



# BURNETT WAAG

## Family WAAG May 19, 2025 – May 23, 2025

Monday May 19	Tuesday May 20	Wednesday May 21	Thursday May 22	Friday May 23																																				
(School Closed)	(BLT - ABCD)	(ABCD)	(BLT - ABCD)	(ABCD)																																				
Victoria Day (Stat Holiday)	BLT Bell Schedule		BLT Bell Schedule																																					
	BLT	8:30	9:25	BLT	8:30	9:25																																		
	Block A	9:30	10:35	Block A	9:30	10:35																																		
	Block B	10:40	11:45	Block B	10:40	11:45																																		
	Recess	11:45	11:55	Recess	11:45	11:55																																		
	Block C	12:00	1:05	Block C	12:00	1:05																																		
	Lunch	1:05	1:50	Lunch	1:05	1:50																																		
	Block D	1:55	3:00	Block D	1:55	3:00																																		
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			Learning Progress Update Sent Home by Teacher	Grade 7 Orientation Day																																				

### ATHLETICS

For information about Burnett Athletics and Teams, please see the link on our [website here](#).

### CAREER CENTRE – POST SECONDARY PLANNING

Check out our career centre website for upcoming student presentations and important information related to post-secondary planning! [Click here!](#)

### PAC

Families can contact Burnett's Parent Advisory Council at [jnbpac.general@gmail.com](mailto:jnbpac.general@gmail.com).

### School Counselling Services – Book an Appointment Online

You can now book an appointment with your school counsellor online! Click on the [Counselling Centre](#), and book your appointment. Please note, we no longer accept appointment requests via email.

### Summer Learning 2025

The Richmond School District offers fun and engaging summer learning programs where you can explore new interests, learn new skills, review or preview academic courses, or complete a full credit course. Registration has started. [Click here](#) for the Summer learning catalogue.

### LEARNING PROGRESS UPDATES

Learning Progress (At-Risk) Updates will be sent home by classroom teachers on or before May 22. *Only students who are at risk of not demonstrating curricular competencies will receive this report.* These reports will identify areas where the student may be struggling and provide opportunity for a plan for success where possible.

### ATTENTION BURNETT GRADS AND FAMILIES

Over 130 tickets sold for Dry Grad! The event is on Friday, June 13 at the school immediately following the dinner and dance. Don't miss out on a last chance to make memories with your fellow Breaker grads. The event is safe, inclusive, adult-supervised and includes lots of food, games, entertainment and prizes. The grand prize is \$500 cash, generously donated by Shafik Ladha Remax West Coast Personal Real Estate Corporation. Must be in attendance until the end of event to win prizes.

Tickets are \$100. Purchase on School Cash online, deadline is May 25 at 11:59pm.

We are looking for volunteers to help with Dry Grad. Please see opportunities here:

<https://www.signupgenius.com/go/8050D4CA5AA28A1FA7-jnbpac>

Please contact [jnbpac.drygrad@gmail.com](mailto:jnbpac.drygrad@gmail.com) with questions. Thank you for your support.

### DATES TO REMEMBER:

May 19	Victoria Day (School Closed)
May 22	Learning Progress Update Sent Home by Teacher
May 23	Grade 7 Orientation Day
May 27	Richmond School District Indigenous Achievement Ceremony
Jun 5	PAC Meeting @ 7 PM
Jun 13	Grad Dinner Dance
Jun 18	Awards Celebration (Gr 8-12) 6:00-7:30pm
Jun 20	Last Day of Semester 2
Jun 23-26	Learning Completion Days
Jun 24	Valedictory Rehearsal & Grad BBQ
Jun 26	Summary of Learning Reports Published in MyEd

### PHONE POLICY REMINDER

Please be reminded:

- Students should not use personal digital devices during instructional time, unless permission is granted by the supervising staff for educational purposes.
- When not permitted, personal digital devices should be powered off and secured inside a student's backpack, locker or secured location.
- [Policy 104-G \(A\): Acceptable Use of Personal Digital Devices](#)
- [Policy 105: District Code of Conduct](#)

