

Community News and Resources

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

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 10th Ave, Suite 200, Vancouver, BC V6U2B3 • 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

ELIGIBILITY:

- Students must be 15 years of age and have completed Grade 10 in school
- Send a cover letter and resume to scout@richmondoval.ca
- Successful candidates will be invited for an interview

LEVEL 1 - VOLUNTEERING AND PRACTICAL COACHING EXPERIENCE

AGENTS:

- Mentorship by NCCP Coaches, Oval Sport Instructors and Camp Leaders
- Practical experience coaching, leading game/practices for children, and customer service
- Introduction of volunteer/work experience hours
- Reference letter
- Richmond Olympic Oval mentorship

NO COST TO PARTICIPATE!

LEVEL 2 - COACHING WORKSHOPS & TRAININGS

Two National Coaching Certification Program (NCCP) workshops

- Fundamental Movement Skills (FMS) - \$25 - register online at www.nccp.ca
- Making Ethical Decisions (MED) - \$75 - register online at www.nccp.ca

Training and feedback on job application writing and interview skills
 Training in coaching strategies, season planning, and childcare safety

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

Student Education & Sport Branch approved External Credit

Your Sport Coach Pathway Begins Here

Richmond Oval
 6111 River Road, Richmond BC | 778-256-1400
richmondoval.ca

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

UPCOMING HACKATHON YOUR LIFE

Date: May 30-31, 9AM-6PM
 Location: BCIT Burnaby Campus SW1 Building

Register Now!

- \$200+ worth of prizes
- Learn and connect with other students and professionals from Greater Vancouver

Registration Fee: \$15.00
 Only until May 22, 11:59PM
 Food and Snacks Provided!

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, Shoshanna 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/>

Color In Practice FUTURE ACHIEVERS LEADERSHIP FORUM

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!

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 | 2dremad@pims-math.ca

GUEST LECTURES BY LEADING RESEARCHERS

JAMES JONES (Philipps Universität Marburg)
 DELIAH GATES (Harvard University)
 STEPHAN HERDZ-DIEZ (Basil College)
 ELIANA KALLASHNIROV (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 Conair 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	Event opens and registration at Chinook Helicopter located at the Abbotsford Airport
9:00 AM - 11:30 AM	Meet aviation role models, Air Traffic Controllers, pilots from the Abbotsford Airfield and more! Participants will receive a refreshment with drinks and biscuits.
11:30 PM - 12:30 PM	Lunch Break at a Chinook Helicopters canteen
12:30 PM - 3:30 PM	Guided Tours
3:30 PM - 4:00 PM	Participants will receive a cap for Friday Night! Show commitment of the Abbotsford International Airport

*Meal expense voucher professionals at the Abbotsford Airport at the airport for mentorship 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 vouchers will only be made for conditions until July 15, 2026. This event is intended for women aged 18 and older. Taxes and other fees 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

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

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 8 週家長學習小組：專為粵語文的廣東話/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:
鄭嘉嫻 Fion Cheng
fcheng@touchfam.ca
604-207-5047

www.touchstonefamily.ca

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!



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

