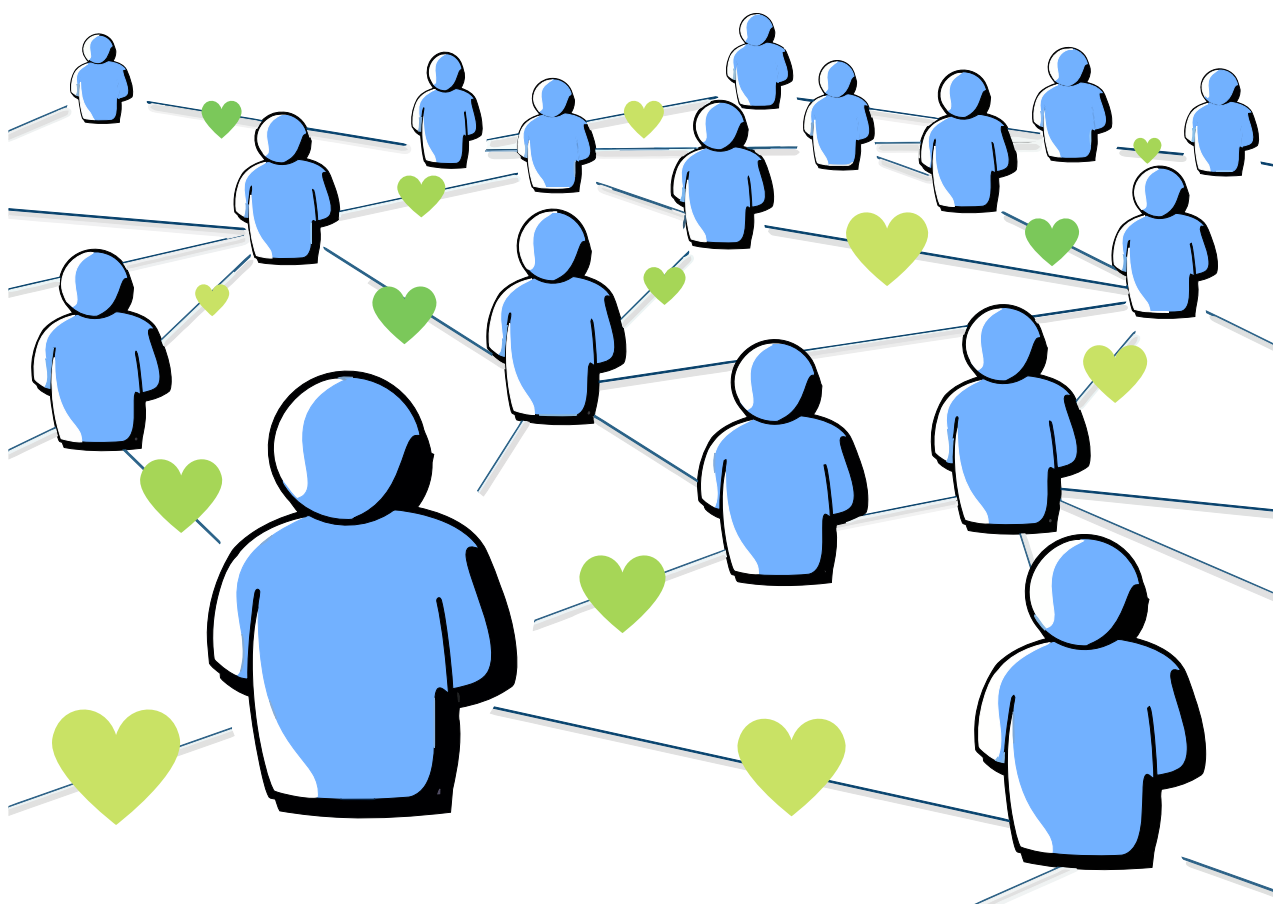


July  
2021



# Programs & Services During COVID-19



**6470 Victoria Drive  
Vancouver, BC V5P 3X7  
604-324-6212**



MEMBER

ASSOCIATION OF  
NEIGHBOURHOOD HOUSES BC

# ADULTS



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS



## **ESL CONVERSATION GROUP**

**WEDNESDAYS**

1:00PM-3:00PM

Email Kwangyoung at [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) or EXT 117

