

# Family WAAG

## September 29 – October 3, 2025



# BURNETT WAAG

Monday September 29 (ABCD)			Tuesday September 30 (School Closed)			Wednesday October 1 (ABCD)			Thursday October 2 (PLT-ABCD)			Friday October 3 (ABCD)		
<div>Orange Shirt Day SFU Beedie School of Business @ Lunch</div>			<div>Reconciliation / Orange Shirt Day</div>			<div>Block A8:309:50</div>			<div>Block A8:309:38</div>			<div>Block A8:309:50</div>		
						<div>Block B9:5511:15</div>			<div>PLT9:4310:31</div>			<div>Block B9:5511:15</div>		
						<div>Recess11:1511:25</div>			<div>Block B10:3611:44</div>			<div>Recess11:1511:25</div>		
						<div>Block C11:3012:50</div>			<div>Recess11:4411:54</div>			<div>Block C11:3012:50</div>		
						<div>Lunch12:501:35</div>			<div>Block C11:591:07</div>			<div>Lunch12:501:35</div>		
						<div>Block D1:403:00</div>			<div>Lunch1:071:47</div>			<div>Lunch12:501:35</div>		
						<div>Block D1:403:00</div>			<div>Block D1:523:00</div>			<div>Block D1:403:00</div>		
						<div>Kol Nidre Dussehra Last Day for Common App Reference Requests for Early Admissions</div>			<div>Yom Kippur Dussehra KPU Presentation @ PLT</div>			<div>Grade 8 Literacy Assessment</div>		

### SCHOOL CALENDAR

To stay up to date about what is happening at the school, you can subscribe to the calendar on the Burnett website. When on the website, go to School Calendar and scroll down to the bottom of the calendar and click on Subscribe to Our Calendar.

### 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!](#)

### SCHOOL COUNSELLING SERVICES

You can book an appointment with your school counsellor online! Click on the [Counselling Centre](#), and book your appointment.

### PAC

Families can contact Burnett's Parent Advisory Council at [jnbpac.general@gmail.com](mailto:jnbpac.general@gmail.com) PAC Meeting dates listed on the School Calendar.

**THANK YOU to PAC for hosting the Back-to-School Barbecue!**

### GRADE 9 STUDENTS – TAKE OUR KIDS TO WORK DAY

Wednesday, November 5<sup>th</sup>, 2025 is the date for this year's Take Our Kids To Work Day (TOKWD) event. The Richmond School Board, in cooperation with The Students Commission of Canada (SCC), business, labour and the community, is proud to be involved in this exciting initiative which supports students as they begin to identify and develop personal interests, passions and competencies.

On November 5, Grade 9 students in Richmond will go to work with a parent, relative, or adult friend. Some students may go with a classmate's parent. In order to help prepare students for this event, students will be completing a pre-activity for TOKTWD during our November 4<sup>th</sup> Conference Day.

Copies of the parent letter and permission form, as well as the family resource guide for your reference, have been emailed home. Hard copies of the parent letter and permission form are also available in the school office.

Students are asked to return the permission form to the school office no later than Friday, October 31<sup>st</sup>.

### FLU/COLD SEASON

As Flu/Cold season is upon us, it is important to take care of your health. If you are feeling sick,

- Monitor your symptoms
- Stay at home as you can spread your sickness to others
- Wear a mask during your recovery.

Students who miss assessments/instruction due to illness will always have alternate opportunities to demonstrate their learning.

