

Community News and Resources

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!

RICHMOND SCHOOL DISTRICT'S 14th ANNUAL



SATURDAY 23 MAY 2026

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/Nu2hy2uQ1>



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!
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RICHMOND SCHOOL DISTRICT

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



SUMMER SCHOOL REGISTRATION DATES 2026

TIME:
 REGISTRATION FOR ALL COURSES STARTS @ 7PM

DATES:

NON CREDIT COURSES

- Gr.8 - Mon, April 13
- Gr. 9 - Tue, April 14
- Gr. 10 & 11 - Wed, April 15
- Multi Grade - Thu, April 16

FULL CREDIT COURSES

- Gr. 12 - Wed, May 6
- Gr. 11 - Thu, May 7
- Gr. 10 - Fri, May 8

KPU **BRITISH COLUMBIA POLYTECHNIC UNIVERSITY**



Science Rendezvous
A FREE FAMILY SCIENCE FESTIVAL

May 9, 2026
 11am - 2pm
 KPU Langley
 20901 Langley Bypass

Join us for hands-on experiments, magic shows, interactive science labs, arts and crafts, games, campus tours, and many more exciting STEAM activities!

Register at kpu.ca/SR

While you're here, check out Community Day - two events, one amazing day!

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




SUMMER LEARNING VOLUNTEER OPPORTUNITY

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.

OPENTO: GRADES 9-12
 *with teacher reference

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, Bying (Fine Arts)
 - Brighthouse (Innovation/Outdoor Exploration)

RHS Opportunity & Service Club | **Contact for Questions: mng@rsd38.bc.ca**

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 at Richmond!

Fri, May 1
PET THERAPY
 Local pet therapy groups provide friendly, interactive sessions with dogs and cats. Free and open to all.
 City Center Community Centre
 11-12pm - 1201-1205 St. Johns St.

THE MIC DROP
 For children and youth up to 25 years old. All-music performance with live acts. Tickets \$10.00.
 Steeles Music Hall - Richmond Cultural Centre
 18-19 years - 10:00am - 10:00pm
 16-17 years - 1:00pm - 10:00pm

SAT, MAY 2
BOSA AND BUSH BASH
 Local construction and trades professionals provide a fun day of activities for youth.
 North Burn Community Centre
 11-12pm - 1201-1205 St. Johns St.

SUN, MAY 3
ANNUAL YOUTH VOLLEYBALL TOURNAMENT
 High school and college students play volleyball in an office park, and check out the music, food, and fun.
 10-11am - 1201-1205 St. Johns St.
 12-13pm - 1201-1205 St. Johns St.

MON, MAY 4
GARL AND CHILL BBQ
 Local food vendors and chefs provide a delicious meal for youth. Free admission, but donations are appreciated.
 11-12pm - 1201-1205 St. Johns St.

TUE, MAY 5
YOUTH MEDIA ARTS EXPO
 Local youth artists showcase their work in a variety of media arts.
 Richmond Cultural Centre
 11-12pm - 1201-1205 St. Johns St.

WED, MAY 6
ART AFTER DARK
 Local artists showcase their work in a variety of media arts.
 Richmond Cultural Centre
 11-12pm - 1201-1205 St. Johns St.

THU, MAY 7
ART AFTER DARK
 Local artists showcase their work in a variety of media arts.
 Richmond Cultural Centre
 11-12pm - 1201-1205 St. Johns St.

FRI, MAY 8
YOUTH MEDIA ARTS EXPO
 Local youth artists showcase their work in a variety of media arts.
 Richmond Cultural Centre
 11-12pm - 1201-1205 St. Johns St.

SAT, MAY 9
SHIP TO SHORE
 Local youth artists showcase their work in a variety of media arts.
 Richmond Cultural Centre
 11-12pm - 1201-1205 St. Johns St.

SUN, MAY 10
SHIP TO SHORE
 Local youth artists showcase their work in a variety of media arts.
 Richmond Cultural Centre
 11-12pm - 1201-1205 St. Johns St.