## **MULTICULTURAL WOMEN PEER MENTORING GROUP**

**FRIDAYS**

1:00PM-3:00PM

Email Kwangyoung at [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) or EXT 117

## **NEWCOMER EMPLOYMENT MENTORSHIP PROGRAM**

**WEDNESDAYS**

6:30PM

For Permanent Residents with International Training  
looking to learn more about the professional industry in Canada

Email Stephen at [stephen.andrada@southvan.org](mailto:stephen.andrada@southvan.org)

## **BASIC COMPUTER CLASS IN PARTNERSHIP WITH YMCA**

**WEDNESDAYS / FRIDAYS**

10:00AM-12:00PM

Email Kwangyoung at [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) or EXT 117

## **NEWCOMER WOMEN JOB CONNECTION**

**MONDAYS / TUESDAYS STARTING SEPTEMBER 2021**

10:00AM-1:30PM

Email Kwangyoung at [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) or EXT 117



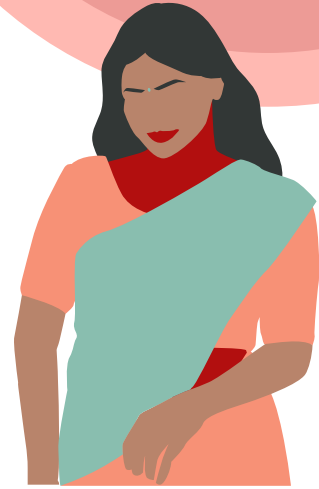
**CALL US AT  
604-324-6212**

For more information about  
programs, services and  
registration information.

# ADULTS



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS



## **SOUTH ASIAN WOMEN'S PROGRAM**

### **FRIDAYS**

1:00PM-2:00PM

Program offered in Punjabi/Hindi. Programs take place on Zoom.  
Email Humaira at [humaira.imtiaz@southvan.org](mailto:humaira.imtiaz@southvan.org)

## **SOUTH ASIAN WOMEN'S MENTORING PROGRAM**

### **LAST FRIDAY OF THE MONTH**

1:00PM-2:00PM

Program offered in Punjabi/Hindi. Programs take place on Zoom.  
Email Humaira at [humaira.imtiaz@southvan.org](mailto:humaira.imtiaz@southvan.org)

## **CANADIAN CITIZENSHIP PREPARATION WORKSHOP**

### **MONDAY MAY 17 + TUESDAY MAY 18**

12:00PM-1:30PM

Workshop for permanent residents preparing for citizenship on Zoom.  
Email Kwangyoung at [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org)

## **NOBODY'S PERFECT PARENTING PROGRAM**

Parenting program for parents on Zoom.

### **CANTONESE/MANDARIN**

**SATURDAYS / MAY 22 - JUNE 26**

10:00AM-11:30PM

Email Catherine at  
[catherine.kwan@southvan.org](mailto:catherine.kwan@southvan.org)

### **KOREAN**

**MONDAYS / JUNE 14 - JULY 12**

11:00AM-12:30PM

Email Kwangyoung at  
[kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org)

## **MY TWEEN AND ME PARENTING PROGRAM [KOREAN]**

**MONDAYS / APRIL 12 - MAY 10**

11:00AM-12:30PM

Parenting program for Korean speaking parents on Zoom.  
Email Kwangyoung at [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org)

## **MY TWEEN AND ME PARENTING PROGRAM [ENGLISH]**

**TUESDAYS / MAY 4 - JUNE 22**

4:00PM-5:30PM

Arabic and Spanish translations also available.  
Virtual on zoom in partnership with PIRS and SVNH.