### DATES TO REMEMBER:

Sept 29	Orange Shirt Day / SFU Beedie School of Business @ Lunch
Sept 30	National Day for Truth and Reconciliation (School Closed)
Oct 1	Kol Nidre/Dussehra
Oct 1	Last Day for Common App Reference Requests for Early Admissions
Oct 2	Yom Kippur/Dussehra/KPU Presentation @ PLT
Oct 3	Grade 8 Literacy Assessment
Oct 7	Grade 12 Post Secondary Application Session (PLT)
Oct 8	Collaboration Day (School Starts at 9:30 AM)
Oct 8	University of Alberta @ Lunch
Oct 8	Post Secondary Fair @ SLSS 4-6 PM/BCIT Big Info 4-7 PM Burnaby Campus
Oct 9	PAC Meeting @ 7PM
Oct 13	Thanksgiving (School Closed)
Oct 14	Learning Updates Emailed Home / Gr 12 TVR Verification
Oct 15	Grade 9 & 10 Immunization
Oct 16	The Great BC Shakeout @ 10:16 am
Oct 20	Diwali
Oct 22	Parent Teacher Conferences 2-4 PM
Oct 23	Parent Teacher Conferences 2-4 PM & 5-7 PM
Oct 23	Photo Retake Day / U of Calgary Presentation @ 1:05 PM
Oct 24	Pro-D Day (School Closed to Students)
Oct 31	Halloween
Oct 31	Grade 9 Take Our Kids to Work Day permission form due

### HOSTING A JAPANESE STUDENT

We are excited to announce the Richmond-Wakayama Exchange Program is officially back! This Japanese exchange program has a long meaningful history and was paused due to the pandemic. We have three schools, Burnett, Palmer, and Richmond Secondary, hosting Japanese students from Wakayama in November. We are currently looking for Burnett students who are interested in hosting a Japanese student. This means you will be paired with one or more Japanese students who will stay at your home during their visit from **November 17th to 24<sup>th</sup>, 2025**. This is a fantastic opportunity to connect with a student from Japan. In addition, students who host this year will be given priority consideration for future exchange trips to Japan.

If you are interested in being a host, please contact Ms. Yip, Ms. Kang or Mrs. Collins.

### LANGUAGE CHALLENGE EXAMS

Are you proficient in any of the following languages: Farsi, French, Japanese, Korean, Mandarin, Punjabi or Spanish? Are you interested in gaining high school credits? The Delta school district is hosting its annual Language Challenge exams for students in grades 10-12. If you would like to learn more information, please visit the library on October 2<sup>nd</sup> at lunchtime.



# BURNETT W.A.A.C

## 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. Cyclists take great care and caution and learn the rules of the road!
- **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!



## 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/JNBCOUNSELLING](https://tinyurl.com/jnbcounselling)



## BELL SCHEDULE

MONDAY + WEDNESDAY + FRIDAY	
CLASS	TIME
WELCOME BELL	8:25am
BLOCK A	8:30 – 9:50
BLOCK B	9:55 – 11:15
BREAK	11:15 – 11:25
BLOCK C	11:30 – 12:50
LUNCH	12:50 – 1:35
BLOCK D	1:40 -- 3:00

TUESDAY + THURSDAY	
CLASS	TIME
BLOCK A	8:30 – 9:38
PLT	9:43 – 10:31
BLOCK B	10:36 – 11:44
BREAK	11:44 – 11:54
BLOCK C	11:59 – 1:07
LUNCH	1:07 – 1:47
BLOCK D	1:52 -- 3:00

COLLABORATION DAY	
CLASS	TIME
COLLAB TIME	8:30 – 9:25
BLOCK A	9:30 – 10:35
BLOCK B	10:40 – 11:45
BREAK	11:45 – 11:55
BLOCK C	12:00 – 1:05
LUNCH	1:05 – 1:50
BLOCK D	1:55 -- 3:00

CONFERENCE DAY	
CLASS	TIME
HOMEROOM	8:30 – 9:00
SESSION 1	9:10 – 10:10
BREAK	10:10 – 10:20
SESSION 2	10:25 – 11:25
LUNCH	11:25 – 12:10
SESSION 3	12:15 – 1:15
SESSION 4	1:25 – 2:25
HOMEROOM/PLT	2:30 – 3:00
GLA/GNA SESSION 1	8:15 – 11:15
GLA/GNA SESSION 2	12:00 – 3:00

