

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 or fill up an [online form](#)

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

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

