



Richmond Centre for Disability



EMPOWERED WELLNESS

VIRTUAL CONFERENCE

Restart & Renewal



To uplift our spirits and empower us through
and beyond these difficult times.

Come and participate in multiple sessions providing
knowledge & motivation virtually on the ZOOM platform

June 22 - 26, 2020
11:00 am - 2:30 pm

 **zoom ID: 3028415008**



Jun 22, Mon	What has changed and how will you?
Jun 23, Tue	Self-care does not mean Selfish!
Jun 24, Wed	People Skills and Social Distance
Jun 25, Thu	Virtual Enrichment
Jun 26, Fri	Support and Resilience for the Future



For enquiries: Dave at dave@rcdrichmond.org / 604.232.2404

The detailed schedule will be provided on our website: www.rcdrichmond.org