

## Application Form - Vancouver International Children's Festival

### VICF Volunteer Policies

Thank you for stepping up to join the Children's Festival team! We welcome volunteers of all backgrounds and experiences. We are proud to work with a diverse team. Thank you for considering us.

This application will approximately take 15 minutes. Call or text us at 236-466-1480, or [volunteer@childrensfestival.ca](mailto:volunteer@childrensfestival.ca) if you have questions.

#### Guidelines

- Volunteers need to be at least 15 years old at the time of their first shift.
- There will be orientation and training on Granville Island before the festival.
- Specialized training for roles such as Hosts, Crew Captains, and Ushers.
  - All training mentioned above will count towards volunteer hours.
- Regular volunteers must do 2 shifts minimum
- Hosts must do 2-3 shifts minimum
- Crew Captains must do 4-5 shifts minimum

#### Benefits

- Free snacks, treats, and bingo sheets at the Volunteer Centre
- Festival Prize draws for each day of the festival, and Grand Prize draw for volunteers who work over 30 hours
- **Standby performance pass** - present your badge at a venue before a show. If there's still seats, you get priority to watch for free!
- **Wristband to the Activity Village** for each day you volunteer. Bring a sibling or a friend!
- **Festival t-shirt** for volunteers who work over 30 hours, or in specific volunteer roles
- **Signed Confirmation** for the hours you worked
- **School Work Experience** forms can be filled out if you have worked 24 hours, or as decided by your school
- **Reference Letter** for volunteers who work 24 or more hours

#### Conduct and cancellation policy

Unexplained tardiness, absences, and misconduct will be perceived negatively. Repeated actions may result in:

- Having your shift reassigned
- Losing volunteer benefits
- Further action at the VICF Volunteer Team's discretion

If you cannot make a shift which you have confirmed, call or text us at 236-466-1480, or [volunteer@childrensfestival.ca](mailto:volunteer@childrensfestival.ca). Please inform us of issues to your being able to fulfill/complete a shift.

#### Final Tips

- Please ensure that [volunteer@childrensfestival.ca](mailto:volunteer@childrensfestival.ca) emails do not go to spam. We communicate with email and phone/text. Please register using an email address and phone number that you check and use regularly.
- We offer support for high school students to request time off from school. Ask us for a letter you can show your teachers!
- Our festival happens during peak tourist season - watch for construction, unstable weather, traffic, sinkholes, and more. We are not able to reimburse transportation.

Further in this application process, we will ask you for personal information. This will help us communicate with you and place you in the most appropriate positions. Your personal information and photo will not be displayed publicly, nor will it be reproduced or distributed.

## NEW! Mental health resources for families

#### Topics:

- Anxiety
- Substance Use
- Navigating Family Transitions
- Eating Disorders
- Grief and Loss
- OCD
- Self-Harm
- Suicide Prevention

Videos and information available for the following languages and cultural groups:



Find resources at:  
[kellymentalhealth.ca/multilanguage](http://kellymentalhealth.ca/multilanguage)



PSYCHOLOGIST  
(BC CHILDREN'S HOSPITAL)

DR. JANET MAH

## How to Prevent Eating Disorders in Your Child?

如何預防孩子患上  
飲食失調症?



## FOUNDRY MINDSHIFT CBT GROUP

Cognitive Behavioural Therapy Program delivered by  
Vancouver Coastal Health

Ages 13-18

Weekly Spring  
Group:  
8 Sessions  
Feb. 23-Apr. 20th  
(no group Apr. 6)

Mondays from  
4pm-6pm



#### What you'll learn:

- Learn how anxiety works and why people experience it
- Manage anxiety using the free MindShift CBT app
- Strategies to help reorient thinking, take action, and make lasting positive change

Cell phone & MindShift App required for group

Call/text to Self-Refer: 604-250-5461

For more information email: [Ajay.Sahota@vch.ca](mailto:Ajay.Sahota@vch.ca)

## FOUNDRY Coping Skills Group

Willingness is listening very carefully to your Wise Mind,  
and then acting from your Wise Mind.

Weekly Group:  
Feb. 25 - Apr. 15

Ages 13-18

Wednesdays, 4pm-6pm  
8 sessions

Learn:  
Mindfulness Skills  
Emotion Regulation Skills  
Distress Tolerance Skills

Email: [Ajay.Sahota@vch.ca](mailto:Ajay.Sahota@vch.ca)

or text 604-250-5461 for

info/to self-refer



### Coping Skills Group (Dialectical Behaviour Therapy - Informed)

Groups offered  
every season



In-person at  
Foundry  
Richmond

Willingness is listening very carefully to your Wise Mind, and then acting from your Wise Mind.

