

RICHMOND CENTRE FOR DISABILITY



A Member of Independent Living Canada

PROMOTING A NEW PERSPECTIVE ON DISABILITY

Mission Statement

To empower people with disabilities to participate in the community to the level of their desires and abilities by providing information, resources, support and by increasing community awareness and accessibility.

Operated by people with disabilities for people with disabilities
is key to the success of the Centre.

The Richmond Centre for Disability (RCD) is a service providing Centre situated in downtown Richmond. Our address is 100-5671 No. 3 Road, Richmond, located at the northwest corner of the intersection at No. 3 Road and Lansdowne Road. We are cross-disability and are happy to provide services to persons with any types of disabilities.

Our telephone number is **604-232-2404**. You can find out more information about us, and our exact location at our web site www.rcdrichmond.org.



Information Sheet on Independent Living (IL) Program

Independent Living (IL) is a vision, a philosophy and a movement of persons with disabilities. IL is founded on the right of people with disabilities to:

- ◆ Live with dignity in their chosen community;
- ◆ Participate in all aspects of their life; and
- ◆ Control and make decisions about their own lives.

The IL approach differs from a traditional service providing organizations by emphasizing peer support, self-direction, and community integration by and for people with disabilities themselves.

INFORMATION & NETWORKING

We provide **specialized information and networking services** pertaining to disability and accessibility issues, of clear and up-to-date information on resources and options accessible to persons with disabilities, their families, friends, community and support networks. We support self-determination concept for people with disabilities to take control of their own lives, through making informed decision, nurturing peer support, and establishing a strong support network.

Call Information & Networking Coordinator at 604-232-2404 for an appointment.

SKILLS DEVELOPMENT

We offer opportunities for self-help, learning skills, employment skills, personal growth, individual empowerment, dealing with barriers and taking control of your lives through enrichment of skills and knowledge.

Disability Awareness & Sensitivity Training – the RCD hosts this specialized training to raise accessibility awareness among businesses, companies and community agencies on how to better accommodate and serve customers with disabilities. Training focuses on practical information regarding disability awareness, understanding barriers and individualized needs, disability etiquettes and techniques for providing effective assistance, and more. This is a fee-for-service training.

Call Ella, Executive Director, at 604-232-2404 for details.

Public Education Series – a series of public awareness and educational workshops are offered to provide pertinent information and resources to members and general public on topics related to community interests such as HST, disabilities issues such as disability rights, and financial matters such as Financial Planning and Will, etc. Different topics will be planned for each month; moreover participants are welcome to make suggestions for new workshops.

Registered Disability Savings Plan Information Sessions – the RCD is offering a series of information sessions to introduce the new Government initiative Registered Disability Savings Plan (RDSP) for people with disabilities to learn more about Canada Savings Grant and Bonds, the 10 year withdrawal rule, etc. The session is free and funding for these information sessions is provided by the Government of Canada. More info and RDSP fact sheets are available on the RCD website.

The RCD is also offering one-on-one assistance to RDSP enquiry and to help opening accounts for RDSP.

Call 604-232-2404 or visit our website www.rcdrichmond.org for more information & schedules.



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CAP – RCD is an official “Computer Access Point”, for general public to access computers and modern technology, funded by Industry Canada. “Career Cruising” software is available for individuals who are interested in developed resume, career match and job exploration. In addition we specialize in assistive technology of hardware and software to accommodate various special needs of computer users and provide high speed Internet for general public to access the technology highway. There is technical staff to assist on site.

Advance booking is recommended; call 604-232-2404 to book your computer station.

Computer Courses – we offer weekly courses on Window Basics, Microsoft Word and Excel, Internet, Power Point, Access, Keyboarding and more. We also offer a special computer class – the Power Class, one that provides more individual support for students who learn at a slower pace. There are classes taught in Cantonese and Mandarin; as well as condensed classes that run six sessions in two weeks.

We offer 3 terms a year, starting in January, April and September, each term comprises of 12 weeks. Space is limited, early registration is advised. There is a fee for the class.

Call Viet at 604-232-2404 for information and registration.

English Course – we design this English course for people with disabilities to learn fundamental English in a friendly and comfortable environment. There are 5 levels of curricula and students will be placed in appropriate level and progress through the course at their own pace. The syllabus includes vocabulary, spelling, grammar, writing, comprehension, and presentation in the format of group activities, small group tutoring, homework assignment, continuous revision and some tests. There is a fee for the class and the schedule follows the school calendar.

