

# 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.

- 11:00 a.m. – 2:00 p.m.
  - **Blusson Spinal Cord Centre, 818 West 10<sup>th</sup> Ave.**
- Registration is not required.

Questions? Email [careerpathways@vch.ca](mailto:careerpathways@vch.ca)

### Our part





**BC Children's Hospital**  
Research Institute

## Passionate about science and health research?

Explore the 2026/2027 programs presented by  
BC Children's Hospital Research Institute



**PATHWAYS  
TO SCIENCE**

**What:** Explore career pathways while building foundational science skills. Formal Lecture Series.

**Who:** Grades 11-12 students

**How:** Sign up [anytime](#)



**When:** Online Mondays 1:00 - 6:00 pm  
 Nov 12, 19, 26, Dec 3, 2026  
 Nov 10, Monday 7:00 - 7:30pm, April 5, 2027  
 May 3, 2027 | Joiners that attend all 7 sessions and receive a certificate.



**MINI MED  
SCHOOL**

**What:** Discover the latest advances in medical research. Formal Lecture Series. Students in the program can apply for a scholarship that includes funding and an optional career placement.

**Who:** Grade 12 students  
 (BC & Yukon)

**How:** Apply between Sep 20 to Oct 4, 2026

**When:** BC Children's Hospital, Vancouver  
 Nov 12, 19, 26, Dec 3, 2026  
 Thursdays 10:00 - 8:00 pm  
 Nov 5, Nov 20, Nov 26, Dec 3, 2026  
 Attend all sessions and receive a certificate. Need more flexibility? [Join Mini Med School](#) and receive a certificate. [Sign up anytime!](#)



**WOMEN  
IN SCIENCE**

**What:** Uncover careers in medicine and health sciences. Formal Lecture Series. Lectures, Workshops & Career Panel.

**Who:** Connect with mentors who are leading innovative research and discovery in health research

**Who:** Grade 11-12 students (BC & Yukon)

**How:** Apply between Sep 20 to Oct 4, 2026

**When:** Online Mondays 1:00 - 6:00 pm  
 Nov 12, 19, 26, Dec 3, 2026  
 Nov 10, Monday 7:00 - 7:30pm, April 5, 2027  
 May 3, 2027 | Joiners that attend all 7 sessions and receive a certificate.



**DISCOVERIES**

**What:** Connect with mentors who are leading innovative research and discovery in health research

**Who:** Grade 11-12 students (BC & Yukon)

**How:** Apply between Sep 20 to Oct 4, 2026

**When:** Online Mondays 1:00 - 6:00 pm  
 Nov 12, 19, 26, Dec 3, 2026  
 Nov 10, Monday 7:00 - 7:30pm, April 5, 2027  
 May 3, 2027 | Joiners that attend all 7 sessions and receive a certificate.

[www.bccrch.explore1researchvents@phsa.ca](http://www.bccrch.explore1researchvents@phsa.ca)





**RICHMOND**  
SECONDARY EDUCATION

**GLOBAL  
POST-SECONDARY  
FAIR RICHMOND**

PATHWAYS IN CANADA AND ABROAD



UNIVERSITY OF ALBERTA



UNIVERSITY OF DENVER



UNIVERSITY OF GEORGIA



UNIVERSITY OF LINCOLN



WESTERN  
UNIVERSITY



ARIZONA STATE  
UNIVERSITY



NCAA



UNIVERSITY OF KANSAS



UNIVERSITY OF SASKATCHEWAN



ALBERTA  
UNIVERSITY OF  
EDUCATION



LANGARA  
COLLEGE



DPU



HSC

Mon, Oct 5, 2026 1:00 PM - 2:30 PM PDT

Starts in 18 days

**Global Post-Secondary Fair  
Richmond**

A, Organized by Collegiate Canada

Stevenson-Lindson Secondary School, 5600 Williams Rd  
Richmond, V7E 1K3 CA

By Global Post-Secondary Fairs

Share Favorite

**Register**

|                   |                   |                      |                     |
|-------------------|-------------------|----------------------|---------------------|
| <b>17</b><br>DAYS | <b>1</b><br>HOURS | <b>59</b><br>MINUTES | <b>9</b><br>SECONDS |
|-------------------|-------------------|----------------------|---------------------|

**Global Post-Secondary Fair Richmond**

Join us at our Global Post-Secondary Fair to meet with Canadian and global universities to learn about their undergraduate programs, scholarships, career pathways (medicine, law, arts, etc.), NCAA sports, scholarships, and more!

