



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

**October 29, 2019 (Tuesday) 1pm – 3pm
Lansdowne Room**

#210-7671 Alderbridge Way
Richmond, BC V6X 1Z9

For more info call Jennifer Campillo: 604-675-3977 x 3 / email:
jennifer.campillo@vch.ca

Deadline for registration: October 7, 2019

PEER SUPPORT WORKS FOR YOU!

Let us help you find a way...

All participants welcome, no referrals needed!



A workshop that explains how peer support can help you achieve goals and empower you on your mental health journey.

A low-key, no cost, no commitment forum for anybody interested in peer support including friends and family.

Light refreshments and drinks to be served