## PLT – PERSONAL LEARNING TIME

Just a brief reminder of the changes to Personal Learning Time (formerly BLT-Burnett Learning Time):

### Structure

- PLT is on Tuesdays and Thursdays and will be scheduled between first and second period starting September 9.
- Each PLT block will be 48 minutes in duration.
- All students will be required to attend each PLT session

### Increased Opportunities for Student Support

PLT will increase support for all students and empower students to:

- Choose what area of learning they want to focus on
- Choose who they need to connect with for support (Teachers may request that you sign-up for a specific PLT)
- Learn how to self-manage their time and develop skills to be more independent learners

### Strategies for Success – Some PLT Ideas

- Review class notes, textbook, homework and learning activities
- Make cue cards/flashcards or prepare other study tactics
- Review a quiz/test with a friend or work on group class projects
- Stay organized: record important assignment dates in agenda/clean-up binder
- Read/Journal
- Ask questions of, converse and consult with teachers
- Skills you will develop: questioning, communication, goal setting, organization, time management, self-regulation and awareness
- PLAN/SET PRIORITIES – What is due first? What is most difficult? What will take the most time?
- ORGANIZE – If tasks are completed, what else can be done to improve my learning - study, read, practice....What materials/resources do I need to bring with me to PLT?

Information and Reminders were shared with students during Homeroom this week; please see attached.

## ATTENDANCE

If your child will be late or away from school, either for the full day or part of the day, please let the school know.

Two ways to report absences:

**Early Warning line** -- leave a voicemail at 604-718-4007

**School Email** -- send an email to [burnett@sd38.bc.ca](mailto:burnett@sd38.bc.ca)

Please leave the following information with your message:

- **Student's first and last names**
- **Student number** — we have several students with the same first and last names, the student number will allow the school to enter the excused absence for the correct student.
- **Parent/Guardian Identity** — only parents, homestay parents and legal guardians are allowed to excuse a student from school. Please identify yourself (mom, dad, homestay, etc.) when reporting a student absence.
- **Reason for the absence** — illness, appointment, travel, etc.
- **Duration** of the absence (start date to end date) — if absence is for more than one day.

The school will send automated voice calls and emails to parents and legal guardians of students with unexcused absence for the day. Please inform the school if you have a change in your contact information (cellphone, home phone, email address).

## DISTRICT POLICY: Student Personal Digital Device

The Ministry of Education requires ALL districts and schools to have a policy for digital devices. The purpose for this is to make youth safe, improve student mental health, and eliminate constant interruptions from their learning.

The policy states that students can use their digital device IF, the teacher asks the students to use their device for a learning activity. Students who do not have device, will be offered a school device for the class.

Otherwise, ALL students must keep their device powered off and be in their backpack or their locker. If students do not follow the policy, staff will remind the student, and if they continue to use their device, staff will connect with parents, and possibly the student will not be allowed to have device at school. Furthermore, devices should not be used in changerooms and bathrooms. Students will be able to use their devices at break and at lunch.

## Community News and Resources

### NOV 20/25 Parents as Education and Career Coaches - Educational Planner BC's Virtual Presentation 6:30-7:45 PM

EducationPlannerBC invites parents, families, and student supporters to join our virtual presentation.

Learn about post-secondary education and career opportunities, as well as tools to best support your student in planning for their future. The information will be especially helpful for families with students in grades 10-12. Come explore our website! Search thousands of programs, get to know trades, and discover career paths. Find helpful resources, including financial aid options, admission requirements, FAQs, and the Glossary. Learn how to create an account, save programs, paths, and careers to My List, and apply to post-secondary in B.C. Registration is required. <https://careerprograms.sd38.bc.ca/parents/register-parents-career-coaches>

The session will be on MS Teams.

### NOV 25/25 SD38 Career Programs Info Evening Grade 10/11 Families Via Zoom 6:30-7:30 PM

Learn about or dual credit programs/courses both trades and arts/science faculties.

