

Community News



Youth Health-Care Career Open House

Are you driven by a desire to help?
Consider a career in health care.

High school and post-secondary students and other youth interested in a career in health care are welcome to join us.

- Friday, Oct. 23, 2026
 - 11:00 a.m. – 2:00 p.m.
 - Blusson Spinal Cord Centre, 818 West 10th Ave.
- Registration is not required.

Questions? Email careerpathways@vch.ca

Our partners:



Remove on Oct. 24, 2026



HOW DO WE MAKE IT EASIER TO BELONG?

LEADERSHIP IN

SOCIAL CONNECTION

COMMUNITY OF PRACTICE

A VIRTUAL GATHERING SPACE FOR HIGH SCHOOL STUDENTS IN BRITISH COLUMBIA

OCTOBER 14 @ 7PM PDT ON ZOOM

Questions we'll explore:

- What is social connection?
- Why is it important?
- What are youth doing to promote social connection in their communities?
- What resources exist to help youth foster social connection?
- Plus games and activities!

Sign up here!

CHART

BIG INFO

BCIT'S LARGEST PROGRAM EXPO

One night only. Speak to faculty and get your questions answered.

Oct 14, 4-7pm | Burnaby Campus

Register now bcit.ca/biginfo

SFU BEEDIE SCHOOL OF BUSINESS

DISCOVER SFU BEEDIE

OCTOBER 23, 2026

THE UNIVERSITY OF BRITISH COLUMBIA
Department of Orthopaedics
Faculty of Medicine

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.

Sign up using the QR code below!

WHEN: SATURDAY, OCTOBER 17, 2026 | 9 AM- 12:30 PM PST
WHERE: BC CHILDREN'S HOSPITAL, VANCOUVER*

* EXACT LOCATION WILL BE SENT OUT AFTER CONFIRMATION

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

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 Sponsor
ARITZIA

TAKE A FREE KPU COURSE (IDEA 1100)!

Apply and you are in!

Open to Grade 11 and 12 students in Richmond SD38 who may have barriers to post-secondary entry.

APPLY BY October 27th, 2026
SCAN QR CODE TO ACCESS APPLICATION

- Just apply and you are accepted!
- FREE TUITION! (via Scotiabank ScotiaRISE funding)
- Open to students who may not meet grad requirements
- Safe learning environment
- Earn high school credits (one course) + university credit!
- Wednesday evenings January 6th – April 7th, 2027 at KPU Richmond
- Email application to Richmond SD38 Career Programs (email.careerprograms@sd38.bc.ca)
- View more info on our website! careerprograms.sd38.bc.ca

*KPU Course: IDEA 1100 Exploring Self and World: Transcultural, Creative and Interdisciplinary Inquiry

~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 Behaviour 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 about your life. Completing optional weekly homework assignments increases effectiveness of skills learned. If availability (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/counselor 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 Conroy 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 – Push/Cons, STOP
Week 8: Distracting, Self-Soothing, 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. 23 & 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 the free MindShift CBT app (generously 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 [app to download the free MindShift CBT app](https://www.vch.ca/health-services/mental-health-services/mindshift-cbt) to use during group sessions. If availability (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/counselor 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 (specifically adjusted 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 Conroy Rd, Richmond (Richmond Foundry)

Call Central Intake to self-refer to group:
604-264-5499

Can't find us? Go to:
• Home
• Programs
• Performance
• Social Anxiety
• Phobias

Not Here? Please


Richmond Sexual Health Clinic (RSH)

All Ages, All Services, All Orientations, In-person, Virtual, and Group

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, Measles, Hep A & B)

Book by appointment:
Free, confidential health care.
No wait required.

Address:
8100 Granville Ave Richmond, BC V6Y 3T6

Book an appointment by calling:
PH: 604-785-2343

For youth-only services, please visit:
foundrybc.ca

~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

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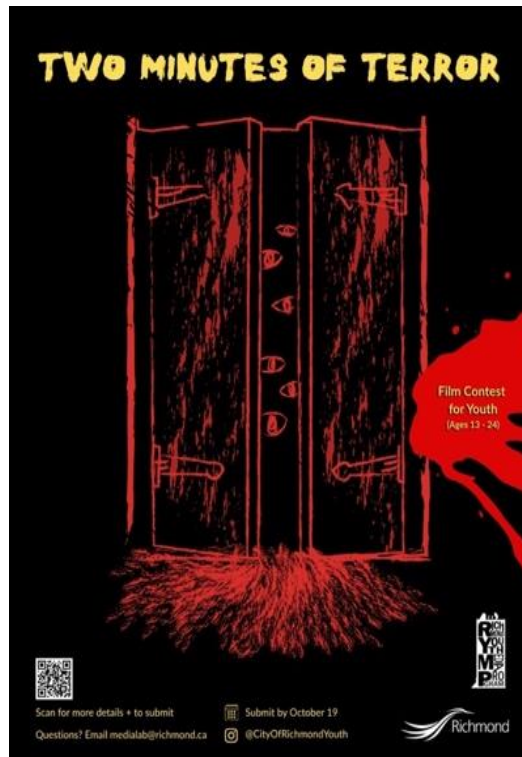
REGISTRATION/ORIENTATION REQUIRED

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 Conroy 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





Volunteer Opportunities

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

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

Funded by the Government of Canada
New Immigrants for Seniors Program

CONNECTIONS
COMMUNITY SERVICES SOCIETY

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 范恩) Email: ira.fan@ccssociety.ca

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