















Mon	Tues	Wed	Thu
		 <p>May 1<sup>st</sup> – 7<sup>th</sup></p>	<p>1</p>  <p>Monday May 5<sup>th</sup></p>
<p>5</p> <p><b>WOMENS SUPPORT GROUP</b> At the office 11:30am-1:30pm Confirm attendance with Riya @ 778 883 5137</p> 	<p>6</p> <p>GAP Cards distributed this week</p>  <p><i>Thank You! To all our Volunteers</i></p>	<p>7</p> <p><b><u>RICHMOND MEMBERS</u></b> Collect Food Pantry supplies Tues. after 2pm Or Wednesday &amp; Thursdays</p>	<p>8</p> <p><b>Mother's Day Sun. May 11th</b></p> 
<p>12</p>	<p>13</p> <p><b>General Support Group</b> 1pm -3pm @ Office Call Riya @ 778 883 5137 for attendance</p>	<p>14</p> <p><b>U = U</b> Undetectable = Untransmittable</p>	<p>15</p> 
<p>19</p> <p><b>Office Closed Victoria Day</b></p> 	<p>20</p> <p><b><u>International AIDS Candlelight Memorial</u></b> <i>TOGETHER WE REMEMBER, TOGETHER WE HEAL, THROUGH LOVE AND SOLIDARITY!</i> <b>Sun. May 18<sup>th</sup></b> (3<sup>rd</sup> Sunday of May)</p>	<p>21</p> <p><b>Cooking Class</b> <b>12pm - 2pm</b> <b>@ Office</b> Register ahead due to limited space Call office 604 277 5137 or Outreach 778 883517</p>	<p>22</p>   <p><b>Thank You To our Supporters and Funders</b></p>
<p>26</p> <p><b>WOMENS SUPPORT GROUP</b> At the office 11:30am-1:30pm Confirm attendance with Riya @ 778 883 5137</p> 	<p>27</p>   <p><b>Thank You To our Supporters and Funders</b></p>	<p>28</p> <p><b><u>RICHMOND MEMBERS</u></b> Collect Food Pantry supplies Tues. after 2pm Or Wednesday &amp; Thursdays</p>	<p>29</p> <p><b>Donate</b> <a href="http://www.heartofrichmond.com">www.heartofrichmond.com</a></p> 

**Members - GAP CARDS:** a Reminder your Proof of Income is required by the 31<sup>st</sup> May in order to continue receiving your GAP cards or SHF funding from June 1<sup>st</sup>. Accepted Proof of Income includes 2024 Notice of Assessment from CRA, T4 or T5 slips.

**Office Hours:** Monday – Thursday, 9 am – 4pm

**No Monthly Dinner in May... Watch for the Picnics in June/July & August**

Office: 604-277-5137 Outreach: 778-883-5137

#201-6411 Buswell Street, Richmond BC V6Y 2G5

[www.heartofrichmond.com](http://www.heartofrichmond.com)

We would like to acknowledge that The Heart of Richmond AIDS Society lies on the unceded traditional homelands of the First Nation Communities of Musqueam, Tsawwassen and Kwantlen Coast