This group provides youth with a sampling of coping skills (DBT-informed) to help gain a better understanding of mindfulness, how to better regulate emotions and how to tolerate distress. This is a psychoeducational group, meaning that you will learn and practice skills in the group and talk about how you can apply or have applied these skills in your life. This is a skills-based group for youth who have difficulty regulating emotions. It is not a support group where you share details/trauma about your life. Completing optional weekly homework assignments increases effectiveness of skills learned. If suicidality (e.g. high-risk suicide and recent hospitalizations) and frequent substance use is a primary concern, this group/service may not be suitable for you. Exceptions can be made if you are working regularly with a primary clinician/counselor who is willing to collaborate with the group facilitator to ensure effectiveness of treatment.

- 8 Sessions (2 months), 2 hours in duration
- Once a week (not on holidays)
- Participants will get a workbook/weekly assignments for their personal growth
- Age eligibility 13-18 years old
- Location: 101-5811 Cooney Rd, Richmond (Richmond Foundry)

Call/text/email to self-refer to group:  
604-250-5461  
[Ajay.Sahota@vch.ca](mailto:Ajay.Sahota@vch.ca)



- Week 1: Mindfulness - What and HOW skills
- Week 2: Mindfulness - WHAT and HOW skills
- Week 3: Emotion Regulation - Model for Describing Emotions
- Week 4: Emotion Regulation - Checking the Facts
- Week 5: Emotion Regulation - Opposite Action
- Week 6: Emotion Regulation - Problem Solving
- Week 7: Distress Tolerance - Pros/Cons, STOP
- Week 8: Distracting, Self-Soothe, Improving the Moment, TIPP

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



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  
Parents of children aged 6 to 19 are  
welcome to join  
ZOOM 10:00A.M. - 11:30A.M.

每月費: 2個及4個組星期三 (2025年9月-2026年9月)  
普通話 | 費用全免 (Mandarin | Free of Charge)

家長及青少年輔導部: [CAROL.SIU@S.U.C.C.E.S.S.BC.CA](mailto:CAROL.SIU@S.U.C.C.E.S.S.BC.CA)



### FAMILY AND COMMUNITY SERVICES - GROUP PROGRAM CHINESE PARENT SUPPORT GROUP 風雨同路華語家長互助小組 2025 - 2026 GROUP ACTIVITIES SCHEDULE 活動計劃

DATE	ACTIVITIES
September 10	親子與青少年心理發展與自我認同發展: 在多元文化中大我——父母該知道的 Child and Adolescent Development & Identity Formation Growing Up Between Two Cultures: What Parents Need to Know
September 24	親子與青少年心理發展與自我認同發展: 跨代際關係——父母的跨文化認同與理解 Child and Adolescent Development and Identity Formation (Part 2) Bridging Two Worlds — Building Bicultural Identity in Children
October 8	探索青少年世界與世界: 網路霸凌 Exploring the World of Adolescents: Cyberbullying
October 22	探索青少年世界與世界: 校園霸凌 Exploring the World of Adolescents: School Bullying
November 12	探索青少年世界與世界: 電子遊戲、社群媒體與網路霸凌 Exploring the World of Adolescents: Video Game / Social Media Addiction
November 26	探索青少年世界與世界: 創傷、哀傷、憂鬱 Child and Adolescent Mental Health: Depression (Major Depressive Disorder)
December 10	探索青少年世界與世界: 社交焦慮 Child and Adolescent Mental Health: Social Anxiety Disorder
January 14	探索青少年世界與世界: 注意力不足過動症 (ADHD) Child and Adolescent Mental Health: Attention Deficit/Hyperactivity Disorder
January 28	探索青少年世界與世界: 理解完美主義 Child and Adolescent Mental Health: Understanding Perfectionism
February 11	認識「情緒傳遞」: 建立積極安全的情感 Understanding Intergenerational Emotional Transmission and Building an Emotionally Safe Family
February 25	父母自我照顧: 憤怒與情緒管理 (上) 認識憤怒與衝突 Parental Self-Care: Anger Management (Part 1) - Understanding Anger and Conflict
March 11	父母自我照顧: 憤怒與情緒管理 (下) 學習表達與調節 Parental Self-Care: Anger Management (Part 2) - Expressing and Regulating Emotions (Part 2)
March 25	父母自我照顧: 認識焦慮與壓力: 學習自我調節 Parental Self-Care: Recognizing Anxiety and Practicing Self-Compassion
April 8	親子衝突管理: 從「權威」到「對話」: 華人家庭衝突的溝通 Parent-Child Conflict Management: From Obedience to Dialogue — Rethinking Parenting in Chinese Families
April 22	親子衝突管理: 如何面對青少年在外的挑戰與壓力: 為 Parent-Child Conflict Management: Navigating Teen Challenges and Defiant Behaviors
May 13	親子衝突管理: 如何面對青少年在家的挑戰與壓力: 為 Parent-Child Conflict Management: Navigating Teen Challenges and Defiant Behaviors

