

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 or reach out to 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

<https://botanicalgarden.ubc.ca/about/volunteering/>

Gustavson School of Business
University of Victoria

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 bnair@uvic.ca for more information.

uvic.ca/gustavson @gustavsonuvic

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.

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, 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. We will talk about school refusal, the signs and stigma of mental health, as well as different types of schools and services available for teens.

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.

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!

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

INDIGENOUS GRADE 12 DAY

UBC Indigenous Student Recruitment & Advising

Monday Nov. 17, 2025
9:30am-1:30pm

Explore campus
Meet UBC's Indigenous community
Lunch included!

Sign up with your school counsellor by:
November 3rd, 2025

Who: Indigenous students in grades 12
Where: UBC's First Nations House of Learning

MINERVA 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

self-care for a strong start

Youth event hosted by



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:



MINERVA 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

or Scan Here



Thank you to Lead Supporter
ARITZIA



TRYCATCH {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 Minoru Blvd, Richmond RM 2

WorkBC Centre Richmond **FOUNDRY**

Foundry Work & Education Program and WorkBC

Drop-in Employment Support!
Come visit us to:
• Get feedback on your resume
• Practice mock interviews
• Explore your skillset
• Learn about WorkBC and FWEP services

When: Come by Wednesday, October 8 anytime between 2:30-4:30pm

Where: Foundry Richmond - check in at the front desk when you arrive

Who: Anyone 16-24 who wants employment support

FOUNDRY

QUEER & TRANS RESILIENCE GROUP

Support for navigating sexual orientation & gender expression

Affirm what shapes your resilience as Queer/Trans/2SLGBTQIA+

Standing Up for Yourself

Self-Worth & Self-Esteem

Nov. 10-Jan. 26 (12 sessions)
Mondays 4pm-6pm
Ages 16-24
Registration/Orientation Required

LGBTQ+

Email: Ajay.Sahota@vch.ca
or text 604-250-5461 for info/to sign-up



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

