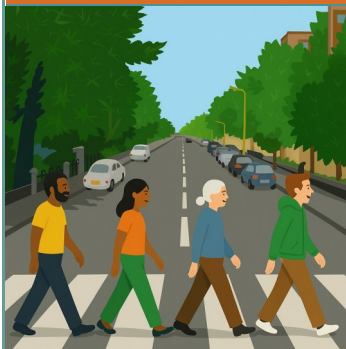






















# Richmond Mental Health Consumer and Friends' Society (RCFC)

210 – 7671 ALDERBRIDGE WAY RICHMOND BC V6X



Contact Information	Mon	Tue	Wed	Thu	Fri
<p>To sign up for activities, please contact Jennifer Campillo: 604-675-3977 ext. 4 or via email: <a href="mailto:jennifer.campillo@vch.ca">jennifer.campillo@vch.ca</a></p>  <p>We acknowledge that the land on which we gather is the unceded and ancestral territory of the Musqueam, Squamish, and Tsleil-Waututh Nations</p> 	<p><b>2.</b> <u>Arts and Crafts</u> 1:30PM-Signup</p>	<p><b>3.</b> <u>Janet's Games, Social &amp; Fun</u> 1PM—Signup</p> 	<p><b>4.</b> <span>LET'S GO!</span> <u>The Wednesday Go!</u> <i>Walk and a drink:</i> 1 PM-Signup</p>	<p><b>5.</b> <u>Pool Table</u> 2PM—Signup</p> 	<p><b>6.</b> <u>Music Group</u> 10AM— Signup</p> <p><u>Pitch &amp; Putt</u> 1PM-Signup</p> 
	<p><b>9.</b> <u>Arts and Crafts</u> 1:30PM-Signup</p> 	<p><b>10.</b></p>	<p><b>11.</b> <span>LET'S GO!</span> <u>The Wednesday Go!</u> <i>Walk and a drink:</i> 1 PM-Signup</p> <p><u>Floor Hockey 1:45 PM</u></p>	<p><b>12.</b> <u>Pool Table</u> 2PM—Signup</p> 	<p><b>13.</b> <u>Music Group</u> 10AM— Signup</p> <p><u>Pitch &amp; Putt</u> 1PM-Signup</p> 
	<p><b>16.</b> <u>Arts and Crafts</u> 1:30PM-Signup</p> 	<p><b>17.</b> <u>Janet's Games, Social &amp; Fun</u> 1PM—Signup</p> 	<p><b>18.</b> <span>LET'S GO!</span> <u>The Wednesday Go!</u> <i>Walk and a drink:</i> 1 PM-Signup</p>	<p><b>19.</b> <u>Pool Table</u> 2PM—Signup</p> 	<p><b>20</b> <u>Music Group</u> 10AM— Signup</p> <p><u>Pitch &amp; Putt</u> 1PM-Signup</p> 
	<p><b>23.</b> <u>Arts and Crafts</u> 1:30PM-Signup</p> 	<p><b>24.</b></p>	<p><b>25.</b> <span>LET'S GO!</span> <u>The Wednesday Go!</u> <i>Walk and a drink:</i> 1 PM-Signup</p> <p><u>Floor Hockey 1:45 PM</u></p> 	<p><b>26.</b> <u>Pool Table</u> 2PM—Signup</p> 	<p><b>27.</b> <u>Music Group</u> 10AM— Signup</p> <p><u>Pitch &amp; Putt</u> 1PM-Signup</p> 
	<p><b>30.</b> <u>Arts and Crafts</u> 1:30PM-Signup</p> 				

# More information



## Who?



## What?



## Where?



### Arts and Craft on Mondays:

**Meeting Time:** 1:30 pm **Staff:** Jennifer

**Meeting Place:** Lansdown Room 210-7671 Alderbridge Way Richmond BC

*Painting, doodling and crafts. Why join us? Craft is a form of self expression, it is not about the finished product it's about relaxing and connecting with others.*

### The Wednesday Go!

**Meeting Time:** 1 pm

**Staff:** Jose & Stephen

**Meeting Place:** Tim Hortons at Richmond Centre 6551 Number 3 Rd, Richmond, BC

*We are going to travel to a place in the community to explore! RCFC will also treat you to a beverage or a treat! Join us! We can supply a compass card for you if needed.*

### Pool Table on Thursdays:

**Meeting Time:** 2 pm

**Staff:** Andrew

**Meeting Place:** Q1 Billiards 4411 No. 3 Rd #118, Richmond

*Join us every Thursday afternoon for a game of pool.*

### Bowling on Fridays: \*\*On Summer Vacation\*\*

### Music Group on Fridays:

**Meeting time:** 10 am

**Staff:** Jose

**Meeting Place:** RCFC Lansdown Room 210-7671 Alderbridge Way Richmond BC 1Z9

*Start your Friday mornings by joining our singalong group. Feel free to bring your own instrument.*

### Janet's Games, Social & Fun: **Staff:** Janet

**Meeting time:** 1 pm

**Meeting Place:** Lansdown Room 210-7671 ALDERBRIDGE WAY RICHMOND BC V6X 1Z9

*Join Peer Support Worker and PSSG Leader Janet for a new group focussed on fun and connection.*

### Pitch & Putt on Fridays: \*\*Sign up is needed\*\*

**Meeting Time:** 1 pm

**Staff:** Andrew

**Meeting Place:** :

*Golf times are subject to change due to course availability and weather. Please let us know if you are interested in joining the golfing list to receive confirmation of your tee times.*

**Note: Meeting locations and times are subject to change due to weather conditions. Cancellations may occur. Please sign up in advance by phone at 604-675-3977 ext. 4 or by email at [jennifer.campillo@vch.ca](mailto:jennifer.campillo@vch.ca).**

*We acknowledge that the land on which we gather is the unceded and ancestral territory of the hən̓q̓əmiṇ̓əm and Skwxwú7mesh speaking peoples, the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliwətał (Tsleil-Waututh) Nations.*