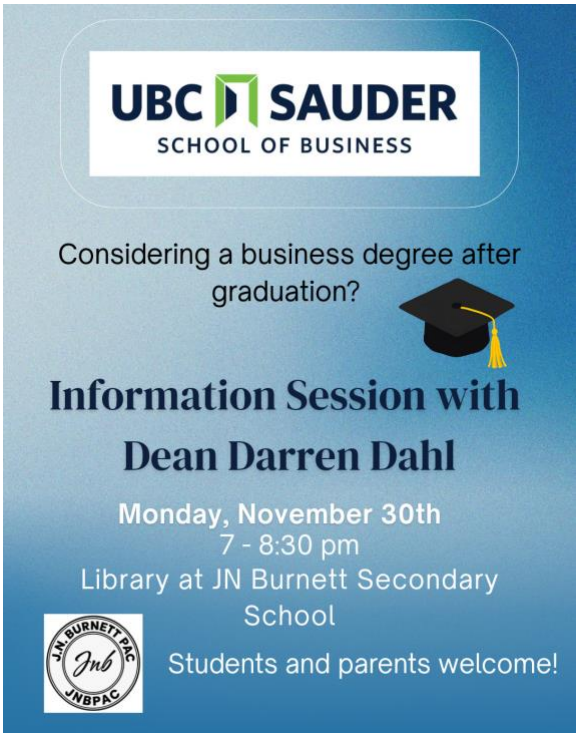
Community News









·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



~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



~FOUNDRY~
RICHMOND

QUEER & TRANS RESILIENCE GROUP



Support for navigating sexual orientation & gender expression

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

Standing Up for Yourself

Self-Worth & Self-Esteem

NOV. 19-FEB. 18 (12 SESSIONS)

NO GROUP DEC. 24 & DEC. 31

THURSDAYS 4PM-6PM

AGES 16-24

RESGISTRATION/ORIENTATION REQUIRED

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

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 **free MindShift CBT app (previously endorsed by Anxiety Canda)**. 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



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





Richmond Sexual Health Clinic (RSH)

All Ages - All Genders - All Orientations
Sexual Health Services

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

Scan QR code for further information

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

Vancouver CoastalHealth



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

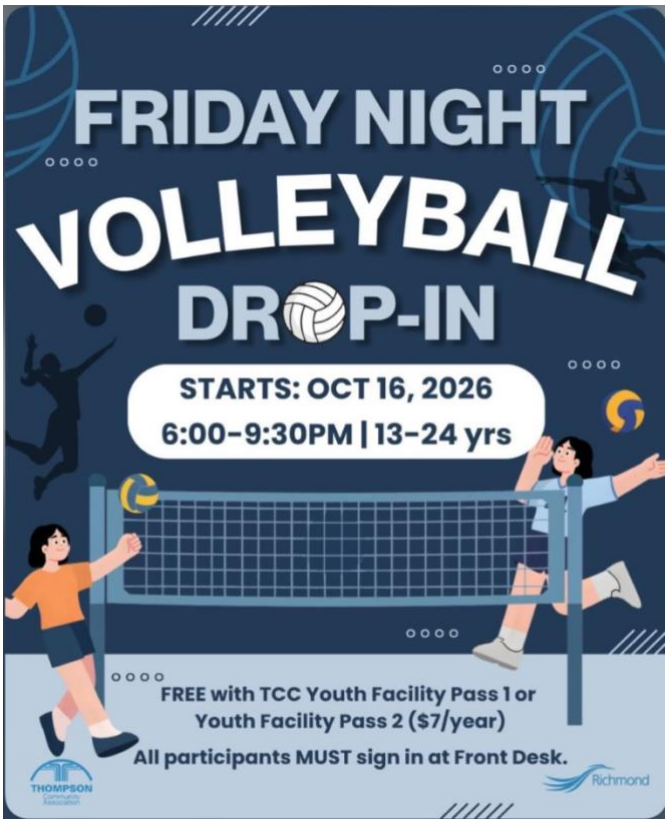
For more information, please contact
Paula at pvolkers@fsgv.ca or Michelle at mgao@fsgv.ca

FAMILY SERVICES of Greater Vancouver



CONNECTIONS COMMUNITY SERVICES SOCIETY

CCSS Seasonal Ceremonies
Open to Indigenous community



Volunteer Opportunities



