

# Richmond Family & Friend Caregiver Hub

## June 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>1</b>	<b>2</b> 10:00am-12:00pm <u>Advanced Painting</u> (English RCP#294).	<b>3</b> 2:00-4:00pm <u>Healthy Cooking Class</u> (English RCP#340).	<b>4</b>	<b>5</b> 10:00am-11:00pm <u>Arm Chair Yoga</u> (English/Zoom).
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> 2:00-4:00pm <u>Introduction to Chinese Ink Painting</u> (English/Cantonese RCP#340).
<b>15</b>	<b>16</b> 2:00-4:00pm <u>DIY Beads Brooch</u> (English/Mandarin RCP#340).	<b>17</b> 1:00-3:00pm <u>Acrylic Vase Painting</u> (English/Mandarin RCP#340).	<b>18</b>	<b>19</b> 10:00am-11:00pm <u>Breath Work &amp; Meditation</u> (Punjabi/Zoom). 2:30-4:30pm <u>Caregivers Support Group</u> (English South Arm Community Center).
<b>22</b> 3:00-5:00pm <u>Manage Stress with Mindfulness</u> (English/Mandarin RCP#340).	<b>23</b> 1:30-4:00pm <u>Introduction to Watercolor</u> (English/Cantonese RCP#340).	<b>24</b> 11:00am-1:00pm <u>DIY Felt Cactus Plant</u> (English/Cantonese RCP#340).	<b>25</b> 10:00am-2:00pm <u>Field Trip: Van Dusen Garden</u> -	<b>26</b> 10:00-11:00am <u>Breath Work &amp; Meditation</u> (English/Zoom). 2:00-4:00pm <u>Introduction to Chinese Calligraphy</u> (Cantonese/Mandarin RCP#340).
<b>29</b> 2:00-4:00pm <u>DIY Wire-Free Cloisonné Coaster</u> (English/Mandarin RCP#340).	<b>30</b>			

**\*\*Admission for Advanced Painting class has to be recommended by the facilitator and completed the Introduction to Watercolor class**

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