### BURNETT HIGHLIGHTS

- Conference Day – May 9th:** Our Grade 12 students presented their Capstone Projects, many of which were truly outstanding. Thank you to the Conference Day Committee—Mr. Bevan, Ms. Carvalheiro, and Mr. Giesbrecht—for organizing such a successful day.
- School Play – She Kills Monsters:** This powerful story featured important themes and gave students who don't usually take center stage a chance to shine. Their confidence soared thanks to this incredible opportunity—thank you to Ms. McNee for your dedication to the cast and crew.
- May's Music Monday Concert:** All six Burnett Bands came together for a fantastic performance that showcased months of hard work. Huge thanks to Mrs. Khoo for her year-round commitment and to Ms. Chow, our UBC teacher candidate, for your enthusiasm and support.
- Senior Ultimate Team:** The team has qualified for Provincials after placing 3rd in the South Fraser tournament with a key win over Richmond High. Congratulations on this impressive achievement!
- JNB Competitive Dance Team:** Congratulations on winning 1st place in the Student Choreographed Dance category at the Intensity Hip Hop Competition at Churchill! You represented Burnett with pride and delivered an incredible performance—well done!
- Two Burnett Students Earned Spots at Skills Canada Nationals:** Congratulations to former Burnett student Jimyung Woo for winning Gold in Aircraft Maintenance (Post-Secondary) at Skills Canada BC last week! We're also proud to celebrate current student, in Train in Trades program, Malakia Kameya, who earned Gold in Car Painting. Both students will be heading to Regina, Saskatchewan to represent Burnett and compete at the Skills Canada National Competition, alongside top talent from across the provinces and territories. Winners at Nationals will earn the opportunity to represent Canada at the WorldSkills Competition in China. Way to go, Jimyung and Malakia — we're cheering you on!



# BURNETT WAG

## Safety and Traffic Guidelines

We encourage students to walk or bike to school – there are significant health benefits to doing. Walking would also help to ensure the safety of our students and reduce traffic congestion during busy times. If families insist on driving, we kindly ask everyone to follow these important guidelines:

- **Right Turn Only:** During peak hours (8:15–8:45 AM and 2:45–3:15 PM), please remember that only right turns are allowed when exiting the school at both the south and west exits onto Granville.
- **No Roadside Drop-offs:** For the safety of all, please avoid dropping off children at the side of the road or on the median on Granville and McCallan.
- **Pick Up in the Parking Lot:** Please pick up your children in the parking lot instead of the drop-off lane to keep the flow of traffic moving.
- **Avoid Double Parking**
- **Encourage Walking or Biking:** If possible, encourage your children to walk or bike to school. It's a great way to promote independence and stay active.
- **Drop Off a Few Blocks Away:** Consider dropping your children off a short distance from the school to help ease parking lot congestion.
- **Leave a Few Minutes Early:** Giving yourself a little extra time can help you avoid the rush and make the drop-off process smoother.

We appreciate your support in helping us create a safe and efficient environment for all our students and families. Thank you for your cooperation!

## Burnett Learning Time (BLT)

Burnett Learning Time (BLT) will provide opportunities for students to deeply engage with and manage their learning. Teachers clearly communicate *which staff* and *which learning spaces* are available for BLT on Tuesday and Thursday morning in their classes and on our **EASY Weekly Planner**. *Students use their student number as both username and password to login.* Learning spaces will include teacher's classrooms and large common spaces like the multi-purpose area, center court, the library learning commons, and some of our fitness areas. **Each space will have a capacity limit.** It is important for students to book their learning space requests in advance on the weekly planner website. **To sign-up students can go to [burnett.myweeklyplanner.net](https://burnett.myweeklyplanner.net) and select their BLT session or sessions. Sign up is now open.**

## Guiding Principles for Burnett Learning Time

- BLT is Self-Directed, Self-Managed, and Self-Regulated
- BLT Enhances Curricular and Core Competency Development
- BLT Builds on Individual Passions
- BLT supports Self-Care, Self-Awareness, Physical/Mental Health

## Possible options for students during Burnett Learning Time:

- complete homework, reading, journaling, reflecting
  - work on projects with classmates, receive learning support in the learning centre, get extra support, from staff
  - community service, work experience, and clubs
- improve both physical and mental health receive counselling support



## SCHOOL COUNSELLING SERVICES

YOU TALK, WE LISTEN AND GUIDE YOU.

