

# Community News and Resources

## 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 or above. Send cover letter and resume to [richmond@richmond.ca](mailto:richmond@richmond.ca). Successful candidates will be invited for an interview.

**Requirements:** Complete a Criminal Record Check, Attend an Oval orientation and training, Complete Safe Sport and Autism Training, Provide a minimum amount of hours (to be determined by specific program), Develop a minimum amount of lesson plans to be executed during coaching experience with mentorship from NCCP Level Coaches (to be determined by specific program).

**Benefits:** Mentorship by NCCP Coaches, Oval Sport Instructors and Camp Leaders, Practical experience coaching, leading games/sessions for children, and customer service, Allocation of volunteer/work experience hours, Reference letter, Richmond Olympic Oval membership.

**NO COST TO PARTICIPATE**

**From Program Participant** → **To Junior Leader** → **To Youth Staff**

6111 River Road, Richmond BC | 778-296-1400 | [richmond.ca](http://richmond.ca)

## Youth Civic Engagement Program 2026

Making a difference in your community starts here  
A free education-to-action program

Learn about local government | Engage with City staff and community experts | Develop research and project design skills

Meet with the Mayor of Richmond and some Council members | Present at a Mock City Council meeting

For youth 15-20 years

July 7-9  
10:00am-4:30pm  
Minoru Centre for Active Living  
Course ID: 00530586

Register today!  
Phone: 604-276-4300  
Online: [richmond.ca/register](http://richmond.ca/register)  
In person at any community facility  
Contact us: [YouthPlanning@richmond.ca](mailto:YouthPlanning@richmond.ca)

[richmond.ca/youth](http://richmond.ca/youth)



## Community Soccer Fest

JUNE 24 | 12:00 – 8:00 PM  
THOMPSON COMMUNITY PARK

Join us for a full day of soccer, culture, and community fun featuring live watch parties (Canada vs. Switzerland, Scotland vs. Brazil, Czechia vs. Mexico) on a giant screen, food trucks, entertainment, inflatables, and soccer-themed activities for all ages!

**ONE COMMUNITY.  
MANY CULTURES.  
GAME ON.**



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 during an unforgettable summer experience.

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

## STRIKE GROUP EQUITY, DIVERSITY, AND INCLUSION SCHOLARSHIP PROGRAM

The Strike Group Equity, Diversity and Inclusion (EDI) Scholarship Program will contribute to the creation of a critical mass of talented students that will fully represent our industry—it will provide an environment in which all can thrive academically and professionally. We believe everyone has a right to education, and we are committed to providing people in historically underrepresented groups with financial aid.

Annually Strike is offering \$2,000 EDI scholarships for students:

- Women in Energy Scholarship,
- Canadian Immigrant Scholarship,
- Indigenous Scholarship,
- LGBTQ2+ Scholarship, and
- Western Canadian Scholarship.

Annual Deadlines: Check the website link below for each scholarship's closing date.

For applications and information go to: [www.strikegroup.ca/scholarships/](http://www.strikegroup.ca/scholarships/)



## Garden Club

In partnership with KPU Farm

Wednesdays  
10am-1pm  
KPU Farm

Referrals are currently being accepted for Garden Club: a free program for youth (ages 16-24). Youth will learn foundations of farming, gardening basics, sustainability practices, green initiatives and healthy eating.

For more information or to register, contact Mia ([mmascarina@richmond.ca](mailto:mmascarina@richmond.ca)) or Alex ([kpufarm@kpu.ca](mailto:kpufarm@kpu.ca)).



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 welcome.

Apply at: [www.PIMS.math.ca/events/260713\\_20dreams/](http://www.PIMS.math.ca/events/260713_20dreams/)

### GUEST LECTURES BY LEADING RESEARCHERS



JAMES JONES  
Philips University Marburg



DELIAH GATES  
Harvard University



STEFAN MENDEZ-DIEZ  
Bard College



EKANA KALASHNIKOV  
University of Illinois

## 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 bucket 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	Event open and registration at Chinook Helicopter located at the Abbotsford Airport.
9:00 AM	Meet aviation role models, Air Traffic Controllers, performers from the Abbotsford Airshow and more!
9:30 AM	Participants will receive a complimentary lunch and dessert.
10:30 PM	10:30 PM Lunch Break in a Chinook Helicopters Hangar
11:30 PM	Guided Tour
3:30 PM	Participants will receive a coupon for Friday Night's show (a complimentary ticket to the Abbotsford International Airshow)
4:00 PM	Meet aviation industry professionals at the Elevate Aviation booth at the airshow for mentorship and community on your journey!

### REGISTRATION DETAILS

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



Please note that tickets will only be made for registrations until May 31, 2026. This event is intended for women aged 18 and older. Fees and schedules are subject to change.



## 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](http://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](http://www.lookingglassbc.com/scholarships)  
604.314.0548 | [scholarship@lookingglassbc.com](mailto:scholarship@lookingglassbc.com)



Looking Glass FOUNDATION FOR EATING DISORDERS

Looking Glass Foundation • 2006 W 10th Ave Suite 200, Vancouver BC, V6J 2B3 • 604.314.0548 • [www.lookingglassbc.com](http://www.lookingglassbc.com)

# VOLUNTEER OPPORTUNITIES!



## Summer Camps

### Outdoor Adventure Camps



- Gain experience working with kids and youth
- Make a positive impact in the community
- Volunteer hours are very flexible

Volunteer application forms are available on our website: [www.RFCamps.com](http://www.RFCamps.com)

- Swimming
- Sports
- Arts and Crafts
- Table Games
- Forest Exploration
- Playground Games
- Talent Shows
- and much more!