Dual credits earned at high school and post secondary and certification

Course/program post secondary tuition covered by SD38 Richmond.

To register go to: <https://careerprograms.sd38.bc.ca/parents>



**Loran Award** for grade 12s

Do you demonstrate a strength of **character**, a deep commitment to **service**, and exceptional **leadership**? Have you been empowered to create positive change? The Loran Scholars Foundation will offer up to 160 financial awards to public Canadian universities.

**APPLY NOW!**

**Deadline: October 16 @ 8:59AM**

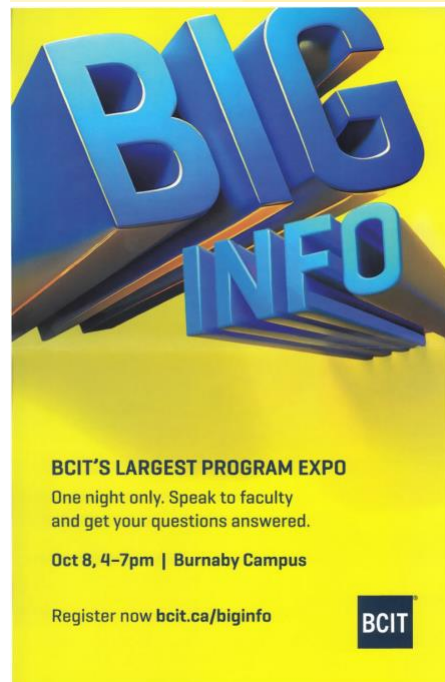


**Language Challenge Exams**

Scan below for application package

Typed applications only!  
Pay online or attach cheque.  
Submit application & photo to your counsellor by:

**OCTOBER 24, 2025**



**BIG INFO**

**BCIT'S LARGEST PROGRAM EXPO**

One night only. Speak to faculty and get your questions answered.

Oct 8, 4-7pm | Burnaby Campus

Register now [bcit.ca/biginfo](http://bcit.ca/biginfo)

**BCIT**



**UNIVERSITY OF CALGARY**

**COME SAY HI!**

A member of the Student Recruitment Team will be visiting your school. Learn about university life, programs, admission requirements, awards and more.

When: **TUESDAY Oct 23**

Where: **LIBRARY LAB**  
1:05 - 1:50 PM

**start something.**

**LEARN MORE**  
[ucalgary.ca/future-students/undergraduate](http://ucalgary.ca/future-students/undergraduate)

**The U of A  
is coming  
to J.N. Burnett!**

**[Wednesday Oct. 8th]  
[12:50 pm]  
[In Library Lab]**

Learn more about University of Alberta programs, campus life, and admission requirements.

All interested students are welcome to attend.





### What To Expect

- Study in Canada, US, UK and Europe**  
Hear from our guest speakers on how to maximize your applications to Canadian, US, UK and European universities!
- Undergraduate Programs and Career Pathways**  
Learn how to choose from various undergraduate programs leading to careers in healthcare, business, engineering, law and more!
- NCAA Sports**  
Join us to learn about NCAA sports and pick up materials sent to you from the NCAA!
- How to Write a Winning Essay**  
Learn how to write a compelling essay to increase your chances of admission!
- The Decision Making Process**  
Learn how colleges and universities make decisions.
- Scholarships/Financial Aid**  
Learn about the various scholarships and financial aid available for Canada.

### Featured Universities

**Click Here or Scan to Register**

## VAIS

### US COLLEGE & UNIVERSITY FAIR

Thursday, October 8, 2025 | 5pm-7pm

Meet admission representatives from over 50 colleges and universities in the United States, including:

- Brown University • Boston University • Dartmouth College
- Vanderbilt University • Johns Hopkins University

**Register Here**

**VAIS.ca**

Hosted at West Point Grey Academy, 4125 West 8th Avenue, Vancouver

### WHAT MAKES A GOOD SIDE-HUSTLE?

A Zoom-based entrepreneurship workshop for grade 9-12 students from UVC's Gustavson School of Business

- Side hustles are micro businesses you can run out of your home to make some money
- How do you know if you have a good idea for a side-hustle business?
- Learn from UVC professors on how to evaluate side-hustles and other new business ideas
- Consider applying what you learn in the session in your own side-hustle this summer

See what a university entrepreneurship class is like and learn why you might want to consider UVC's Gustavson School of Business.

