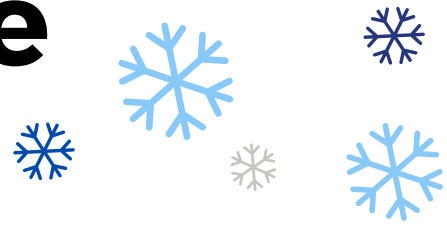


Program Guide Winter 2023

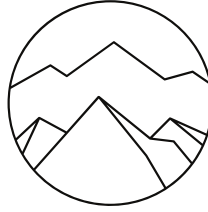


January 2023 - March 2023

Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



Stay connected with us
@southvanNH



Land Acknowledgement

We would like to acknowledge and give thanks to be able to live, work, and learn on the unceded, occupied, ancestral and traditional homelands of the x^wməθk^wəyəm (Musqueam), Sk̓w̓x̓w̓ú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

We thank the Nations for sharing their beautiful land, the sun, the air, and water with us and allowing us to strengthen and grow as a family.

We recognize the vast cultural diversity of Indigenous people and acknowledge the importance of their opinions, representation, and culture.

We are grateful for the Indigenous peoples who have cared for these lands since time immemorial and we hold our hands up to their amazing resistance, resilience, and strength in the face of historic generational and ongoing dispossession.

***"Keep the Circle ever growing, keep the circle strong,
as we all become family, and as time moves on"***

- Elder Lorelei, SVNH Indigenous Advisory Council



COMMUNITY

Language

ESL Conversation Group

📍 South Vancouver Neighbourhood House / Virtual on Zoom

📅 Wednesdays at 1:00pm - 3:00pm

For adults and seniors wishing to practice speaking English and making social connections with the community.

To register contact kwangyoung.conn@southvan.org
or call (604)-324-6212 EXT 117

English Conversation Circle

📍 Virtual on Zoom

📅 Every 2nd and 4th Saturday of the Month at 9:00am - 10:30am

For adults wanting to practice English speaking skills.

To register contact feroza.quirraishi@southvan.org
or (604)-324-6212 EXT 160

Health

Move to Change

📍 Southside Hub 8118 Fraser St. Vancouver B.C.

📅 Fridays at 10:00am - 12:00pm

Exercise program for women. Offered in Dari and Pashto.

To register contact feroza.quirraishi@southvan.org
or (604)-324-6212 EXT 160



COMMUNITY

Employment

Job Search Session for Newcomers

 **Virtual on Zoom**

 **By appointment only**

Mask is required for 1-on-1 in person.

Small group sessions on Zoom

To register contact eric.lau@southvan.org

Labour Market Conversations with Local Professionals

 **Virtual on Zoom**

 **By appointment only**

Learn about how local professionals started their careers in Metro-Vancouver. (HR, Mining Company, Business Consultants and Vancouver School Board, etc)

To register contact eric.lau@southvan.org

Labour Market Volunteer Placement Program

 **Virtual on Zoom**

 **By appointment only**

Volunteer referral program to help newcomers gain Canadian experience in the community.

To register contact eric.lau@southvan.org

Employment

3CARS Program for Newcomers Childcare Careers

 **Virtual on Zoom**

 **January & February 2023**

Free Responsible Adult and Childcare First Aid training plus volunteer placement at SVNH pre-school and OSC program.

To register contact eric.lau@southvan.org

FAST

 **Virtual on Zoom**

 **By appointment only**

FAST is a self-paced career prep and competency assessment program designed for individuals in Accounting, Biotech & Life Sciences, Culinary Arts, IT and Data Services, and Skilled Trades. Collaboration with IECBC.

To register contact eric.lau@southvan.org

ASCEND

 **Virtual on Zoom**

 **By appointment only**

ASCEND is a self-paced online employment readiness program developed by IEC-BC in partnership with Canadian employers.

To register contact eric.lau@southvan.org

Job Focused Computer Class

 **Virtual on Zoom**

 **Wednesdays at 10:00am - 12:00pm**

For anyone looking for information on career choices, resume writing, cover letter writing, and job search skills.

To register contact kwangyoung.conn@southvan.org

or call (604)-324-6212 EXT 117




COMMUNITY

Mentorship Groups

Multicultural Women Peer Mentoring Group

 Virtual on Zoom

 Fridays at 1:00pm - 3:00pm

Adult women and seniors looking for peer support through a positive support network and English-speaking practice.

To register contact kwangyoung.conn@southvan.org
or call (604)-324-6212 EXT 117

South Asian Women's Mentoring Program

 Virtual on Zoom


 Last Friday of the Month at 1:00pm - 2:30pm

South Asian Women's Mentoring program offered in Punjabi/Hindi.

To register contact humaira.imtiaz@southvan.org
or (604)-324-6212 EXT 134

South Asian Women's Program

 Virtual on Zoom

 Fridays at 1:00pm - 2:30pm


South Asian Women's program offered in Punjabi/Hindi.

To register contact humaira.imtiaz@southvan.org
or (604)-324-6212 EXT 134

Mentorship Groups

Conversation for Men

 Virtual on Zoom

 Tuesdays at 7:00pm - 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.

To register contact eric.lau@southvan.org

Technology

Basic Computer Class

 SVNH

 Wednesdays at 10:00am - 12:00pm & 1:00pm - 3:00pm

For anyone interested in learning smart phone use, basic computer use, internet & email use, MS Word and Excel.


