

Richmond Family & Friend Caregiver Hub

June-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](#).

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

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

