







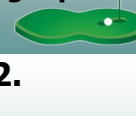


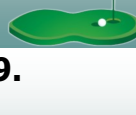








# Richmond Mental Health Consumer and Friends' Society (RCFC)

210 – 7671 ALDERBRIDGE WAY RICHMOND BC V6X



| Contact Information  | Mon  | Tue  | Wed  | Thu   | Fri  |
|--|--|--|--|---|--|
| <p>To sign up for activities, please contact Jennifer Campillo:<br/>604-675-3977 ext. 4<br/>or via email:<br/><a href="mailto:jennifer.campillo@vch.ca">jennifer.campillo@vch.ca</a></p> <p><b>RICHMOND MENTAL HEALTH<br/>CONSUMER &amp; FRIENDS SOCIETY<br/>LET'S WEDNESDAY GO</b></p>  <p><b>AUGUST<br/>SUMMER OUTINGS</b></p> <p>Aug 6 – Lonsdale Quay   Aug 13– Minoru Park<br/>Aug 20 – Olympic Oval River Walk<br/>Aug 27 – Garry Point Park</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>Important notes:</b> Due to vacation schedules, the Music Group will run only once this month—on Friday, August 1. Additionally, we're excited to offer a special LEGO Bloom Group on Friday, August 15. Please note that space is limited, as there are only a certain number of LEGO sets available. Participants must sign up in advance to attend.</p> |  |  |   | <p><b>1.</b><br/><b><u>Music Group</u></b><br/>10AM– Signup</p> <p><b><u>Pitch &amp; Putt</u></b><br/>TBA-Signup</p>            |
|  | <p><b>4.</b></p> <p><b>STAT HOLIDAY</b><br/><b>Closed</b><br/><b>BC DAY</b></p>  | <p><b>5.</b></p>   | <p><b>6. LET'S GO!</b><br/><b><u>The Wednesday Go!</u></b><br/><i>Walk and a drink:</i><br/>1 PM-Signup</p>  | <p><b>7.</b><br/><b><u>Pool Table</u></b><br/>2PM–Signup</p>     | <p><b>8.</b></p> <p><b><u>Pitch &amp; Putt</u></b><br/>TBA-Signup</p>   |
|  | <p><b>11.</b><br/><b><u>Arts and Crafts</u></b><br/>1:30PM-Signup</p>    | <p><b>12.</b><br/><b><u>Janet's Games, Social &amp; Fun</u></b><br/>1PM–Signup</p>  | <p><b>13. LET'S GO!</b><br/><b><u>The Wednesday Go!</u></b><br/><i>Walk and a drink:</i><br/>1 PM-Signup</p> | <p><b>14.</b><br/><b><u>Pool Table</u></b><br/>2PM–Signup</p>  | <p><b>15.</b><br/><b>LEGO in Bloom</b><br/>10AM– <b>Must Signup</b></p> <p><b><u>Pitch &amp; Putt</u></b><br/>TBA-Signup</p>  |
|  | <p><b>18.</b><br/><b><u>Arts and Crafts</u></b><br/>1:30PM-Signup</p>   | <p><b>19.</b></p>  | <p><b>20. LET'S GO!</b><br/><b><u>The Wednesday Go!</u></b><br/><i>Walk and a drink:</i><br/>1 PM-Signup</p> | <p><b>21.</b><br/><b><u>Pool Table</u></b><br/>2PM–Signup</p>  | <p><b>22.</b></p> <p><b><u>Pitch &amp; Putt</u></b><br/>TBA-Signup</p>    |
|  | <p><b>25.</b><br/><b><u>Arts and Crafts</u></b><br/>1:30PM-Signup</p>   | <p><b>26.</b><br/><b><u>Janet's Games, Social &amp; Fun</u></b><br/>1PM–Signup</p>  | <p><b>27. LET'S GO!</b><br/><b><u>The Wednesday Go!</u></b><br/><i>Walk and a drink:</i><br/>1 PM-Signup</p> | <p><b>28.</b><br/><b><u>Pool Table</u></b><br/>2PM–Signup</p>  | <p><b>29.</b></p> <p><b><u>Pitch &amp; Putt</u></b><br/>TBA-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:

**\*\*On Summer Vacation\*\***

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

**Meeting time:** 1 pm

**Staff:** Janet

**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:

**Meeting Time:** TBA

**\*\*Additional to the Pitch & Putt List is needed\*\***

**Meeting Place:** TBA

**Staff:** Andrew

*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.*

### Special: LEGO in Bloom:

**Meeting Time: 10 am**

**\*\*Sign up is required\*\***

**Staff:** Cory & Rhythm

*Join us for a one-time special group activity: building beautiful LEGO flower sets together! This is a special, hands-on event and spaces are limited—be sure to sign up early to secure your set.*

**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.*