

# **RICHMOND CENTRE FOR DISABILITY**



**2020 – Celebrating 35 Years of Services – *RCD35***

***RCD in the Community at Lansdowne Centre***

**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 #842-5300 No. 3 Road, Richmond, located inside Lansdowne Shopping Mall. 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](http://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 Kathie 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 Dina at 604-232-2404 for curriculum details and booking for training.*

**Job Skills Training** – this training is for people with disabilities who are motivated and committed to develop skills and become ready for work. This is part of the Skills for Independent Living Skills Project where the individual is at the driver to take control of the destination and the journey. The Job Club focuses on pre-employment skills.

*Call Louise at 604-232-2404 or visit our website [www.rcdrichmond.org](http://www.rcdrichmond.org) for more information & schedules.*

**Empowered Wellness Series** – a new format of 4 events 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, disabilities issues, and financial matters. Different topics will be planned for at intervals; moreover participants are welcome to make suggestions for new workshops.

*Call Dave at 604-232-2404 for information and workshop schedules.*

**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 usually 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 Ian at 604-232-2404 for information and registration.*



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**English Course** – we design this English course for people with disabilities to learn fundamental English in a friendly and comfortable environment. There are different levels and formats 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, and continuous revision. There is also a Conversation Class. There is a fee for the class and the schedule follows the school calendar. Classes are held on Monday and Wednesday afternoons.

*Call Dina at 604-232-2404 for details of term schedule and registration.*

**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; time may vary if field trip is planned. Registration is required. A small material fee will be charged if shopping trip and/or cooking session are planned. The training will run for 3 terms a year with different curriculum.

*Call Dina at 604-232-2404 or visit our website [www.rcdrichmond.org](http://www.rcdrichmond.org) for more information & schedules.*

**Public Speaking** – RCD offers a Public Speaking class to participants who want to learn skills for speaking in public. Overseen by a ToastMaster and follow closely of the format of a Toast Master Club. Required to register and attend an interview; classes are held every other week on Thursday afternoon.

*Call Dina at 604-232-2404 or visit our website [www.rcdrichmond.org](http://www.rcdrichmond.org) for more information & schedules.*

**Moms' Support Group Language Club** – RCD offers this special meeting for parent members of the Chinese Support Group to learn Cantonese and Mandarin exchange, as well as English. Participants need to speak one of the two dialects to join this class; excellent learning & practicing opportunity and social interaction. Classes are held weekly on Wednesdays mornings.

*Call Kathie at 604-232-2404 or visit our website [www.rcdrichmond.org](http://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 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. Registration is required for all participants. Limited space, and there may be a wait list.

*Call Tom at 604-232-2404 for information and registration.*

**Monday Relaxation Retreat** – come try this activity to experience inner peace, through guided imagery, stretching, relaxation breathing, basic meditation, basic Qi-Gung and more. The format is casual, self-guided and instantaneous. Participants are encouraged to explore passive relaxation and non-religious meditation. The session is held on Monday afternoons, door will close on-time.

*Call Tom at 604-232-2404 for information and registration.*



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**Tuesday Walking & Wheeling Club** – From April till August every Tuesday a group of people who would around the trails in Richmond, and sometimes Vancouver.

**Tuesday Games Social Group** – participants gather together every Tuesday afternoon for various fun activities. There are Wii Games, board games and card games going on simultaneously, also excellent opportunity to network and have social interaction.

*Above 2 activities are drop-in gatherings, no registration is required for RCD participants.  
Call Tom at 604-232-2404 for more info.*

**Wednesday Martial Arts Course in Taekwondo** – participants can improve motor skills, dexterity and coordination, as well as self-confidence and self-esteem. Classes, offered on Wednesday mornings, are instructed by certified instructor from the Sirota's Alchemy Martial Arts School. Course fee is \$8 per lesson, in 10-lesson block; space is limited, early registration is recommended. There is no break between terms to ensure continuity; ask for term start time or join anytime at pro-rated fee.

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

**Wednesday Yarn Craft & Knitting Club** – a volunteer instructor is present to teach basic and advanced knitting skills on Wednesday mornings. Participants work both in team projects as well as individual assignments, for instance 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 Tom at 604-232-2404 for more details and registration; drop-in fee is \$2.*

**Thursday Singing Club** – a singing session is held every Thursday morning; 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. This sport is very popular to train reflex and you can play leisurely or take it up a notch.

