

Community News and Resources

LOOKING GLASS FOUNDATION FOR EATING DISORDERS

Reflections Scholarship

The Looking Glass Foundation Scholarship Program awards scholarships to individuals who have received or are currently receiving treatment for an eating disorder, and who are ready for academic pursuit. It is awarded in recognition of someone's strength and courage in facing their eating disorder as well as their enthusiasm and tenacity for their chosen academic path and the career they plan to follow.

A total of \$30,000 will be awarded in scholarships, including the **Elise Skoglund Bursary of \$1,500**. Multiple recipients will be awarded scholarships of up to \$5,000.

WHO CAN APPLY?

Permanent residents of British Columbia who are:

- Full-time students (3 or more classes) enrolled in an accredited post-secondary institution in Canada, who are commencing or returning to a university or college program starting between September 2026 - January 2027
- Enrolled in their first undergraduate degree
- Currently accessing, or have previously accessed, support for an eating disorder and are far enough along in recovery to be able to meet the demands of their chosen program
- Demonstrate a strong need for financial assistance in order to achieve their academic goals
- Previous Looking Glass Scholarship winners are not eligible to re-apply

HOW TO APPLY?

Applicants are invited to complete an application form and can visit www.lookingglassbc.com/scholarships for full details.

*Please review the eligibility criteria and required documents before applying.

APPLICATION DEADLINE: July 15, 2026

Learn More www.lookingglassbc.com/scholarships
604.314.0548 | scholarship@lookingglassbc.com

Looking Glass
FOUNDATION FOR EATING DISORDERS

Looking Glass Foundation • 2006 W 10th Ave, Suite 200 Vancouver, BC V6J 2B8 • 604.314.0548 • www.lookingglassbc.com

SPORT LEADERSHIP PROGRAM

GAIN COACHING SKILLS, VOLUNTEER EXPERIENCE AND SCHOOL CREDIT!

The Richmond Oval's Sport Leadership Program is for highly motivated young adults who are passionate about sport and want to build their coaching and leadership experience.

The Sport Leadership Program has two levels:

1- VOLUNTEERING AND PRACTICAL COACHING EXPERIENCE

2- COACHING WORKSHOPS & TRAININGS

3- NATIONAL COACHING CERTIFICATION PROGRAM (NCCP) WORKSHOPS:

- Fundamental Movement Skills (FMS) - \$150 - register online at report.ca
- Making Ethical Decisions (MED) - \$100 - register online at report.ca

Completion of volunteer and coaching experience, the two NCCP workshops and all trainings is required to obtain:

Membership of Education & Sport/Health Services Level 1 Coach

Your Sport Coach Pathway Begins Here

Richmond Oval
6111 River Road, Richmond BC | 778.296.1400 | richmondoval.ca

LEGO® Leadership Lab: Teens Connections

樂高®青少年領袖培訓教室

Build Confidence. Shape Your Voice. Lead with Purpose.

Who am I? What is my role in a group? How do I respond under pressure?

Join us for a 4-week hands-on leadership camp using LEGO Serious Play® to:

- Develop self-awareness
- Build resilience under pressure
- Increase confidence
- Learn collaborative leadership through support

When: 7, 14, 21, 28 June 2026 (Sun) **Where:** CCSS (#110, 7580 River Road, Richmond, BC)

A. Foundations (Ages 13-15) 1:30 PM - 3:00 PM **Fee:** \$220 (4 sessions)
B. Pathways (Ages 16-18) 3:30 PM - 5:00 PM **\$198 Pilot Cohort Special Offer!**

Small group experience. Only 8 participants per session.

About the Trainer:
Dave Lee - Certified LEGO® Serious Play® Facilitator

- Expert in youth leadership & corporate training
- Specializes in Lego-based activities for team building, problem solving, communication, reflection & collaboration.

Spots are limited **SIGN UP NOW!**

Registration & Enquiries:
• elccsociety.ca
• (604) 271 7600
• www.ccscociety.ca/cdc

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.

