

Community News and Resources

RICHMOND SCHOOL DISTRICT'S 14th ANNUAL

FUN SCHOLARSHIP BIKE RIDE

This relaxed, easy, 2-hour event is open to all members and supporters of the Richmond School District. All donations are tax deductible and the ride is flat and very easy, followed by a post-ride barbecue lunch, all while raising scholarship funds for graduating students at each of Richmond's 10 secondary schools. We also ride in memory of three dedicated Richmond educators and passionate cyclists. Please join us for our 14th anniversary ride on Saturday, May 23 – everyone is welcome and all donations are appreciated – be sure to register by May 1 to order a shirt in your size!

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/r/NLu2hy2s01>

RICHMOND SCHOOL DISTRICT'S 14th ANNUAL

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 5-7 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

VANCOUVER WRITERS FEST

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 2025 - 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 13th Ave, Suite 200, Vancouver, BC V6J2B5 • 604.314.0548 • www.lookingglassbc.com

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

UBC THE UNIVERSITY OF BRITISH COLUMBIA
Department of Orthopaedics
Faculty of Medicine

SCAN ME

SUMMER LEARNING VOLUNTEER OPPORTUNITY

OPEN TO: GRADES 9-12
*with teacher reference

Are you looking to step into a leadership role? Contribute to the community? Or both? This summer volunteer program is an incredible opportunity to develop essential leadership skills by supporting younger students and teachers in the Richmond School District's Summer Learning Programs.

RHS Opportunity & Service Club | **Contact for Questions: mmp@sd38.bc.ca**

WHY SHOULD I JOIN THIS OPPORTUNITY?

- Earn 40+ Service Hours Certificate from the School District
- Develop Leadership Skills
- Mandatory Workshop → July 2nd @RSS
- Flexible Volunteer Shifts:
 - Hugh Boyd, MacNeill, Burnett, Richmond High (Enrichment)
 - Tomsett, Byng (Fine Arts)
 - Brighthouse (Innovation/Outdoor Exploration)

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 cost 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 #dreamsdi

GUEST LECTURES BY LEADING RESEARCHERS

JAMES JONES (Philips Centre for Research)
DELLAH GATES (University of Waterloo)
STEFAN MENDEZ-DIEZ (Bard College)
ELANA KALASHNIKOV (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 Career Aerial Engineering building and test your Aircraft Maintenance skills with Cascade Aerospace!
- AVIATION EXPLORATION**: This workshop is designed for women aged 14 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 - 9:30 AM	Check open and registration at Chinook Helicopter located at the Abbotsford Airport
9:30 AM - 11:30 AM	Meet aviation role models, see Chinook Helicopter simulators, the Career Aerial Engineering building and test your Aircraft Maintenance skills with Cascade Aerospace!
11:30 AM - 12:30 PM	Lunch Break in a Chinook Helicopter Hangar
12:30 PM - 2:00 PM	Guest Talk
2:00 PM - 3:30 PM	Participants will receive a copy of the Friday Night show compliments of the Abbotsford International Airport
3:30 PM - 4:00 PM	Meet women aviation professionals at the Elevate Aviation booth at the airport for mentorship and community on your journey!

REGISTRATION DETAILS

\$40.00 per person includes lunch and complimentary swag (up to 10 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 intended for women aged 14 and older. Taxes and schedules are subject to change.

ELEVATE AVIATION | **ACE**

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 experiences!

SUMMER LOCATIONS
(Comprehensive trainings will be provided)

Summer Job Locations:

- 8171 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 equitable educational resources in the vicinity of Vancouver Region and beyond.

<https://www.vancouveducation.org/summer-jobs>
<https://www.vancouveducation.org/volunteer>
778-999-8277



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



May 13-17, 2026

Richmond Olympic Oval

Volunteer Sign-Up

Email: volunteers@oneabilitygames.com



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 20 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 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 1st ever Spring Fair!

Please contact us @ quilchenafundraising@gmail.com for more info.

Volunteer letter provided!

Small snack provided!



CALLING YOU TO VOLUNTEER

Join us in supporting Children, Youth, and Families to thrive and reach for their dreams

Help Needed

Charity #: 13940 7670 RR001

- 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



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 enagnetwork



vancouver foundation

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!