Visit our website www.rcdrichmond.org for details of term schedule and class plan.

Life Skills Training – the purpose of this training is to increase participants' knowledge and ability in skills necessary for everyday living. Topics include Eating Right, Simply Cooking, Money Skills, Road & Home Safety, Using the Bus System & Proper Social Conduct and more. The course is offered on Friday mornings from 10:30 a.m. to 12 p.m. Registration is required. A small material fee will be charged if cooking session is planned. The training will run for 3 terms a year with different curriculum.

Call 604-232-2404 or visit our website www.rcdrichmond.org for more information & schedules.

RECREATION & PEER EMPOWERMENT

We encourage sharing knowledge from life experience, developing leadership skills, reducing individual isolation and supporting rights and responsibilities.

Monday Yarn Crafts Club – an instructor is present to teach basic and advanced knitting skills on Monday mornings from 11:30 a.m. to 1p.m. Participants work both in team projects as well as individual assignments or work on Rug Hooking. Some equipment and materials will be supplied. You can also bring your own yarns if desire. Lots of fun and good friends to share the joy of knitting!

Call 604-232-2404 for more details and registration; drop-in fee is \$2 or monthly pass of \$8.

Monday Creative Arts Club – people who are interested in Arts & Crafts have a chance to get together and work on different arts projects, supported by a group of volunteer instructors. There will be 8 sessions per spring, fall and winter term. All materials are included; material fee is \$20 to pay at registration or \$3 drop-in fee. Registration is required for all participants.

Call Recreation & Peer Support Coordinator, at 604-232-2404 for information and registration.



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Tuesday Music In Motion – a relaxing afternoon to improvise, play instruments, sing, listen and move. The class is offered on Tuesday from 3 to 3:45 p.m. Registration is required; there is a fee for the class.

“Music creates a sense of empowerment because it enables the person who may have no other means at hand, to express such things as feelings, moods and desires” (Tom McKenna);

Call Cecile at 604-232-2404 for information and registration.

Tuesday Strategy & Skills Games Club – welcome participants to drop in to observe, and/or join in different games that stimulate your brain power on Tuesday afternoons from 4 to 6 p.m. There are Wii Games, board games and card games going on simultaneously.

This is a drop-in gathering, no registration is required. Call Rich at 604-232-2404 for more info.

Wednesday Martial Arts & Self-Defense Course – participants can improve motor skills, dexterity and coordination, as well as self-confidence and self-esteem. Classes, offered on Wednesday mornings from 10 to 11 a.m., are instructed by certified instructor from the Sirota's Alchemy Martial Arts School. Course fee is \$8 per lesson; space is limited, early registration is recommended. There is no break between terms to ensure consistency; ask for term start time.

Call 604-232-2404 for information and registration.

Thursday Singing Club – a singing session is held every Thursday morning from 10 a.m. to 12 noon. Anyone who is interested in singing, humming along or just sit-back and listen, is welcome to join. We also welcome anyone who plays musical instruments or has singing training experience to volunteer with the group. Bring the songs you want to sing and have fun!

Thursday Table Tennis – keep fit playing table tennis every Thursday afternoon from 12 to 2 p.m. This sport is very popular to train reflex and you can play leisurely or take it up a notch.

Thursday Social Group – participants gather together every Thursday afternoon from 2 to 4 p.m. for various fun activities. Different activities are planned each week for 2 hours of fun and social interaction. There are social time, movies, board games, card games and more.

Above Thursday activities are drop-in gatherings, no registration is required. Call Rich at 604-232-2404 for more info.

Thursday Guitar Class – wonderful introductory class for beginners and intermediate guitar players. You just bring your own guitar and have a fun time learning guitar chords, finger picking techniques and reading musical notation and guitar tablature. The class is offered on Thursday from 4:30 to 5:30 p.m. Limited space available. There is a fee for the class.

Call Ian at 604-232-2404 for information and registration.

Friday FUNdamental Exercise – participants with diverse abilities join in exercises to improve functional skills, which help them perform activities of daily living with more ease and confidence. Exercises include training on flexibility, strength, coordination, balance and motor control. Monthly pass of \$5 to be purchased to participate in the activity.

Call 604-232-2404 for information and monthly pass is available at front desk.