When: SATURDAY JUNE 6, 2026

Time: 8:30-3:30 PM

Where: BC CHILDRENS HOSPITAL

THE UNIVERSITY OF BRITISH COLUMBIA
Department of Orthopaedics
Faculty of Medicine



UFV Trades & Skills Canada BC Summer Baking Camps are back — now with two age groups for even more fun in the kitchen!

Calling all young bakers ages 9–12 and 13–16! Dive into a week of hands-on learning at the Chilliwack Trades and Technology Centre, guided by our expert Red Seal baking instructor, **Shoshawna Blair**. From learning about kitchen safety and sanitation, using appliances correctly to mastering essential techniques to create delicious treats, these camps spark creativity, build real skills, and inspire pride in every participant.

Running in July, each camp blends teamwork, imagination, and the magic of creating delicious treats into an unforgettable summer experience.

To register go to: <https://www.ufv.ca/trades/courses/trades-summer-camps/>

BIKE TO SCHOOL WEEK

Jun 1 - 5, 2026

WALK, BIKE, SCOOTER OR SKATEBOARD TO SCHOOL

Color In Practice | FUTURE ACHIEVERS LEADERSHIP FORUM | Faculté des sciences sociales Faculty of Social Sciences

BLED FUTURE ACHIEVERS LEADERSHIP FORUM 2026

A one-week leadership development program for Black & Indigenous youth ages 14-18

July 12 - 18, 2026 | University of Ottawa

Deadline to apply: May 25 @ 11:59 PM EST

All expenses paid!

Learn More | Apply

Pacific Institute for the Mathematical Sciences | Summer School 2026

DREAMS INSTITUTE DIVERSITY IN RESEARCH EXPERIENCES ACROSS MATHEMATICS

The DREAMS Institute, hosted by PIMS, is a **three-week online program** designed for **senior high school students** ready to experience mathematics at the university level.

Students dive into four core areas of mathematics, attend guest lectures by leading researchers, and collaborate on projects with mentorship from graduate students and faculty.

DREAMS is dedicated to expanding access to STEM and welcomes applications from students of underrepresented and minoritized communities.

Program Dates
July 13-30 | Online

May 1 / Early Bird Consideration
June 29 / General Consideration

No need to participate in the program. Students in last two years of high school with a strong mathematics background are eligible.

Apply at: www.PIMS.math.ca/events/260713 (2617email)

GUEST LECTURES BY LEADING RESEARCHERS

JAMES JONES (Phillips University Marburg)
DELLAH GATES (Harvard University)
STELENN MENDEZ-DIEZ (Basil College)
ELIANA KALASHNIROV (University of Waterloo)

AVIATION CAREER WORKSHOP FOR WOMEN

Chinook Helicopters, Abbotsford Airport
Friday, August 7, 2026 | 8:45 AM - 4:00 PM

WHAT YOU CAN EXPECT

INSPIRED LEARNING
Learn about aviation careers and pathways from professional women in Aviation, see Chinook Helicopter simulators, The Coast Aerial Firefighting building and test your Aircraft Maintenance skills with Cascade Aerospace!

AVIATION EXPLORATION
This workshop is designed for women aged 18 and up who want to learn about aviation careers, or those who just love aviation and want to learn more!

FUELED BY PASSION
Led by Elevate Aviation, providing a platform for women and underrepresented groups to thrive and succeed through careers in aviation. Learn about our new mentorship platform!

EVENT SCHEDULE

TIME	OVERVIEW
8:45 AM - 9:00 AM	Check-in and registration at Chinook Helicopter located at the Abbotsford Airport
9:00 AM - 11:30 AM	Meet aviation such as Pilots, Air Traffic Controllers, performers from the Abbotsford Aerial Firefighting building and test your Aircraft Maintenance skills with Cascade Aerospace!
11:30 PM - 12:30 PM	Lunch Break in a Chinook Helicopter Hangar
12:30 PM - 3:30 PM	Guest Tours
3:30 PM - 4:00 PM	Participants will receive a raffle for Friday Night show compliments of the Abbotsford International Airport

Must wear aviation professionals at the Abbotsford Airport at the airport for leadership and community on your journey!