To register contact yuchen.li@southvan.org

or call (604)-324-6212 EXT 117

Parenting

[Korean] Nobody's Perfect Parenting Program

 Virtual on Zoom

 Mondays at 1:30pm - 3:00pm | Feb. 28 - Mar. 29

Parenting program for Korean speaking parents with children under 5.

To register contact kwangyoung.conn@southvan.org

or (604)-324-6212 EXT 117



COMMUNITY PROGRAMS

Settlement

Migrant Workers Program

📍 Virtual on Zoom

📅 Refer to Migrant Workers calendar for dates

Providing migrant workers with the tools to build personal strength by educating them on employment rights and creating a space where they can use their voice.

To register contact julie.diesta@southvan.org
or (604)-324-6212 EXT 143

Neighbours & Cultures

📍 Virtual on Zoom

📅 Every 1st Saturday of the Month at 3:30pm - 5:00pm

Program offered in Dari/Pashto

To register contact feroza.quirraishi@southvan.org
or (604)-324-6212 EXT 160

Information and Orientation Workshop for Newcomers from Afghanistan

📍 Virtual on Zoom

📅 Tuesdays at 7:00pm - 8:30pm

Offered in Dari and Pashto.

To register contact feroza.quirraishi@southvan.org
or (604)-324-6212 EXT 160



ADULT DAY PROGRAMS

Adult Day Centres

SVNH Adult Day Centre

📍 #345 - 3150 East 54th Avenue

📅 Monday - Friday at 9:00am - 4:00pm

Providing a community of support for frail elders, adults with physical or cognitive challenges and their caregivers. More information can be found at svnhadc.blogspot.com

To register contact sg-adp-south-van@svnh.onmicrosoft.com
or (604)-430-6473

Beulah Gardens Adult Day Centre

📍 3355 East 5th Avenue

📅 Monday - Friday at 9:00am - 4:00pm

Providing a community of support for frail elders, adults with physical or cognitive challenges and their caregivers. More information can be found at svnhadc.blogspot.com

To register contact sg-adp-beulah@southvan.org
or (604)-255-0413



SENIORS PROGRAMS

Seniors Hub

South Vancouver Seniors Hub

South Vancouver neighbourhood

The Hub works within a networked service model that brings together seniors, community agencies, and different organizations to help engage and serve seniors. Seniors lead, govern, identify needs, and organize activities to meet those needs. Seniors gain confidence, socialize interculturally, learn new things, and create opportunities for isolated seniors.

**For more information please visit the Seniors Hub website
www.theseniorshub.org**

South Vancouver Seniors Hub Council

Virtual meetings

1st Tuesday of the month from 10:00am - 12:30pm

Passionate about issues that affect seniors and looking for a place to have a say? Join us! The Seniors' Hub Council is a place to take action, share ideas, and connect with like-minded seniors. Our approach is collaborative and community-based, and our purpose is to facilitate mature adults' independence and active participation in the community. Potential candidates should be team players, open-minded, and dependable.

**To register contact shelley.jorde@southvan.org
or (604)-324-6212 EXT 132**



SENIORS PROGRAMS

Food and Nutrition

Community Lunch

 **South Vancouver Neighbourhood House**

 **Wednesdays at 12:00pm - 1:00pm**

Hot, in-house made lunch for members of the International Wellness Program and other approved programs. \$7.00 cost.

To register contact alex.hill@southvan.org
or (604)-324-6212 EXT 145

Monthly Community Dinner

 **St Thomas Church 2444 East 41st Ave. Vancouver BC.**

 **Jan. 31st, Feb. 28th and Mar. 28th at 5:00pm - 6:30pm**

Seniors who are new to SVNH are cordially invited to dinner.

Make new friends and connect with neighbours over a delicious meal.

Pre-registration required, contact michelle.luong@southvan.org
or (604)-324-6212 EXT 158

Prescription Delivery

 **South Vancouver neighbourhood**

 **Orders accepted Tuesdays / Wednesdays / Thursdays**

For seniors in need of prescriptions to be delivered.

To register contact svnhshopping@southvan.org
or (604)-324-6212 EXT 145



SENIORS PROGRAMS

Food and Nutrition

Grocery Shopping and Delivery

 **South Vancouver neighbourhood**

 **Orders accepted Tuesdays / Wednesdays / Thursdays**

For seniors in need of groceries delivered to their homes.

To register contact svnhshopping@southvan.org
or (604)-324-6212 EXT 145

Cook with Joy

 **Virtual on Zoom**

 **1st and 3rd Friday of the month at 4:30pm - 6:00pm**

Virtually cook and learn new recipes with other seniors.

To register contact michelle.luong@southvan.org
or (604)-324-6212 EXT 158

Frozen Meals Program

 **South Vancouver neighbourhood**

 **Delivered Thursdays / Fridays**

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

Meals cost \$7.00 each.

To register contact frozenmeals@southvan.org
or (604)-324-6212 EXT 113



SENIORS PROGRAMS

Health and Fitness

Seniors Shindig

 2444 East 41st Ave. Vancouver, BC


 Wednesdays at 1:00pm - 3:00pm

Line Dance led by instructor. Mask is required by all dancers.