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Chinese Friday Frenzy (in Cantonese) – this social group is coordinated by volunteers from the RCD Chinese Support Group, providing social opportunities to Chinese speaking members. The content includes various activities such as arts and crafts, cooking, dance and exercise and more. Material fee is \$2 per session. There is a Wait List for participation.

Please call Annie (in Cantonese) at 604-241-8308 for registration and details of schedules.

Mom's Support Group – a special support group for mothers with children with disabilities to get together and share their experience. There is weekly Yoga class; in addition to other social opportunities and sharing sessions for the group.

Call Ella at 604-232-2404 for information and registration.

RCD Chinese Support Group – the goal of this group is to provide Chinese-speaking community with support and resources pertaining to disability issues and acts as peer support. The group usually meets monthly on the third Saturday, and welcome people with disabilities, family members and community members to participate and contribute.

Please call Katy (in Cantonese or Mandarin) at 604-270-0868 for details.

RCD Youth Support Group – guided by a Youth Council, the RCD Youth Support Group provides a place for youth with disabilities to comfortably make the transition into adulthood, as well as the opportunity to engage and socialize in activities and events.

Call 604-232-2404 for details or visit our website www.rcdrichmond.org for more information.

Peer Empowerment Group – a newly established group of the RCD to promote peer empowerment for people with disabilities. Monthly meeting will be scheduled to talk about various topics, including barriers to change, employment and education options, family and social relationship, etc. Knowledge is key, peer support empowers.

Call 604-232-2404 for details or visit our website www.rcdrichmond.org for meeting schedules and topics.

OTHER SPECIALIZED SERVICES & PROJECTS

Youth Engagement Project – youth will determine what their dreams are, and how to pursue them, with assisted purposeful activities, mentor guidance and peer support, through the formation of a Youth Steering Committee. The goal is to develop a youth strategy to engage youth in community and social services, also oversee the leadership training series. The Youth Council works together with an Advisory Group made up of professionals, mentors, parents and adult volunteers.

Call Cecile at 604-232-2404 for further information.

3-H Craftworks Club – The RCD is in partnership with Richmond Mental Health Team (RMHT) to run a craft club gearing for individuals with disabilities who are interested in bringing out their artistic talents and making some incomes. The club runs on every Wednesday from 11 a.m. to 12:30 p.m.

Call Cecile at 604-232-2404 for assessment and registration.



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Resources for Career Development Project – designed to put participant in the driver's seat of moving toward employment. Based upon the Participation Model, this project will provide the opportunity to self-identify individual barriers to employment and then the supports that one needs to reach one's own employment goal. This project is funded by the HRSDC Opportunities Fund for Persons with Disability.

Call Ian or Louise at 604-232-2404 for further information.

After School Connection for Children with Special Needs – provide affordable and educational after school activities for children ages from 10 to 15, focusing on music, drama and movement in addition to games, team work and socialization. The activity is offered on Monday afternoons from 3:45 p.m. to 5 p.m. There is a fee to participate; subsidy is available for families that are low income.

Call 604-232-2404 for further information.

Children Summer Camp – RCD offers summer camp for children and youth with special needs every year. The project is held for July and August, and the age group is from 6 to 18. Camp fee subsidy is available for low income family. This is also an excellent opportunity for high school students to volunteer and accumulate their volunteer hours.

Information of summer camp and volunteer opportunities will be available around May.

Pamphlet Resources & Equipment Loan – there are pamphlets of different resources for pick-up, all pertaining to disability concerns, as well as limited equipment such as wheelchair, walkers and canes for loan.

Call Kathy at 604-232-2404 for more information.

Accessible Parking Permit – RCD is authorized to provide the provincial Accessible Parking Permit. You need to have your physician to sign the application form.



Call Kathy at 604-232-2404 for more information.

Visit our website www.rcdrichmond.org to download an application form.

Access Richmond Website: Your Key to Access the City of Richmond – this growing website is hosted and maintained by the RCD, to provide information pertaining to accessibility perspectives of businesses and locations in Richmond. The data is collected through personal experience and assessment with a major focus to celebrate the accessibility of the City. The goal is to promote accessible destinations in Richmond.

Visit the website at www.accessrichmond.ca

Volunteer Opportunities – RCD welcomes community members and people with disabilities to volunteer at the Centre, either for their employment initiatives or skill upgrading. We need volunteers for computer teaching, English classes, social group, day-events for exhibition and display, special projects like conference, garage sale and fundraising. Bring your resume along and talk to us!

Call Viet at 604-232-2404 for more information.

(August 24, 2011)