### **ARABIC TRANSLATOR**

Contact Souad at [sghomair@pirs.bc.ca](mailto:sghomair@pirs.bc.ca)

### **SPANISH TRANSLATOR**

Contact Erika at [epizarro@pirs.bc.ca](mailto:epizarro@pirs.bc.ca)

# ADULTS



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## **FREE ST SKILLS UPGRADE FOR JOB SEARCHING PERMANENT RESIDENTS**

**WEDNESDAYS**

1:00PM - 3:00PM

Virtual on Zoom.

Email Eric at [eric.lau@southvan.org](mailto:eric.lau@southvan.org) or EXT 133

## **CONVERSATION FOR MEN VIA ZOOM**

**WEDNESDAYS**

6:30PM-8:00PM

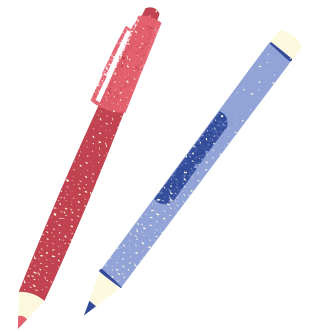
The purpose of a men's support group is to help guys experience more personal growth, mental health, success and happiness. Support groups for men will typically be 6 guys and meets weekly. Email Eric at [eric.lau@southvan.org](mailto:eric.lau@southvan.org) or EXT 133

## **JOB SEARCH SESSION FOR NEWCOMERS**

**TUESDAYS / THURSDAYS / FRIDAYS**

1:00PM-3:00PM

Virtual and in-person @ South Vancouver Neighbourhood House. Mask is required for 1-on-1 in person. Small group sessions are available on Zoom. Email Eric at [eric.lau@southvan.org](mailto:eric.lau@southvan.org) or EXT 133



## **LABOUR MARKET VOLUNTEER PLACEMENT PROGRAM**

**TUESDAYS / THURSDAYS / FRIDAYS**

1:00PM-3:00PM

Virtual and in-person @ South Vancouver Neighbourhood House Volunteer referral program to help newcomers gaining volunteer experience in the community. Email Eric at [eric.lau@southvan.org](mailto:eric.lau@southvan.org) or EXT 133



**CALL US AT  
604-324-6212**

For more information about programs, services and registration information.

# OLDER ADULTS & SENIORS



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## SOCIAL CALLS

### **CALLS PROVIDED WEEKLY**

Calls are made by volunteers.

Email Jeannie at [jeannie.furmenak@southvan.org](mailto:jeannie.furmenak@southvan.org) or EXT 141



## **PRESCRIPTION DELIVERY**

### **ORDERS ACCEPTED WEDNESDAY THROUGH SATURDAY**

SAFE SENIORS STRONG COMMUNITIES

Email Alex at [svnhshopping@southvan.org](mailto:svnhshopping@southvan.org) or EXT 145



## **GROCERY SHOPPING/DELIVERY**

### **ORDERS ACCEPTED WEDNESDAY THROUGH SATURDAY**

SAFE SENIORS STRONG COMMUNITIES

Email Alex at [svnhshopping@southvan.org](mailto:svnhshopping@southvan.org) or EXT 145

## **FROZEN MEAL PROGRAM**

### **DELIVERED ON WEDNESDAYS, THURSDAYS AND FRIDAYS**

For seniors who are unable to cook and need assistance through prepared meals.

Email Randy at [randy.nakata@southvan.org](mailto:randy.nakata@southvan.org) or EXT 113

## **FAMILY AND FRIEND CAREGIVER SUPPORTS GROUP**

**ENGLISH GROUP - EVERY 4TH TUESDAY MORNING**

**MANDARIN GROUP - EVERY 4TH THURSDAY MORNING**

**10:30AM-11:30AM**

Virtual on zoom.

