

# Program Guide

## Fall 2023



**September 2023 - December 2023**

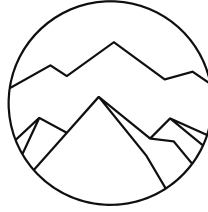
Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



Photo Credit:  
Pardeep Singh  
Courtesy of United Way



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 *xʷməθkʷəy̓əm* (Musqueam), *Sḵw̓x̓wú7mesh* (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

# OUR FREE SPECIAL EVENTS

FREE FOOD | LIVE MUSIC | FUN GAMES | RAFFLE PRIZES

## SUNSET PLAZA GRAND OPENING

SEPTEMBER 17, 2023

Sunset Plaza  
48th Avenue & Fraser Street (Next to BMO)

NO REGISTRATION REQUIRED

BROUGHT TO YOU BY



COMMUNITY PARTNER

SABLOK / SABLOK



## ALL NATIONS GATHERING "FINDING BALANCE"

JOIN US FOR A **FREE** DAY OF CULTURAL SHARING, FREE COMMUNITY LUNCH, SINGING, DANCING & MORE

FOR MORE INFORMATION, CONTACT:  
JESSICA.SAVOY@SOUTHVAN.ORG | 604-324-6212 EXT 166



SEPT 23  
2023

10:00AM - 2:00PM

KILLARNEY  
COMMUNITY  
CENTRE

\*no registration required.

YOU ARE INVITED TO OUR

## HARVEST FESTIVAL

HALLOWEEN COSTUMES ENCOURAGED

Join us for our family-friendly annual fair for **arts & crafts, garden-grown food, games & more!**

**\*no registration required**

**FREE EVENT**

SATURDAY  
**OCTOBER 28**  
11:30AM - 2:00PM

OUTSIDE DAVID THOMPSON  
SCHOOL | ENTRY ON ARGYLE ST.

1755 EAST 55TH AVENUE  
VANCOUVER BC



# FAMILY PROGRAMS

## Family Support and Resources

### Family Support Services

English

Cantonese

Mandarin

Tagalog

South Vancouver Neighbourhood House / Online on Zoom / By Phone

Monday - Friday

By appointment

Provide support, resources and referrals to families. Community resources and information, childcare, parenting, and subsidy applications.

#### Contact to register

catherine.kwan@southvan.org | 604-324-6212 EXT 112

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

### South Vancouver Early Years and Family Resource Facebook Page

 [fb.me/southvanfam](https://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 Drop-In

### Sunset Family Play Time

All languages and cultures welcome

Sunset Community Centre Room 117 (6810 Main Street, Vancouver BC)  
Tuesdays | September 19 - December 12  
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! Resources and guest speakers will be shared for families to learn about what is available in the community.

Drop-in program. No registration required.

### Southside Hub Family Play Time

All languages and cultures welcome

Southside Hub (8118 Fraser St)  
Fridays | September 15 - December 15  
10:00am - 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! Resources and guest speakers will be shared for families to learn about what is available in the community.

Drop-in program. No registration required.

### SVNH Family Play Time

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm 201)  
Saturdays | September 16 - December 16  
10:30am - 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! Resources and guest speakers will be shared for families to learn about what is available in the community.

Drop-in program. No registration required.

# FAMILY PROGRAMS

## Family Drop-In

### Mother Goose Circle Time

All languages and cultures welcome

South Vancouver Neighbourhood House (Front Room)  
Thursdays | October 5 - December 14  
10:30am - 12:00pm

A group experience for parents and their babies. The program introduces adults and children to the pleasure and power of using rhymes, songs, and stories together! For infants ages 0-18 months and their caregivers.

Drop-in program. No registration required.

### Family Swim Time

All languages and cultures welcome

Killarney Community Centre Pool  
Saturdays | September 12 - December 9  
1:30pm

Exercise, connect with others, and have fun with your family with swimming time.

#### Contact to register

catherine.kwan@southvan.org | 604-324-6212 EXT 112  
Registration opens on a weekly basis on Mondays at 9AM.

# FAMILY PROGRAMS

## Parenting Workshops

### Nobody's Perfect Parenting

Dari

English

South Vancouver Neighbourhood House  
Thursdays | October 5 - November 6  
10:30am - 12:00pm

Facilitated, community-based parenting program for parents of children from birth to age five. Offered in English and Dari.

