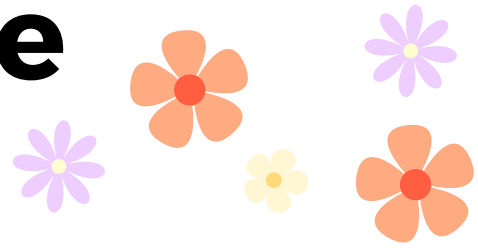


# Program Guide

## Spring 2023



**April 2023 - June 2023**

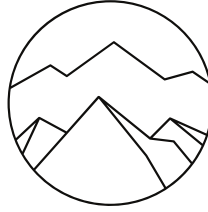
Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



Stay connected with us  
**@southvanNH**



ASSOCIATION OF  
NEIGHBOURHOOD HOUSES BC



## **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  $x^w m \theta k^w \acute{e} y \acute{a} m$  (Musqueam),  $S k w x w \acute{u} 7 m e s h$  (Squamish), and  $S \acute{a} l \acute{i} l w \acute{e} t a \text{?} / S e l i l w i t u l h$  (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



# 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**

**abdullah.abid@southvan.org or (604)-324-6212 EXT 161**

### 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**

 **Tuesdays, April 14 - June 16 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](mailto:marie.mah@southvan.org) or [fdi@southvan.org](mailto:fdi@southvan.org)  
or (604)-324-6212 EXT 149

### Care and Share

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

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

# FAMILY PROGRAMS

## Activities

---

### Family Play Time at Sunset Community Centre

 **Room 117 Sunset Community Centre 6810 Main St. Vancouver, BC**  
 **Tuesdays, April 11 - June 13 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](mailto:monet.yabut@southvan.org) | (604)-324-6212 EXT 159

or [abdullah.abid@southvan.org](mailto:abdullah.abid@southvan.org) | (604)-324-6212 EXT 161 or [fdi@southvan.org](mailto:fdi@southvan.org)

### Family Play Time at Southside Hub

 **Southside Hub 8118 Fraser St. Vancouver, BC**  
 **Fridays, April 14 - June 16 at 10:30pm - 12:30pm**

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](mailto:marie.mah@southvan.org) or [fdi@southvan.org](mailto:fdi@southvan.org)

or (604)-324-6212 EXT 149

### Family Play Time at South Vancouver Neighbourhood House

 **South Vancouver Neighbourhood House**  
 **Saturdays, April 15 - June 17 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](mailto:catherine.kwan@southvan.org) or [fdi@southvan.org](mailto:fdi@southvan.org)

or (604)-324-6212 EXT 112



# FAMILY PROGRAMS

## Activities

---

### Family Wellness

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

📅 **Every 3rd Wednesday of the Month at 10:30am - 12:00pm**

Connect with your child and community by doing wellness activities together! This Spring: Zumay ba, Yoga, then Tai Chi.

**To register contact [marie.mah@southvan.org](mailto:marie.mah@southvan.org)  
or 604-324-6212 ext. 149**

### Nature Walk

📍 **South Vancouver Neighbourhood House**

📅 **Every 3rd Monday of the Month at 10:00am - 12:00pm**

Get to know your local parks and build your child's observation and exploration skills! For ages 2-5 and their family.

**To register contact [monet.yabut@southvan.org](mailto:monet.yabut@southvan.org)  
or 604-324-6212 ext.159**

### Mother Goose Circle Time

📍 **South Vancouver Neighbourhood House**

📅 **Thursday from May 4 - June 22 at 10:00am - 11:30am**

For infants ages 0-18 months and their caregivers. The program introduces power of using rhymes, songs, and stories together!