### WHAT WE OFFER:

- EMOTIONAL SUPPORT
- ACADEMIC SUPPORT
- PSYCOEDUCATION
- PROGRAM PLANNING
- SCHOLARSHIP INFORMATION

MAKE AN APPOINTMENT TODAY!



[HTTPS://TINYURL.COM/JWBCOUNSELLING](https://tinyurl.com/jwbCOUNSELLING)

## Asian Heritage Month

May is Asian Heritage Month. This is an opportunity for us to learn more about the diverse culture and history of Asian communities in Canada, as well as to acknowledge the many achievements and contributions of people of Asian origin who, throughout our history, have done so much to make Canada the country we know and love.

## Canadian Jewish Heritage Month

The month of May is recognized as Canadian Jewish Heritage Month, a time to celebrate the inspirational role that Jewish Canadians have played in communities across the country. They have made significant contributions to many areas of Canadian life, including law, politics, culture, and sports. This month is a chance to honour their lasting impact and rich heritage.

## Speech and Hearing Month

May is Speech and Hearing Month, a time to raise awareness about the importance of communication health and the vital role that speech-language pathologists and audiologists play in helping people of all ages overcome communication challenges.





# We're hiring!

**Applications are currently being  
accepted for Summer Leader positions.**

Summer Leaders instruct and assist program activities on a day to day basis. Scan the QR code to learn more!

Visit [Richmond.ca/associationcareers](http://Richmond.ca/associationcareers) for the most up to date information.

Richmond Associations are partnering with Canada Summer Jobs to provide valuable youth employment experiences.

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# FUN SCHOLARSHIP BIKE RIDE

This relaxed, easy, 2-hour event is open to all members and supporters of the Richmond School District. All donations are tax deductible and the ride is flat and very easy, and then we enjoy a post-ride barbecue lunch, all while raising scholarship funds for graduating students at each of Richmond's 10 secondary schools. We also ride in memory of two dedicated Richmond educators and passionate cyclists. Please join us for our 13<sup>th</sup> anniversary ride on Saturday, May 24 – everyone is welcome and all donations are appreciated!

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**SATURDAY, MAY 24 at 10:00 AM**

Meet at Burnett Secondary with your bike and helmet!  
 Donate online – all proceeds go towards scholarships  
 Enjoy a post-ride barbecue lunch  
 Donate and Register here: <https://timurl.com/SD38Ride2025>





Tim Murt  
 President - 2023-2024  
 "Nothing good is free!"

a smoke-free generation

# video contest

What would happen if young people never had the chance to start smoking at all?

Help BC Lung protect the next generation of youth by creating a video on why you want to live a smoke/vape-free life. Unleash your creativity, inspire others and win!

WIN A \$1000 SCHOLARSHIP!

deadline: May 25, 2025

1. plan your message.

why do I want to live a smoke-free life?

2. create your video.

3. edit and submit.

or scan the QR code

**Responding to Children & Youth After Unforeseen Frightening Events**  
A Webinar for Parents, Caregivers & Community Members

Location: Online – ZOOM (see below for links)

**Overview:**  
This informative webinar is designed for parents, caregivers, and community members to provide them with tools and information to help children and youth after frightening events.

**Session Highlights:**

- ☐ Define and differentiate stress, grief, and trauma
- ☐ Discuss brain and stress responses to frightening events
- ☐ Outline what to expect from young people in the days and weeks post-event
- ☐ Provide practical tools and responses for supporting children and youth
- ☐ Identify when to seek professional help and share valuable resources


**How to Join:**  
No registration required. Attend by joining the link for the webinar date and time that works best for you:

**Option 1: Wednesday, May 14/25, 6:30 – 7:30pm PST**  
Link: <https://ca01web.zoom.us/j/2628814582?pwd=cm9hR15pQmQ0M01RAXJlbnBmWm91>  
Passcode: 350801


**Option 2: Friday, May 23/25 – 7:30pm PST (ASL Translator will be present)**  
Link: <https://ca01web.zoom.us/j/2628814582?pwd=cm9hR15pQmQ0M01RAXJlbnBmWm91>  
Passcode: 350801

**About the Facilitators:**

 **Miguel Godau, M.A., CCC, (he, him, his)**  
Team Leader, e-CYHM Team  
Miguel joined Child and Youth Mental Health (CYMH) in 2016 and has held roles as clinician and team leader across rural BC. Prior to this he worked with different non-profits and community agencies. He has provided crisis response and grief support in different settings throughout his career.

