

Community News and Resources

RICHMOND JAZZ FESTIVAL

RICHMOND SCHOOL DISTRICT 38 PRESENTS

Jazz Night

featuring Secondary School Jazz Bands from across the Richmond School District

Thursday, March 5, 2026

6:00 pm
McMath Secondary School

RICHMOND
SCHOOL DISTRICT NO. 38

📞 |sd38.bc.ca

Join us at Explore CapU

Take the next step toward your future

- Discover how CapU fits with your goals and interests
- Meet with students and faculty about topics on learning, careers, and housing options
- Learn about programs, financial awards, and admission
- Explore the support that is waiting for you—and get started on the spot!

Info Night
South Vancouver Campus
Thursday, February 26, 2026
10:00 - 7:00 pm

Open House
Seasquamish Campus
Saturday, March 7, 2026
10:30 a.m. - 3:30 p.m.

CAPILANO UNIVERSITY

QR code and social media links.

SOROPTIMIST
International of Vancouver
Best for Women®

Soroptimist International of Vancouver since 1926

Violet Richardson Award

The award that recognizes your volunteer action

(The Violet Richardson Award recognizes young women between ages 14 and 18 who make the community and world a better place through volunteer efforts)

Eligibility Requirements:

- Girls who are currently between the ages of 14 and 18,
- resides or volunteers in Vancouver or Richmond,
- have demonstrated initiative in both identifying a problem and trying to solve it, and
- have had significant and noteworthy accomplishments as volunteers

How to Apply:

Apply online at www.SoroptimistVancouver.org by **February 28th, 2026**

Questions: awards@SoroptimistVancouver.org (Committee Chair: Shelly)

Grade 11 and Grade 12 Students

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: Thursday April 23rd
Where: Burnet Library Lab

Start something.

LEARN MORE
University and future students: uofcalgary.ca

Introduction to Ironworking

Local 97 will be running a high school "Introduction to Ironworking" Class in Maple Ridge. This is the first week of our 3-week bootcamp that will teach you the basics of the ironworking trade.

Week 1 will be during Spring Break and you can choose which week you would like to attend. This week can be used as school work experience hours. If there is an opportunity for work placement we will reach out to you in June to book you in for Weeks 2 & 3 of the training starting at the end of June after school is over. After successfully completing Week 3 you will receive the required tools and be placed on a job. Starting rate after finishing this class is \$25.96/hour plus benefits. After 6 months on the job the union will discuss apprenticeship opportunities. After completing your apprenticeship, you will be a Red Seal Journeyman Ironworker with a wage of \$52.45/hour plus benefits. If you are interested in getting into the trade, please contact Cam Heaven at cam@ironworkerslocal97.com.

- Week 1 — you choose the week that works for you
 - Option 1 - March 16th to 20th, 2026
 - Option 2 - March 23rd to 27th, 2026
- Tentatively, Weeks 2 & 3 will take place from June 29th to July 10th, 2026
- No cost to attend the class
- Maximum 12 people will be accepted into each bootcamp
- Class will run Monday to Friday 8am to 4pm

Call the Trade Improvement Office 604 874-6010 or Email: cam@ironworkerslocal97.com

We need your help!!!

DREAM IT * BE IT
CAREER SUPPORT
{for girls}

CAREER FAIR

For Young Women ages 13 - 21

Career Role Models • Workshops • Prizes

Saturday, March 7, 2026

11 am - 3 pm

Tsawwassen Mills Entry 3

SOROPTIMIST®
Investing in Dreams
South Delta

Learn more & register at sisouthdelta.org/dream-it-be-it

Free Shuttle from North Delta

BOSA CONSTRUCTION

LEGACY SCHOLARSHIP 2026

Fully Funded BCIT Carpentry Apprenticeship

BUILDING THE FUTURE: CARPENTRY APPRENTICESHIP

Bosa Construction is searching for 4 passionate high school graduates looking to pursue their Carpentry Apprenticeship through BCIT.

Bosa Construction specializes in large-scale residential and commercial projects, from high-rises to community developments. Apprentices gain hands-on experience in carpentry, formwork, and other key construction tasks while learning directly from experienced professionals.

SCHOLARSHIP HIGHLIGHTS:

- Assured Employment at Bosa Construction**
Our apprentices become valuable team members, a commitment that extends beyond the program.
- Continuous Full-Spectrum Support**
From day one, our dedicated team is here to assist you throughout your educational and professional journey.
- Expert Industry Mentors**
Learn from the best in the business as they guide your development.
- Smooth Program Progression**
Partnered with BCIT, we ensure timely advancement through apprenticeship levels.