Email Ping at [ping.chen@southvan.org](mailto:ping.chen@southvan.org) or EXT 116



**CALL US AT**  
**604-324-6212**

For more information about  
programs, services and  
registration information.



# OLDER ADULTS & SENIORS



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

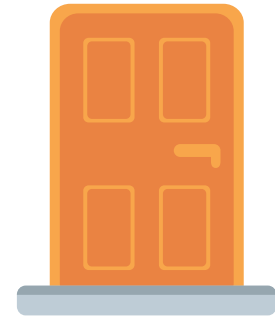
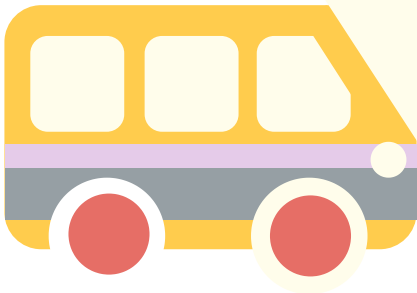
## BETTER AT HOME TRANSPORTATION SHUTTLE

**WEDNESDAYS / THURSDAYS / FRIDAYS**

**9:30AM-3:00PM**

Masks mandatory.

Email Jeannie at [jeannie.furmenak@southvan.org](mailto:jeannie.furmenak@southvan.org) or EXT 141



## WONDERFUL OLD AGE, PEACEFUL LIFE-COMMUNITY

**SENIORS OUTREACH** 精彩老年 如意生活

**MONDAY - FRIDAY**

**10:00AM-5:00PM**

We want to connect with Chinese-speaking seniors within our neighbourhoods. We know a strong community is built by its healthy and happy people. Your experiences are valuable, it can help us to provide a better service for seniors. Please generously share your ideas and thoughts on community services with our Seniors Community Outreach Specialist and volunteers who speak Mandarin, Cantonese, Taiwanese and English. We have a lot to learn from you!

If you or any of your friends need supports or want to know more about community and government resources. We are always here for you!

Use of PPE (Masks, gloves, hand sanitizer)

and physical distancing (2-meter apart) are required

Email Karen at [karen.hung@southvan.org](mailto:karen.hung@southvan.org) or EXT 114




**CALL US AT**  
**604-324-6212**


For more information about  
programs, services and  
registration information.

# OLDER ADULTS & SENIORS




STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

 **SENIORS ONLINE THERABAND EXERCISE**  
**2ND AND 4TH WEDNESDAY OF THE MONTH**  
11:00AM-12:00PM  
Virtual on Zoom.  
Email Frank at [frank.lin@southvan.org](mailto:frank.lin@southvan.org) or EXT 115

 **SENIORS VIRTUAL EXERCISE**  
**1ST WEDNESDAY OF THE MONTH**  
11:00AM-12:00PM  
Virtual on Zoom.  
Email Frank at [frank.lin@southvan.org](mailto:frank.lin@southvan.org) or EXT 115

 **SENIORS ONLINE SING-ALONG**  
**FRIDAY, MAY 31ST**  
11:00AM-11:35AM  
Virtual on Zoom.  
Email Frank at [frank.lin@southvan.org](mailto:frank.lin@southvan.org) or EXT 115

 **SENIORS TECH SUPPORT**  
**TUESDAY - SATURDAY**  
9:00AM-4:00PM  
By phone, email or Zoom.  
Email Frank at [frank.lin@southvan.org](mailto:frank.lin@southvan.org) or EXT 115

 **INFORMATION & REFERRAL SERVICES**  
**MONDAY - SATURDAY**  
9:00AM-4:00PM  
By phone, email or Zoom. One-on-one assistance for older adults seeking information and access to various services and government benefits  
Email Frank at [frank.lin@southvan.org](mailto:frank.lin@southvan.org) or EXT 115

 **TAICHI QIGONG SHIBASHI FOR BEGINNERS**  
**TUESDAYS**  
2:00PM-3:00PM  
Virtual on Zoom.  
Email Frank at [frank.lin@southvan.org](mailto:frank.lin@southvan.org) or EXT 115



# FOOD

## FAMILY FOOD PROGRAM



Food for Families and Individuals who need it.