Non-profit, child-centred, outdoor-based day camps

June 26–September 4, 2026

# SUMMER LEARNING VOLUNTEER OPPORTUNITY



**OPEN TO:** 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.

**GRADES 9-12**  
\*with teacher reference

RHS Opportunity & Service Club | Contact for Questions: [mng@sds38.bc.ca](mailto:mng@sds38.bc.ca)

### WHY SHOULD I JOIN THIS OPPORTUNITY?

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

## 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](http://Richmond.ca/associationcareers) for the most up to date information.

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

## Urban Bounty Volunteering

Urban Bounty is a charity based in the Lower Mainland working to cultivate a resilient local food system through education, advocacy, and community-building initiatives. We manage 17 community gardens in Richmond (+1 in Burnaby!).

Interested in supporting food security, community gardens, and more? Learn about opportunities and get involved here:

### GARDEN TEAM

Take care of shared spaces in the gardens through weeding and mulching pathways, supporting gardeners, and watering hedgerows. Weekly 2-4 hour commitment.

### FOREST KEEPERS

Join ecosystem restoration projects through planting events. From food forests to hedgerows, we are working to increase biodiversity! Monthly 2-5 hour commitment.

### COMMUNITY ENGAGEMENT

Got an eye for design and an interest in community engagement? Photograph, booth at events, distribute flyers, and design social media content! 1-5 hours per month.

### GET INVOLVED!

Scan or Email [volunteers@urbanbounty.ca](mailto:volunteers@urbanbounty.ca)



## Steveston HERITAGE SITES

### VOLUNTEER WITH US!



**Roles include:**  
Greeters | Special Events | Docksides | 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](mailto:shsvolunteers@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)

## 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](mailto:info@richmondtherapeuticriding.com)  
[www.richmondtherapeuticriding.com](http://www.richmondtherapeuticriding.com)

## 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 SHU | (604-235-2832) | CAROL.SHU@SUCCESS.BC.CA



	How to End a Fight and Repair the Relationship
May 27	溝通技巧與改善關係: 用孩子能懂的方式去愛——中西式親子溝通對話 Communication and Parenting Strategies: Loving Your Child in a Way They Can Understand — Emotional Dialogue in Eastern and Western Cultures
June 10	溝通技巧與改善關係: 培養情緒力讓下一代——成為孩子的「情緒教練」 Communication and Parenting Strategies: Raising Emotionally Resilient Children — Becoming Your Child's "Emotion Coach"
June 24	溝通技巧與改善關係: 幫助內在動機——提升孩子的學習動力與生活責任感 Communication and Parenting Strategies: Fostering Inner Motivation — Helping Children Develop Responsibility and a Love for Learning

**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

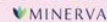
Videos and information available for the following languages and cultural groups:



Find resources at: [kellymentalhealth.ca/multilanguage](http://kellymentalhealth.ca/multilanguage)



**Rise and Shine**



**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



**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](mailto:Ajay.Sahota@vch.ca) or text: 604-250-5461 for info/to self-refer



**OUT & ABOUT**

**Ages 12-17**  
Wednesdays in July  
11am-3pm

**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](mailto:sandra@rassrichmond.ca)

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



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](mailto:sandra@rassrichmond.ca)

**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](mailto:mmascarina@richmond.ca) or call/text 604-209-4172  
Self-referrals are also welcome



AN EYE-OPENING WEBINAR FOR PARENTS AND GUARDIANS



**QUASH MICRO SESSION**  
**Talking to Teens About Vaping**

JUNE 17 | 4:30 PM PDT



As we gear up to offer our full range of services and groups, we are looking to expand our client base by offering additional support over the summer to families in need.

The Supporting Families Program provides short-term support to children, youth, and caregivers where there is a significant parent or caregiver stressor impacting family functioning.

**Recommended for:**

- Parent/caregiver mental health concerns
- Parent/caregiver substance use concerns
- High parenting stress or burnout
- Family transitions or instability
- Challenges accessing supports and services

**Services include:**

- Brief counselling
- Family support
- Parent consultation
- Goal setting and treatment planning
- Service navigation
- Community resource connection
- Future group participation

**Ideal referrals include families who:**

- ... could benefit from short-term support
- ... are waiting for longer-term services
- ... need help navigating systems and resources
- ... would benefit from future parent or child's group



Community partners are encouraged to share Supporting Families contact information with families who may benefit from additional support or to contact Jamie Whitehead, RCC, directly to discuss referrals. Jamie has over 18 years of experience working with children, youth, and families and is available to help families identify goals, navigate services, and connect with the supports that best fit their needs.

Contact us at [jamie@rassrichmond.ca](mailto:jamie@rassrichmond.ca) or 604-782-1306



**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](mailto: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](mailto:study@sd38.bc.ca)

604-668-6217



GET YOUR  
**Summer**  
ACTIVE PASS  
\$29

**SWIM. SKATE.  
GOLF. FITNESS.**

**YOUR ALL-ACCESS PASS  
TO SUMMER FUN!**

For 5 to 18 year olds

**RICHMOND.CA/SUMMERPASS**