**To register contact [monet.yabut@southvan.org](mailto:monet.yabut@southvan.org)  
or [marie.mah@southvan.org](mailto:marie.mah@southvan.org) 604-324-6212 ext. 149**



# FAMILY PROGRAMS

## Parenting

---

### My Tween and Me parenting program in English with Arabic & Spanish translations

📍 Online on Zoom

📅 Thursdays, May 4, 11, 18, 25 & June 1, 8, 15, 22  
at 4:00pm - 5:30pm

My Tween and Me parenting program in partnership with PIRS and SVNH, Spanish and Arabic translations are available.

Contact 604-298-5888 for more information or

Arabic: Souad sghomair@pirs.bc.ca    Spanish: Erika epizarro@pirs.bc.ca



# 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](mailto: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](http://www.southvan.org/salmonberry-child-care-centre-waitlist)

or contact [barbie.chan@southvan.org](mailto: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](http://www.southvan.org/salmonberry-child-care-centre-waitlist)

or contact [flossie.li@southvan.org](mailto: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](mailto: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](mailto:zohreh.pezhman@southvan.org) or (604)-218-6017**



# CHILDCARE PROGRAMS

**Ages 6-12**

---

## BC Housing Kids Club

 **Culloden Court**

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

 **Champlain Places**

 **Tuesdays and Fridays at 3:00pm - 5:30pm**

 **Orchard Park**

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

Reopening May 16th. 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](mailto:mikyung.han@southvan.org) or 604-324-6212 EXT 147**



# 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](mailto:jade.chan@southvan.org)  
or (604)-324-6212 EXT 150

### 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](mailto: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](mailto: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](mailto:jade.chan@southvan.org)

or (604)-324-6212 EXT 150



# 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](mailto:kathy.do@southvan.org) or [jade.chan@southvan.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 [anthony.lai@southvan.org](mailto:anthony.lai@southvan.org)  
or (604)-324-6212 EXT 151**

### 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:gabby.guevarra@southvan.org)  
or (604)-324-6212 EXT 154

### INSPIRE

 David Thompson Secondary School


 Tuesdays at 3:00pm to 4:30pm

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

To register contact [jade.chan@southvan.org](mailto: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](mailto: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 May - July 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:salma.ismail@southvan.org)  
or (604)-324-6212 EXT 123**





# 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](mailto: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.quraishi@southvan.org](mailto:feroza.quraishi@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.quraishi@southvan.org](mailto:feroza.quraishi@southvan.org)  
or (604)-324-6212 EXT 160



# COMMUNITY

## Technology

---

### Basic Computer Class

📍 **Morning: In person at SVNH | Afternoon: Online on Zoom**

📅 **Saturdays 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](mailto:yuchen.li@southvan.org) or (604)-324-6212 EXT 117

### Job Focused Computer Class

📍 **Virtual on Zoom**

📅 **Wednesdays, April 19th, 26th, & May 3rd 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](mailto:kwangyoung.conn@southvan.org) or (604)-324-6212 EXT 117

## Settlement

---

### Canadian Citizenship Preparedness Workshop

📍 **Online on Zoom**

📅 **Monday, April 3rd at 10:00am - 1:00pm**

Learn updated citizenship rules, the application process, and the Discovery Canada Study Guide.

To register contact [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) or (604)-324-6212 EXT 117



# COMMUNITY

## 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.

To register contact [julie.diesta@southvan.org](mailto: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.quraishi@southvan.org](mailto:feroza.quraishi@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.quraishi@southvan.org](mailto:feroza.quraishi@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](mailto: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](mailto: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](mailto:eric.lau@southvan.org)**

## Employment

---

### Newcomer Women Job Connection in Childcare Training

 **Virtual on Zoom**

 **M/W/F/S starting April 17 at 10:00am - 12:00pm / 1:00pm - 3:00pm**

For immigrant women with PR and Protected Persons under Section 95 looking for entering employment in Childcare Services.

**To register contact [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@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](mailto: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](mailto:eric.lau@southvan.org)**

### Job Focused Computer Class

 **Virtual on Zoom**

 **Wednesdays, April 19th, 26th, & May 3rd 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](mailto:kwangyoung.conn@southvan.org)**

**or call (604)-324-6212 EXT 117**

## Employment

---

### Settlement Practitioner PBLMT

 **Hybrid in person and online**

 **Starting June 26, 2023**

A 28-week program that prepares you to work as a settlement practitioner.