To register contact frank.lin@southvan.org
or (604)-324-6212 EXT 115

Tai Chi Exercise for Beginners

 Virtual on Zoom


 Fridays at 9:30am - 11:00am

Tai Chi exercise class to help to improve your balance.
In Cantonese and English.

To register contact michelle.luong@southvan.org
or (604)-324-6212 EXT 158

[Cantonese] Dance and Stretch

 Virtual on Zoom

 Fridays at 10:30am - 12:00pm

Meet on Zoom to dance and stretch with other seniors.

To register contact michelle.luong@southvan.org
or (604)-324-6212 EXT 158



SENIORS PROGRAMS

Health and Fitness

Better at Home - Friendly Visiting and Walking Companions

 **South Vancouver neighbourhood**

 **Monday - Friday**

Volunteers spend time with seniors to ease the challenges of living alone. By donation.

To register contact jeannie.furmanek@southvan.org or (604)-324-6212 EXT 141

Move, Groove and Improve

 **Moberly Arts Centre 7646 Prince Albert St. Vancouver, BC**

 **Mondays and Thursdays at 10:30am - 11:30am**

Active aging and well-being. Participants will engage in physical activities, such as chair yoga.

To register contact michelle.luong@southvan.org or (604)-324-6212 EXT 158

Choose to Move

 **South Vancouver Neighbourhood House**

 **Thursdays at 10:00am - 11:00am**

Free program that supports seniors 55+ to become and stay active.

To register contact michelle.luong@southvan.org or (604)-324-6212 EXT 158

SENIORS PROGRAMS

Wellness

Social Calls

 **South Vancouver neighbourhood**

 **Monday - Friday**

Social calls made by volunteers to seniors.

To register contact jeannie.furmanek@southvan.org
or (604)-324-6212 EXT 141

Better at Home - Housekeeping

 **South Vancouver neighbourhood**

 **Orders accepted Tuesdays / Wednesdays / Thursdays**

Light housekeeping charged based on income - must be 65 years old and demonstrate the need of housekeeping support.

To join the waitlist contact Farveen Mohammed at (604)-445-1636

Better at Home - Yardwork

 **South Vancouver neighbourhood**

 **Monday - Friday**

Yardwork at your home. Seniors must provide lawn mower and equipment. Cost is based on a sliding scale.

To register contact jeannie.furmanek@southvan.org
or (604)-324-6212 EXT 141

Better at Home - Transportation Shuttle

 **South Vancouver neighbourhood**

 **Tuesdays / Wednesdays / Thursdays at 9:30am - 3:00pm**

For seniors in need of transportation.

Suggested donation of \$5-15 dependent on distance

To register contact jeannie.furmanek@southvan.org
or (604)-324-6212 EXT 141



SENIORS PROGRAMS

Information and Referral

Information and Referral Services

 **By appointment only**

 **Monday - Saturday at 9:00am - 4:00pm**

The program offers free, confidential one-to-one information and referral services to assist seniors to navigate through government systems, and fill out application forms, access information, services and resources. One-on-one assistance for older adults seeking information and access to various services and government benefits.

Support available in English, Cantonese and Mandarin.

To register contact frank.lin@southvan.org
or (604)-324-6212 EXT 115

Technology

Seniors Tech Support

 **By Phone, Email or Zoom**

 **Tuesdays - Saturdays at 9:00am - 4:00pm**

Tech support for seniors with phones, tablets and computers. Available in English, Cantonese and Mandarin.

To register contact frank.lin@southvan.org
or (604)-324-6212 EXT 115



SENIORS PROGRAMS

Support and Wellness Groups

[English] Family and Friends Caregivers Support Group

📍 Virtual on Zoom or Wechat

📅 4th Tuesday of the Month at 10:30am - 11:30am

Support group for senior caregivers in English.

To register contact ping.chen@southvan.org

or (604)-324-6212 EXT 116

[Mandarin] Family and Friends Caregiver Support Group

📍 Virtual on Zoom or Wechat

📅 4th Thursday of the Month at 10:30am - 11:30am

Support group for senior caregivers in Mandarin.

To register contact ping.chen@southvan.org

or (604)-324-6212 EXT 116

[Cantonese] Family and Friends Caregiver Support Group

📍 Virtual on Zoom or Wechat

📅 2nd Friday of the Month at 1:00pm - 2:00pm

Support group for senior caregivers in Cantonese.

To register contact ping.chen@southvan.org

or (604)-324-6212 EXT 116



SENIORS PROGRAMS

Support and Wellness Groups

[Punjabi] South Asian Men's Wellness Group

📍 **Sunset Community Centre 6810 Main St, Vancouver, BC**

📅 **Tuesdays at 12:00pm - 2:30pm**

Delivered in Punjabi, Socialization, light snack, songs, stories, and cultural celebrations.

To register contact amanpreet.jawanda@southvan.org

[Punjabi] South Asian Women's Wellness Group

📍 **South Vancouver Neighbourhood House**

📅 **Thursdays at 12:00pm - 2:30pm**

Delivered in Punjabi, Socialization, light snack, songs, stories, and cultural celebrations.

To register contact amanpreet.jawanda@southvan.org

Men's Group

📍 **South Vancouver Neighbourhood House**

📅 **Wednesdays at 10:00am - 1:00pm | Jan. 12 - Feb. 22**

The group offers a space for men to discuss issues that matter most to them. It provides an opportunity to build your social network while enhancing skills and development. This program includes lunch.