Contact to register [abdullah.abid@southvan.org](mailto:abdullah.abid@southvan.org)

### Nobody's Perfect Parenting in Filipino

Tagalog

South Vancouver Neighbourhood House  
Wednesdays | November 1 - December 6  
10:00am - 12:00pm

Facilitated, community-based parenting program for parents of children from birth to age five offered in communities by facilitators to help support parents and young children. Offered in Filipino.

Contact to register  
[marie.mah@southvan.org](mailto:marie.mah@southvan.org) | 604-324-6212 EXT 149



# CHILDCARE PROGRAMS

## Children 2 to 5 years old

### Poppins Preschool

All languages and cultures welcome

South Vancouver Neighbourhood House

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

Engaging safe and healthy licensed preschool program.

Contact to register [candice.leung@southvan.org](mailto:candice.leung@southvan.org) | 604-324-6212 EXT 119

### Salmonberry Toddler Program

All languages and cultures welcome

Southside Hub 8131 Chester St. Vancouver, BC.

Monday - Friday 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) | 604-324-6212 EXT 654

### Salmonberry 3-5 Program

All languages and cultures welcome

Southside Hub 8131 Chester St. Vancouver, BC.

Monday - Friday 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) | 604-324-6212 EXT 652





# CHILDCARE PROGRAMS

## Children 5 to 12 years old

### SVNH Out of School Care Gr. K - 7

All languages and cultures welcome

South Vancouver Neighbourhood House (Family Room / Preschool Room)

Monday - Friday | September 6, 2023 - June 30, 2024

Before Care: 7:30am - 9:00am After Care: 3:00pm - 6:00pm

Full Day: 7:30am - 6:00pm

A 40 space licensed before and after school care for students attending Tecumseh, and Cunningham. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to register

lestor.chou@southvan.org | 604-324-6212 EXT 146

### Waverley Out of School Care Gr. K - 7

All languages and cultures welcome

Waverley Elementary School 6111 Elliott St. Vancouver, BC

Monday - Friday

Before Care: 7:30am - 9:00am After Care: 3:00pm - 6:00pm

Full Day: 7:30am - 6:00pm

A 40 space licensed before and after school care for students attending Waverley. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to register

zohreh.pezhman@southvan.org | (604)-218-6017

# CHILDCARE PROGRAMS

## Children 5 to 12 years old

### BC Housing Kids Club

All languages and cultures welcome

#### Culloden Court

Mondays & Thursdays  
3:00pm - 5:30pm

#### Champlain Places

Tuesdays & Fridays  
3:00pm - 5:30pm

#### Orchard Park

Wednesdays  
3:00pm - 5:30pm

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 more.

#### Contact to register

mikyung.han@southvan.org | 604-324-6212 EXT 147



# PRETEEN PROGRAMS

## Children 5 to 12 years old

### United Way School's Out (Gr. 4 to 7)

All languages and cultures welcome

#### Fleming Elementary

To be announced  
3:00pm - 4:30pm

#### Waverley Elementary

Tuesdays & Thursdays  
3:00pm - 4:30pm

UW School's Out is a free program for preteens. 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.

#### Contact to register

(Fleming) [jade.chan@southvan.org](mailto:jade.chan@southvan.org) | 604-324-6212 EXT 150

(Waverley) [covey.po@southvan.org](mailto:covey.po@southvan.org) | 604-324-6212 EXT 125

### Fostering Literacy (K to Gr. 2)

All languages and cultures welcome

#### SVNH

Mondays  
3:30pm - 5:00pm

#### SVNH

Thursdays  
3:30pm - 5:00pm

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

Contact to register [anthony.lai@southvan.org](mailto:anthony.lai@southvan.org)

# PRETEEN PROGRAMS

## Children 5 to 12 years old

### Global Citizens

Tagalog

English

#### Captain James Cook Elementary

Mondays

Lunchtime | 12:00pm - 12:47pm

#### Waverley Elementary

Tuesdays

Lunchtime | 12:00pm - 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.

Contact to register [covey.po@southvan.org](mailto:covey.po@southvan.org)

### Girls to the Power of Math: Free STEMinist Math Program

All languages and cultures welcome

South Vancouver Neighbourhood House

Tuesdays

3:45pm - 6:00pm

Join us for a 10-week after-school program math mentorship program for all girls and non-binary students in grade 3! Through using fun games, art, music and physical activity to teach skip counting and multiplication skills, we provide a unique approach to learning mathematics.