Are you food secure?

NO

YES

Do you know how to access emergency food?

Is there anything else we can support you in?

NO

YES

Call SVNH reception for more information on resources  
604-324-6212

### SVNH can help!

Julie Diesta  
*Community Food Navigator*

[julie.diesta@southvan.org](mailto:julie.diesta@southvan.org)  
or 604-324-6212 EXT 143



## CALL US AT 604-324-6212

For more information about programs, services and registration information.





## ONE-ON-ONE FAMILY SUPPORT SERVICES

- EI/CERB applications
- Government forms
- Subsidy applications and more

Email Catherine at [catherine.kwan@southvan.org](mailto:catherine.kwan@southvan.org)

## EARLY CHILDHOOD RESOURCES FACEBOOK PAGE

Early Childhood Educational Resources for families and caregivers with children aged 0-5 with shared resources, arts & crafts tutorials, virtual storytimes, and fun activities  
[fb.me/southvanfam](https://fb.me/southvanfam)

## CHINESE BILINGUAL FAMILY TIME

**SATURDAYS**

**11:30AM-12:00PM**

On Zoom. Families with children aged 0-6, parents must accompany children during online session

Email [fdi@southvan.org](mailto:fdi@southvan.org) or EXT 112



## OUTDOOR FAMILY TIME

**SATURDAYS**

**10:30AM-11:30AM**

For families with children aged 0-6 and siblings. Program will take place at Memorial South Park (near the tennis courts and the bathrooms).

Email [fdi@southvan.org](mailto:fdi@southvan.org) or EXT 112

## READY SET GO & LEARN KINDERGARTEN PREPARATION

**FRIDAYS / APRIL 9-JULY 2**

**12:30PM-2:00PM**

On Zoom. Families with children aged 0-6, parents must accompany children during session

Email [fdi@southvan.org](mailto:fdi@southvan.org) or EXT 112

## PARENT WELLNESS AND INFORMATION MONTHLY WORKSHOPS

**ONCE A MONTH**

Virtual workshop for parents on Zoom.

Email [catherine.kwan@southvan.org](mailto:catherine.kwan@southvan.org) or EXT 112

# CHILDCARE



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## SVNH OSC GR. K-7

**MONDAY - FRIDAY**

**7:30AM-9:00AM & 3:00PM-5:30PM**

Licensed before and after school care for students attending Techumseh, Fleming & Cunningham  
Email Lestor at [lestor.chou@southvan.org](mailto:lestor.chou@southvan.org) to register

## WAVERLEY OSC GR. K-7

**MONDAY - FRIDAY**

**7:30AM-9:00AM & 3:00PM-5:30PM**

Licensed after school care for students attending Waverley.  
Before school care is at SVNH OSC.  
Email Caterina at [caterina.rubulotta@southvan.org](mailto:caterina.rubulotta@southvan.org) to register

## POPPINS PRESCHOOL (AGES 3-5)

**MONDAY - FRIDAY (2,3 & 5 day options)**

**9:15AM-11:15AM**

Engaging, safe and healthy licensed preschool program.  
Email Candice at [candice.leung@southvan.org](mailto:candice.leung@southvan.org) to register

