

Richmond Family & Friend Caregiver Hub

July-2022 Workshops Calendar

RICHMOND CARES  RICHMOND GIVES
Richmond Family &
Friend Caregiver Hub



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

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					<i>1</i> Statutory holiday	<i>2</i>
<i>3</i>	<i>4</i>	<i>5</i> 2:00-4:00 PM Candle Making (Mandarin/RCP 340)	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i> 10:00-11:00 AM Breath Work & Meditation (Punjabi/Zoom) 2:00-4:00 PM Chinese Calligraphy (Cantonese/RCP 340)	<i>16</i>
<i>17</i>	<i>18</i> Caregivers' Field Trip to Britannia Shipyards National Historic Sites	<i>19</i> 1:00-3:30 PM Cooking (English & Cantonese/RCP 340)	<i>20</i> 2:00-4:00 PM Introduction to Water-color (English/RCP 340)	<i>21</i>	<i>22</i> 10:00-11:00 AM Breath Work & Meditation (English/Zoom) 1:00-3:00 PM Cake Baking (English/RCP 340)	<i>23</i>
<i>24</i>	<i>25</i>	<i>26</i> 10:00-11:00 am Enhanced Road Assessment (EN/Zoom)	<i>27</i>	<i>28</i>	<i>29</i> Caregivers' Field Trip to Billz Beez and Berryz Farm	<i>30</i>
<i>31</i>						

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



United Way
Healthy Aging



Family Caregivers
of British Columbia