This program is designed to provide participants with a broad range of knowledge of the different areas in settlement. Participants will study a range of topics that include Canadian Law, Culture and Integration, Foundations of Settlement Workers, Case Management and Settlement Counselling, Introduction to Community Mental Health, and Safety and Life Skills for Newcomers among others.

Eligible students are unemployed individuals with the following:

- A WorkBC Case Manager
- Have established a claim for Employment Insurance (EI) benefits, or
- Have had an EI benefit period that ended within the previous 60 months or
- Have earned more than \$200- in insurable earnings and paid employee EI premiums on those earnings in at least 5 of the last 10 years or
- Are a BCEA Persons with Disabilities or BCEA non-PWD clients and
- Have an Action Plan (AP) that indentifies Settlement Practitioner as a reasonable step to achieve their occupaitional goal

**For more information contact [pblmt@southvan.org](mailto:pblmt@southvan.org)  
or register at [www.tinyurl.com/SettlementWorker](http://www.tinyurl.com/SettlementWorker)**




# 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](mailto: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](mailto: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](mailto:humaira.imtiaz@southvan.org)  
or (604)-324-6212 EXT 134



# COMMUNITY

## Mentorship Groups

---

### Chinese Women's Mentoring Program

📍 Virtual on Zoom

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

Offered in Cantonese/Mandarin

To register contact [catherine.kwan@southvan.org](mailto:catherine.kwan@southvan.org)

### Conversation for Men

📍 Virtual on Zoom

📅 Tuesdays at 7:00pm - 8:00pm

The purpose of a men's support group is to help guys undergo growth, improve mental health, attain success and happiness. We meet weekly via Zoom to share our experiences. Occasional outings.

To register contact [eric.lau@southvan.org](mailto:eric.lau@southvan.org)

### Grief and Loss Circles

📍 Virtual on Zoom

📅 4th Saturday of the month (April 22 - Dec 23) at 11:00am - 1:00pm

A safe and trusting space to share the journey of those who have moved on. To reflect, pray, drum, and sing together and know that you are not alone and there are others holding space for you to share your grief and heal through the loss.

To register contact [huda.bolbolan@southvan.org](mailto:huda.bolbolan@southvan.org)

or call (604)-324-6212 EXT 144





# FOOD PROGRAMS

## Community

---

### South Vancouver Community Food Hub

 **6 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 6 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](mailto:joy.decastro@southvan.org) or (604)-324-6212 EXT 212**



# FOOD PROGRAMS

## Youth

---

### Mind Your Food

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

📅 **Saturdays from May - July 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](mailto: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](mailto:felix.huang@southvan.org)  
or (604)-324-6212 EXT 123

## Seniors

---

### Community Lunch

📍 **South Vancouver Neighbourhood House**

📅 **Wednesdays at 12:00pm - 1:00pm**

Hot and nutritious meal is available following the Intercultural Wellness program. Cost \$7.00

To register contact [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org) 604-324-6212 EXT 141



# FOOD PROGRAMS

## Seniors

---

### Cook with Lucenda

 Virtual on Zoom

 May 19th, June 2nd, & June 16th at 4:30pm - 6:00pm

Cook together, learn new recipes, socialize and more!

\*Participants must have their own device to access Zoom.

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

### Better at Home - 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](mailto: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](mailto:frozenmeals@southvan.org)  
or (604)-324-6212 EXT 113



# REFRAMING SOUTH VANCOUVER

## Neighbourhood Advisory Committee

 **South Vancouver Neighbourhood House**

 **Meeting monthly; either:**

- **Whole Group ( Saturday at 9am-12pm);**
- **Respective NAC (time and place TBD among the group)**

We are inviting residents who are:

- Living in South Vancouver (Main St. to Boundary Rd. and 41st avenue to Marine Drive)
- Interested in learning more about their neighbourhood and the City and making changes in the community

...to join our Neighbourhood Advisory Committee (NAC)!

