









**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 Maddie Osborne: 604-675-3977 ext. 4 or via email: maddison.osborne@vch.ca</p> <p>Participate to Win!!!</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>1. Arts and Crafts 1:30PM</p>  | <p>2. Janet's Games, Social & Fun 1PM</p>  | <p> 3. Classic Movie and Pizza! 1:30 PM "Gremlins" 1984 <i>*Signup needed*</i></p> | <p>4. Pool Table 2PM</p>  | <p>5. Bowling 1PM-Signup Cost:\$2</p>  |
| | <p>8. Arts and Crafts 1:30PM</p>  | <p>9.</p> | <p>10. The Wednesday Go! Vancouver Christmas Market 11 AM-<i>*Signup for tickets required*</i> Floor Hockey 1:45 PM</p> | <p>11. Pool Table 2PM</p>  | <p>12. Bowling 1PM-Signup Cost:\$2</p>  |
| | <p>15. Arts and Crafts 1:30PM</p>  | <p>16. Janet's Games, Social & Fun 1PM—Signup</p>  | <p> 17. Classic Movie and Pizza! 1:30 PM "Jingle All the Way" 1996 <i>*Signup needed*</i></p> | <p>18. Pool Table 2PM</p>  | <p>19. Bowling 1PM-Signup Cost:\$2</p>  |
| | <p>22. Arts and Crafts 1:30PM</p>  | <p>23.</p> | <p>24. The Wednesday Go! <i>Steveston Xmas Community Adventure</i> 11 AM-Signup</p> | <p>25. Closed</p>  | <p>26. Closed</p>  |
| | <p>29. Arts and Crafts 1:30PM</p>  | <p>30. Janet's Games, Social & Fun 1PM—Signup</p>  | <p> 31. Classic Movie and Pizza! 1:30 PM "Home Alone" 1990 <i>Signup needed</i></p> | <p>WELLNESS WALK</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: 11 am

Staff: Jennifer & Stephen

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

Join us as we explore a fun place in the community! For regular outings RCFC will treat you to a free drink or sweet treat. Lunch outings and special outing as listed: \$5 participant fee (RCFC covers the rest). Need transit? We can provide a Compass Card! Come connect, enjoy, and discover something new! Come connect, enjoy, and discover something new!

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:

Meeting Time: 1 pm

Staff: Andrew

Meeting Place: Lucky 9 Lanes 150-14200 Entertainment Blvd, Richmond, BC V6W 1A8

Go Bowling with us! \$2 participant fee (RCFC covers the rest).

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.

VCH Floor Hockey Group:

Staff: Cory

Meeting time: 1:45 pm

Meeting Place: Richmond Oval 6111 River Rd, Richmond, BC V7C 0A2

Play and practice floor hockey alongside staff from VCH, RCFC, and fellow peers. All sticks and equipment will be provided.

Classic Movie and Pizza!

Meeting Time: 1:30 pm

Staff: Stephen

Meeting Place: Lansdown Room 210–7671 Alderbridge Way Richmond BC

*Take a break and enjoy a classic movie from the '80s or '90s—along with a slice of fresh pepperoni or cheese pizza. Whether it's an old favorite or a hidden gem you haven't seen yet, come relax, unwind, and share some nostalgic fun with friends. *Remember that sign is required for Pizza**

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 madison.osborne@vch.ca

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