:30 am <b>Meet @ Brighthouse Station</b> - Dining Out Bring \$20  1:00 pm <b>Meet @ eSpot</b> #1000 – 8181 Cambie Rd - Mahjong / Darts / Arcade  2:30 pm -4:00 pm <b>Meet @ Brighthouse Library</b> - Digital Literacy (Basic)	<b>Meet @ 6800 Azure Rd (RCFC Garden Plot)</b> 10:30 am Bring a bottle of water and cap - Qi Flow Workout - Fun Gardening

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.

Jun 20, 2024