**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**





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



# 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 you 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 2024 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**



## 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.

Learn from passionate health-care professionals  
 Connect with representatives from post-secondary programs

Questions? Email [careerpathways@vch.ca](mailto:careerpathways@vch.ca)

Our partners:    

Remove on Oct. 24, 2026



# 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](http://bcit.ca/biginfo)





## SFU ENVIRONMENT

**DISCOVERY DAY**

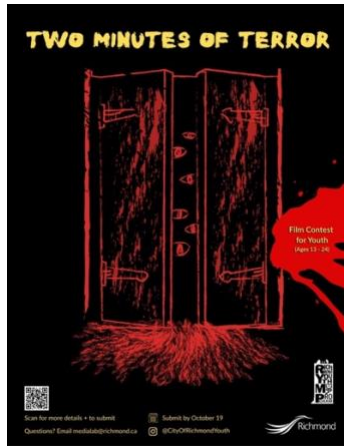
FRIDAY, OCTOBER 23 (PRO-D DAY)  
 9:30 A.M. - 2:15 P.M.

Join SFU's Faculty of Environment for a day of hands-on mini lectures and lab activities from our eight majors.

Lunch is provided!

Register at [www.sfu.ca/fenv/discovery-day](http://www.sfu.ca/fenv/discovery-day)





## TWO MINUTES OF TERROR

File Contest  
 Ages 13 - 18

Scan for more details - to submit  
 Questions? Email [twominutes@richmond.ca](mailto:twominutes@richmond.ca)

Submit by October 11  
 @VCHRichmondHealth



## Richmond Post-Secondary Fair

Oct 5, 2026 | 4PM - 5:30PM PT

Location: Stevenson-London Secondary  
 Address: 6600 Williams Rd, Richmond, V7E 1K5

What To Expect

- University Fair**  
 4PM-5:30 PM Connect 1-on-1 with the NCAA and admissions representatives from over 20 Canadian, US, and international universities.
- Degree Pathways & Careers**  
 Explore sports, undergraduate options and career pathways in Medicine, Law, Engineering, Business, Art & Design, STEM and more!
- NCAA Sports**  
 Join us to learn about NCAA sports and pick up materials sent to you from the NCAA!
- The Decision Making Process**  
 Ask how colleges and universities make decisions.
- Scholarships & Aid**  
 Learn how to access merit scholarships and financial aid for Canadian and international study.

Meet Universities & NCAA

Scan or Click Here to Register for FREE



## TAKE A FREE KPU COURSE (IDEA 1100)!

Apply and you are in!  
 Open to Grade 11 and 12 students in Richmond SD88 who may have barriers to post-secondary entry.

**KPU**  
 Faculty of Arts

STRIVE PROGRAM via SCOTIABANK

**APPLY BY October 27<sup>th</sup>, 2026**  
 SCAN OR 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 6<sup>th</sup> - April 7<sup>th</sup>, 2027 at KPU Richmond
- Email application to Richmond SD88 Career Programs ([email careerprograms@sd88.bc.ca](mailto:careerprograms@sd88.bc.ca))
- View more info on our website: [careerprograms.sd88.bc.ca](http://careerprograms.sd88.bc.ca)

KPU Course: IDEA uses 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](mailto:Ajay.Sahota@vch.ca) or text 604-250-5461 for info-to self-ref



### Coping Skills Group

(Evidence-Based Relational Therapy - CRAFT)

Groups offered every session

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 variety of coping skills (CBT) designed to help them better understand and manage their emotions and thoughts in a healthy way. This is a group for youth who are struggling with emotional and behavioral challenges. The group is designed to help youth learn how to manage their emotions and thoughts in a healthy way. The group is designed to help youth learn how to manage their emotions and thoughts in a healthy way.