4100 Number 5 Road, Richmond, BC V6V 0A9

May 23

9:45 AM

1:00 PM

Register Here:



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



Volunteer with Richmond Therapeutic Riding



TRTA 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

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/associationcareers for the most up to date information.

Richmond Associations are partnering with Canada Summer Jobs to provide valuable youth employment experiences.



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

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



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8月-2026年6月) 普通话 | 費用全免 (Mandarin | Free of Charge)



家庭及青少年輔導部: CAROL SHU | 604-335-2832 | CAROL.SHU@SUCCES.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: 在多元文化中長大 - 父母與知識的爭 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身份認同: 跨越兩個世界 - 孩子的跨文化認同與建構 Child and Adolescent Development and Identity Formation (Part 2) Bridging Two Worlds - Building Bicultural Identity in Children
October 8	探索青少年世界: 網路霸凌 Exploring the World of Adolescents: Cyberbullying
October 22	探索青少年世界: 社交焦慮 Exploring the World of Adolescents: School Bullying
November 12	探索青少年世界: 電子遊戲、社群媒體成癮問題 Exploring the World of Adolescents: Video Game / Social Media Addiction
November 26	探索青少年世界: 主要憂鬱 Child and Adolescent Mental Health: Depression (Major Depressive Disorder)
December 10	探索青少年世界: 社交焦慮 Child and Adolescent Mental Health: Social Anxiety Disorder
January 14	探索青少年世界: 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: 完美主義 Child and Adolescent Mental Health: Understanding Perfectionism
February 11	認識代際情緒傳遞, 建立積極安全的家庭 Understanding Intergenerational Emotional Transmission and Building an Emotionally Safe Family
February 25	父母自我照顧: 憤怒和情緒管理 (上) 認識包爾斯 Parental Self-Care: Anger Management (Part 1) - Understanding Anger and Conflict
March 11	父母自我照顧: 憤怒和情緒管理 (下) 認識包爾斯 Parental Self-Care: Anger Management (Part 2) - Expressing and Regulating Emotions (Part 2)
March 25	父母自我照顧: 覺察情緒管理 學習自我照顧 Parental Self-Care: Recognizing Anxiety and Practicing Self-Compassion
April 8	親子衝突管理: 從對話到對話 - 重新思考在華裔家庭中 Parent-Child Conflict Management: From Obstacles to Dialogue - Rethinking Parenting in Chinese Families
April 22	親子衝突管理: 如何與青少年建立健康的親子關係 Parent-Child Conflict Management: Navigating Teen Challenges and Defiant Behaviors
May 13	親子衝突管理: 如何與青少年建立健康的親子關係 Parent-Child Conflict Management: Navigating Teen Challenges and Defiant Behaviors

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

updated: 2025.01.16

ADULTING SKILLS PRESENTS:
SUMMER SOCIAL SKILLS GROUP
FOR AGES 13-18
MONDAYS 1:00-3:00
JULY 7 - AUGUST 25
NO GROUP ON BC DAY AUGUST 17th
FOUNDRY RICHMOND GROUP ROOM
101-5811 COONEY ROAD
RICHMOND, BC

Join this free 7-week group to learn the skills needed to make friends, navigate awkward situations, understand different personalities and cultural norms, communicate professionally, resolve conflict, and honour your boundaries.

Contact Ally at 604-841-3156 or ally@iesbrecht@vch.ca to register or learn more

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 / \$ess
#00494043

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

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



Touchstone Family Association

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

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 @ 週家長學習小組: 專為對治文的廣東話/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:
彭嘉嫻 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

PRESENTS
CAMBIE PRIDE CLUB
 PRESENTS

Location: H.J. Cambie Secondary (Rotunda)
 Date / Time: May 20th 2026 / 3:30 - 5:30 PM

FEATURES fashion walk, variety show, photographs, and MORE!

NO FEE

Cosplay Event
PLEASE REGISTER

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

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



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

RICHMOND SCHOOL DISTRICT NO. 38

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

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

RICHMOND INTERNATIONAL EDUCATION
 ENRICHING GLOBAL MINDS