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

### Eco Cooks

All languages and cultures welcome

South Vancouver Neighbourhood House

Tuesdays | October 17 - December 5

4:00pm - 6:00pm

EcoCooks is a science-based environmental cooking program that creates a strong foundation for youth to develop lifelong healthy and planet-positive eating habits.

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

# SETTLEMENT PRETEEN PROGRAMS

## Settlement Preteens 5 to 12 years old

### Homework Club

All languages and cultures welcome

#### SVNH

Tuesdays | Starting October 10  
3:30pm - 5:00pm

#### SVNH

Wednesdays | Starting October 11  
3:30pm - 5:00pm

Community program for newcomer, immigrant, and refugee preteens. Join to meet new friends, participate in weekly experiments and projects, and see what makes learning fun!

Contact to register [anthony.lai@southvan.org](mailto:anthony.lai@southvan.org)

### Cultural Buddy Chefs

All languages and cultures welcome

#### SVNH

Mondays  
4:00pm - 6:00pm

#### SVNH

Wednesdays | Starting October 11  
9:30am - 11:30am

Cooking skills for newcomer preteens to learn about knife skills, measuring ingredients, and share cultural recipes.

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

### Cultural Leaders

All languages and cultures welcome

South Vancouver Neighbourhood House  
Saturdays  
12:00pm - 1:30pm

Community program for newcomer, immigrant, and refugee preteens to meet new friends, practice English, learn about Canadian culture and share their own, visit local parks and other Vancouver locations.

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121



# SETTLEMENT YOUTH PROGRAMS

## Settlement Youth Support

### One-on-one Settlement Support

All languages and cultures welcome

South Vancouver Neighbourhood House or Online  
Book for an 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

Contact to register [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org)

### Welcome Circle

Arabic

English

**John Oliver**  
Tuesdays  
Lunchtime

**Killarney**  
Wednesdays  
Lunchtime

**David Thompson**  
Fridays  
Lunchtime

Lunch program where you practise their English Conversational Skills while playing different games and activities

Contact to register [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) | 604-324-6212 EXT 123

# SETTLEMENT YOUTH PROGRAMS

## Settlement Youth Activities

### Learning Club

English

Punjabi

Cantonese

Arabic

SVNH Southside Hub  
Wednesdays | Starting October  
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

Contact to register [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) | 604-324-6212 EXT 123

### Newcomer Leadership

English

Arabic

South Vancouver Neighbourhood House  
Saturdays | Starting October  
10:30am - 12:30pm

Volunteer by helping others and create things to donate people in our communities.

Contact to register [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) | 604-324-6212 EXT 123

## Food & Nutrition

### Food Skills for Newcomer Youth

All languages and cultures welcome

South Vancouver Neighbourhood House  
Saturdays | October 10 - December 16  
12:00pm to 3:00pm

Learn to cook delicious food from around the world.

Contact to register [felix.huang@southvan.org](mailto:felix.huang@southvan.org)



# YOUTH PROGRAMS

## Youth Health & Wellness

### INSPIRE

All languages and cultures welcome

**David Thompson**

Wednesdays  
3:15pm - 4:45pm

**Killarney**

Thursdays  
3:15pm - 4:45pm

**John Oliver**

Thursdays  
3:15pm - 4:45pm

INSPIRE is an after-school program for self-identifying girls and non-binary youth. Our goal is to create a safe space for youth to be able to talk openly about topics that include mental health, healthy relationships, and stress and burn out, while working on a craft/activity, giving them an opportunity to discuss and chat about these topics in a casual setting. There are snacks provided each week!

Contact to register (DT/Killarney) [jade.chan@southvan.org](mailto:jade.chan@southvan.org)  
(John Oliver) [monet.yabut@southvan.org](mailto:monet.yabut@southvan.org)

## Youth Activities

### Board Games Club

All languages and cultures welcome

South Vancouver Neighbourhood House

Fridays

6:00pm - 8:00pm

Drop by SVNH every Friday to play some board games, like chess, Catan, Exploding Kittens, etc. We are also playing strategy games (we have a Dungeons and Dragons and Warhammer campaign that we are working on/would like to start).

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121



# YOUTH PROGRAMS

## Youth Leadership

### Green Team

All languages and cultures welcome

David Thompson Secondary in room 108 (CST office)  
Thursdays | October 2023 to June 2024  
11:35am - 12:15pm

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.