Neighbourhood Advisory Committee (NAC) volunteers will attend training on how the city operates and ways to make their neighbourhood a better place for all. They will then participate in monthly meetings to discuss possible actions.

Residents who are willing to devote time and effort to improve the South Vancouver neighbourhood are welcome! We encourage all people of colour, cultures and diversity to come.

**For more information, please contact:**

**(English/Tagalog) [liza.bautista@southvan.org](mailto:liza.bautista@southvan.org) or 778-990-6365**

**(English/Punjabi) [prabhi.deol@southvan.org](mailto:prabhi.deol@southvan.org) or 778-713-0435**

**English/Chinese) [cherry.wong@southvan.org](mailto:cherry.wong@southvan.org) or 778-712-8990**



# 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](http://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](mailto:shelley.jorde@southvan.org)**  
**or (604)-324-6212 EXT 132**



# SENIORS PROGRAMS

## Information and Referral

---

### Information and Referral Services

 **By appointment only**

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

Free, confidential 1-to-1 services with application forms, information, and resources. Support in English, Cantonese and Mandarin.

To register contact [frank.lin@southvan.org](mailto:frank.lin@southvan.org) (604)-324-6212 EXT 115  
OR [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) (604)-324-6212 EXT 158

## Food and Nutrition

---

### Community Lunch

 **South Vancouver Neighbourhood House**

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

Hot and nutritious meal is available following the Intercultural Wellness program. Cost \$7.00

To register contact [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org) 604-324-6212 EXT 141

### Better at Home - Prescription Delivery

 **South Vancouver neighbourhood**

 **Orders accepted Tuesdays / Wednesdays / Thursdays**

For seniors in need of prescriptions to be delivered.  
Cost based on a sliding scale.

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



# SENIORS PROGRAMS

## Food and Nutrition

---

### Better at Home - Grocery Shopping and Delivery

 South Vancouver neighbourhood

 Orders accepted Tuesdays / Wednesdays / Thursdays

For seniors in need of groceries delivered to their homes.  
Cost based on a sliding scale.

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

### Cook with Lucenda

 Virtual on Zoom

 May 19th, June 2nd, & June 16th at 4:30pm - 6:00pm

Cook together, learn new recipes, socialize and more!

\*Participants must have their own device to access Zoom.

To register contact [michelle.luong@southvan.org](mailto: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](mailto: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](mailto:frank.lin@southvan.org)  
or (604)-324-6212 EXT 115

### Tai Chi Exercise for Beginners

 Virtual on Zoom

 Fridays at 9:30am - 11:00am

Improve your balance, flexibility and overall well-being with Tai Chi. Open to beginners with little to no experience.

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

### [Cantonese] Dance and Stretch

 Virtual on Zoom

 Fridays, May 19th - June 23rd at 10:30am - 12:00pm

Engaging and fun dances and stretches with the chance to meet other participants and socialize.

\*Participants must have their own device to access Zoom.

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



# SENIORS PROGRAMS

## Health and Fitness

---

### Better at Home Friendly Visiting, Walking Companions & Social Calls

 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](mailto: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](mailto:michelle.luong@southvan.org)  
or (604)-324-6212 EXT 158

## Music

---

### Chinese Caregivers Sing-along Group

 In-person at SVNH and virtual on Zoom

 2nd Thursday of the Month at 2:00pm - 3:00pm

Sing songs, enjoy music, share stories, and have an informal respite.

