

Community News

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 building leaders, developing leaders

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

South Arm Community Centre

GLITTER SOCIAL

Create your own Dungeons & Dragons® character!

A fun monthly event for 2SLGBTQIA+ 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
604-250-8090

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/trauma 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/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 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 – Pro/Con, 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

MindShift CBT GROUPS

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 MindShift CBT app (previously endorsed by Anxiety Canada Youth) which explores behavioral strategies to help reorient thinking, taking action, and making lasting positive change. Participants will need a working cell phone, Wi-Fi access, and good to download the free MindShift CBT app to use during group sessions. If accessibility (e.g. high-risk outside and more frequent sessions) and frequent sessions are a primary concern, the group can be held virtually for you. Exceptions can be made if you are working regularly with a primary care provider 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 sessions (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
- Fear
- Perfectionism
- Social Anxiety
- Phobias

App Store Download

Download Now

Richmond Sexual Health Clinic (RSH)

All Ages - All Genders - All Orientations
Sexual Health Services

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, Mpxx, Hep A & B)

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

Address:
8130 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

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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
社區互助服務中心

Funded by the Government of Canada's 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 蕊蕊) **Email:** ira.fan@ccssociety.ca

 **CONNECTIONS**
COMMUNITY SERVICES SOCIETY

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