## SVNH OSC SUMMER CAMP (JULY - AUGUST)

**MONDAY - FRIDAY**

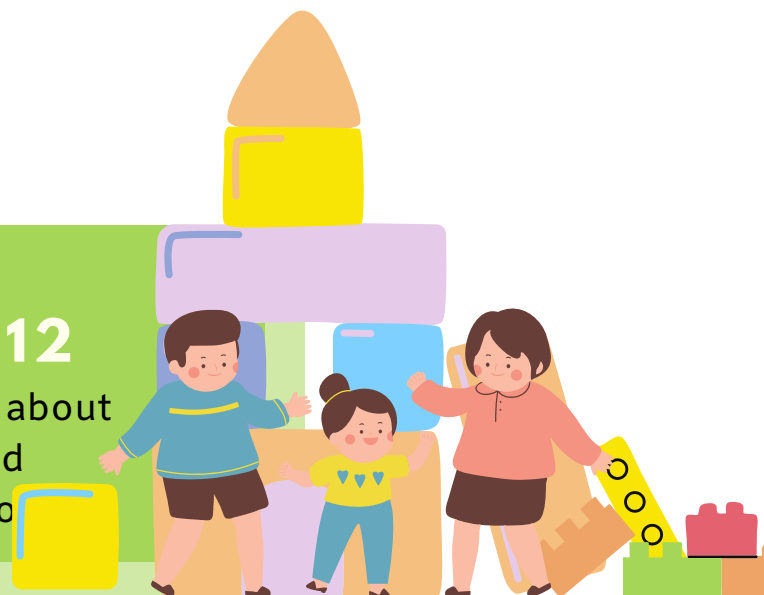
**7:30AM - 5:30PM**

Licensed summer camp program for students.  
Registration begins in May.  
Email Lestor at  
[lestor.chou@southvan.org](mailto:lestor.chou@southvan.org) to register



**CALL US AT**  
**604-324-6212**

For more information about programs, services and registration information





## UNITED WAY SCHOOL'S OUT GR. 4-7 MOBERLY PARK

**MONDAYS**

**12:00PM-1:45PM**

Masks required. Hang out with youth volunteers and other preteens outdoors with fun weekly activities, social and emotional development, participate in group games and relaxing activities.

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org) or EXT 121



## UNITED WAY SCHOOL'S OUT GR. 3-7 ON ZOOM

**MONDAYS**

**4:00PM-5:15PM**

Hang out with youth volunteers and other preteens online with fun weekly activities, social and emotional development, participate in group games and relaxing activities.

Email Felix at [felix.huang@southvan.org](mailto:felix.huang@southvan.org) or EXT 150

## UNITED WAY SCHOOL'S OUT PRETEEN LEADERSHIP GR.6-7 TUESDAYS

**3:45PM-5:30PM**

Masks required. Fun weekly activities with a focus on leadership, active living, and giving back to the community.

Email Kathy at  
[kathy.do@southvan.org](mailto:kathy.do@southvan.org)  
or EXT 121



**CALL US AT**  
**604-324-6212**

For more information about  
programs, services and  
registration information.

# PRETEENS



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## GLOBAL CITIZENS GR. 4-7

### WEDNESDAYS

3:30PM-4:30PM

Masks required. Learn about environmental sustainability through fun activities with youth volunteer mentors

Email Richard at [richard.nicolas@southvan.org](mailto:richard.nicolas@southvan.org) or EXT 151

## UNITED WAY SCHOOL'S OUT CYCLING ADVENTURES GR. 4-7

### NANAIMO PARK

### WEDNESDAYS

3:45PM-5:30PM

Mask required. Build your confidence in biking with youth volunteers and other preteens.

Email Felix at [felix.huang@southvan.org](mailto:felix.huang@southvan.org) or EXT 150

## UNITED WAY SCHOOL'S OUT GR. 2-3

### GORDON PARK

### THURSDAYS

11:00AM-12:45PM

Masks required. Hang out with youth volunteers and other kids outdoors with fun weekly activities, social and emotional development, participate in group games and relaxing activities.

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org) or EXT 121

## UNITED WAY SCHOOL'S OUT GR. 4-7

### GORDON PARK

### THURSDAYS

3:45PM-5:30PM

Masks required. Hang out with youth volunteers and other preteens outdoors with fun weekly activities, social and emotional development, participate in group games and relaxing activities.

