

# Community News and Resources

**RICHMOND SCHOOL DISTRICT'S 14<sup>th</sup> ANNUAL**

**FUN SCHOLARSHIP BIKE RIDE**

SATURDAY, MAY 23 at 10:00 AM

Meet at Burnett Secondary with your bike and helmet! Donate online - all proceeds go towards scholarships. Post-ride barbecue lunch included! All donations of \$50 and over will include a Ride T-shirt (Register by May 1 to order a shirt in your size). Donate and Register here: <https://forms.cloud.microsoft/t/NLuz2h2a2q1>

**RICHMOND**  
SCHOOL DISTRICT

**VRES Summer Jobs & Volunteer Programs 2026**  
Now Hiring + Volunteers Needed

**PAID POSITIONS**

- Camp Counsellor
- Web Developer
- Digital Marketing Coordinator
- Volunteer Manager
- and more!

8 or 16-week paid positions for Summer 2026 (Age 15-30)  
Locations: Richmond, Vancouver

**SUMMER CAMP VOLUNTEERS**

- Age 12 and above
- Teamwork & communication skills
- Interested in working with youth

Earn volunteer hours and gain valuable experience!

**SUMMER LOCATIONS**

(Comprehensive trainings will be provided)

**Summer Job Locations:**

- 8771 Cook Road, Richmond, BC, V6Y 3T8
- And more schools around Vancouver Region!

Scan to Become a Volunteer

Scan to Apply to our Summer Jobs

VRES is a federally registered not-for-profit organization. We strive to provide accessible and valuable educational resources in the vicinity of Vancouver Region and beyond.

<https://www.vancouvereducation.org/summer-jobs>

<https://www.vancouvereducation.org/volunteer>

718-919-8127

**youth week**  
MAY 1-7, 2026

**7 DAYS, LOTS OF ACTIVITIES FOR YOUTH**

Youth Week is an annual celebration that highlights the interests, accomplishments and diversity of youth. It is a week of fun-filled events, and a celebration intended to build a strong connection between youth and their communities. Check out the events below and join us in celebrating youth in Richmond!

**Fri, May 1**

- FEET THERAPY** - Free foot care and pedicures for all ages.
- THE WIG SHOP** - Free hair styling and wig making.
- ROSA AND ROSIE BASH** - Free hair styling and wig making.
- SPRING ANNUAL YOUTH VOLLEYBALL TOURNAMENT** - Free volleyball tournament.
- YOUTH SWIM** - Free swimming lessons.
- SHIPS TO SHORE** - Free boat building workshop.
- SOFT TISSUE** - Free soft tissue massage.
- YOUTH MEDIA ARTS EXPO** - Free media arts exhibition.

**Sat, May 2**

- CHALK ORSAY AND CELEBRATE** - Free chalk art workshop.
- SHIPS TO SHORE** - Free boat building workshop.
- SOFT TISSUE** - Free soft tissue massage.
- YOUTH MEDIA ARTS EXPO** - Free media arts exhibition.

**Sun, May 3**

- SHIPS TO SHORE** - Free boat building workshop.
- SOFT TISSUE** - Free soft tissue massage.
- YOUTH MEDIA ARTS EXPO** - Free media arts exhibition.

**Mon, May 4**

- GIRL AND BOY BROS** - Free workshop.
- SHIPS TO SHORE** - Free boat building workshop.
- SOFT TISSUE** - Free soft tissue massage.
- YOUTH MEDIA ARTS EXPO** - Free media arts exhibition.

**Tue, May 5**

- CHALK ORSAY AND CELEBRATE** - Free chalk art workshop.
- SHIPS TO SHORE** - Free boat building workshop.
- SOFT TISSUE** - Free soft tissue massage.
- YOUTH MEDIA ARTS EXPO** - Free media arts exhibition.

**Wed, May 6**

- CHALK ORSAY AND CELEBRATE** - Free chalk art workshop.
- SHIPS TO SHORE** - Free boat building workshop.
- SOFT TISSUE** - Free soft tissue massage.
- YOUTH MEDIA ARTS EXPO** - Free media arts exhibition.

**Thu, May 7**

- ART AFTER DARK** - Free art exhibition.
- SHIPS TO SHORE** - Free boat building workshop.
- SOFT TISSUE** - Free soft tissue massage.
- YOUTH MEDIA ARTS EXPO** - Free media arts exhibition.