Contact to register [jade.chan@southvan.org](mailto:jade.chan@southvan.org) | 604-324-6212 EXT 150

### Engaging Communities in Helpful Opportunities (ECHO)

All languages and cultures welcome

SVNH Southside Hub  
Tuesdays | Starting October 10  
3:45pm to 5:45pm

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.

Contact to register [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org)

### Neighbourhood Youth Initiative (NYI)

All languages and cultures welcome

Adult Day Centre at Champlain Square (#345-3150 East 54th Avenue)  
Mondays | Starting October 9  
3:45pm to 5:15pm

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

Contact to register [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org) | 604-324-6212 EXT 154

# YOUTH PROGRAMS

## Youth Leadership

### Opening Worlds to Literacy (OWL)

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays  
4:00pm - 6:00pm

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

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

### Friday Nights

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays  
6:00pm - 8:00pm

Youth drop-in program on Friday evenings at SVNH. Come earn volunteer hours, help out at the neighbourhood house, and meet new people!

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

### Future Leaders

All languages and cultures welcome

South Vancouver Neighbourhood House  
Time and dates dependent on program of your choice.

Various work experience and honorarium opportunities for Youth looking to take on additional leadership responsibilities. Positions available for United Way School's Out and Biocycle Youth volunteers (ages 13 to 18).

Contact to register [covey.po@southvan.org](mailto:covey.po@southvan.org)



# YOUNG ADULT PROGRAMS

## Young Adults 17 - 29 years old

### InfoConnect Drop-In

English

Tagalog

South Vancouver Neighbourhood House  
Thursdays | September 14 - December 7  
4:00pm to 5:30pm

Drop-in program to support newcomer young adults. Newcomer young adults can learn more about life in Canada, connect with the community, and learn more about post secondary and career pathways.

Contact to register [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org)

### Career Labs

All languages and cultures welcome

South Vancouver Neighbourhood House  
Sundays | September 17 - December 10  
12:00pm to 2:00pm

Weekly program where newcomer young adults can improve their resume and cover letter. Develop their interview skills through mock interviews and explore their interests through career planning.

Contact to register [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org)

# YOUNG ADULT PROGRAMS

## Young Adults 17 - 29 years old

### Digital Learning Hub

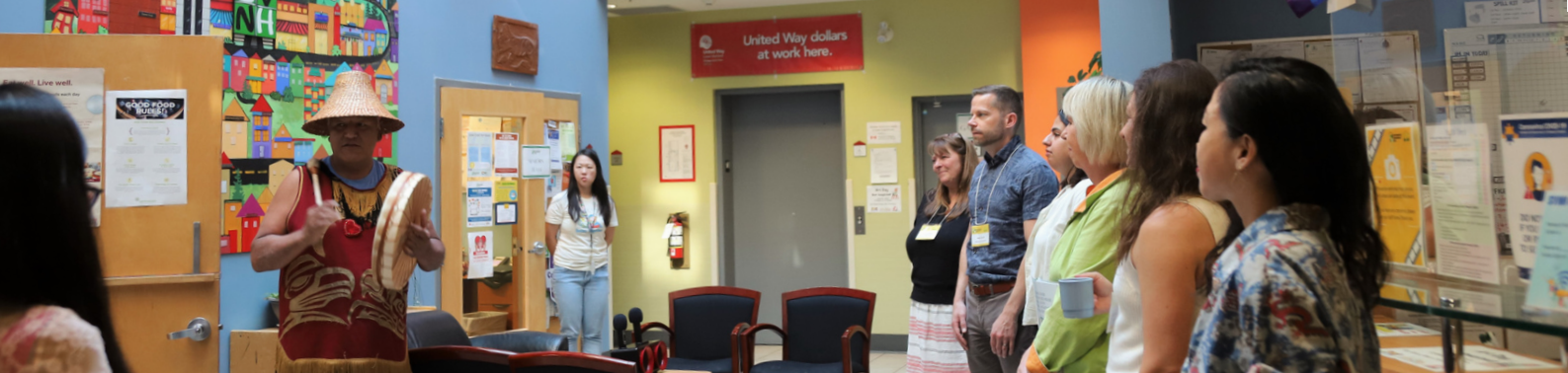
English

Tagalog

South Vancouver Neighbourhood House  
Thursdays | September 17 - December 10  
11:00am to 12:00pm

Learn basic digital literacy skills where you learn how to type proficiently on the computer, how to write emails to employers, how to set up LinkedIn profiles for career building and networking.

