

# Richmond Family & Friend Caregiver Hub

## April 2026 Events Calendar

RICHMOND CARES  RICHMOND GIVES  
Richmond Family &  
Friend Caregiver Hub



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

Mon	Tue	Wed	Thu	Fri
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>13</b> 2:00 - 4:00pm <u>Manage Stress with Mindfulness</u> (English/Mandarin RCP#345).	<b>14</b> 2:00-4:00pm <u>DIY Paper Cup Basker</u> (English/Mandarin RCP#340).	<b>15</b> 10:00am-12:00pm <u>DIY Wind Chimes</u> (English/Cantonese RCP#345).	<b>16</b> 10:00am-12:00pm <u>Flower Acrylic Paintaing Workshop</u> (English/Mandarin RCP#340).	<b>17</b> 10:00am-11:00pm <u>Breath Work &amp; Meditation</u> (Punjabi/Zoom). <b>2:00-4:00pm</b> <u>Introduction to Chinese Ink Painting</u> (English/Cantonese RCP#340). <b>2:30-4:30pm</b> <u>Caregivers Support Group</u> (English South Arm Community Center).
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> 10:00-11:00am <u>Breath Work &amp; Meditation</u> (English/Zoom). <b>2:00-4:00pm</b> <u>Introduction to Chinese Calligraphy</u> . (Cantonese/Mandarin RCP#340).
<b>27</b>	<b>28</b> 2:00-4:00pm <u>Healthy Cooking Class</u> (English RCP#340).	<b>29</b>	<b>30</b>	

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