 **Kall Love, M.A., RCC, (she, her)**  
Clinician, e-CYHM Team  
Kall joined Child and Youth Mental Health (CYMH) in 2015 and has held several roles within MCFD, including clinician, team leader, and mental health policy consultant.

Please contact [Miguel.Godau@bc.ca](mailto:Miguel.Godau@bc.ca) or [kall@bc.ca](mailto:kall@bc.ca) if you have any questions.  
This session will be recorded and made available to the public after May 23/25. An ASL Interpreter will be available on the May 23<sup>rd</sup> presentation.

 Ministry of  
Children and Family  
Development

Provincial Child and Youth Mental Health & Deaf  
and Hearing Services  
Service Delivery Division

2780 Broadway E.  
Vancouver BC V5M 1Y8 Canada  
7800.Pediatrics@services.gov.bc.ca




THE UNIVERSITY  
OF BRITISH COLUMBIA

Department of Orthopaedics  
Faculty of Medicine

# Women in Orthopaedics (WORTH) Workshop

*Want to learn more about careers in healthcare or engineering?*

This workshop is open to all young women (grades 10-12), including women-identifying individuals and non-binary and gender non-conforming students.

**Sign up using the QR code below!**

**WHEN:** SATURDAY, JUNE 7, 2025 | 8:30AM-3PM

**WHERE:** BC CHILDREN'S HOSPITAL, VANCOUVER\*

**Deadline to apply: May 24, 2025**



\* EXACT LOCATION WILL BE SENT OUT AFTER CONFIRMATION



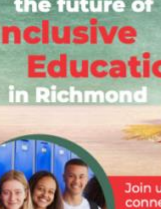
Faculty of  
Trades and  
Technology

# TRADES SAMPLER CAMP


## EXPLORE, CREATE, LEARN

Join us for a **fun-filled experience** at KPU's Trade Sampler Camp! Young learners will discover various trades while **developing skills** in hands-on activities. This camp is designed to inspire creativity and **encourage teamwork**. Sign up now and let your child explore their interests while having a blast!

- **Location:** KPU Trade campus, Cloverdale
- **Age Group:** 10 to 14 years old
- **Dates:** June 30 to July 4
- **Times:** 8:30 AM to 3:00 PM daily
- **Trades Explored:** Automotive, Electrical, Plumbing, Millwright/Industrial Mechanic
- **Activities:** Hands-on projects
- **Cost:** \$400 (lunch not included)
- **Registration:**



# Help shape the future of **Inclusive Education** in Richmond



Join us for an evening of conversation and connection regarding what the future of inclusive education could look like.

**May 28, 2025 6:00-9:00pm**  
Doors open at 6:00pm, evening begins at 6:30pm  
Seatings ECDH, 6380 13 Rd Richmond  
Attend in-person or virtually. Refreshments provided.

**Special Guests:**  
**Liz Hayes-Brown**  
Director of Instruction with the Richmond School District will share information on what inclusive education looks like in Richmond.

**Dr. Erik Cedillo**  
Director of Public Policy & Programs, Inclusion BC, Erica presents information about the Inclusive Education Handbook.


**Marsha D'Angelo**  
Marsha will facilitate conversations to explore what must happen for your child and you to feel safe, included, informed and happy in your child's inclusive education.

Scan here to register to attend this free event  
Child care may be available upon request.

**Aspire**  
in Richmond

[www.inclusiveeducation.ca](http://www.inclusiveeducation.ca)


[www.aspireinrichmond.com](http://www.aspireinrichmond.com)





**ATTENTION  
ALL YOUTH!**

**Deadline:**  
**June 1, 2025**



For more information on  
how to participate visit  
[Let'sTalkRichmond.com/  
OCYPYouthArtContest](https://Let'sTalkRichmond.com/OCYPYouthArtContest)

**Show us what the City of  
Richmond means to you  
through art!**

How would you use art to represent  
Richmond's unique values, spirit and  
identity?

Have your artwork featured on the  
cover of (or inside) Richmond's Official  
Community Plan to 2050.

Get creative and be part of shaping  
Richmond's future!





