













Peers supporting Peers



**Peer Support Social Group
(PSSG) 
2025 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>Stat Holiday</p> <p>No Activities</p> <p>JAN 1 </p>	<p>JAN 3 11:00 Meet @ LANSDOWNE STN Please call Icy to enter at the front door of "Garratt Wellness Centre" Fun Cooking (12:00pm -3:00pm) Garratt wellness Centre - 7504 Chelsea Place, Richmond</p>
<p>JAN 6 Meet @ 7111 No.2 Rd - RMD Presbyterian Church)</p> <p>1:30 pm - Movie (by Youtube video) - Cozy Winter Drinks - Bingo</p> 	<p>JAN 8</p> <p>11:30 am - Body Massage at the Lansdowne Room (Team) (7671 Alderbridge Way, RMD)</p> <p>1:00 pm Meet @ Brighthouse Station - Dining Out Bring \$20</p>  <p>2:30 pm -4:00 pm Meet @ Brighthouse Library - Digital Literacy (Basic)</p>	<p>JAN 10</p> <p>1:00 pm Meet @ eSpot #1000 – 8181 Cambie Rd - Mahjong / Darts / Arcade/Pool</p> 
<p>JAN 13 Meet @ 7111 No.2 Rd - RMD Presbyterian Church)</p> <p>1:30 pm - Skin Care (Mask) - Cozy Winter Drinks- Bingo</p> 	<p>JAN 15</p> <p>11:30 am - Body Massage at the Lansdowne Room (Team) (7671 Alderbridge Way, RMD)</p> <p>12:30 pm Meet @ Brighthouse Station - Dining Out Bring \$20</p>  <p>2:30 pm -4:00 pm Meet @ Brighthouse Library - Digital Literacy</p>	<p>JAN 17</p> <p>11:00 Meet @ LANSDOWNE STN Please call Icy to enter at the front door of "Garratt Wellness Centre" Fun Cooking (12:00pm -3:00pm) Garratt wellness Centre - 7504 Chelsea Place, Richmond</p>
<p>JAN 20</p> <p>Meet @ 7111 No.2 Rd - RMD Presbyterian Church)</p> <p>1:30 pm - Skin Care (Mask) - Cozy Winter Drinks - Bingo</p> 	<p>JAN 22</p> <p>11:30 am - Indoor Gym Exercise (7191 Granville Ave, Richmond)</p> <p>1:00 pm Meet @ Brighthouse Station - Dining Out Bring \$20</p>  <p>2:30 pm -4:00 pm Meet@Brighthouse Library: Digital Literacy (Basic)</p> 	<p>JAN 24</p> <p>11:00 Meet @ LANSDOWNE STN Please call Icy to enter at the front door of "Garratt Wellness Centre" Fun Cooking (12:00pm -3:00pm) Garratt wellness Centre - 7504 Chelsea Place, Richmond</p>
<p>JAN 27 Meet @ 7111 No.2 Rd - RMD Presbyterian Church)</p> <p>1:30 pm - Skin Care (Mask) - Cozy Winter Drinks - Bingo</p>	<p>JAN 29</p> <p>11:30 am - Indoor Gym Exercise (7191 Granville Ave, Richmond)</p> <p>12:30 pm Meet @ Brighthouse Station - Dining Out Bring \$20</p>	<p>JAN 31</p> <p>11:00 Meet @ LANSDOWNE STN Please call Icy to enter at the front door of "Garratt Wellness Centre" Fun Cooking (12:00pm -3:00pm) Garratt wellness Centre - 7504 Chelsea Place, Richmond</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.

Dec. 24, 2024