Contact to register [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org)



# COMMUNITY PROGRAMS

## Wellness Groups

### Multicultural Women Peer Mentoring Group

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays  
1:00pm to 3:00pm

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

Contact to register

[kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) | 604-324-6212 EXT 117

### Conversation for Men via Zoom

All languages and cultures welcome

Online on Zoom  
Tuesdays  
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.

Contact to register

[eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133

# COMMUNITY PROGRAMS

## Employment

### Labour Market Conversations with Local Professionals

All languages and cultures welcome

- Online on Zoom
- By appointment only

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

Contact to register [eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133

## Finance

### RBC Financial Literacy Workshop

All languages and cultures welcome

- By Appointment

Financial Literacy Workshops that help you break down the details of your finances and set goals. Explaining how understanding Canada's tax system will help you to better calculate your take-home pay and create a budget. Topics include: budgeting, credit, international student banking, tax tips, retirement planning, home buying, career in banking industry, investing, will and estate planning, fraud, and more.

Contact to register [catherine.kwan@southvan.org](mailto:catherine.kwan@southvan.org) | 604-324-6212 EXT 112

### Migrant Workers Support Program: Money Matters

All languages and cultures welcome

- Online on Zoom
- Wednesday, November 8
- 7:00pm - 8:30pm

Discussion on Banking and Savings, Investment and Credit.

Contact to register [julie.diesta@southvan.org](mailto:julie.diesta@southvan.org) | 604-324-6212



# SETTLEMENT PROGRAMS

## Language Support Groups

### Multicultural Women Peer Mentoring Group

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays  
1:00pm to 3:00pm

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

#### Contact to register

[kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) | 604-324-6212 EXT 117

### ESL Conversation Group

All languages and cultures welcome

South Vancouver Neighbourhood House  
Wednesdays  
1:00pm to 3:00pm

For adults and seniors wishing to practise English speaking and making social connections with others in their communities.

#### Contact to register

[kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) | 604-324-6212 EXT 117

# SETTLEMENT PROGRAMS

## Employment

### Canadian Citizenship Preparation Workshop

All languages and cultures welcome

Online on Zoom  
Tuesday | October 3rd  
10:30am to 1:30pm

Citizenship test preparation with online learning, study materials and online resources.

Contact to register

kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

### (NWJC) Newcomer Women Job Connection in Childcare Training

All languages and cultures welcome

South Vancouver Neighbourhood House and Online via Zoom  
Monday - Friday | September 1 - 30

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

Contact to register

kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

### Job Focused Computer Training

All languages and cultures welcome

Online on Zoom  
Wednesdays | September 13, 20, & 27  
1:00pm to 3:00pm

Focused on job seekers in resume & cover letter writing, job search skills, and career exploration/in partnership with VPL SIIC.

Contact to register

kwangyoung.conn@southvan.org | 604-324-6212 EXT 117



# SETTLEMENT PROGRAMS

## Employment

### 3CARS Program for Newcomers interested in Childcare Careers

All languages and cultures welcome

Online on Zoom

Next Online Info Sessions are in September and October, 2023

Free Responsible Adult and Childcare First Aid training plus volunteer placement at SVNH pre-school and Out of School Care programs.

Contact to register

[eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133

### Job Search Session for Newcomers

All languages and cultures welcome

Online on Zoom

By appointment only

Mask is required for 1-on-1 in person. Small group sessions on Zoom

Contact to register [eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133

### Labour Market Volunteer Placement Program

All languages and cultures welcome

Online on Zoom

Thursdays | 10:00am - 12:00pm

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

Contact to register [eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133

# SETTLEMENT PROGRAMS

## Health and Wellness

### Volleyball Camp for Newcomer Afghan Men

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays | September 1 - 29  
3:00pm to 5:00pm

Learn to play volleyball with experienced coaches and make new friends!  
Beginners are welcome!

Contact to register

abdullah.abid@southvan.org | 604-324-6212 EXT 161

### Badminton Camp for Newcomer Afghan Men

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays | September 1 - 29  
3:00pm to 5:00pm

Learn to play Badminton with experienced coaches and make new friends!  
Beginners are welcome!