由中僑聯辦的「風雨同路華語家長互助小組」將於下週舉辦一場線上聚會:

- 日期: 1月14日 (週三)
- 時間: 上午 10:00 - 11:30
- 講者: 陳顯庭先生 (Rio Chan) - 註冊社工、輔導員、繪本作家
- 主持: Carol (註冊臨床輔導員 RCC)
- 語言: 廣東話 (配合通量普通話翻譯)
- 報名: <https://forms.office.com/r/7Gp0q4s4EK>
- (如您早報名參與此小組, 不用再報名, 您將在聚會前幾天收到 ZOOM 連結)

本次主題: 《孩童及青少年心理發展 認識 ADHD (家長支援指南)》

孩子不聽話、坐不住、作業拖拉, 是「讀皮」? 「懶惰」? 還是 ADHD? 在加拿大成長的孩子, 既要面對學業、人際關係的壓力, 也要適應不同文化的期待, 越來越多家長發現孩子出現注意力不集中、衝動行為、組織困難、受 ADHD (注意力不足過動症) 影響的兒童, 卻常常被誤解為「教養問題」, 養育 ADHD 孩子的家長, 常感到身心俱疲——如何照顧孩子同時, 也疼愛自己呢?

1. ADHD 是什麼? 與一般「讀皮」有什麼分別?
2. 管教 ADHD 學童的實用策略
3. 作為 ADHD 學童家長, 疼愛自己的重要性
4. 現場 Q&A 時間, 分享您的疑慮與經驗

The upcoming Chinese Parent Support Group session taking place on next Wednesday.

- Date: Wednesday, January 14
- Time: 10:00 AM - 11:30 AM
- Speaker: Mr. Rio Chan — Registered Social Worker, Counsellor, and Picture Book Author
- Host: Carol, Registered Clinical Counsellor (RCC)
- Language: Cantonese with partial Mandarin interpretation
- Online Registration: <https://forms.office.com/r/7Gp0q4s4EK>

(If you have registered for this parent support group before, you do not need to register again. The Zoom link will be sent a few days before the meeting.)

#### Topic: Children and Youth Mental Health — Understanding ADHD (A Parent's Guide)

Is your child easily distracted, restless, or struggling to complete homework?

Are these signs of being "naughty," "lazy," or could it be ADHD?

Growing up in Canada, children face not only pressures in academics and friendships but also the challenge of adapting to different cultural expectations. More parents are noticing their children showing signs of inattention, impulsivity, and difficulties with organization. Yet, ADHD (Attention Deficit/Hyperactivity Disorder) is often misunderstood as a parenting issue. For many parents raising neurodivergent children, daily life can feel exhausting. How can you support your child while also caring for yourself?

In this interactive session, we'll explore:

1. What ADHD is — and how it differs from typical "misbehavior."
2. Practical parenting strategies to support children with ADHD.
3. The importance of self-care and emotional wellbeing for parents.
4. Live Q&A — share your questions, concerns, and experiences with others.

## VOLUNTEER INTERPRETERS NEEDED

The Richmond School District is seeking individuals who are fluent in English and other languages to join our Volunteer Interpreter Team.

Help strengthen communication between schools and families by providing language support during parent teacher conferences. Your involvement helps ensure every family feels welcomed and informed.

Training is provided.  
All languages welcome.

To express your interest, please email your CV before January 16, 2026 to:  
[culturalinterpreters@sd38.bc.ca](mailto:culturalinterpreters@sd38.bc.ca)

[sd38.bc.ca](https://www.sd38.bc.ca)

**RICHMOND**  
SCHOOL DISTRICT NO. 38



## 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



**RICHMOND**  
INTERNATIONAL EDUCATION  
ENRICHING GLOBAL MINDS