



National AccessAbility Week



OPENING

Monday, May 29, 12:00 PM (In -person at the RCD Hub area)

UNIQUE & CHALLENGING VOLUNTEERING

Wednesday, May 31, 3:30 - 4:30pm (via Zoom)

TRENDS IN VOLUNTEERING 2023 & BEYOND

Friday, Jun 2, 12:30 - 1:30 pm (In-person at RCD office)

Inclusion Starts Here...



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Reflect on ongoing efforts to become a better, more accessible, more inclusive Canada

Contact:

Dave Thomson
604 232 2404

dave@rcdrichmond.org

for more information and to register.



With registration, Zoom info will be provided

Peer driven information and experience

We want to use “EMPOWERED WELLNESS” as a catalyst that allows people to think about how RCD information and services could relate to them.

By discussing “EMPOWERED WELLNESS”, let us build the people network to broaden our horizon.

**GET IN TOUCH
GET CONNECTED**

Create Positive Impact

Everyone

regardless of ability or disability can benefit from EMPOWERED WELLNESS
Start to explore your potential!

Inclusion Starts Here...



Richmond Centre for Disability



emPowered Wellness

Public Education Workshops



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National AccessAbility Week



National AccessAbility Week is an opportunity to:

- ▶ Celebrate the valuable contributions and leadership of Canadians with disabilities
- ▶ Highlight the work of people, organizations and communities that are removing barriers
- ▶ Reflect on ongoing efforts to become a better, more accessible, more inclusive Canada

This year, National AccessAbility Week will take place from May 28 to June 3, 2023.



Monday, May 29, 12:00 PM
In-person at the RCD Hub area

OPENING

We will have a brief recognition of the start of "National AccessAbility Week" in Canada. We will also be accessing the National website and will check in on what is coming up for the Week.

Wednesday, May 31, 3:30 - 4:30pm
via Zoom

UNIQUE AND CHALLENGING VOLUNTEERING

Join our panel of Paralympians, Volunteer Placement Professionals, BC Mobility Sports, and former Para Guides to discuss unique, challenging but rewarding volunteering opportunities.

Friday, Jun 2, 12:30 - 1:30 pm
In-person at RCD office

TRENDS IN VOLUNTEERING 2023 & BEYOND

Join us for a presentation discussing the recent trends in Volunteering. Presentation in collaboration with Richmond Cares Richmond Gives.

RCD NAAW Celebration

"Volunteering Experience" can provide many chances for personal growth and lifestyle changes. We need equal access for people with disabilities.

This access allows everyone equal chances to improve their life and grow physically, mentally and emotionally.

Empowered Wellness is
Obtaining the information, knowledge and confidence that improves your physical, mental, and emotional well-being.

Supporting you to achieve your goal, at your pace and on your terms.



New Perspective on Disability



Maximizing Independence