This free entrepreneurship workshop for students allows attendees to test drive what it's like to be in a UVC Business classroom. This workshop is being led by Entrepreneurship faculty members Brock Smith and Claudia Smith, and will give you a taste of Gustavson and entrepreneurship through a fun and engaging session.

**This workshop is a good fit if one or more of these apply to you:**

- You are in grades 9-12.
- You've seen meat ideas on Tik Tok or Insta and wonder about doing something similar.
- You want to learn some entrepreneurial skills, or about business in general.
- You are interested in what a university class might be like.
- You and your friends want to make some money next summer with an idea of your own.

**Wednesday, October 15th at 6:00 pm (PST)**

**CLICK HERE TO REGISTER FOR THE SESSION**

Contact Recruitment Manager, Daniel Nair at [dnair@uvic.ca](mailto:dnair@uvic.ca) for more information.

[uvic.ca/gustavson](http://uvic.ca/gustavson) [gustavsonuvic](https://www.instagram.com/gustavsonuvic)

### WHAT AWAITS YOU

Canadian Medical Hall of Fame  
**Discovery Days**  
in HEALTH SCIENCES

Presented by

ASSOCIATION OF MEDICAL CLINICIANS CANADIAN MEDICAL ASSOCIATION MD Financial Management Scotiabank.

**IN PARTNERSHIP WITH**

BC Children's Hospital Research Institute  
Thursday, November 6, 2025  
8:15 AM - 3:15 PM

**EXPLORE A CAREER IN THE HEALTH SCIENCES!**

Are you...

- a student in grade 10, 11 or 12 who likes the sciences?
- interested in learning more about career options in medicine and the health sciences?
- looking for an opportunity to interact with researchers, clinicians and educators in their work settings?

This event may be for you!

The day includes a dynamic keynote lecture, two interactive workshops and a Career Panel Q&A.

**LEARN MORE**

I absolutely loved my experience at Discovery Day! I learned so many great things and got more information that will help me achieve my goal of being an MD! It highly exceeded my expectation, and I will hopefully be able to come back next year! - Discovery Day Participant

To register for Discovery Days, volunteer at an event, or get more information, email us at [cmhf@cdmehall.ca](mailto:cmhf@cdmehall.ca)

[cdmehall.ca/discoverydays](http://cdmehall.ca/discoverydays)

### 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, OCTOBER 25, 2025 | 9 AM - 12:30 PM  
**WHERE:** BC CHILDREN'S HOSPITAL, VANCOUVER\*

\* EXACT LOCATION WILL BE SENT OUT AFTER CONFIRMATION

### CCW CANADIAN CONSTRUCTION WOMEN

## BUILD HER FUTURE

**A CAREER DISCOVERY EVENT FOR GIRLS IN GRADES 10-12**

Meet inspiring women in:

Architecture • Engineering • Trades • Project Management • Business Ownership

- Explore rewarding careers
- Learn about free training
- Find out how much you can earn
- Hear real stories from women in construction

**Lunch included, Gift bags, Prizes and Surprise giveaways!!**

**KWANTLEN POLYTECHNIC UNIVERSITY (RICHMOND CAMPUS)**  
**FRIDAY, OCT. 10, 2025**  
**9:30 AM TO 1:00 PM**  
Limited spots - register at [careerprograms@sd38.bc.ca](mailto:careerprograms@sd38.bc.ca)  
**Deadline to register: Sept 24, 2025**

