

Community News

ALL ARE WELCOME!

3RD ANNUAL RICHMOND FIREFIGHTERS' BREAKFAST

**IN SUPPORT OF
RICHMOND MULTICULTURAL COMMUNITY SERVICES**

DONATE AN UNWRAPPED TOY OR CASH AND ENJOY:

Pancake Breakfast + Photo Opp with Mr. & Mrs. Claus
+ Music by J.N. Burnett Secondary School

**FRIDAY, NOVEMBER 27 | 7 AM - 9 AM
HILTON VANCOUVER AIRPORT**

HOSTED BY



Hilton.
VANCOUVER AIRPORT





REO

RESEARCH EXPLORATION OPPORTUNITY



Tour first-class research facilities



Learn basic lab techniques and experiments



Be mentored one-on-one by lab personnel

GENERAL INFORMATION

REO offers high school students, especially those from underrepresented groups* in STEM, the free unique opportunity to explore research labs at partner universities across Canada during a week of spring break.

*e.g., women in tech, LGBTQ+, Indigenous peoples, racial minorities, and youth residing in rural or low-income areas

About REO at UBC

-  **Eligibility:** Grades 9 - 12 students
-  **Timeline:** March 15 - 26, 2027
-  **Location:** UBC Vancouver Campus

To Apply Visit:
linktr.ee/ubcstemfellowship

Deadline: January 8th, 2027

Watch For Updates On Instagram
[@ubcstemfellowship](https://www.instagram.com/ubcstemfellowship)



STEM Fellowship

Please direct questions to:
reo.ubc@gmail.com

ARE YOU A WOMAN INTERESTED IN UBC ENGINEERING?



Find a mentor!

SIGN UP FOR THE

WOMEN IN ENGINEERING HIGH SCHOOL MENTORSHIP PROGRAM

**ASK
QUESTIONS**

**BUILD
CONNECTIONS**

**LEARN ABOUT
LIFE AT UBC**

APPLICATIONS CLOSE NOV 6TH



QUESTIONS?

 @ubcwie
  wiecommittees@gmail.com

Explore the University of British Columbia's Undergraduate Neuroscience Program, come ask your questions and learn about what's possible in your future!

NEUROSCIENCE 101:

Discover UBC Neuroscience



Friday, November 20th from 10AM to 12PM at UBC

Sign-Up Here: <https://forms.gle/ksMMFYfYpmVJZ1gk9>

Sign-up by November 16th at 11:59PM



Sign-Up Form



FOUNDRY

Youth Peer Support (YPS)

DROP-IN

Monday, Tuesday, Wednesday and Friday
1-4pm

101-5811 COONEY ROAD, RICHMOND BC

NEED RESOURCE SUPPORT?
DROP IN TO SEE OUR YOUTH PEER SUPPORT TEAM
DURING DROP-IN HOURS

Questions?
Call or Text
604-618-9914

MINERVA Empowering Learning, Inspiring Leadership

Learning To Lead™

Learning To Lead™ is a leadership opportunity for self-identified girls in grades 10-12. Participants gain confidence through interactive workshops and activities within a fun and supportive community of friends and mentors!

What You'll Learn

Learning to Lead™ teaches youth leadership skills through:

- **Confidence building** with interactive workshops.
- **Creating Connections** with peers who share your values.
- **Mentor Support** to strengthen skills and provide guidance.

FALL 2026 Dates

Learning to Lead™ will take place via Zoom from 6pm-8pm PST:

- Wednesday, Oct 7th
- Wednesday, Oct 14th
- Wednesday, Oct 21st
- Wednesday, Oct 28th

Register today!