To register contact frank.lin@southvan.org

or (604)-324-6212 EXT 115



SENIORS PROGRAMS

Support and Wellness Groups

Intercultural Wellness Group

 **South Vancouver Neighbourhood House**


 **Wednesdays at 10:30am - 12:00pm**

Group focused on health and wellness for seniors, includes activities, games, exercises, sing-along and discussions in English.

To register contact alex.hill@southvan.org
or (604)-324-6212 EXT 145

[Cantonese] Wellness Group

 **South Vancouver Neighbourhood House**


 **Mondays at 10:00am - 12:00pm**

Socialization, out trips, songs, stories and workshops.
Learn different topics related to health and well-being.

To register contact michelle.luong@southvan.org
or (604)-324-6212 EXT 158

Seniors Grief and Loss Support Group

 **South Vancouver Neighbourhood House**

 **Tuesdays at 12:30pm - 2:30pm**

Group focus on providing space, support and education
around grief and loss for seniors. Pre-registration required

To register contact alex.hill@southvan.org
or (604)-324-6212 EXT 145




SENIORS PROGRAMS

Arts and Crafts

Intercultural Craft Circle

 **South Vancouver Neighbourhood House**

 **Tuesdays at 10:30am - 12:00pm**

Seniors program where participants share time together to socialize and work on individual craft projects.

To register contact frank.lin@southvan.org
or (604)-324-6212 EXT 115

Language

[Cantonese] ESL for Seniors

 **South Vancouver Neighbourhood House**

 **Wednesdays at 1:30pm - 3:00pm**

Seniors program where folks learn and practice English at a beginner's level in a safe and fun environment. Reading materials are provided. One time fee of \$5.00.

To register contact frank.lin@southvan.org
or (604)-324-6212 EXT 115



REFRAMING SOUTH VANCOUVER

Neighbourhood Advisory Committee

South Vancouver Neighbourhood House

We are inviting residents who are:

- Living in South Vancouver (Main St. to Boundary Rd. and 41st avenue to Marine Drive)
- Part of the racialized (non-white) population
- Interested in learning more about their neighbourhood and the City

Neighbourhood Advisory Committee (NAC) volunteers will attend training on how the city operates and ways to make their neighbourhood a better place for all.

Members will participate in monthly meetings to discuss possible actions. All racialized residents who are willing to devote time and effort to improve their neighbourhood are welcome!

For more information, please contact:

Liza Bautista (English/Tagalog)

at liza.bautista@southvan.org or 778-990-6365

Prabhi Deol (English/Punjabi)

at prabhi.deol@southvan.org or 778-713-0435

Cherry Wong (English/Chinese)

at cherry.wong@southvan.org or 778-712-8990



FOOD PROGRAMS

Community

South Vancouver Community Food Hub

📍 **7 locations across South Vancouver**

📅 **Mondays / Thursdays / Fridays**

We provide weekly grocery boxes to residents of Sunset, Victoria-Fraserview and Killarney who need food support. We work with our partners to operate 7 distribution locations across South Vancouver. Our program allows community members to access food closer to home, as well as holistic support and referrals. Program participants must live within South Vancouver catchment area (Main St. to Boundary Rd. and 41st to Fraser River). Currently our program is full with a waitlist.

**To join the waitlist contact joy.decastro@southvan.org
or (604)-324-6212 EXT 212**

Youth

Mind Your Food

📍 **ADP Champlain Mall #345 - 3150 East 54th Ave. Vancouver BC.**

📅 **Saturdays from January 7 - March 11 at 1:00pm - 3:30pm**

Mind Your Food is an 11-week program designed to promote positive mental health among youth by exploring the intersections of food, body, mind, culture, and belonging.

**To join the waitlist contact hilary.tam@southvan.org
or (604)-324-6212 EXT 159**



FOOD PROGRAMS

Seniors

Cook with Joy

 Virtual on Zoom

 1st and 3rd Friday of the month at 4:30pm - 6:00pm

Virtually cook and learn new recipes with other seniors.

To register contact michelle.luong@southvan.org
or (604)-324-6212 EXT 158

Grocery Shopping and Delivery

 South Vancouver neighbourhood

 Orders accepted Tuesdays / Wednesdays / Thursdays

For seniors in need of groceries delivered to their homes.

To register contact svnhshopping@southvan.org
or (604)-324-6212 EXT 145

Frozen Meals Program

 South Vancouver neighbourhood

 Delivered Thursdays / Fridays

For seniors who are unable to cook and need assistance through prepared meals. Meals cost \$7.00 each.

To register contact frozenmeals@southvan.org
or (604)-324-6212 EXT 113



FOOD PROGRAMS

Seniors

Community Lunch

 **South Vancouver Neighbourhood House**

 **Wednesdays at 12:00pm - 1:00pm**

Hot, in-house made lunch for members of the International Wellness Program and other approved programs. \$6.00 cost.

To register contact alex.hill@southvan.org
or (604)-324-6212 EXT 145

Monthly Community Dinner

 **St Thomas Church 2444 East 41st Ave. Vancouver BC.**

 **Jan. 31st, Feb. 28th and Mar. 28th at 4:30pm - 7:00pm**

Seniors who are new to SVNH are cordially invited to dinner.

Make new friends and connect with neighbours over a delicious meal.