**mcmillan** **SEYLER'S ELECTRIC LTD**  
**KPU** **KWANTLEN POLYTECHNIC UNIVERSITY** **NORTHWOODS PLUMBING/HEATING/LTD** **KINDRED CONSTRUCTION**

### CORPUS CHRISTI COLLEGE ST. MARK'S COLLEGE AT THE UNIVERSITY OF BRITISH COLUMBIA

## YOUR UNIVERSITY CAREER BEGINS HERE

**PREVIEW NIGHT**  
**OCT 14 NOV 13**  
**6 - 8 PM**

### SI>UK

## UK University Fair 2025

Meet 50+ UK Universities

Friday, October 3rd, 2025  
Harbour Centre Campus (SFU), 515 W Hastings St

**Register now**





# TAKE OUR KIDS TO WORK DAY™ 2025

Get ready for a day of meaningful career exploration!

For more information, visit [studentscommission.ca/events/tokw2025](https://studentscommission.ca/events/tokw2025) or reach out to [info@studentscommission.ca](mailto:info@studentscommission.ca)

November 5th 2025

Lift Up the Future



Presented by




# Apple Festival 2025


OCTOBER 18-19

## Calling all volunteers!

Scan below to sign up or contact us at [garden.volunteer@ubc.ca](mailto:garden.volunteer@ubc.ca)



<https://botanica.garden.ubc.ca/about/volunteering/>



## AI 101: USING ARTIFICIAL INTELLIGENCE IN UNIVERSITY AND YOUR CAREER

A Zoom-based AI development workshop for grade 9 to 12 students from UVIC's Gustavson School of Business

Have you used Chat GPT? Whether you are a frequent user, or just learning, the introduction of modern artificial intelligence (AI) systems has made us rethink the role technology plays in business and society. AI has made work substantially more efficient, and provided new opportunities to enrich learning, skill development, and career advancement. But, there is a risk that such AI systems will put existing jobs in jeopardy, especially lower skill jobs.

How can students prepare for the growth of AI?

The Gustavson School of Business at UVIC invites students to join this free AI workshop. As a leader in business education that prepares students for practical, hands-on skills for the workforce, Gustavson is uniquely positioned to educate students on the current and future impacts of AI.

Dr. Andrew Park will introduce how these modern AI systems work, including hands-on demos of text, image, audio, and video generation. He will also discuss the future of AI and how you can be best prepared to take advantage of its capabilities as you move to the next stages of your education and careers. Understanding the rewards and risks of AI will help students use it more effectively.

This workshop is a good fit if one or more of these apply to you:

- You are in grade 9 to 12, and/or are an international student hoping to study in Canada.
- You are an active user of AI, or you are new to AI and want to know more about it.
- You are planning to go to university and want to know how to responsibly use programs like Chat GPT or Copilot.
- You want to prepare more for the workforce of tomorrow.
- You are interested in what a university class might be like.


Thursday, October 9th at 6:00 pm (PST)

CLICK HERE TO REGISTER FOR THE SESSION

Contact Recruitment Manager, Daniel Nair, at [dnair@uvic.ca](mailto:dnair@uvic.ca) for more information.

[uvic.ca/gustavson](https://uvic.ca/gustavson) @gustavsonuvic





## September 2025 Youth Job Readiness & Mental Health Workshops


<b>SEPT 09</b> 2 PM - 3 PM Resume & Cover Letter Writing	<b>SEPT 10</b> 2 PM - 3 PM Online Job Search Strategies	<b>SEPT 16</b> 2 PM - 3 PM How to Prepare for Job Interviews
<b>SEPT 17</b> 2 PM - 3 PM Boundary Setting for Success	<b>SEPT 24</b> 2 PM - 3 PM Self-Compassion Techniques	<b>SEPT 25</b> 2 PM - 3 PM Self-Care Tips for Well-Being

Free Workshops For Youth Ages 16-29

SCAN HERE

Where: Online via Microsoft Teams  
To register, please fill out the registration form using the QR code or the link below.  
<https://forms.office.com/r/6G44JGe87870nqj0t0rLink>

For inquiries, please contact:  
@youthworks@ccsociety.ca  
604.218.6943  
[www.ccsociety.ca](http://www.ccsociety.ca)




## September 2025 Workshop Descriptions

**Resumes & Cover Letter Writing:**  
Learn how to craft a professional resume that highlights your strengths, experiences, and skills, plus discover how a cover letter can showcase your personality, expand on key achievements, and explain why you're the right fit for the job. This workshop covers formatting, action words, and tailoring both documents to specific roles.