Applications close Oct 4th
Thank you to Lead Supporter
ARITZIA

Nov 2026

MON	TUES	WED	THURS	FRI	
2	3	4	5	6 Friday Social Club TBD 3:30-5 pm	Youth & Caregiver Counselling Drop-in Counselling: Monday & Friday 1-4pm Tuesday to Thursday 1-5pm Booked Appointments available online Call 604-674-0550 to check availability.
9	10	11 CLOSED Remembrance Day	12	13 Friday Social Club TBD 3:30-5 pm	
16	17	18	19 Queer & Trans Resilience Group 4-6 pm	20 Friday Social Club TBD 3:30-5 pm	Youth Peer Support Drop-in: Mon, Tues, Weds & Fri 1-4 pm OR text 604-618-9914 to book appointment
23	24 Art Studio! 18-24yrs 2-3:30 pm 12-18yrs 4-5:30 pm	25	26 Queer & Trans Resilience Group 4-6 pm	27 Friday Social Club TBD 3:30-5 pm	
30	Want to register for a group? Friday Social Club: Text 604-618-9914 Art Studio!: Text 604-838-1426 Queer & Trans Resilience: Text 604-250-5461				Caregiver Peer Support Email Sandy to book appointment sandy.chen@familysmart.ca Primary Care Services Drop-in: Monday 1-4pm Book appointment online or call 604-674-0550 to check availability

Email us at foundryrichmond@vch.ca for more info on our services.
Booked appointments can be found online via the Foundry BC App or Foundry Virtual.
Please note this schedule is subject to change

FOUNDRY RICHMOND Vancouver CoastalHealth

South Arm Community Centre

GLITTER SOCIAL

*Create your own
Dungeons & Dragons® character!*

A fun monthly event for
2SLGBTQIAS+ youth and allies to
create mixed media art, play board
games, meet others, and engage in
fun activities! Activities include
games, character crafting and
discussions around gender, identity
and acceptance.

Free snacks and refreshments
provided!
No registration required.

Fridays
Oct 30, Nov 27,
Dec 18
3:30-5:30pm
13-18yrs
FREE

Unleash the rainbow

South Arm Community Centre
8880 Williams Road, Richmond BC
604-238-8080

~FOUNDRY~
RICHMOND

Coping Skills Group

*Willingness is listening to your **Wise Mind** and then acting from your **Wise Mind**.*




Ages 13-18

Wednesdays, 4pm-6pm
8 Sessions

Weekly Group
Nov 18-Jan 20
No Group Dec. 23 & Dec. 30

Learn:
Mindfulness Skills
Emotion Regulation Skills
Distress Tolerance Skills

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





Coping Skills Group

(Dialectical Behavioural Therapy – Informed)



Groups offered every season



In-person at Foundry Richmond

*Willingness is listening very carefully to your **Wise Mind**, and then acting from your **Wise Mind**.*

This group provides youth with a sampling of coping skills (DBT-informed) to help gain a better understanding of mindfulness, how to better regulate emotions and how to tolerate distress. This is a psychoeducational group, meaning that you will learn and practice skills in the group and talk about how you can apply or have applied these skills in your life. This is a **skills-based group for youth who have difficulty regulating emotions**. It is **not** a support group where you share details/traumas about your life. Completing optional weekly homework assignments increases effectiveness of skills learned. If suicidality (e.g. high-risk suicide and recent hospitalization) and frequent substance use is a primary concern, this group/service may not be suitable for you. Exceptions can be made if you are working regularly with a primary clinician/counsellor who is willing to collaborate with the group facilitator to ensure effectiveness of treatment.

- 8 Sessions (2 months), 2 hours in duration
- Once a week (not on holidays)
- Participants will get a workbook/weekly assignments for their personal growth
- Age eligibility 13-18 years old
- Location: 101-5811 Cooney Rd, Richmond (Richmond Foundry)

Call/text/email to self-refer to group:
604-250-5461
Ajay.Sahota@vch.ca

Week 1: Mindfulness – Wise Mind
Week 2: Mindfulness – WHAT and HOW skills
Week 3: Emotion Regulation – Model for Describing Emotions
Week 4: Emotion Regulation – Checking the Facts
Week 5: Emotion Regulation – Opposite Action
Week 6: Emotion Regulation – Problem Solving
Week 7: Distress Tolerance – Pros/Cons, STOP
Week 8: Distracting, Self-Soothe, Improving the Moment, TIPP

FOUNDRY
RICHMOND

MindShift CBT Group

Cognitive Behavioural Therapy Program delivered by Vancouver Coastal Health

Ages 13-18



Weekly Fall/Winter Group:
8 Sessions
Nov. 16-Jan. 18
(no group Dec. 21 & Dec. 28)