FOR DETAILS, VISIT RICHMOND.CA/YOUTHWEEK
@CITYOFRICHMONDYOUTH

BOSA CONSTRUCTION
LEGACY SCHOLARSHIP 2026

Fully Funded BCIT Carpentry Apprenticeship



Official application window opens: March 2026

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!

www.bosaconstruction.com | enquiries@bosaconstruction.com | (604) 202-1324

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/260713-2dreams/

GUEST LECTURES BY LEADING RESEARCHERS

JAMES JONES
Phillips School of Marburg

DELLAH GATES
Harvard University

STEEHAN 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 simulation, the Canoe Aerial Flightlighting building and test your Aircraft Maintenance skills with Cascade Aerospace!

AVIATION EXPLORATION
The 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 - 9:00 AM	Check-in and registration at Chinook Helicopters located at the Abbotsford Airport.
9:00 AM - 11:30 AM	Meet aviation experts such as Pilot, Air Traffic Controller, and Airline Pilot. Participants will receive a networking with details and resources.
12:30 PM - 1:30 PM	Lunch Break in a Chinook Helicopter Hangar.
1:30 PM - 3:30 PM	Guest Lecture.
3:30 PM - 4:00 PM	Participants will receive a certificate for Friday Night's show completion of the Abbotsford International Airport.

REGISTRATION DETAILS
\$40.00 per person includes lunch and complimentary carpass (up to 8 pre-paid) 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 14 and older. Times and schedule 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 experience!

SUMMER LOCATIONS
(Comprehensive trainings will be provided)

Summer Job Locations:

- 871 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>
778-919-8737

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

Vancouver International Children's Festival

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 Librarians.
- 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!
- Workshop at 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 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 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

CONNECTIONS COMMUNITY SERVICES SOCIETY

Turn your ideas into action

Apply for \$500 Grant

YOUTH NEIGHBOURHOOD SMALL GRANTS

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

With your neighbours, you can:

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

Contact us & learn more: neighbourhoodsmallgrants.ca

vancouver foundation

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:

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



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

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.

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 DeBuss 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/

Register for FREE



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 Counseling 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



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)



家庭及青少年輔導部: 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	親子與青少年心理發展與自我認同課程 - 自我與文化: 青少年長大 - 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	親子及青少年心理發展與自我認同: 跨越兩個世界 - 孩子的多元文化認同與建構 Child and Adolescent Development and Identity Formation (Part 2) Bridging Two Worlds --- Building Bicultural Identity in Children
October 8	探索青少年世界的新世界: 網路霸凌 Exploring the World of Adolescents: Cyberbullying
October 22	探索青少年世界的新世界: 校園霸凌 Exploring the World of Adolescents: School Bullying
November 12	探索青少年世界的新世界: 電子遊戲、社群媒體與網路霸凌 Exploring the World of Adolescents: Video Game / Social Media Addiction
November 26	探索青少年世界的新世界: 憂鬱症 Child and Adolescent Mental Health: Depression (Major Depressive Disorder)
December 10	探索青少年世界的新世界: 社交焦慮 Child and Adolescent Mental Health: Social Anxiety Disorder
January 14	探索青少年世界的新世界: 注意力不足過動症 (ADHD) Child and Adolescent Mental Health: Attention-Deficit/Hyperactivity Disorder
January 28	探索青少年世界的新世界: 完美主義 Child and Adolescent Mental Health: Understanding Perfectionism
February 11	認識「情緒傳遞」- 建立支持性的家庭 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) 認識憤怒和衝突 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) 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: 覺察和情緒連結 - 學習自我照顧 Recognizing Anxiety and Practicing Self-Compassion
April 8	親子衝突管理: 從「聽話」到「對話」- 華人家庭教養觀的變化 Parent-Child Conflict Management: From Obedience to Dialogue --- Rethinking Parenting in Chinese Families
April 22	親子衝突管理: 如何面對子女青春期的挑戰和對行為 Parent-Child Conflict Management: Navigating Teen Challenges and Defiant Behaviors
May 13	親子衝突管理: 如何與第一胎親子爭吵 Parent-Child Conflict Management:

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



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 / \$8ss
#00494043

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

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



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

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

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

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

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



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!



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