Contact to register

abdullah.abid@southvan.org | 604-324-6212 EXT 161



# FOOD PROGRAMS

## Community Food Programs

### South Vancouver Community Food Hub

All languages and cultures welcome

Community

7 Locations in South Vancouver  
Mondays / Thursdays / Fridays  
Time dependant on location

We provide weekly supplementary grocery boxes to residents of Sunset, Victoria-Fraserview and Killarney who need food support.

We work with our partners to operate 7 food distribution locations across South Vancouver. Our program allows community members to access food closer to home, as well as holistic support and referrals. Currently our program is full with a waitlist.

Program participants must live within South Vancouver catchment area (Main-Boundary, 41st to Fraser River).

Contact to join the waitlist

joydecastro@southvan.org | 604-324-6212 EXT 212

# FOOD PROGRAMS

## Preteen & Youth Food Programs

### Eco Cooks

All languages and cultures welcome

South Vancouver Neighbourhood House  
Tuesdays | October 17 - December 5  
4:00pm - 6:00pm

EcoCooks is a science-based environmental cooking program that creates a strong foundation for youth to develop lifelong healthy and planet-positive eating habits.

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

### Food Skills for Newcomer Youth

All languages and cultures welcome

South Vancouver Neighbourhood House  
Saturdays | October 10 - December 16  
12:00pm to 3:00pm

Learn to cook delicious food from around the world.

Contact to register [felix.huang@southvan.org](mailto:felix.huang@southvan.org)

# FOOD PROGRAMS

## Seniors Food Programs

### Community Lunch

All languages and cultures welcome

South Vancouver Neighbourhood House  
Wednesdays | No session on September 6, December 20 & 27  
12:00pm - 1:00pm

Join us for some great company and a delicious home cooked meal prepared by our amazing volunteers and Chef, Randy. \$7.00 cost

Contact to register [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org) | 604-324-6212 EXT 141

### Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

In the community  
Orders accepted Tuesdays / Wednesdays / Thursdays

For seniors in need of groceries delivered to their homes.

Contact to register [svnhshopping@southvan.org](mailto:svnhshopping@southvan.org) | 604-324-6212 EXT 145

### Better at Home Frozen Meals Program

All languages and cultures welcome

In the community  
Orders delivered Thursdays / Fridays

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

Contact to register [frozenmeals@southvan.org](mailto:frozenmeals@southvan.org) | 604-324-6212 EXT 113



# REFRAMING SOUTH VANCOUVER

## Neighbourhood Advisory Committees

All languages and cultures welcome

South Vancouver Neighbourhood House

Monthly Meetings

Whole Group: Saturdays 9:00am - 12:00pm

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.

### Contact to register

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

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

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



# SENIORS PROGRAMS

## Seniors Hub Programs

### South Vancouver Seniors Hub

All languages and cultures welcome

South Vancouver Neighbourhood House

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

All languages and cultures welcome

South Vancouver Neighbourhood House

1st Tuesday of the month

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.

Contact to register

[shelley.jorde@southvan.org](mailto:shelley.jorde@southvan.org) | 603-324-6212 EXT 132

# SENIORS PROGRAMS

## Information and Referrals

### Information and Referral Services

English

Cantonese

Mandarin

South Vancouver Neighbourhood House | Online on Zoom

Monday - Saturday

9:00am - 4:00pm

The Information & Referral program offers free, confidential information and referral services to seniors ages 55 and older. We assist seniors to navigate through government systems, and fill out application forms, access information, services and resources. By appointment only.

#### Contact to register

frank.lin@southvan.org | 604-324-6212 EXT 115

or michelle.luong@southvan.org | 604-324-6212 EXT 158

## Arts & Crafts

### Intercultural Craft Circle

English

Cantonese

Mandarin

South Vancouver Neighbourhood House

Tuesdays

10:30am - 12:00pm

Creative activities have been shown to have a positive impact on both physical and mental health. They contribute to successful aging by giving older adults a sense of purpose, personal growth, and interacting with others. Join our craft circle to make art, learn new crafts, have conversations, and make new friends! Bring your own projects and start to DIY!

Contact to register frank.lin@southvan.org | 604-324-6212 EXT 115



# SENIORS PROGRAMS

## Technology

### Seniors Tech Support

English

Cantonese

Mandarin

South Vancouver Neighbourhood House | Online on Zoom  
Tuesday - Saturday  
By appointment

Having a problem or question with your device? Give us a call for free tech support. We offer in-person support sessions at SVNH, where you can get individual support for your portable devices. We also offer help over the phone, or via Zoom and Email.