Pre-registration required, contact michelle.luong@southvan.org
or (604)-324-6212 EXT 158



CHILDCARE PROGRAMS

Ages 2-5

Poppins Preschool

 **South Vancouver Neighbourhood House**

 **Monday - Friday (2, 3 and 5 day options) at 9:15am - 11:30am**

Engaging safe and healthy licensed preschool program.

To register contact candice.leung@southvan.org

or (604)-324-6212 EXT 119

Salmonberry Toddler program

 **Southside Hub 8131 Chester St. Vancouver, BC.**

 **Monday - Friday at 7:30am - 5:30pm**

Engaging safe and healthy licensed full day care program.

To join the waitlist, go to

www.southvan.org/salmonberry-child-care-centre-waitlist

or contact barbie.chan@southvan.org or (604)-324-6212 EXT 654

Salmonberry 3 - 5 program

 **Southside Hub 8131 Chester St. Vancouver, BC.**

 **Monday - Friday at 7:30am - 5:30pm**

Engaging safe and healthy licensed full day care program.

To join the waitlist, go to

www.southvan.org/salmonberry-child-care-centre-waitlist

or contact flossie.li@southvan.org or (604)-324-6212 EXT 652




CHILDCARE PROGRAMS

Ages 5-12

SVNH Out of School Care Gr. K - 7

 **South Vancouver Neighbourhood House
Family Room / Preschool Room**

Monday - Friday

 **Before Care: 7:30AM-9:00AM Full Day: 7:30 AM - 6:00 PM**
After Care: 3:00PM-6:00PM

Licensed before and after school care for students attending Tecumseh, and Cunningham.

Full day care for VSB Professional Development Days & early dismissals included in price. Licensed for 40 children.

MCFD Affordable Child Care Benefits accepted.

\$10 Membership per family

\$30 Registration Fee per child

\$400/child/month for students Gr. 1 and up

\$300/child/month for students in Kindergarten

(\$100 MCFD Fee reduction applied for students in Kindergarten)

To register contact lestor.chou@southvan.org

or (604)-324-6212 EXT 146




CHILDCARE PROGRAMS

Ages 5-12

Waverley Out of School Care Gr. K - 7

 **Waverley Elementary School 6111 Elliott St. Vancouver, BC**
Waverley Multipurpose Room

Monday - Friday

 **Before Care: 7:30AM-9:00AM** **Full Day: 7:30 AM - 6:00 PM**
After Care: 3:00PM-6:00PM

Licensed before and after school care for students attending Waverley. Before school care is at SVNH OSC.

Full day care for VSB Professional Development Days & early dismissals included in price.

Licensed for 30 Children.

MCFD Affordable Child Care Benefits accepted.

MCFD Prototype Centre (\$10/day childcare)

Winter Break, Spring Break, Summer Care included for all students registered.

\$10 Membership per family

\$30 Registration Fee per child

\$200/child/month

To register contact zohreh.pezhman@southvan.org or (604)-218-6017




CHILDCARE PROGRAMS

Ages 5-12

SVNH Out of School Care Spring Break Camp (Gr. K - 7)

 **South Vancouver Neighbourhood House
Family Room / Preschool Room**

 **Monday - Friday March 13 - March 24 2023
Full Day: 7:30 AM - 6:00 PM**

Full day care for children during VSB Spring Break Closure.
Priority spaces offered current SVNH OSC.
New children (public) can register pending availability.
(No school restrictions). Licensed for 40 Children.
MCFD Affordable Child Care Benefits accepted

\$35/child/day for students Gr. 1 and up, currently enrolled in
SVNH OSC

\$30/child/day for students in Kindergarten currently enrolled
in SVNH OSC

\$55/child/day for students Gr. 1 and up

\$50/child/day for students in Kindergarten
(MCFD Fee reduction applied)

**To register contact lestor.chou@southvan.org
or (604)-324-6212 EXT 146**



CHILDCARE PROGRAMS

Ages 5-12

BC Housing Kids Club

 **Culloden Court**

 **Mondays and Thursdays at 3:00pm - 4:30pm**

After-school program for BC Housing children 6 to 12 years old. BC Housing children enjoy art, science, and food while learning about sustainability, keeping fit, and much more.

To register contact mikyung.han@southvan.org or 604-324-6212 EXT 147

BC Housing Kids Club

 **Champlain Court**

 **Tuesdays and Fridays at 3:00pm - 4:30pm**

After-school program for BC Housing children 6 to 12 years old. BC Housing children enjoy art, science, and food while learning about sustainability, keeping fit, and much more.

To register contact mikyung.han@southvan.org or 604-324-6212 EXT 147

BC Housing Kids Club

 **Orchard Park**

 **Tuesdays and Fridays at 3:00pm - 4:30pm**

After-school program for BC Housing children 6 to 12 years old. BC Housing children enjoy art, science, and food while learning about sustainability, keeping fit, and much more.

To register contact mikyung.han@southvan.org or 604-324-6212 EXT 147



FAMILY PROGRAMS

Family Support and Resources

Family Support Services

📍 **South Vancouver Neighbourhood House or Virtual on Zoom**

📅 **Monday - Friday**

Provide support, resources and referrals to families.

Community resources and information, childcare, parenting, and subsidy applications.

