

Richmond Family & Friend Caregiver Hub

June-2022 Workshops Calendar

RICHMOND CARES & RICHMOND GIVES

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Friend Caregiver Hub



To register or learn more, please call 604-279-7099, email caregivernavigator@rcrg.org, or fill up a simple [online form](#).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1:00-3:30 pm Cooking (Cantonese/RCP 340)	2	3 10:00-11:00 AM Chair Yoga (English/Zoom)	4
5	6	7 2:00-3:30 PM Preserved Flower Deco (English/RCP 340)	8	9 <i>Caregivers' Field Trip to Gulf of Georgia Cannery National Historic Site</i>	10 <i>Caregivers' Field Trip: Eco Cruise</i>	11
12	13 1:30-3:30 pm QQ Cookie Baking (English/RCP 340)	14 1:00-3:30 pm Cooking (English/RCP 340)	15	16 10:00-11:00AM Avoiding and Coping with Heat-related Illness (English/Zoom)	17 10:00-11:00AM Breath Work & Meditation (Punjabi/Hindi/Zoom)	18
19	20 1:30-3:30 pm QQ Cookie Baking (Cantonese/RCP 340)	21 2:00-3:30 PM DIY Pressed Flower Deco (English/RCP 345)	22 2:00-4:00 PM DIY Soap (English/RCP 340)	23	24 10:00-11:00AM Breath Work & Meditation (English/Zoom) 2:00-4:00 PM Chinese Calligraphy (Cantonese/RCP 345)	25
26	27	28 10:00-11:30 AM DIY Potted Plant (Mandarin/RCP 345)	29	30		

These free workshops are to promote the health and well-being of unpaid caregivers for seniors (55+ yrs) in Richmond.