REGISTRATION DETAILS

\$40.00 per person includes lunch and complimentary carpass (up to 8 people) admission to the Friday night airshow. **Don't Wait! Only 40 Seats Available!**

Please note that refunds will only be made for cancellations until July 15, 2026. This event is reserved for women aged 18 and older. Fees and schedule are subject to change.

ELEVATE AVIATION | ACE

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



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



Rise and Shine

MINERVA

Tools for Mental and Emotional Wellness

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

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, July 27th: Welcome & Opening Circle
- Tuesday, July 28th Self-Awareness
- Wednesday, July 29th: Boundary-Setting
- Thursday, July 30th: Navigating Challenging Feelings
- Friday, July 31st: Practicing Self-Compassion & Closing



Apply today!



Applications close July 23rd

~ FOUNDRY ~

Surfing Emotions Group

Ride the Wave of Strong Emotions



12-14 yrs. old



CBT Approach

Mondays
4pm-6pm
June 1-Aug 24
No Group Aug 3

Stress, worry, social anxiety, depression, emotion avoidance

12 sessions (3 months), 2 hours per week

Email: Ajay.Sahota@vch.ca or text: 604-250-5461 for info to self-refer

OUT & ABOUT

Summer Outing Group!
Connect with other youth while exploring cool activities in the City of Richmond. This program is free!

REGISTRATION REQUIRED
Text: 604-618-9914 or Email: sandra@rassrichmond.ca

July 8th: Planet Lazer July 15th: YES Society fitness
July 22nd: UU Family Farm July 29th: Climb n' Climb

Foundry Richmond logo.

AGES 18-24

OUT & ABOUT

SUMMER OUTING GROUP!
CONNECT WITH OTHER YOUTH WHILE EXPLORING COOL ACTIVITIES IN THE CITY OF RICHMOND. THIS PROGRAM IS FREE!

REGISTRATION REQUIRED

WEDNESDAYS IN AUGUST 11AM - 3PM

AUGUST 5TH LAZER TAG
AUGUST 12TH YES SOCIETY FITNESS
AUGUST 19TH UU FAMILY FARM
AUGUST 26TH EXTREME AIRPARK

Text: 604-618-9914 or email: sandra@rassrichmond.ca

Foundry Richmond logo.

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

Foundry Richmond logo.

Touchstone Family Association
Strengthening Family • Enriching 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 • Enriching Community

同行成長系列: 了解孩子多樣的腦袋

發掘強項, 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 8 週家長學習小組: 專為說中文的廣東話/普通話家長及照顧者而設

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:
鄧嘉嫻 Fion Cheng
fcheng@touchfam.ca
604-207-5047

www.touchstonefamily.ca

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!



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



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

sd38.bc.ca



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



HANDS-ON MINI FLORAL ART WORKSHOP: FOUR SEASONS SERIES
小型乾花藝坊: 四季系列

Dates: 日期: June 7, June 14, June 21, and June 28 (All Sundays)
Time: 時間: 10:30 AM - 11:30 AM
Venue: 地點: Connections Community Services Society (CCSS) #110 - 7580 River Road, Richmond BC V6X 1X6



Techniques & design basics introduction, live demonstration, and hands-on practice
簡介基本技巧與設計原則, 現場示範及實作練習

Targets: 對象: Age: 年齡 12+ (Beginner 適合初學者)
Class Size: 人數: Max: 最多 15人
Course Fees: 課程費用 \$66 (4 sessions 節) \$60
Material 材料費: 共 \$20 (collected by the instructor in class 由導師於課堂上收取)
Language: 語言: Cantonese 廣東話
Please bring your own scissors 請自備剪刀

Instructor: 導師: Simona Lam

- Floristry Design Diploma, 2024, Adult & Continuing Education
- Diploma in Fine Arts (Visual Arts) with Distinction, 2023, Kwantlen Polytechnic University
- 2024年 花藝設計文憑 (成人及持續教育)
- 2023年 視覺藝術文憑 (優異成績 Kwantlen Polytechnic University)

Limited Spots! Register NOW! 名額有限, 請早報名!

Registration & Enquiry: 報名及查詢:
dc@ccssociety.ca
(604) 271 7600
www.ccssociety.ca/dc