Become a Red Seal Certified Carpenter!

Visit www.bosaconstruction.com/careers

www.bosaconstruction.com Questions? matheal@bosaconstruction.com (604) 202-1324

ENTRANCE AWARDS FOR INCOMING STUDENTS

More than \$700,000 of awards are available for incoming students. Get rewarded for your hard work.

Application deadline **April 15**.

* There is an additional October 1 deadline for some awards for programs that start between January 1 to April 30.

Learn more at bcit.ca/financial-aid

BCIT

RVS RICHMOND VIRTUAL SCHOOL

Online learning from K-12

Our mission is to provide blended courses that respond to the needs of Richmond students with flexibility, quality and service. As a result, RVS has one of the highest completion rates in BC!

RVS Offers:

- Academic & Elective Courses
- Programs for K-12
- Fast-Track Summer Semester 3
- Dance & Athlete Programs, AP Psychology, Entrepreneurship, Leadership, Cybersecurity, Work Experience and more!

RICHMOND VIRTUAL SCHOOL

RICHMOND ACADEMY OF INDUSTRY LEARNING

richmondvirtuallschool.ca
Call 604-668-6371 | Email rvs@sd38.bc.ca

RICHMOND SCHOOL DISTRICT NO. 38

LEARN & EARN
Your Way to a Great Career!

ALL NEW YEAR PRIZES

START YOUR CAREER JOURNEY WITH INSPIRING MEDIA AND INTERACTIVE ACTIVITIES. EARN YOUR BADGE FOR A CHANCE TO WIN!

EDGEWORKS



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 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. Please inform us of issues to your being able to fulfill/complete a shift.

Final Tips

- Please ensure that volunteer@childrensfestival.ca emails do not go to spam. We communicate with email and phonetext. 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 teacher!
- 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.

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.ccssociety.ca
volunteer@ccssociety.ca

Steveston HERITAGE SITE VOLUNTEER WITH US!



Roles include:

Greeters Special Events Dockside School Programs

Curious about the history of Steveston? Looking for a fun way to meet new people, gain hands-on experience, and build useful skills? Britannia Shipyards National Historic Site and the Steveston Tram are now welcoming new volunteers!

Both short-term and long-term positions are available.

For more information and to apply scan the QR code below or contact: 604-238-8038 shsvolunteers@richmond.ca



Turn your ideas into action

Apply for \$500 Grant

YOUTH NEIGHBOURHOOD SMALL GRANTS

For neighbours ages 12-24 in the Metro-Vancouver Area

Contact us & learn more: neighborhoodsmallgrants@vancouverfoundation.ca

With your neighbours, you can:

- Inspire Connection
- Teach Insightful Skills
- Build Community
- Share Your Story

vancouver foundation

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:

العربية 普通话 印地语 英語 黑語 乌克兰语 廣東話 西班牙语 菲律賓語

Find resources at: kellymentalhealth.ca/multilanguage

BC Children's Hospital Health Bridge Kelly Mental Health Centre OUR KIDS HEALTH

MINERVA Future Ready

Grow your skills. Build your network. Shape your future.

Future Ready helps young women and gender diverse youth 17-25 build confidence, develop essential life and career skills, and connect with a supportive community of peers and mentors. Over seven engaging sessions, you'll gain clarity about your goals, strengthen your voice, and explore opportunities for your future.

What You'll Learn

Future Ready is all about helping youth develop their career readiness and leadership skills through:

- Interactive learning through workshops, group-based discussions, and real-world workplace scenarios.
- Networking with inspiring mentors who can offer advice and guidance around next career steps.
- Real-world practice of foundational career skills to build confidence.

Spring 2026 Dates

Future Ready will take place via Zoom over seven sessions every second Tuesday from 6-7:30pm PT:

- March 10: Opening Session and Values
- March 24: Managing Change
- April 7: Effective Communication
- April 21: Emotional Resilience
- May 5: Building Confidence
- May 19: Effective Networking
- June 2: Advocating for Yourself and Closing Circle

REGISTER TODAY! Deadline to apply is March 3rd

Scan Here

Thanks to the support of our donors, this program is offered at no cost to participants.

Rise and Shine MINERVA

Tools for Mental and Emotional Wellness

Looking to enhance your wellness toolkit? Rise and Shine is back for the Spring!

Rise and Shine is a wellness program for girls and gender diverse youth ages 15-24. This program contains 5 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 from 10-11:30am PST:

Monday, March 16th
Tuesday, March 17th
Wednesday, March 18th
Thursday, March 19th
Friday, March 20th

Apply today!

