

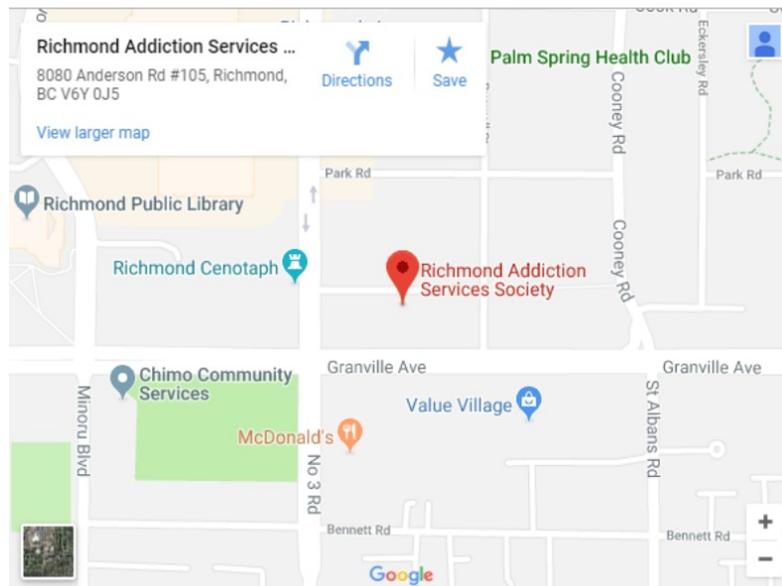
# RASS

Richmond  
Addiction  
Services  
Society

## *A new season, a new location and a newsletter.*

As springtime finds us, we thought we would update you on some new going-ons here at RASS. Everyone has settled in nicely at our new location here at Anderson Road. If you have not had a chance to visit please do! You can find us at:

**105 - 8080 Anderson Road  
Richmond, B.C.,  
V6Y 0J5**





## School's Out

RASS ended up winning a grant from the United Way of the Lower Mainland (UWLM), at the start of this school year, to create a program that focused on the development of children in the middle years of life (6-12). The program is focused on play and learning through play, especially during the hours of 3-6pm after school which are labelled as critical hours for a child's development.

After working with the principal of Blundell Elementary, Mrs. Huey Wong, our prevention team created a program that runs 3 times a week after school and focuses on connecting the children that attend to each other as well as the community around them. The program also seeks to broaden their experiences by offering the children opportunities that they may not be able to access. By partnering with associations in and around our city we have been able to have visitors from Richmond Capoeira, VCH Nutrition, LOVE BC, Thompson Community Centre, RAPS, UBC Quidditch, and a whole lot more over our first 20 weeks. The program has been extremely well received and we have a waitlist after each 10 week session.

We were extremely lucky to have hired two prevention workers, Gaby, and Gabby, as luck would have it. And they have both been fantastic assets as they help develop this fledgling program. School's Out is currently working on teaching the children about gardening and have been gifted a plot of land by Blundell Elementary and we hope to continue this throughout summer as well.

School's Out is an exciting program for the prevention team and we hope to build and grow it even more in Richmond over summer as well as the next year.

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## Meet some of our newest additions to the RASS family



Cordi comes to RASS with over 10



years experience as a youth worker. Graduating from Douglas College in 2013 with her Youth Justice Worker Diploma, she has supported youth living with mental illness, addictions and homelessness. Cordi has worked at a drop in center for street youth, youth custody center, group homes and more. Cordi is a youth specialist, building rapport quickly and easily with her laid back and supportive demeanor. Cordi enjoys the outdoors, playing competitive slo-pitch, and raising her 2 kids. #youthwhisperer



Gaby is still trying to figure it all out. Always ready for an adventure, Gaby enjoys connecting with people, wherever or whoever they may be. He is passionate about providing compassion, joy, and hope to youth and children. He's a food, sports, and nature enthusiast. Growing up in a tropical country has made him constantly chase the sun in rainy Vancouver. It's about enjoying life's simple

Fiona is a loyal friend, loving sister, and crazy auntie. She brings these same qualities to her passion; working with people from all walks of life to support their healing, growth and well-being. She has been counsellor for over 25 years from women's transition house worker in Yellowknife, to youth counsellor on the streets of Calgary, to training addiction workers in refugee camps in Thailand, to supporting people to recover their lives from trauma and addiction at the DEW program and Pacifica Treatment Centre in Vancouver. Fiona is on her own healing journey and believes in "walking the talk". She values compassion, joy, safety for all, celebrating diversity, justice, equality, laughter, connection and creativity. Fiona enjoys adventure travel, hiking beautiful BC, running, drinking tea and watching Marvel movies. Favourite quote : "one kind word can warm 3 winter months" (Japanese proverb)



Ever since her last year of high school, Gabby has found her passion in social work and dreamed of being in a career where she could serve and support those in need of an extra helping hand (because let's face it, life can be pretty tough and having someone there for you can help a lot!) Several volunteering opportunities later, Gabby is now gaining direct experience in the very

pleasures, and just being out there to sit and be amazed at every fleeting moment that comes our way.



Sonia graduated from Adler University with her Master of Counselling Psychology degree. She provides counselling services in both English and Punjabi. Sonia has a wide range of training and experience in working with couples, families, adults, groups, youth, and children. She works from a strength-based, collaborative and holistic approach utilizing a variety of techniques and interventions that are designed to match individual needs. Sonia believes in the importance of creating a safe and empathic environment as the foundation to facilitate a strong therapeutic relationship. Her non-judgmental, caring and open-minded attitude helps clients feel comfortable, respected and understood as they grow at their own pace. When Sonia is not working, she enjoys doing Pilates, is an avid tea drinker, loves watching horror movies and spending time with her friends & family. Her favourite quote and life motto is, "Grow high but stay grounded."

field she wished to work in, and what a wonderful experience it has been so far! She is a part of the School's Out program, and loves being a best friend to the children she works with. She finds the youth population to be very relatable and feels right at home alongside them. Oh, Gabby also draws. A lot. Staff meetings are her favourite place to practice still life and portraiture.



Daniel credits his high school counsellor and chemistry teacher with his current path in life. If it weren't for them he would most probably be in another field wondering what was missing. Daniel is passionate about making a difference in the lives around him and strives to bring about positive change in the world around him. He is a staunch environmentalist and hopes to spread a message of mindful consumption amongst the people in his life. After working in community engagement at Chimo for the last 7 years he believes he has found his home with the prevention team at RASS.

- **Introduction to Brain Health**
- Minoru Place Activity Centre
- May 02, 2018 1:30 pm - 3:30 pm
  - Register by calling: 604-276-4300
- **Community Education Series**
- Brighthouse Library
- Module 1: The Nature of Addiction
- May 03, 2018 3:00 - 4:30 pm
- Register Below:
  - [Community Education Series](#)

Thanks for reading.  
Stay tuned for the next issue of the RASS newsletter where we will take a look at some of the other programs that we offer.

STAY CONNECTED

