

GAME2LIFE

FOR ELEMENTARY STUDENTS

FOR GRADE 6
AND GRADE 7

3:30 TO 5:00PM
EVERY TUESDAY
JAN 21 TO MAR 4

CREATIVITY LAB
CULTURAL
CENTRE ANNEX
7660 MINORU
GATE

Scan QR code for
registration form:



A 7-week program aimed to help students learn how to self-regulate their gaming and screen time habits.

Learn about physical needs regarding nutrition, sleep, exercise, and posture...

the importance of mental health, navigating thoughts and emotions...

different types of communication and having positive relationships...

how to find your "spark", the thing that fuels your passion in life..

the ways our environments can effect our overall wellbeing...

... and most importantly, how to continue to game in a healthy way!

TO REGISTER, CONTACT ALVIN AT
604-270-9220 ext. 118
alvin@rassrichmond.ca

Registration form can be found at
rassrichmond.ca/service-request-forms/