Catherine - English/Cantonese/Mandarin

Marie -English/Tagalog

To register contact catherine.kwan@southvan.org or (604)-324-6212 EXT 112

marie.mah@southvan.org or (604)-324-6212 EXT 149

South Vancouver Early Childhood Resources

Facebook Page

📍 **fb.me/southvanfam**

SVNH Family Program & Activities Updates and Early Childhood Education Resources for families and caregivers with children aged 0-6.



FAMILY PROGRAMS

Family Support and Resources

Southside Hub Lending Library

 **Southside Hub 8118 Fraser St. Vancouver, BC**

 **January 6 - March 24, 2023 Tuesdays at 1:00pm - 2:30pm**

Families can borrow books for their children or for themselves. After they read it, return it or pass it on to a friend.

Contact marie.mah@southvan.org or fdi@southvan.org
or (604)-324-6212 EXT 149

Care and Share

 **Killarney Community Centre 6260 Killarney St. Vancouver, BC**

 **January 12, 19 February 15, 22 March 12, 19**

2nd & 4th Thursday of the Month at 2:00pm - 4:00pm

Need a bit of help from your friends? Drop by and pick up some gently used clothing for all ages, toys for kids, and more, for free!

Contact julie.diesta@southvan.org or (604)-324-6212 EXT 143
ali.matson@southvan.org or (604)-324-6212 EXT 124



FAMILY PROGRAMS

Activities

Family Skate Time

📍 Killarney Community Centre 6260 Killarney St. Vancouver, BC

📅 January 12, 19 February 9, 16 March 9, 16

2nd & 3rd Thursday of the Month at 11:30am

Exercise, connect with others, and have fun with your family with skating time at Killarney CC Ice Rink!

Priority given to families who are newcomers or PR.

Registration will open at slotted.co/fdiskate

the Monday of the week of the program at 9AM.

Contact marie.mah@southvan.org or fdi@southvan.org

or (604)-324-6212 EXT 149

Mother Goose Circle Time

📍 Southside Hub 8118 Fraser St. Vancouver, BC.

📅 January 30, February 6, 13, 27, March 6, 13

Mondays at 11:30am - 12:30pm

For parents with children aged 0 - 3 years old to meet other parents and learn rhymes/songs/stories together.

Offered in English/Cantonese/Mandarin

Contact marie.mah@southvan.org or weiwei.siew@southvan.org

or (604)-324-6212 EXT 149

FAMILY PROGRAMS

Activities

Family Play Time at South Vancouver Neighbourhood House

 **South Vancouver Neighbourhood House**


 **January 7 - March 11, 2023 Saturdays at 10:30am - 12:00pm**

A free drop-in program for children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning exploration! English, Cantonese, Mandarin, Arabic, Spanish, Punjabi, Tagalog, and more. Open to all families no pre-registration required.

Contact catherine.kwan@southvan.org or fdi@southvan.org
or (604)-324-6212 EXT 112

Family Play Time at Sunset Community Centre

 **Room 117 Sunset Community Centre 6810 Main St. Vancouver, BC**

 **January 10 - March 7, 2023 Tuesdays at 10:00am - 11:30am**

A free drop-in program for children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning exploration! English, Cantonese, Mandarin, Arabic, Spanish, Punjabi, Tagalog, and more. Open to all families no pre-registration required.

Contact monet.yabut@southvan.org or fdi@southvan.org
or (604)-324-6212 EXT 159

Family Play Time at Southside Hub

 **Southside Hub 8118 Fraser St. Vancouver, BC**

 **January 6 - March 24, 2023 Fridays at 12:00pm - 2:00pm**

A free drop-in program for children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning exploration! English, Cantonese, Mandarin, Arabic, Spanish, Punjabi, Tagalog, and more. Open to all families no pre-registration required.

Contact marie.mah@southvan.org or fdi@southvan.org
or (604)-324-6212 EXT 149




PRETEEN PROGRAMS

Settlement

Cultural Buddies

 **Douglas Elementary School**


 **Fridays at 12:00pm to 12:47pm**

Lunch program for newcomer preteens to eat lunch, meet new friends, and play games.

To register contact anthony.lai@southvan.org
or (604)-324-6212 EXT 151

Cultural Buddies

 **Tecumseh Elementary School**

 **Tuesdays at 12:00pm to 12:47pm**

Lunch program for newcomer preteens to eat lunch, meet new friends, and play games.

To register contact anthony.lai@southvan.org
or (604)-324-6212 EXT 151

Cultural Buddies

 **Captain James Cook Elementary School**

 **Wednesdays at 12:00pm to 12:47pm**

Lunch program for newcomer preteens to eat lunch, meet new friends, and play games.

To register contact anthony.lai@southvan.org
or (604)-324-6212 EXT 151




PRETEEN PROGRAMS

Food and Nutrition

Cultural Buddy Chefs

 **South Vancouver Neighbourhood House**


 **Sundays at 2:00pm to 4:00pm**

Weekend food skills program for newcomer preteens to learn about nutrition, cooking, meet new friends, learn about cultural recipes, and develop their leadership skills under the mentorship of high school youth volunteers

To register contact kathy.do@southvan.org
or (604)-324-6212 EXT 121

Cultural Buddy Chefs

 **South Vancouver Neighbourhood House**

 **Saturdays at 3:00pm to 5:00pm**

Weekend food skills program for newcomer preteens to learn about nutrition, cooking, meet new friends, learn about cultural recipes, and develop their leadership skills under the mentorship of high school youth volunteers

To register contact kathy.do@southvan.org
or (604)-324-6212 EXT 121



PRETEEN PROGRAMS

Community

United Way School's Out (Grades 3-7)

 **Moberly Arts Centre 7646 Prince Albert St. Vancouver, BC**


 **Wednesdays at 3:30pm - 5:00pm**

UW School's Out is a free program for preteens in the Sunset community. Come join us to get to know your community better, meet new friends, and participate in fun activities relating to art, culture, music, community, nature, literacy, and more! Snacks provided at every session.