**FOR DETAILS, VISIT [RICHMOND.CA/YOUTHWEEK](https://richmond.ca/youthweek)**  
**@CITYOFRICHMONDYOUTH**

**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](http://www.bosaconstruction.com/careers)

[www.bosaconstruction.com](http://www.bosaconstruction.com) Questions? [mailto@bosaconstruction.com](mailto:mailto@bosaconstruction.com) (604) 202-1324

**Cognitive Shuffling**

If you have difficulty falling asleep due to worrisome or negative thoughts, try cognitive shuffling! It helps you shift to a neutral thought pattern, calming you down to fall asleep more easily.

Pick a 5-letter word with no repeated letters. For example, DREAM, QUILT, STAND, LIGHT, etc.

Start with the first letter and think of any words that begin with that letter. Think in a **slow, steady pace**. It is not a race! The words do not have to be nouns.

For example, if you chose the word DREAM, you might think: door, do, don't, dance, disc, drift, etc.

Once you can't think of any more words beginning with the first letter, move on to the second letter and repeat the same thing.

Continue through the letters until you fall asleep.

If you are not asleep by the end of the last letter, choose a new 5-letter word to try. Alternatively, you can get out of bed and do a calming activity and try to go back to sleep once you feel tired again. Do not use your phone, computer, or tablet!

Burnett Counselling Department 2026

**J.N. BURNETT MUSIC DEPARTMENT'S MUSIC MONDAY**

May 4th, 2026  
6:30pm - 9pm

Inside Burnett's Large Gym/Wave Cave  
5011 Granville Ave

★ Featured bands ★

- Burnett bands
- Marcato community band
- Blair elementary band

**CONCESSION ITEMS FOR PURCHASE**  
**ENTRY BY DONATION!**

**OneAbility Games**

**Volunteer Opportunities**

Get involved and be part of creating a more inclusive world through sport!

**WHY VOLUNTEER?**

- SUPPORT INCLUSIVE SPORT AND COMMUNITY
- GAIN VALUABLE VOLUNTEER EXPERIENCE
- BE PART OF AN EXCITING, HIGH-ENERGY EVENT
- MULTIPLE ROLES AVAILABLE

**VOLUNTEER PERKS**

- EVENT T-SHIRT
- ACCREDITATION AND LANYARD
- SNACKS PROVIDED

**JOIN US**

**May 13-17, 2026**  
**Richmond Olympic Oval**

**Volunteer Sign-Up**

Email: [volunteers@oneabilitygames.com](mailto:volunteers@oneabilitygames.com)

**Youth Writing Contest**

The Vancouver Writers Fest is thrilled to once again be organizing two writing contests for students in British Columbia: one for grades 9-7 and the other for grades 8-12. This youth writing contest for short stories and personal essays is judged by esteemed members of the Vancouver literary community. A total of four cash prizes and publication in our newsletter are awarded each year. Many winners have subsequently had their works published—either by a publisher or in major literary journals.

Please read the contest rules carefully before submitting a story.

**Deadline to enter: May 31, 2026**

SCAN ME

**RICHMOND SCHOOL DISTRICT NO. 38**

**SUMMER SCHOOL REGISTRATION DATES**

SECONDARY PROGRAMS	PROGRAM DATES	REGISTRATION BEGINS @ 7PM
ENRICHMENT COURSES (REVIEW OR PREVIEW)	MON JULY 6 - FRI JUL 31	MON, APRIL 13
ACADEMIC FULL CREDIT	THUR JULY 2 - FRI JUL 31	MON, MAY 6

**SCAN HERE FOR SUMMER LEARNING 2026 CATALOGUE**



### 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 taxis, Crew Captains, and Lifesavers.
- 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.

# CALLING ALL VOLUNTEERS!

@ Quilchena | May 22, 2026  
Elementary School | 5:00-7:30 shifts

We are looking for Volunteers to help us at our 1<sup>st</sup> ever Spring Fair!  
Please contact us @ [quilchenafundraising@gmail.com](mailto:quilchenafundraising@gmail.com) for more info.

Volunteer letter provided! | Small snack provided!

## 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: [keltymentalhealth.ca/multilanguage](http://keltymentalhealth.ca/multilanguage)

## 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 / CVTP
- Indigenous Program
- Event Coordination
- Office Administration
- Youth Focus Group

TOGETHER WE MAKE A BETTER WORLD

**Let's Connect!**

## 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: [neighbourhoodsmallgrants.ca](mailto:neighbourhoodsmallgrants.ca) or [enagnetwork.com](http://enagnetwork.com)

**With your neighbours, you can:**

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

## Volunteer Opportunities

### Meet New People & Remove Invasive Blackberry at King George Park, Richmond!

By The Lower Mainland Green Team!

