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





Supported by RBC Future Launch and Children's Aid Foundation of Canada

Canada

CHILDREN'S AID FOUNDATION OF CANADA

RBC

Program Eligibility
You need to meet all of the following criteria:
- Between the ages of 16-29
- Must be Canadian citizen, permanent resident or a protected person under the Immigration and Refugee Protection Act
- Must be legally entitled to work in Canada, meeting both federal and relevant provincial/ territorial legislation requirements

Program Highlights
- Individual employment counselling and support tailored to each client's needs and pace
- Access to all resources at Connections and partners (including WiFi, computers, printers, job boards and Job Fairs)
- Career exploration and vocational assessments
- Employability skills training (including but not limited to resume, essential skills, job search strategies and networking skills)
- Certification training supports and mentorship
- Job placements and on-going job coaching
- Access to volunteer placements for skills development
- Access to mental health and wrap around supports
- Follow-up and support up to 1 year

Intake Process:
- Self-referrals and 3rd party referrals are welcome
- Intake interview with an Employment Counsellor to determine eligibility, needs and fit
- Begin working with us towards your career and education/training goals!

CONNECTIONS COMMUNITY SERVICES

Scan to Join

youthworks@ccssociety.ca
604.218.6943
www.ccssociety.ca

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

STEM Fellowship

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

ARE YOU A WOMAN INTERESTED IN UBC ENGINEERING?



SIGN UP FOR THE

WOMEN IN ENGINEERING HIGHSCHOOL MENTORSHIP PROGRAM

ASK QUESTIONS | **BUILD CONNECTIONS** | **LEARN ABOUT LIFE AT UBC**

APPLICATIONS CLOSE NOV 6TH

QUESTIONS?
@ubcwie wiecommitteesgmail.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

UBCNEUROSCIENCE

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

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

Sign-Up Form

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

UBC NEUROSCIENCE

·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



Nov 2026

MON	TUES	WED	THURS	FRI
2	3	4	5	6 Friday Social Club TBD 3:30-5 pm
9	10	11 CLOSED Remembrance Day	12	13 Friday Social Club TBD 3:30-5 pm
16	17	18	19 Queer & Trans Resillience Group 4-6 pm	20 Friday Social Club TBD 3:30-5 pm
23	24 Art Studio! 18-24yrs 2-3:30 pm 12-18yrs 4-5:30 pm	25	26 Queer & Trans Resillience 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 Resillience: Text 604-250-5461			

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.

Youth Peer Support

Drop-in:
Mon, Tues, Weds & Fri 1-4 pm
OR text 604-618-9914 to book appointment

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

~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

MindShift™
CBT GROUPS

In-person at Foundry Richmond

Learn and apply tools to cope with anxiety

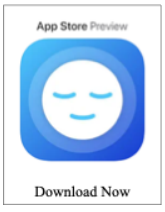
During group, youth will learn how anxiety works and why people experience it. Participants will learn how to manage anxiety using **free MindShift CBT app (previously endorsed by Anxiety Canda)**. Youth will explore behavioural strategies to help reorient thinking, taking action, and making lasting 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





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

Volunteer Opportunities