To register contact jade.chan@southvan.org
or (604)-324-6212 EXT 121

United Way School's Out (Grades 4-5)

 **Waverley Elementary School**

 **Thursdays at 3:00pm - 4:30pm**

UW School's Out is a free program for preteens at Waverley Elementary School. Come join us to get to know your community better, meet new friends, and participate in fun activities relating to art, culture, music, community, nature, literacy, and more! The focus of the program will be on literacy. Snacks provided at every session.

To register contact covey.po@southvan.org




PRETEEN PROGRAMS

Community

United Way School's Out (Grades 4-7)

 **Fleming Elementary School**

 **Tuesdays at 3:45pm - 5:15pm**

UW School's Out is a free program for preteens at Fleming Elementary School. Come join us to get to know your community better, meet new friends, and participate in fun activities relating to art, culture, music, community, nature, literacy, and more!


The focus of the program will be on literacy.

Snacks provided at every session.

To register contact covey.po@southvan.org

United Way School's Out (Grades 4-7)

 **Tecumseh Elementary School**

 **Tuesdays at 3:00pm - 4:30pm**

UW School's Out is a free program for preteens at Tecumseh Elementary School. Come join us to get to know your community better, meet new friends, and develop your leadership skills through fun activities relating to art, culture, music, community, nature, literacy, and more! The focus of the program will be on leadership and a fostering positive digital presence.

To register contact jade.chan@southvan.org

or (604)-324-6212 EXT 121




PRETEEN PROGRAMS

Sustainability

Global Citizens Gr. 4-7

 **Waverley Elementary School**


 **Tuesdays at 12:00pm to 12:47pm**

Gain leadership skills and learn more about environmental sustainabilities with various project based activities related to the community. Participants will work together as a team creating a meaningful impact towards the community.

To register contact (604)-324-6212

Global Citizens Gr. 4-7

 **Cook Elementary School**

 **Tuesdays at 12:00pm to 12:47pm**

Gain leadership skills and learn more about environmental sustainabilities with various project based activities related to the community. Participants will work together as a team creating a meaningful impact towards the community.

To register contact (604)-324-6212



YOUTH PROGRAMS

Leadership

Future Leaders

 **South Vancouver Neighbourhood House / MS Teams**

 **Monday - Friday after school**

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

To register contact kathy.do@southvan.org or jade.chan@southvan.org or (604)-324-6212 EXT 121

LEOs (Leadership, Experience and Opportunity)

 **South Vancouver Neighbourhood House / MS Teams**

 **2nd, 3rd and 4th Wednesday of the Month at 3:45pm to 5:30pm**

Junior Lions service club where youth gain leadership and communication skills by organizing events and fundraisers for the community


To register contact gabby.guevarra@southvan.org or (604)-324-6212 EXT 154

YOUTH PROGRAMS

Leadership

Cultural Buddy Leaders

 **South Vancouver Neighbourhood House**

 **Sundays at 11:30am to 1:30pm**


Weekend program for newcomer preteens to meet new friends, learn about Canada, and develop their leadership skills under the mentorship of high school youth volunteers

To register contact kathy.do@southvan.org

or (604)-324-6212 EXT 121

Neighbourhood Youth Initiative

 **South Vancouver Neighbourhood House**

 **Mondays at 3:45pm - 5:30pm**


Community leadership program for youth to plan, coordinate, and deliver events or workshops for the community.

To register contact gabby.guevarra@southvan.org

or (604)-324-6212 EXT 154

ECHO (Engaging Communities in Helpful Opportunities)

 **Southside Hub 8118 Fraser St. Vancouver BC.**

 **Tuesdays at 3:45pm to 5:30pm**

Youth leadership council where youth ages 13-19 who live or go to school in the Sunset community plan events to engage their community. Honorarium position.

To register contact gabby.guevarra@southvan.org

or (604)-324-6212 EXT 154



YOUTH PROGRAMS

Sustainability

Biocycle

 **South Vancouver Neighbourhood House**

 **Wednesdays at 4:00pm - 6:00pm**

Sustainability community leadership program for youth to learn more about sustainability and create meaningful impacts to the community by organizing different events & projects.

To register contact covey.po@southvan.org

Green Team Gr. 8-12

 **David Thompson Secondary School**

 **Mondays / Thursdays at 11:35am to 12:05pm**

Lunch time program at David Thompson Secondary School. Sustainability-based leadership group that aims to bring awareness of environmental issues to the school and their community through hosting events, fundraisers, and workshops.

To register contact jade.chan@southvan.org

or (604)-324-6212 EXT 150



YOUTH PROGRAMS

Literacy

Homework Club

 **South Vancouver Neighbourhood House**

 **Tuesdays / Thursdays at 3:30pm to 5:00pm**

Youth-to-preteen tutoring for homework, school tests, and all academic curiosities. Participate in fun and educational literacy and numeracy activities every week. Cost based on sliding scale.