*Above 2 Thursday activities are drop-in gatherings, no registration is required for RCD participants.  
Call Tom at 604-232-2404 for more info.*

**Friday FUN 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 every Friday afternoon. Exercises include training on flexibility, strength, coordination, balance and motor control. Monthly pass of \$5 to be purchased to participate in the activity.

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

**Friday Karaoke Happy Hour** – release your talents in singing by joining this new RCD initiative on Friday afternoon from 2:15-3:45 p.m. (except last Friday of the month). Bring your DVD, or song list from YouTube. Free drop-in for Karaoke for RCD members.

**Friday Crafts Happy Hour** – Last Friday of every month will be a Craft Happy Hour where a volunteer instructor will lead a simple craft project; \$2 material fee for craft project. Session is conducted in Cantonese.

*Call Tom at 604-232-2404 for information and registration.*



## PEER SERVICES & SUPPORT GROUPS

**Computer Access** – RCD offers access to computers and modern technology at no cost at our Super Cyber Site. “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.

*No booking is necessary, first come first served; offered at no cost to RCD members*

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

*Call Kathie 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. Welcome interested parties to join committee members.

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

**RCD Filipino Parents Group** – the goal of the Filipino Parents with Special Needs Children Group (FIL-PAR SNC) is to enable children with special needs of Filipino-Canadian families in BC to participate and be integrated in the community.

*Contact person Liza Saguin, email: lcuisaguin@yahoo.ca*

**FREE Income Tax Filing Service** – this service is offered every year around March and April, during the tax filing season. Trained volunteers are present to perform simple income tax filing for people with disabilities who are of low household income; and eligible citizens under the CRA guidelines.

*Call Kathie at 604-232-2404 or visit our website [www.rcdrichmond.org](http://www.rcdrichmond.org) for exact dates and times, as well as eligibility criteria and registration process.*

**Flu Shot Clinic** – this service is offered every year around October and November, during the flu season. Pharmacist from Super Grocer Pharmacy will be on-site to give flu shots to RCD participants. Registration is open around September.

*Call Kathie at 604-232-2404 or visit our website [www.rcdrichmond.org](http://www.rcdrichmond.org) for exact dates and times.*

## OTHER SPECIALIZED SERVICES & PROJECTS



**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 Angela, Parking Permit Coordinator at 604-232-2404 or email [parkingpermit@rcdrichmond.org](mailto:parkingpermit@rcdrichmond.org) for more information.*

*Visit our website [www.rcdrichmond.org](http://www.rcdrichmond.org) to download an application form.*



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**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](http://www.accessrichmond.ca)*

**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 16. 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.*

**RCD Ambassador Training** – a project to develop a specialized RCD volunteer pool through training that aims at optimizing one's potential in communication, public relations skills, and understanding of social services.

*Call Dave at 604-232-2404 for more information and training schedule.*

**Super Cyber Project** – to help build a better online Canada by empowering citizens of all abilities to take ownership of safe Internet surfing; to be responsible for making informed choices with technology, and using the Internet to connect people to people, and people to technology; this is done through removal of financial, technological and literacy barriers. Project is funded by the Canadian Internet Regulation Authority's Community Investment Fund.

- Expand the access and usage of the Internet to create jobs and other social, educational and economic benefits for people with disabilities
- Reduce the gaps in digital divide and provide a level playing field of Internet platform for all, specifically with affordability and accessibility
- Promote the learning of Internet security, and
- Involve youth with disabilities in the forefront of cyber-security

*Call Ian at 604-232-2404 for further information.*

**Support for Independent Living Project** – designed to put participant in the driver's seat of moving toward achieving personal or employment goals. Based upon the Participation Model, this project will provide the opportunity to self-identify individual barriers to different life events and then the supports that one needs to reach one's own goals.

*Call Louise at 604-232-2404 for further information.*

**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, knitting club, day-events for exhibition and display, special projects like conference and fundraising. Bring your resume along and talk to us!

*Call Ian at 604-232-2404 for more information.*

(February 12, 2020)