Mondays from
4pm-6pm

What you'll Learn:

- Learn how anxiety works and why people experience it
- Manage anxiety using the **free MindShift CBT app**
- Strategies to help reorient thinking, take action and make lasting positive change

Cell phone & MindShift App required for group

Call/text to Self-Refer: 604-250-5461
For more info email: Ajay.Sahota@vch.ca



MindShift CBT Group for Anxiety
Cognitive Behavioural Therapy program delivered by Vancouver Coastal Health

Groups offered every season



In-person at Foundry Richmond

Learn and apply tools to cope with anxiety

During group, youth will learn how anxiety works and why people experience it. Participants will learn how to manage anxiety using **free MindShift CBT app** (previously endorsed by Anxiety Canada). Youth will explore behavioural strategies to help reorient thinking, taking action, and making lasting positive change. Participants will need a working cell phone, Wi-Fi access, and **need to download the free MindShift CBT app** to use during group sessions. If suicidality (e.g. high-risk suicide and recent hospitalization) and frequent substance use is a primary concern, this group/service is **not** suitable for you. Exceptions can be made if you are working regularly with a primary clinician/counsellor who is willing to collaborate with the group facilitator to ensure effectiveness of treatment. This group is **not** a primary treatment for Obsessive Compulsive Disorder (possible adjunct treatment only).

- 8 Session (approx. 2 months), 2 hours/week
- Once a week (not on holidays)
- Age eligibility 13-18 years old
- Location: 101-5811 Cooney Rd, Richmond (Richmond Foundry)

Call Central Intake to self-refer to group:
604-244-5488

Get the tools to overcome:
 ➢ Worry
 ➢ Panic
 ➢ Perfectionism
 ➢ Social Anxiety
 ➢ Phobias

App Store Preview

 Download Now



Richmond Sexual Health Clinic (RSH)

All Ages - All Genders - All Orientations
Sexual Health Services

Book by appointment.
Free, confidential health care.
No MSP required.

Our services include:

- STI testing & treatment and partner follow-up
- Birth control options
- Emergency contraception
- Pregnancy options counselling & referrals
- HIV Pre Exposure Prophylaxis (PrEP)
- Harm reduction, including free condoms and naloxone kits
- Immunizations (HPV, Mpox, Hep A & B)