#### Contact to register

frank.lin@southvan.org | 604-324-6212 EXT 115

### Beginner iPad/iPhone Class

English

Cantonese

Vietnamese

South Vancouver Neighbourhood House  
Fridays | August 11 - October 27 | No session on September 1 & 22  
1:45pm - 3:15pm

Learn basic skills such as how to use email, the phone book, Zoom and more!  
Recommended for those that have little/zero experience with using iPad/iPhone.  
\*Participants will need to bring their own iPad or iPhone. One time fee of \$5.

Class full, contact to join waitlist michelle.luong@southvan.org | 604-324-6212 EXT 158

### Intermediate iPad/iPhone Class

English

Cantonese

Vietnamese

South Vancouver Neighbourhood House  
Fridays | August 11 - October 20 | No session on September 1 & 22  
12:00pm - 1:30pm

Learn intermediate digital literacy skills, building on top of basic skills. Recommended for those that have mastered basic skills and want to learn more. \*Participants will need to bring their own iPad or iPhone. One time fee of \$5.

Class full, contact to join waitlist michelle.luong@southvan.org | 604-324-6212 EXT 158

# SENIORS PROGRAMS

## Language

### ESL Conversation

All languages and cultures welcome

South Vancouver Neighbourhood House  
Tuesdays  
9:30am - 11:00am

Improve conversational language skills and gain confidence in speaking English through focused lessons and group discussions. Recommended for beginners or intermediates. One time fee of \$5.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

### ESL for Seniors

Cantonese

South Vancouver Neighbourhood House  
Wednesdays  
1:30pm - 3:00pm

This program is offered at the beginner level and it enables seniors to commit their time to learning English, meet people from the community, and build their confidence in using English. Reading materials are provided. \$5.00 program fee.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

# SENIORS PROGRAMS

## Food & Nutrition

### Community Lunch

All languages and cultures welcome

South Vancouver Neighbourhood House  
Wednesdays | No session on September 6, December 20 & 27  
12:00pm - 1:00pm

Join us for some great company and a delicious home cooked meal prepared by our amazing volunteers and Chef, Randy. \$7.00 cost

Contact to register [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org) | 604-324-6212 EXT 141

### Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

In the community  
Orders accepted Tuesdays / Wednesdays / Thursdays

For seniors in need of groceries delivered to their homes.

Contact to register [svnhshopping@southvan.org](mailto:svnhshopping@southvan.org) | 604-324-6212 EXT 145

### Better at Home Frozen Meals Program

All languages and cultures welcome

In the community  
Orders delivered Thursdays / Fridays

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

Contact to register [frozenmeals@southvan.org](mailto:frozenmeals@southvan.org) | 604-324-6212 EXT 113

# SENIORS PROGRAMS

## Wellness

### Better at Home Yardwork

All languages and cultures welcome

| At seniors' homes

Seniors must provide lawn mower and equipment. Cost is based on a sliding scale.

Contact to register [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org) | 604-324-6212 EXT 141

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

All languages and cultures welcome

| In the community

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

Contact to register [alex.hill@southvan.org](mailto:alex.hill@southvan.org) | 604-324-6212 EXT 145

### Better at Home Transportation Shuttle

English

Cantonese

Mandarin

| In the community

Tuesdays / Wednesdays / Thursdays

9:30am - 3:00pm

For seniors in need of transportation. Cost is based on a sliding scale.

Contact to register [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org) | 604-324-6212 EXT 141

# SENIORS PROGRAMS

## Wellness

### Better at Home Housekeeping

All languages and cultures welcome

| In the community

For seniors in need of transportation. Cost is based on a sliding scale.  
Light housekeeping charged based on income- must be 65 years and demonstrate the need of housekeeping support.

Contact to register Farveen Mohamed | 604-445-1636

### Caregivers One-on-one Support

English

Cantonese

Mandarin

| South Vancouver Neighbourhood House | Online on Zoom | By Phone

Provide supports based on your unique needs, including information and resource, referrals, home visit, and phone buddy calls.