May 23  
 9:45 AM - 1:00 PM

📍 4100 Number 5 Road, Richmond, BC V6V 0A9

Register Here:

## Steveston HERITAGE SITES

# 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 [shvolunteers@richmond.ca](mailto:shvolunteers@richmond.ca)

## 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](mailto:volunteer@richmondtherapeuticriding.com)  
 Or checkout our website: [richmondtherapeuticriding.com](http://richmondtherapeuticriding.com)

## 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/associationscareers](http://richmond.ca/associationscareers) for the most up to date information. Richmond Associations are partnering with Canada Summer Jobs to provide valuable youth employment experiences.

## Foundry Richmond's Primary Care Clinic is Open to New Patients

Foundry Richmond's Primary Care Team is now accepting new patients



### Criteria to attach to Foundry PC All are required:

- Ages 12 to 23 years old
- Living in Richmond
- No attachment to any primary care provider in the community
- Requiring long term attachment for physical or mental health needs

### How to Access the Foundry Primary Care Team

- Call Foundry Richmond at 604-674-0550
- When making an appointment, please provide:
  - Name of the referral source (if applicable)
  - The reason for the visit



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.

每月第一及第四個星期三 (2025年9月 - 2026年6月)  
普通話 | 費用全免 (Mandarin | Free of Charge)

家長及青少年輔導部: 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	親子與青少年發展與自我認同課程 - 在華文化中長大 - 父母與青少年學 Child and Adolescent Development & Identity Formation - Growing Up Between Two Cultures: What Parents Need to Know
September 24	親子與青少年發展與自我認同課程 - 在華文化中長大 - 青少年的文化認同與建構 Child and Adolescent Development and Identity Formation (Part 2) - Bridging Two Worlds – Building Bicultural Identity in Children
October 8	探索青少年面對的世界：網路霸凌 Exploring the World of Adolescents: Cyberbullying
October 22	探索青少年面對的世界：校園霸凌 Exploring the World of Adolescents: School Bullying
November 12	探索青少年面對的世界：電子遊戲、社群媒體成癮問題 Exploring the World of Adolescents: Video Game / Social Media Addiction
November 26	探索青少年心理發展：憂鬱症 (Major Depressive Disorder) Child and Adolescent Mental Health: Depression (Major Depressive Disorder)
December 10	探索青少年心理發展：社交焦慮症 Child and Adolescent Mental Health: Social Anxiety Disorder
January 14	探索青少年心理發展：注意缺陷/過度活躍症 (ADHD) Child and Adolescent Mental Health: Attention-Deficit/Hyperactivity Disorder
January 28	探索青少年心理發展：完美主義 Child and Adolescent Mental Health: Understanding Perfectionism
February 11	跨代際情緒傳遞與建立情緒安全家庭 Understanding Intergenerational Emotional Transmission and Building an Emotionally Safe Family
February 25	父母自我照顧：覺察與調節情緒 (上) 認識親子衝突與衝突 Parental Self-Care: Anger Management (Part 1) - Understanding Anger and Conflict
March 11	父母自我照顧：覺察與調節情緒 (下) 學習情緒調節 Parental Self-Care: Anger Management (Part 2) - Expressing and Regulating Emotions (Part 2)
March 25	父母自我照顧：覺察與調節情緒 - 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」——華人家庭教育的新思維 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話技巧 Parent-Child Conflict Management: Navigating Teen Challenges and Difficult Behaviors
May 13	親子衝突管理：如何解決一場親子爭吵？ Parent-Child Conflict Management: Parent-Child Conflict Management

S.U.C.C.E.S.S. Page 2 of 3

updated: 2025 01 16

## South Arm Community Centre

# Eat Your Healings For Indigenous Teens



Explore Indigenous traditions through hands-on cooking, visiting the Richmond Nature Park, lively jigging and plant knowledge.

Build cultural pride, deepen land connections and strengthen community bonds alongside other Indigenous youth in an engaging and welcoming environment. Transportation and supplies included.