# Community Leadership Initiative (CLI)

Are you passionate about making a difference in your community?

Receive a **microgrant** to pioneer a community engagement project!

For more information:  
[www.successbc.ca/cli](http://www.successbc.ca/cli)  
[CLI@success.bc.ca](mailto:CLI@success.bc.ca) | 236-880-8428

**SCAN TO REGISTER**



## Workshops | Field Trips | Trainings | Hands-on Experience

Empowering youth to make a difference in their community through leadership & civic engagement

Eligibility criteria:

- Ages 15-30 (inclusive)
- Canadian citizen, permanent resident, or government-assisted refugee
- A passion for creating inclusivity in your community








**Vancouver International Children's Festival**

**Be A Volunteer!**

Accepting Applications starting Jan 2nd

May 26 - June 1 2025

**Perks**

- Free snacks and treats at the Volunteer Centre
- Free wristband to the Activity Village
- Signed Confirmation outlining that you volunteered "x" hours for the Festival
- School credit for Volunteer and/or Work Experience
- Eligible for a Reference Letter for volunteers who contribute a minimum of 24 hours

**Why Volunteer?**

- Get involved in an exciting creative project
- Meet extraordinary people
- Learn and develop new skills
- Take part in a festive community event where you are encouraged to dress up every day you come to work
- Share your love of interacting by volunteering with kids
- Show that you care about your community

Please contact us at [volunteer@childrensfestival.ca](mailto:volunteer@childrensfestival.ca) or call 604-708-5655 with any questions, we would love to hear from you!

[childrensfestival.ca](http://childrensfestival.ca) [Volunteer@childrensfestival.ca](mailto:Volunteer@childrensfestival.ca)

**RICHMOND INTERNATIONAL EDUCATION**  
EMBRACING GLOBAL WINDS

**VOLUNTEER NEEDED**

**Do you want to gain more volunteer hours in the summer?**

**Volunteer at Richmond International Education Summer Camp 2025!**

Jul 7 - Aug 15, 2025

Volunteer for 1 Week or More

For more information, please see Mrs. Collins

**VOLUNTEERS NEEDED FOR THE STEVESTON SALMON FESTIVAL**

**It's about COMMUNITY**

**Tuesday, July 1st 2025**  
**11:00 AM - 5:00 PM**

**OPPORTUNITIES AVAILABLE ALL DAY**

To sign up, visit [www.icanhelp.richmond.ca](http://www.icanhelp.richmond.ca)

**S.U.C.C.E.S.S.**

**風雨同路華語家長互助小組**  
**CHINESE PARENTS SUPPORT GROUP**

**ZOOM**  
**10:00 A.M. - 11:30 A.M.**

歡迎6-19歲青少年子女家長參加 學習及交流養育子女的心得

每月第2個及第4個星期三 (2024年9月至2025年6月) 普通話 | 費用全免

家庭及青少年輔導部: CAROL SIU | 604-335-2832 | [CAROL.SIU@SUCCESSIONS.BC.CA](mailto:CAROL.SIU@SUCCESSIONS.BC.CA)

**FAMILY AND COMMUNITY SERVICES – GROUP PROGRAM**  
**Chinese Parent Support Group 風雨同路家長互助小組**  
2024 – 2025 GROUP ACTIVITIES SCHEDULE 活動計劃

DATE	ACTIVITIES
September 11	Welcome back orientation 歡迎歸來 - 活動計劃介紹
September 25	Understand puberty 理解青少年的青春期
October 9	What's the difference between parents' generation and children's one? 理解家長和孩子的時代的差異
October 23	How to understand the relationship between children and games? 如何理解孩子和遊戲的關係?
November 6	How to improve children's social skills? 如何提高孩子的社交技巧
November 20	How to increase children's self-confidence? 如何提高孩子的自信心
December 4	How to improve children's resilience? 如何提高孩子的承受挫折的能力
January 8	How to handle children's puppy love? 如何回應孩子的早戀
January 22	How to guide children to identify the quality of a relationship? 如何教導孩子分辨關係品質
February 5	How to address conflicts between parents and children? 如何處理家長和孩子之間的矛盾
February 19	How to manage anxiety as a parent? 父母如何管理自己的焦慮
March 5	How to support children when they are bullied at school? 如何應對校園欺凌
March 19	How to help children to handle cyber-bully? 如何幫助孩子應對網絡暴力
April 2	Anger management for parents. 家長的憤怒管理技巧
April 16	How to handle children's anger? 如何應對孩子的憤怒
May 7	How to praise and encourage children? 如何表揚和鼓勵孩子
May 21	How to make children be more willing to listen to you? 如何讓孩子更願意聽你的話?
June 4	How to do when you have different parenting opinions with your partner? 當你和你的配偶有不同的育兒意見時該怎麼辦?
June 18	Year End Gathering 年終聚會