To register contact [ping.chen@southvan.org](mailto:ping.chen@southvan.org)  
or (604)-324-6212 EXT 116



# SENIORS PROGRAMS

## Wellness

---

### 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](mailto: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](mailto:jeannie.furmanek@southvan.org)  
or (604)-324-6212 EXT 141**



# SENIORS PROGRAMS

## Technology

---

### Beginner iPad/iPhone Class

 **South Vancouver Neighbourhood House**

 **Fridays, April 14th - June 23rd at 1:45pm - 3:15pm**

How to use email, the phone book, Zoom and more. One time fee of \$5

\*Participants will need to bring their own iPad or iPhone.

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

### Intermediate iPad/iPhone Class

 **South Vancouver Neighbourhood House**

 **Fridays, April 14th - June 23rd at 12:00pm - 1:30pm**

Intermediate digital literacy skills, building on top of basic skills.

\*Participants to bring their own iPad/iPhone. One time fee of \$5

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

### 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](mailto: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

Educational workshop and sharing circle, which enhance caregiver's knowledge and confidence to care and selfcare, to build a supportive network, and to strengthen social connections.

To register contact [ping.chen@southvan.org](mailto:ping.chen@southvan.org) or (604)-324-6212 EXT 116

### [Chinese] Family and Friends Caregiver Support Group

 Virtual on Zoom or Wechat

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

Specific language support group in Cantonese and Mandarin, to help caregivers care and self care, and build stronger social connections.

To register contact [ping.chen@southvan.org](mailto:ping.chen@southvan.org) or (604)-324-6212 EXT 116

### Men's Group

 South Vancouver Neighbourhood House

 Wednesdays at 10:00am - 1:00pm

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](mailto:frank.lin@southvan.org)  
or (604)-324-6212 EXT 115



# 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](mailto:amanpreet.jawanda@southvan.org)  
or (604)-324-6212 EXT 137

### [Punjabi] South Asian Women's Wellness Group

📍 **South Vancouver Neighbourhood House**

📅 **Thursdays (April 13 - June 25) at 12:30pm - 2:30pm**

Socialization, light snack, songs, stories, and cultural celebrations.

To register contact [amanpreet.jawanda@southvan.org](mailto:amanpreet.jawanda@southvan.org)  
or (604)-324-6212 EXT 137

### [Punjabi] South Asian Women's

### "Healing through Ancient Teachings"

📍 **South Vancouver Neighbourhood House**

📅 **Thursdays (April 6 - June 29) at 12:30pm - 2:30pm**

Socialization, light snack, songs, stories, and cultural celebrations.  
Organizing workshops on "Healing through Ancient Teachings"


To register contact [amanpreet.jawanda@southvan.org](mailto:amanpreet.jawanda@southvan.org)  
or (604)-324-6212 EXT 137



# SENIORS PROGRAMS

## [Cantonese] Wellness Group

 **South Vancouver Neighbourhood House**

 **Mondays at 10:00am - 11:45am**

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

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

## Intercultural Wellness Group

 **South Vancouver Neighbourhood House**

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

Socialize, exercise, sing songs, engage in workshops and more! Make new friends and learn different topics related to health and well-being.  
Free + optional \$7 lunch.

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




# SENIORS PROGRAMS

## Arts and Crafts

---

### Intercultural Craft Circle

 **South Vancouver Neighbourhood House**

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

Socialize and work on individual craft projects.

To register contact [frank.lin@southvan.org](mailto:frank.lin@southvan.org)

or (604)-324-6212 EXT 115

## Language

---

### ESL for Seniors

 **South Vancouver Neighbourhood House**

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


Learn and practice English at a beginner's level in a safe and fun environment. One time fee of \$5.00.

To register contact [frank.lin@southvan.org](mailto:frank.lin@southvan.org)

or (604)-324-6212 EXT 115

### ESL Conversation

 **South Vancouver Neighbourhood House**

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

Improve your English language skills and gain confidence in speaking English. Recommended for beginners or intermediates.

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



# 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](http://svnhadc.blogspot.com)

To register contact [sg-adp-south-van@svnh.onmicrosoft.com](mailto: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](http://svnhadc.blogspot.com)

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