- 8 Sessions (2 weeks, 2 hours in duration)
- Once a week (not on holidays)
- Participants will get a worksheet/outline assignments for their personal growth
- Age eligibility: 13-18 years old
- Location: 100-1001 Conroy Rd, Richmond (Richmond Foundry)

Call/text to self-ref or to group: 604-250-5461



## 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. 22 & 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

Call phone & MindShift App required for group

Call/text to Self-Ref: 604-250-5461

For more info email: [Ajay.Sahota@vch.ca](mailto:Ajay.Sahota@vch.ca)



### MindShift CBT Group for Anxiety

Cognitive Behavioural Therapy program delivered by Vancouver Coastal Health

Groups offered every session

In-person at Foundry Richmond

Learn and apply tools to cope with anxiety

During group, youth will have been anxiety work and why people experience it. Participants will learn how to manage anxiety using the **MindShift CBT app** (available on the App Store and Google Play). Youth will receive information strategies to help reorient thinking, taking action, and making lasting positive change. Participants will use a working phone, Wi-Fi access, and a laptop to download the **MindShift CBT app** to use during group sessions. It is available for high school students and those with experience and frequent substance use in a primary context. The program is not suitable for youth. Exceptions may be made if you are working regularly with a primary care provider who is willing to collaborate with the group facilitator to ensure effective use of treatment. This group is not a primary treatment for Obsessive Compulsive Disorder (OCD) related treatment only.

- 8 Sessions (8 weeks, 1 hour/week)
- Once a week (not on holidays)
- Age eligibility: 13-18 years old
- Location: 100-1001 Conroy Rd, Richmond (Richmond Foundry)

Call Central Intake to self-ref or to group: 604-250-5461

Call the tools to use in the app:  
 - MindShift  
 - Emotion  
 - Regulation  
 - Distress Tolerance  
 - Relapse Prevention

Download Now



**Richmond Sexual Health Clinic (RSH)**

*All Ages All Genders All Orientations All Health Services*

Our services include:

- STD 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 syringes
- Immunizations (HPV, Mxov, Hep A & B)

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

Address:  
8100 Granville Ave Richmond, BC V6Y 3T6

Book an appointment by calling:  
Ph: 604-785-3243

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

Scan QR code for further information

Vanessa Coast 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](mailto:Ajay.Sahota@vch.ca)  
or text 604-250-5461 for info/to sign-up



**QUEER & TRANS RESILIENCE GROUP**

Support for navigating sexual orientation & gender expression

Standing Up for Yourself

NOV. 19-FEB. 18 (12 SESSIONS)

NO GROUP DEC. 24 & DEC. 31

THURSDAYS 4PM-6PM

AGES 16-24

REGISTRATION/ORIENTATION REQUIRED

Scan QR code for further information

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

**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 (FOC 會員)  
\$45/Phase (non-FOC 會員)

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

Registration 報名聯絡:  
[ira.fan@ccsociety.ca](mailto:ira.fan@ccsociety.ca)  
(604) 271-7600

CONNECTIONS  
Community Connections Society

Canada

**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 逢星期六 13:30 - 15:00 (8 sessions/8)

VENUE 地點: #110, 7580 River Road, Richmond (CCSS)

FEE 費用: \$35 (FOC 會員之友)  
\$45 (Non-FOC 非會員之友)

\*Class is conducted 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，設有粵語翻譯協助。

\*\*Please bring your own device. 學員須自備電腦。

**JOIN NOW!**

ENQUIRY 查詢: WhatsApp / Call: 604-273-6060 (ira 查詢) Email: [ira.fan@ccsociety.ca](mailto:ira.fan@ccsociety.ca)

CONNECTIONS  
Community Connections Society

Canada