**S.U.C.C.E.S.S.**

We are pleased to share details about S.U.C.C.E.S.S.'s upcoming Chinese Parent Support Group session taking place on Wednesday, May 21. This session will focus on helping Chinese parents strengthen emotional connections with their children who are growing up in Western cultural contexts. Please see English and Chinese information below.

您好! 您是否也曾經:

覺得盡力付出, 孩子卻不聽話「你不懂我」?

為什麼我以為孩子不聽話?

本月聚會, 我們將深入探討跨文化家庭中常見的溝通障礙, 並結合理論與實務, 幫助家長「和孩子建立情感連結」。

活動目標包括:

- 了解互相關注, 您的表達方式孩子能理解嗎?
- 中西文化差異對溝通的影響
- 溝通技巧與策略, 了解為什麼情感連結對孩子的安全感至關重要?
- 溝通與情感連結, 學習從家長的角度理解孩子心理
- 實際技巧: 如何與「父母的愛」相連成「孩子能聽懂的話」

主題: 《兩代人最難得的方式去愛》: 中式父母與西式孩子的溝通連結

日期: 5月21日 (週三)

時間: 上午10:30

平台: ZOOM (報名後提供連結)

報名名額: <https://forms.office.com/r/6009G0Q0h>

語言: 普通話

主持人: Carol (註冊臨床輔導員)

免費午餐

Hellos! Have you ever wondered:

"I give so much... why does my child still say 'you don't understand me'?"

"Why does it feel like my love doesn't reach them, even though I try so hard?"

This month's parent gathering will explore one of the most common emotional disconnects in cross-cultural families: the love we give vs. the love our children feel. Join us as we delve into practical strategies and psychological insights to help parents "speak love in a way their children can truly understand."

In this session, we will explore:

- The Five Love Languages - does your child understand the way you express love?
- Key differences in how love is shown between Chinese-style parenting and Western-raised children
- How Attachment Theory explains the importance of emotional connection for your child's sense of safety
- How to use Self-Determination Theory to meet your child's emotional needs and help love truly land
- Practical tools: how to "translate" your love into a language your child can feel and respond to

Topics: "Living in a Way Your Child Understands": Emotional Dialogue Between Chinese Parents and Western-Raised Children

Date: Wednesday, May 21

Time: 10:30 AM

Platform: ZOOM (link will be sent to registered participants)

Register online: <https://forms.office.com/r/6009G0Q0h>

Language: Mandarin

Facilitator: Carol (Registered Clinical Counsellor)

Free of charge

**DEADLINE EXTENDED**

**APPLY NOW**

**RICHMOND RCMP YOUTH ACADEMY**

Ever thought about a career in policing?

- Immersive camp at Matthew McNaught Secondary from August 11 - 16, 2025
- Unique opportunity for 32 students who are currently in grade 10 - 12
- Gain first hand experience in policing through real-world scenarios modelling police training in a safe and controlled environment
- Learn about police duties, criminal justice, fitness, teamwork, organization, public speaking, self-reliance and discipline

Applications are available from your Career Information Advisor

Application deadline **May 28th @ 3:30 PM**

A Partnership in Experiential Learning

[richmondrcmp.ca](http://richmondrcmp.ca)

**Rise and Shine**  
MINERVA

**Tools for Mental and Emotional Wellness**

**SUMMER 2025 APPLICATIONS OPEN!**

Rise and Shine is a wellness program for girls and gender diverse youth ages 15-24. This program contains 7 workshops designed to help youth develop essential skills to nurture their mental and emotional health and walk away with valuable and practical tools for navigating their resilience and building their confidence.