Thursdays  
Apr 2 - May 21  
4:00-5:30pm  
13-18yrs  
Free / \$8ess  
#00494043

To register and for more information, email Payton pmcneil@richmond.ca

South Arm Community Centre  
8880 Williams Road, Richmond BC  
604-238-8060

## Touchstone Family Association Strengthening Family - Building Community

# GROWING TOGETHER: UNDERSTANDING NEURODIVERSITY

Discovering strengths, honouring differences, and supporting every family's unique way of thinking, learning and growing

A Free 8-week Psychoeducation group for Cantonese/Mandarin Speaking Parents & Caregivers in Richmond

### About This Group

- Building foundational understanding of neurodiversity (FASD, Autism, ADHD)
- Exploring brain development & communication differences
- Learning about emotional regulation & connection
- Understanding cultural influences on parenting and neurodiversity
- Strength-based parenting & self-compassion

### Group Details

Date: April 10 - June 5, 2026

Time: 10:00am -12:00pm

Location: 3031-Viking Way Richmond BC (Touchstone office)

Language: Mandarin/Cantonese

### Register or Contact

Fion Cheng, Clinical Counsellor  
fcheng@touchfam.ca  
604-207-5047

www.touchstonefamily.ca

## Touchstone Family Association Strengthening Family - Building Community

# 同行成長系列: 了解孩子多樣的腦袋

發揮強項、接納不同，支持每個家庭按自己節奏去思考、學習與成長

免費 @ 適家長學習小組：專為性化文的康復社「管理社家長團體計劃

### 主題內容包括

- 建立對神經多樣性 (Neurodiversity), 胎兒酒精譜系障礙 (FASD)、自閉症 (Autism)、注意力不足過動症 (ADHD) 的基礎認識
- 探索大腦發展與溝通差異
- 學習情緒調節與親子連結
- 認識文化因素對家庭及發展的影響
- 探索孩子特質的教養方式

### 小組詳情

日期: April 10 - June 5, 2026

時間: 10:00am -12:00pm

地點: 3031-Viking Way Richmond BC (Touchstone office)

語言: 國語/廣東話

### 報名及查詢

註冊心理輔導員:  
廖麗珊 Fion Cheng  
fcheng@touchfam.ca  
604-207-5047

www.touchstonefamily.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

## OneAbility Games FREE EVENT FOR KIDS WITH DISABILITIES!

DO YOU KNOW A CHILD WITH A DISABILITY WHO WOULD LIKE TO TRY ADAPTED SPORTS?



COME JOIN US!  
May 13-15, 2026  
Richmond Olympic Oval

### REGISTER HERE!



Registration for this free event closes February 12th!



## EMPOWER HER

Get ready to move and be active in this supportive, small group setting for girls. Feel empowered to try something new and make lasting community connections along the way.

Upcoming Cohort  
Spring 2026 (April-June)  
Tuesdays from 3:30-6:30pm

### Activities include:

Kickboxing, Cycle Spin, Volleyball, Hiking, Biking, Snow Sports, Water Sports, Strength and conditioning and more!  
\*activities are subject to change

### Accepting Referrals for youth ages 13-24

Empower Her is a small group referral program for girls and female-identifying youth (ages 13-24), who wish to get active and participate in physical activities and movement in a safe, supportive and inclusive space.

For information or to refer a youth, contact  
Mia Mascarina at  
mmascarina@richmond.ca  
or call/text 604-209-4172  
Self-referrals are also welcome



# 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

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 604-668-6217



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 INNOVATIVE LEARNING



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

RICHMOND SCHOOL DISTRICT NO. 38

## National Child & Youth Mental Health Day

### When Our Children Hurt Inside:

#### NURTURING AWARENESS AND THE POWER OF RELATIONSHIPS

Younger children can experience emotional pain that they don't yet have the words to describe. Sometimes this shows up as statements about not wanting to be here or behaviours that look like self-harm. This gentle, supportive session may help parents and caregivers understand why these moments happen, what they may mean, and how to respond with calm connection. Together we'll explore how small moments of being seen, heard, and supported can make a big difference in a child's safety and well-being.

THURSDAY MAY 7, 2026 | 6:30 PM - 8 PM (PST)

#### Meet the Speaker

Join Katie DeReus a Registered Clinical Counsellor with over 20 years of experience as a teacher and Elementary School Counsellor. As both a professional and a parent, Katie brings a depth of insight to the challenges and well-being of young children.

For more information and to register for this free event, visit [familysmart.ca/may-7th/](https://familysmart.ca/may-7th/)

Register for FREE



FILM FAVOURITES PLAYED BY THE DELTA MUSIC MAKERS CONCERT BAND

**MOVIE MAGIC**

Delta Music Makers

April 25, 2026 at 2pm at Genesis Theatre

Admission by Donation

# RICHMOND COMMUNITY CONCERT BAND

## SPRING CONCERT

FRIDAY APRIL 24

GILMORE PARK UNITED CHURCH  
8060 NO 1 RD, RICHMOND

STARTS AT 7:30PM

ADMISSION BY DONATION