**Online Job Search Strategies:**  
You will learn about the five steps of the strategic job search approach. We will help you set SMART goals and explore how to effectively manage your time to get a job that's right for you!

**How to Prepare for Job Interviews:**  
Build confidence and prepare for job interviews with expert tips. We'll cover common questions, body language, and how to make a great first impression. Learn how to stand out and leave a lasting impact on employers.

**Boundary Setting for Success:**  
In this workshop, we explore why boundary setting is such a challenging endeavor (for both youth and adults alike), especially when we feel a lack of control or agency. We discuss how healthy boundaries can be set and maintained, and get hands-on in applying these techniques.

**Self-Compassion Techniques:**  
This workshop introduces the importance of self-compassion and building a healthy relationship with the self while practicing some affirmations along the way.

**Self-Care Tips for Well-Being:**  
In this workshop, we explore the world of safe-care at the individual level, recognizing that it is personal, ever-changing, and effortful.

Free Workshops For Youth Ages 16-29

SCAN HERE

Where: Online via Microsoft Teams  
To register, please fill out the registration form using the QR code or the link below.  
<https://forms.office.com/r/6G44JGe87870nqj0t0rLink>

For inquiries, please contact:  
@youthworks@ccsociety.ca  
604.218.6943  
[www.ccsociety.ca](http://www.ccsociety.ca)




## THE ART OF TEEN MENTAL HEALTH SERIES

RPL and Pathways Clubhouse is offering teens and caregivers a series of workshops designed specifically for teen mental health with expert advice, resources and support. Together, we'll explore ways to help teens cope, grow and thrive.

REGISTER HERE

### TEEN WORKSHOPS (Ages 12-18)

**AFTERNOON PANEL DISCUSSION FOR TEENS**  
Monday, September 22 4:30-6:00pm  
Brighouse Library - Kids' Place Program Room

In this panel discussion, learn all about teen mental health, and the services available for teens. We'll also talk about the stigma of mental health, and have time for Q&A.

**EXPRESSIVE ARTS EXPLORATION: NURTURE AND NOURISH YOUR RELATIONSHIP WITH SELF-CARE AND WELL-BEING**  
Tuesday, September 23 4:30-6:00pm  
Brighouse Library - Kids' Place Program Room

This art therapy workshop will give you a chance to reflect on what mental health and well-being means to you, and offer hands-on experience of expressive arts as a self-care practice.

### PARENTS AND CAREGIVER WORKSHOPS

**CAREGIVER PANEL DISCUSSION**  
Monday, October 6 6:30-8:00pm  
Brighouse Library - Kids' Place Program Room

Join us for a panel discussion to learn about teen mental health, and the services available for teens. We'll also talk about the stigma of mental health, and have time for Q&A.

**CAREGIVER WORKSHOP FOR TEEN MENTAL HEALTH**  
Tuesday, October 7 6:30-8:00pm  
Brighouse Library - Kids' Place Program Room

In this workshop, you'll learn practical tools to maintain strong relationships with your teen, explore what it means when teens begin to pull away, and discover strategies to help support your teen's growing independence. The session will conclude with time for Q&A.

Registration required for all programs.  
Registration will open on August 20 - 10:00am.



## career boost

empowering the next generation

Join us for a one-day, in-person career mentorship event designed to inspire, connect, and empower youth!