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org) or EXT 121



# PRETEENS



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## EXPLORATION CLUB (HOMEWORK CLUB) GR. 3-7

**FRIDAYS**

**3:45PM-5:30PM**

Masks required. Explore STEM and literacy related activities with other preteens and youths.

Email Felix at [felix.huang@southvan.org](mailto:felix.huang@southvan.org) or EXT 150



## UNITED WAY SCHOOL'S OUT GR. 4-7

**SUNDAYS**

**1:15PM-3:00PM**

Masks required. Hang out with youth volunteers and other preteens weekly with fun weekly activities, social and emotional development, participate in group games and relaxing activities.

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org) or EXT 121

## UNITED WAY SCHOOL'S OUT PRETEEN COOKING GR. 4-7

**SUNDAYS**

**11:00AM-12:45PM**

Masks required. Explore food literacy and bake snacks for our other preteen programs.

Email Kathy at  
[kathy.do@southvan.org](mailto:kathy.do@southvan.org) or  
EXT 121



**CALL US AT**  
**604-324-6212**

For more information about  
programs, services and  
registration information.

# YOUTH (AGES 12-18)



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## **NYI (NEIGHBOURHOOD YOUTH INITIATIVE)**

**MONDAYS**

**4:00PM-5:30PM**

Youth leadership program to coordinate events and passion projects. Microsoft Teams/Zoom meetings; potential in-person meetings for event / project prep.

Email Gabby at [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org)

## **BIOCYCLE**

**MONDAYS**

**3:30PM-5:00PM**

Microsoft Teams and in-person at SVNH (alternating weeks)

Environmental sustainability leadership for youth ages 13-18

Email Richard at [richard.nicolas@southvan.org](mailto:richard.nicolas@southvan.org)

## **OWL (OPENING WORLDS TO LITERACY)**

**EVERY 1ST AND 3RD FRIDAY OF THE MONTH**

**3:30PM-5:30PM**

Virtual on Zoom. Youth literacy and fundraising group with a focus on raising awareness on literacy in South Vancouver

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org)

## **KILLARNEY GIRL GROUP**

**THURSDAYS**

**3:30PM-5:00PM**

Welcoming space for girls in grade 8-12 to talk and learn about important issues. Virtual on Zoom.

Email Jeannie at [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org)



## **FUTURE LEADERS**

**AFTERSCHOOL**

**VARIOUS TIMES**

Youth leadership and job experience opportunities (with honorarium) Virtual and in-person @ SVNH. Masks required for in-person component.

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org)

## **LEOs (LEADERSHIP, EXPERIENCE, AND OPPORTUNITIES)**

**FRIDAYS**

Community youth service club in partnership with South Vancouver Lions. Microsoft team meetings (both general and board members)

**3:45PM-5:00PM**

Email Gabby at [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org)

# NEWCOMER YOUTH



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## NEWCOMER YOUTH WELCOME CIRCLES

**DAVID THOMPSON**  
**THURSDAYS**

**KILLARNEY**  
**WEDNESDAYS**

**JOHN OLIVER**  
**TUESDAYS**

Practice your English conversation skills with activities and games.  
Virtual on Microsoft Teams.

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123

## FOOD SKILLS FOR NEWCOMER YOUTH

**SATURDAYS - TWO GROUPS**

1:00PM-2:30PM / 3:00PM-4:30PM

Learn to cook delicious food from around the world.

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123



## LEARNING CLUB AT SOUTH HILL NEIGHBOURHOOD CENTRE

**WEDNESDAYS / THURSDAYS**

10:30AM-1:00PM

Free tutoring with university students in all subjects.