Rise and Shine will take place via Zoom over 7 sessions from 10-11:30am PT:

- August 11th: Welcome and Opening Circle
- August 12th: Self-Awareness and Thinking Traps
- August 13th: Boundary Setting
- August 14th: Self-Compassion
- August 19th: Stress and Anxiety
- August 20th: Sadness and Depression
- August 21st: Self-Care

Applications close August 7th. Join us and apply today!

SCAN HERE TO REGISTER

Apply for the

**Young Women in Public Safety**  
student employment opportunity

Postez votre candidature au programme

**Jeunes femmes en sécurité publique**  
pour une possibilité d'emploi étudiant

For more information, contact your advisor or contact your advisor at [youngwomen@rcmp.ca](mailto:youngwomen@rcmp.ca)

Canada



RASS presents



APRIL 17 - MAY 29  
*Resilient Youth 2025*

# JOIN NOW

**Location:** Alternating Thursdays starting with week 1 @ the Media Lab Annex (across from the Richmond Library) and week 2 @ RASS - 8080 Anderson Rd, Richmond

**Time:** 4-6pm

*Be yourself and explore your freedom of expression and resilience! Psychosocial and peer support available with counselors and city staff with a spotlight on arts and empowerment with RYM! Create Space Drop in!*

Contact: emily@supportingfamilies.ca or mmascarina@richmond.ca

## Breaking BARRIERS

**Do you often feel stressed, anxious, angry, or overwhelmed?**  
Breaking BARRIERS is a mindfulness-based stress reduction group for teens.

Each week, members learn more about stress (e.g., its impact on our thoughts, emotions and behaviors) and add new skills and strategies to their stress-management toolkit (e.g., coping with stress and fostering calmness in everyday life).

**What type of skills and strategies will you learn?**  
You'll learn an abundance of techniques that you can use in all areas of life, such as grounding exercises, guided mindfulness practices, visualizations, emotional regulation and self-care.

**Date, Time, Location**  
**Dates:** April 2025 - Specific dates TBD.  
**Length:** 8 weekly sessions  
**Time:** 4:00pm-6:00pm  
**Location:** Touchstone Family Association  
3031 Viking Way, Suite 210, Richmond

**TO REGISTER, PLEASE CONTACT:**  
Kelsey Eberwein  
keberwein@touchfam.ca  
604-313-1372

Kelly Gault  
kgault@touchfam.ca  
604-207-5024




**LOCATION:**  
**TOUCHSTONE FAMILY ASSOCIATION**  
3031 VIKING WAY, RICHMOND B.C.

**AGES:** 13-19  
SNACKS AND TRANSPORT PROVIDED

**DATES:** 8-WEEK SESSIONS  
WEDNESDAYS ~ APRIL-JUNE 2025

**CONTACT:**  
KELSEY EBERWEIN  
KEBERWEIN@TOUCHFAM.CA

KELLY GAULT  
KGALT@TOUCHFAM.CA


CALL: 604.279.5599  
TOUCHSTONEFAMILY.CA

## THE POWER OF GROUP



**STARTING SOMETHING NEW CAN BE HARD, WE UNDERSTAND THIS, WE DO OUR BEST TO MAKE IT COMFORTABLE FOR OUR YOUTH**


**fun fact:** DOING HARD THINGS ACTUALLY INCREASES BRAIN MATTER AND IMPROVES SELF-ESTEEM.


## BREAKING BARRIERS

BREATHE  
ANCHOR  
RELAX  
RECONNECT


MINDFULNESS-BASED STRESS-REDUCTION FOR TEENS



## SCHOLARSHIPS CANADA



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## Get on the road to higher education.

Sign up to get matched to schools and programs across Canada and around the world!





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## UNLEASH YOUR POTENTIAL

CANADIAN ARMY RESERVES



604-225-2520 Ext 2470  
39CB6.Recruiting@forces.gc.ca



THIS IS FOR YOU APPLY NOW AT FORCES.CA



## BECOME HOMESTAY at the RICHMOND SCHOOL DISTRICT

Be a host for an international student for a month, semester or year. Richmond International Education (RIE) Homestay Program is looking for local families to offer a welcoming home.

Contact us to find out more about this enriching opportunity.

[study@sd38.bc.ca](mailto:study@sd38.bc.ca)

604-668-6217

