



**Richmond Mental Health
Consumer and Friends' Society (RCFC)**

Peers supporting Peers

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Updated 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 based on weather conditions.

Monday	Wednesday	Friday
	  	Aug 1 10:00am Meet @ 6800 Azure Road - Stretch Exercises - Fun Gardening
Aug 4 No Activities 	Aug 6 10:00 am Meet @ Brighthouse Stn - Dining Out Bring \$20 "Flying Beaver Bar & Grill" 4760 Inglis Dr.  2:30 pm Meet @ Brighthouse Library - Digital Literacy (Basic)	Aug 8 10:00am Meet @ 6800 Azure Road - Qi Flow - Fun Gardening 
Aug 11 Meet @ 7111 No.2 Rd - RMD Presbyterian Church) 1:30 pm Mario Kart Game, Bingo & Cozy Drink 	Aug 13 12:00 pm Meet @ Brighthouse Stn  2:30 pm Meet @ Brighthouse Library - Digital Literacy (Basic)	Aug 15 10:00am Meet @ 6800 Azure Road - Stretch Exercises - Fun Gardening
Aug 18 Meet @ 7111 No.2 Rd - Presbyterian Church) 1:30 pm Mario Kart Game, Bingo & Drink	Aug 20 10:00 am Meet @ Brighthouse Stn - Kite Flying "Garry Point Park" 12011 Seventh Ave 12:30 pm Meet @ Steveston - Dining Out Bring \$20 - Blue Canoe Waterfront Restaurant 140 – 3866 Bayview St	Aug 22 10:00am Meet @ 6800 Azure Road - Qi Flow - Fun Gardening 
Aug 25 Meet @ 7111 No.2 Rd - RMD Presbyterian Church) 1:30 pm Mario Kart Game, Bingo & Cozy Drink	Aug 27 10:00 am Meet @ Brighthouse Stn - Picnic Day "Garry Point Park"  2:30 pm Meet @ Brighthouse Library - Digital Literacy (Basic)	Aug 29 10:00am Meet @ 6800 Azure Road - Stretch Exercises - Fun Gardening 

Remarks: Each participant will need to be referred to the program. If you wish to join peer support social group and area client of the Richmond Mental Health Team – ask your case manager for a referral.

July 30, 2025