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123

## NEWCOMER LEADERSHIP

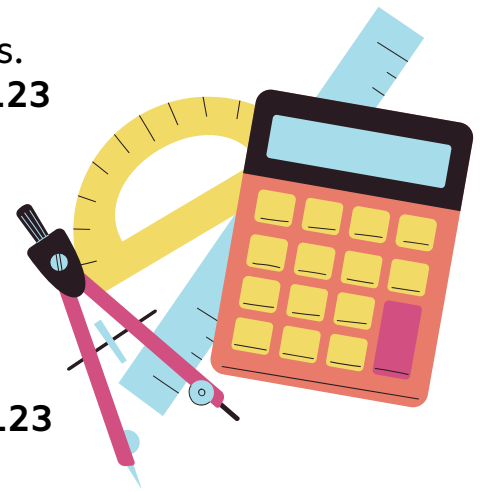
**SATURDAYS**

10:00AM-12:00PM

Volunteer by helping others in the community.

We make things to donate to people in need.

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123



## FUN WITH SCIENCE

**FRIDAYS**

11:30AM-12:30PM

Learn about science, experiments and amazing things about the human body. Program led by UBC science student Karina To.

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123



**CALL US AT**  
**604-324-6212**

For more information about  
programs, services and  
registration information.

# NEWCOMER YOUTH



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## GARDENING CLUB VOLUNTEER

### SATURDAYS

1:00PM-2:00PM

Help grow fruits and vegetables on our South Vancouver Neighbourhood

House rooftop garden. All equipment is provided.

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123



## MULTI-SPORT CLUB AT GORDON PARK

### TUESDAYS

3:30PM-4:30PM

Join us outdoors in playing a variety of sports with experienced volunteers. Equipment provided for volleyball, badminton, soccer, basketball, tennis, ultimate frisbee and more!

Bring your own water bottle. Snacks provided.

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123



## SUMMER VOLLEYBALL CAMP

### TUESDAYS

1:00PM-2:30PM

For Newcomer youth interested in learning how to play volleyball and learn new skills from Volleyball BC coaches. Coaches speak Tagalog and Punjabi/Hindi

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123

## ONE-ON-ONE SETTLEMENT SUPPORT

New to Canada? Have questions about school, life and making friends?

Book an appointment with our Youth Settlement Worker Sherry for support. She can help with:



- Mental health support
- Academic support
- Resources and referrals for any concerns.

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123



# NEWCOMER YOUNG ADULT



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## DIGITAL DOJO

### WEDNESDAYS

4:00PM-6:00PM

in-person program at South Hill Neighbourhood Centre. Masks required. Supporting young adult newcomers 17-24 years on basic computer skills, email and social media, word processing, photo editing, video and layouting workshops and session.

Email Danvic at [danvic.briones@southvan.org](mailto:danvic.briones@southvan.org) or EXT 135

## SOUND MIND

### TUESDAYS

6:00PM-8:00PM

In-person program at South Vancouver Neighborhood House. Mental health education and healthy coping strategy workshops and activities. Expressive arts therapy sessions for self care, spiritual and psychological nourishment.

Email Danvic at [danvic.briones@southvan.org](mailto:danvic.briones@southvan.org) or EXT 135

## YES HANGOUT

### SATURDAYS

1:00PM-3:00PM

Friday funday drop in program for young adults to connect & network in a light, positive, fun and safe environment. A time for movies, games, pizza night art and music.

Email Danvic at [danvic.briones@southvan.org](mailto:danvic.briones@southvan.org) or EXT 135



## CAREER LAB

### SATURDAYS

6:30PM-9:00PM

Virtual and in-person at South Hill Neighbourhood Centre. Masks required. Supporting young adult newcomers 17-24 years on career and character development, personal branding and marketing workshops and sessions through mentoring and guest speakers, field trips and site visits.

Email Danvic at [danvic.briones@southvan.org](mailto:danvic.briones@southvan.org) or EXT 135



## LIFE TUTOR

### THURSDAYS

1:00PM - 6:00PM

One on one support for young adult newcomers 17-24 years old concerning settlement, career, life skills, community connections, networking, accompaniment, goal setting and life coaching needs for young adults.

Email Danvic at [danvic.briones@southvan.org](mailto:danvic.briones@southvan.org) or EXT 135