To register contact (604)-324-6212

Learning Club

 **Southside Hub 8118 Fraser St. Vancouver BC.**

 **Wednesdays at 3:30pm - 5:30pm**

Free tutoring with university students in all subjects and help youth look for volunteer and work positions.

Also help fill out forms in English. Support in English and Arabic.

To register contact salma.ismail@southvan.org

or (604)-324-6212 EXT 123



YOUTH PROGRAMS

Literacy

Fostering Literacy

 **South Vancouver Neighbourhood House**

 **Mondays and Thursdays at 3:30pm - 5:00pm**

One-to-one reading program for children under the mentorship of high school youth volunteers

To register contact anthony.lai@southvan.org
or (604)-324-6212 EXT 151

OWL (Opening Worlds to Literacy)

 **South Vancouver Neighbourhood House**


 **Fridays at 4:00pm - 6:00pm**

Youth literacy and fundraising group with a focus on raising awareness on the importance of literacy in South Vancouver.

To register contact kathy.do@southvan.org
or (604)-324-6212 EXT 121

OWL (Opening Worlds to Literacy)

 **Online**

 **Fridays at 4:00pm - 5:00pm**

Youth literacy and fundraising group with a focus on raising awareness on the importance of literacy in South Vancouver.

To register contact kathy.do@southvan.org
or (604)-324-6212 EXT 121




YOUTH PROGRAMS

Wellness

Preteen Girls Group Peer Mentor

 **South Vancouver Neighbourhood House**


 **Sundays at 11:30am - 1:15pm**

Become a positive peer mentor to preteen girls in grades 4 to 7. Lead different activities in building confidence and resilience, discovering identities and celebrating their uniqueness and strengths! Masks are required.

To register contact gabby.guevarra@southvan.org

Resilient Minds

 **South Vancouver Neighbourhood House**

 **Saturdays at 1:00pm - 2:30pm**

Feeling worried, stressed or sad?

Improve your mental health: learn music, meditation, art and activities to help you cope with your difficult emotions.

Ensuring your mental well-being is for everyone

To register contact salma.ismail@southvan.org
or (604)-324-6212 EXT 123




YOUTH PROGRAMS

Wellness

INSPIRE

 Killarney Secondary School


 Thursdays at 3:00pm to 4:30pm

After school social program exploring topics that impact and empower girls.

To register contact gabby.guevarra@southvan.org
or (604)-324-6212 EXT 154

INSPIRE

 David Thompson Secondary School


 Thursdays at 3:00pm to 4:30pm

After school social program exploring topics that impact and empower girls.

To register contact jade.chan@southvan.org
or (604)-324-6212 EXT 150

INSPIRE

 John Oliver Secondary School

 Thursdays at 3:00pm to 4:30pm

After school social program exploring topics that impact and empower girls.

To register contact jade.chan@southvan.org
or (604)-324-6212 EXT 150



YOUTH PROGRAMS

Food and Nutrition

Mind Your Food

📍 **ADP Champlain Mall #345 - 3150 East 54th Ave. Vancouver BC.**

📅 **Saturdays from January 7 - March 11 at 1:00pm - 3:30pm**

11-week program to promote positive mental health among youth by exploring the intersections of food, mind, culture, and belonging.

To register contact hilary.tam@southvan.org
or (604)-324-6212 EXT 159

Food Skills for Newcomer Youth

📍 **South Vancouver Neighbourhood House**

📅 **Sundays at 12:00pm to 3:00pm**

Learn to cook delicious food from around the world.

To register contact felix.huang@southvan.org
or (604)-324-6212 EXT 123

Drop-In

Friday Nights

📍 **South Vancouver Neighbourhood House**

📅 **Fridays at 6:00pm - 8:00pm**

Youth drop-in program at SVNH. Earn volunteer hours, help out at the neighbourhood house, and meet new people!

To register contact kathy.do@southvan.org




YOUTH PROGRAMS

Settlement

Newcomer Leadership

 **South Vancouver Neighbourhood House**

 **Saturdays at 10:00am - 12:00pm**

Volunteer by helping others in the community. We make things to donate to people in need. Support in English and Arabic.

**To register contact salma.ismail@southvan.org
or (604)-324-6212 EXT 123**

One-on-one Settlement Support

 **South Vancouver Neighbourhood House / Online**

 **Book for appointment**

New to Canada? Have questions about school, life and making friends? Book an appointment with our Youth Settlement Worker Salma for support. She can help with:

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

**To register contact salma.ismail@southvan.org
or (604)-324-6212 EXT 123**



YOUTH PROGRAMS

Settlement

Welcome Circle

 **David Thompson Secondary School**

 **Fridays at lunch time**

Lunch program where you can practice your English conversational skills while playing different games and activities.

**To register contact salma.ismail@southvan.org
or (604)-324-6212 EXT 123**

Welcome Circle

 **Killarney Secondary School**

 **Wednesdays at lunch time**

Lunch program where you can practice your English conversational skills while playing different games and activities.

**To register contact salma.ismail@southvan.org
or (604)-324-6212 EXT 123**

Welcome Circle

 **John Oliver Secondary School**

 **Tuesdays at lunch time**

Lunch program where you can practice your English conversational skills while playing different games and activities.

**To register contact salma.ismail@southvan.org
or (604)-324-6212 EXT 123**