**what:** inspiring keynotes, career skill-building workshops, and connecting with mentors from a variety of fields

**who:** open to self-identified girls and gender expansive youth aged 15-24

**when:** 9:30am-4:00pm PT Friday, November 21st

**where:** an office in Vancouver - location to be shared closer to the date

Scan here to register!

join us!  
FREE REGISTRATION  
[bit.ly/CareerBoost2025](https://bit.ly/CareerBoost2025)





## self-care for a strong start

Youth event hosted by MINERVA

Start the new school year strong! This is an interactive workshop for young women and gender-expansive youth (aged 15-25) to learn simple self-care strategies to reduce stress, boost your confidence, and set yourself up for success this school year.

**Participants will:**

- explore what self-care strategies work best for you
- set a self-care goal for the new school year
- connect with other amazing young leaders!

date: September 24th  
time: 6-7:30 pm  
place: Zoom

Register here:





## Learning to Lead™

Learning to Lead™ is a leadership opportunity for self-identified girls in Grades 10-12. Participants gain confidence through interactive workshops and activities within a fun and supportive community of friends and mentors.

**What You'll Learn**

Learning to Lead™ is all about helping youth develop their leadership skills with:

- Interactive learning through workshops, group-based discussions, and hands-on activities.
- Lasting connections with like-minded peers who have common values around learning and growing.
- Inspiring mentors who can offer advice and guidance around next steps.

**Fall 2025 Dates**

Learning to Lead™ Fall will take place via Zoom over four sessions on Wednesdays in October, from 6-8pm PT:

- Oct 8: Opening Circle & Introduction to Leadership
- Oct 15: Owning Our Strengths & Values
- Oct 22: The Mentor
- Oct 29: The Not-so-Subtle Art of Confidence and Closing Circle

REGISTER TODAY!  
[minervabc.ca/learn-to-lead](https://minervabc.ca/learn-to-lead)  
or Scan Here



Thank you to Lead Supporter ARITZIA







**TRY/CATCH {W}**

Saturday, October 25th  
8:30 AM to 5:30 PM  
at SFU Burnaby Campus  
Code your Creativity

Join us at Try/Catch 2025 for panels, keynote speakers, and - workshops on AI, ML, robots, game dev, programming, and UI!




Touchstone Family Association  
Strengthening Family • Building Community

## BREAKING BARRIERS

BREATHE . ANCHOR . RELAX . RECONNECT

Feeling stressed or overwhelmed by strong emotions?  
Are you struggling to manage all the expectations youth face in today's world?

Breaking BARRIers is a mindfulness-based stress reduction group specifically for youth (13-18). Participants will explore various coping skills, mindfulness strategies, grounding techniques, visualization exercises, and how to create a personalized self-care practice



**TO REGISTER, PLEASE CONTACT:**

**Kelsey Eberwein, MC, RCC**  
keberwein@touchfam.ca  
604-313-1372

**Julie Crandlemire, MC Candidate**  
jcrandlemire@touchfam.ca  
604-353-7167

Dates: Wednesdays, October 22 - Nov 26  
Length: 6 weekly sessions  
Time: 3:45-5:45pm  
Location: City Centre Community Centre  
5900 Minaru Blvd, Richmond RM 2



## 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 604-668-6217



**RICHMOND**  
INTERNATIONAL EDUCATION  
ENRICHING GLOBAL MINDS

## CALLING YOU TO VOLUNTEER

Join us in supporting Children, Youth, and Families to thrive and reach for their dreams

**Help Needed**  
Charity #: 13940 7670 RR0001

- Homework Club
- Tech Class for Seniors
- Childcare Program
- Tax Clinic / CVITP
- Indigenous Program
- Event Coordination
- Office Administration
- Youth Focus Group

**TOGETHER, WE MAKE A BETTER WORLD**



**Let's Connect!**



**CONNECTIONS**  
COMMUNITY SERVICES SOCIETY

604-271-7600  
www.ccssociety.ca  
volunteer@ccssociety.ca