Address
8100 Granville Ave Richmond, BC V6Y 3T6

Book an appointment by calling:
Ph. 604-785-2243

For youth-only services, please visit foundrybc.ca

Scan QR code for further information



Vancouver Coastal Health

~FOUNDRY~
RICHMOND

QUEER & TRANS RESILIENCE GROUP

Support for navigating sexual orientation & gender expression

Standing Up for Yourself



Affirm what shapes your resilience as Queer/Trans/2SLGBTQ+

Self-Worth & Self-Esteem

NOV. 19-FEB. 18 (12 SESSIONS)
NO GROUP DEC. 24 & DEC. 31

THURSDAYS 4PM-6PM
AGES 16-24

REGISTRATION/ORIENTATION REQUIRED



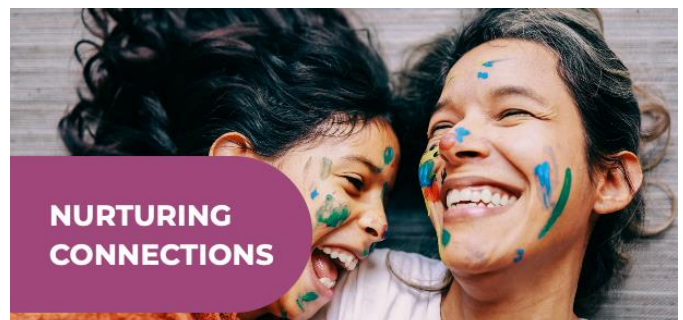

Email: Ajay.Sahota@vch.ca or text 604-250-5461 for info/to sign-up



The **Queer & Trans Resilience Group** is a group where youth will be invited to learn skills to **affirm** and navigate sexual orientation and gender expression. The group is intended to be led and supported by **2SLGBTQIA+** identified staff and allies. Youth will explore what identities shape their resilience as queer or trans. Youth will explore specific messages they have learned about their sexual orientation, gender, and important identities (e.g., race/ethnicity, social class, disability, etc.). Group members will learn how to identify their self-worth and grow their self-esteem and speak up for themselves as an 2SLGBTQIA+/Queer person. Youth will be invited to explore how they feel about their body and how to affirm their physical self. Moreover, youth will develop skills in standing up for themselves and being assertive, learn what helps them be resilient and how to get their needs met. Youth will have an opportunity to reflect on how feeling hopeful can grow resilience, learn new/different things about themselves, and explore how resilience can be related to helping others and getting involved in positive social change. Lastly, youth will set resilience goals for practicing self-love, self-growth, and self-reflection to thrive in life as 2SLGBTQIA+ person. This group will be held at Foundry Richmond (101-5811 Cooney Rd., Richmond, BC).

Themes that may be explored in group:

- Week 1: Defining [or not] Your LGBTQ Self in a World That Demands Conformity
- Week 2: You Are More Than Your Gender and Sexual Orientation
- Week 3: Further Identifying Negative Messages
- Week 4: Knowing Your Self-Worth
- Week 5: Standing Up for Yourself
- Week 6: Affirming and Enjoying Your Body
- Week 7: Building Relationships and Creating Community
- Week 8: Getting Support and Knowing Your Resources
- Week 9: Getting Inspired
- Week 10: Making Change & Giving Back
- Week 11: Growing & Thriving
- Week 12: Celebrating YOU and Continuing Conversations



NURTURING CONNECTIONS

An 8-week psychoeducational and arts-based caregiver group for caregivers of children ages 8–12

Throughout the eight sessions, caregivers will explore:

- Understanding children's behaviour and what may be underneath it
- Building secure and connected relationships
- Supporting emotional regulation
- Setting healthy boundaries and limits
- Building resilience
- Repairing relationships after conflict
- Practicing intentional and connection-based parenting

Date:

Thursdays, October 22 – December 10

Time:

10:30am – 12:00pm

Location:

Richmond Caring Place
250-7000 Minoru Blvd, Richmond,
BC V6Y 3Z5



Register online at:

<https://tinyurl.com/au8ynebt>

For more information, please contact
Paula at pvolkers@fsgv.ca or Michelle at mgao@fsgv.ca



FAMILY SERVICES
of Greater Vancouver

Volunteer Opportunities




DIGITAL LITERACY FOR SENIORS

長者基礎數碼科技班

This program connects seniors with youth volunteers to enhance digital skills through shared knowledge and experience.
本課程透過青少年義工與長者互動交流，提升長者的數碼科技技能。

日期 / 時間 Date & Time:
10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28, 12/5, 12/12
(Every Saturday 逢星期六)

- Cantonese 粵語班
10:00 – 11:30
- Mandarin 普通話班
12:00 – 13:30

Fee 費用: \$35/Phase期 (FOC 會員)
\$45/Phase期 (non-FOC 會員)

Location 地點: #
#110 – 7580 River Road, Richmond

Registration 報名聯絡:
✉ ira.fan@ccssociety.ca
☎ (604) 271 7600



Connections
COMMUNITY SERVICES SOCIETY
心連心社區服務中心

Funded by the
Government of Canada
New Horizons for Seniors Program





Website

Design & Development

基礎網站開發與維護課程



DATE 日期	10/24, 10/31, 11/7, 11/14, 11/21, 11/28, 12/5, 12/12
TIME 時間	Every Sat 逢周六 13:30 – 15:00 (8 sessions堂)
VENUE 地點	#110, 7580 River Road, Richmond (CCSS)
FEE 費用	\$35 (FOC 心連心之友) \$45 (Non-FOC 非心連心之友)

*Class is constructed in Mandarin with some English.
Cantonese Speaking course assistants are there to help.
課程以普通話及部份英語授課，設有廣東話課堂助理。
**Please bring your own device. 學員須自備電腦

JOIN NOW !

ENQUIRY 查詢:

WhatsApp / Call: 604-273-6060 (Ira 范范) | Email: ira.fan@ccssociety.ca



Connections
COMMUNITY SERVICES SOCIETY
心連心社區服務中心

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