Applications close March 13th

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

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
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 those 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 hospitalization) 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/consultant 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

Week 1: Mindfulness – Wise Mind
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 – Post-Cont. STOP
Week 8: Distracting, Self-Soothing, Improving the Moment, TIP

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

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.

每月第2個及第4個星期三 (2025年9月 - 2026年6月)
普通話 | 費用全免 (Mandarin | Free of Charge)

家長及青少年輔導師: CAROL SIU | 604-335-2832 | CAROL.SIU@SUCCESS.BC.CA

FAMILY AND COMMUNITY SERVICES – GROUP PROGRAM
CHINESE PARENT SUPPORT GROUP 風雨同路家長互助小組
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: 探索英文中文與大一文化認同的爭 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: 跨越語言與文化——親子跨文化認同與發展 Child and Adolescent Development and Identity Formation (Part 2): Bridging Two Worlds — Building Bicultural Identity in Children
October 8	探索青少年網路世界: 網路霸凌 Exploring the World of Adolescents: Cyberbullying
October 22	探索青少年網路世界: 校園霸凌 Exploring the World of Adolescents: School Bullying
November 12	探索青少年網路世界: 電子遊戲、社群媒體與網路成癮 Exploring the World of Adolescents: Video Game/Social Media Addiction
November 26	家長及青少年心理健康: 抑鬱症 Child and Adolescent Mental Health: Depression (Major Depressive Disorder)
December 10	家長及青少年心理健康: 社交焦慮 Child and Adolescent Mental Health: Social Anxiety Disorder
January 14	家長及青少年心理健康: 注意力不足過動症 (ADHD) Child and Adolescent Mental Health: Attention-Deficit/Hyperactivity Disorder
January 28	家長及青少年心理健康: 認真、完美主義 Child and Adolescent Mental Health: Understanding Perfectionism
February 11	認識代際情緒傳遞 - 建立情緒安全家庭 Understanding Intergenerational Emotional Transmission and Building an Emotionally Safe Family
February 25	父母自我照顧: 覺察和情緒管理 (上) 認識親子衝突 Anger Management (Part 1) - Understanding Anger and Conflict
March 11	父母自我照顧: 覺察和情緒管理 (下) 學習表達與溝通 Parental Self-Care: Anger Management (Part 2) - Expressing and Regulating Emotions (Part 2)
March 25	父母自我照顧: 覺察和情緒管理 - 學習自我照顧 Parental Self-Care: Recognizing Anxiety and Practicing Self-Compassion
April 8	親子衝突管理: 從「聽話」到「對話」——華人家庭教養觀的轉化 Parent-Child Conflict Management: From Obedience to Dialogue — Rethinking Parenting in Chinese Families
April 22	親子衝突管理: 如何面對孩子青春期的挑戰與對抗行為 Parent-Child Conflict Management: Navigating Teen Challenges and Defiant Behaviors
May 13	親子衝突管理: 如何處理一場親子爭吵? Parent-Child Conflict Management:

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



RICHMOND THERAPEUTIC RIDING



Our Program

RTRA provides therapeutic riding lessons for children and youth with disabilities in order to promote physical, social and psychological well being.

Lessons are taught by certified Therapeutic Riding Instructors. Lessons are run Monday to Thursdays. Most lessons are semi-private and 30 minutes long.

Benefits of Therapeutic Riding

Therapeutic Riding is a unique form of therapy that provides many benefits including improved muscle tone and strength, development of mobility, increased concentration and improved learning skills, independence and a sense of achievement, the development of self confidence and self esteem.

Contact us for more info!

604-241-7837
info@richmondtherapeuticriding.com
www.richmondtherapeuticriding.com

Volunteer with Richmond Therapeutic Riding



RTRA is a non-profit organization that provides therapeutic riding lessons for children and youth with special needs.

Volunteers help in lessons to provide support to our riders, help them feel safe and gain a sense of achievement.

Our lesson program runs:

Mondays 9:30 - 1:00 & 2:30 - 5:30

Tuesdays 2:30 - 5:30

Wednesdays 9:30 - 1:00 & 2:30 - 5:30

Thursdays 9:30 - 1:00

If you would like a rewarding experience working with youth and horses for a few hours a week please contact us to set up an orientation and training session.

No experience required just enthusiasm and reliability! Must be 16 years or older.

Please contact our Volunteer Coordinator at volunteer@richmondtherapeuticriding.com
Or checkout our website: richmondtherapeuticriding.com



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