Contact to register ping.chen@southvan.org | 604-324-6212 EXT 116

# SENIORS PROGRAMS

## Health & Wellness Groups

### Seniors Line Dance

Mandarin

Cantonese

2444 East 41st Avenue  
Wednesdays  
1:00pm - 3:00pm

Engage both your mind and body by learning and practicing the basic moves that make up current line dancing today. It's easy and fun! It's also a wonderful way to lose weight and meet new friends. No dance experience required.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

### Seniors Shindig

All languages and cultures welcome

2444 East 41st Avenue  
Wednesdays  
1:00pm - 3:00pm

Line dancing is an easy way to exercise the body and mind. Improve beginner moves, learn more advanced ones and meet new friends in this social and physically active class. Previous line dancing experience is required.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

### Tai Chi Exercise for Beginners

English

Cantonese

South Vancouver Neighbourhood House  
Fridays  
9:30am - 10:45am

Tai Chi has many benefits, such as improving your balance, flexibility and upper and lower body strength. The gentle flowing and seamless movements also help to reduce stress, improve sleep and overall well-being. This program is open to beginners with little to no experience. One time fee of \$5.

Class full, contact to join waitlist [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

# SENIORS PROGRAMS

## Health & Wellness Groups

### Chair Yoga

Cantonese

Mandarin

Moberly Arts & Cultural Centre (Moberly Park, 7646 Prince Albert St.)  
Mondays and Thursdays | September 18 to December 7 | No session on Oct 2 & 9  
10:30am - 11:30am

Practice yoga poses and engage in exercises, focused breathing and laughter while seated. Contributes to active aging and well-being. Suitable for those who may have mobility difficulties.

Contact to register [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

### Choose to Move

Punjabi

South Vancouver Neighbourhood House  
Saturdays  
9:00am - 12:00pm

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

Contact to register [amanpreet.jawanda@southvan.org](mailto:amanpreet.jawanda@southvan.org) | 604-324-6212 EXT 137

# SENIORS PROGRAMS

## Health & Wellness Groups

### Seniors Intercultural Wellness

All languages and cultures welcome

South Vancouver Neighbourhood House  
Wednesdays  
10:30am - 12:00pm

Socialization, exercises, and learning activities rotating weekly. Seniors from different cultures and backgrounds gain social connections that are meaningful to them, find joy and purpose in ways that address their needs, improve their physical well-being, and stay active and positive. *Free + \$7 optional lunch*

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

### Cantonese Wellness Group

Cantonese

South Vancouver Neighbourhood House  
Mondays | No sessions on September 4, October 2 & 9  
10:00am - 11:45am

A space for members to socialize, exercise, sing songs, tell stories, engage in workshops and more! Make new friends and learn topics related to health and well-being.

Contact to register [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158



# SENIORS PROGRAMS

## Health & Wellness Groups

### South Asian Men's Wellness Group

Punjabi

South Vancouver Neighbourhood House  
Tuesdays  
12:00pm - 2:30pm

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

Contact to register [amanpreet.jawanda@southvan.org](mailto:amanpreet.jawanda@southvan.org) | 604-324-6212 EXT 137

### South Asian Women's Wellness Group

Punjabi

South Vancouver Neighbourhood House  
Thursdays  
12:30pm - 2:30pm

Socialization, light snack, songs, stories, cultural celebrations. Bimonthly exercise.

Contact to register [amanpreet.jawanda@southvan.org](mailto:amanpreet.jawanda@southvan.org) | 604-324-6212 EXT 137

### Caregiver Support Group

All languages and cultures welcome

South Vancouver Neighbourhood House  
4th Tuesday of the month  
10:00am - 12:00pm

Includes 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.

Contact to register [ping.chen@southvan.org](mailto:ping.chen@southvan.org) | 604-324-6212 EXT 116

# SENIORS PROGRAMS

## Health & Wellness Groups

### Caregivers Self-care Plan

English

Cantonese

Mandarin

| South Vancouver Neighbourhood House | Online on Zoom | By Phone

Work together to make a self care plan for yourself.  
Small positive changes make big difference.

Contact to register [ping.chen@southvan.org](mailto:ping.chen@southvan.org) | 604-324-6212 EXT 116

### Chinese Caregivers Support Group

Cantonese

Mandarin

| South Vancouver Neighbourhood House  
4th Tuesday of the month  
10:00am - 11:00am

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

Contact to register [ping.chen@southvan.org](mailto:ping.chen@southvan.org) | 604-324-6212 EXT 116

### Chinese Caregivers Sing-along Group

Cantonese

Mandarin

| South Vancouver Neighbourhood House  
2nd and 4th Tuesday of the month  
2:00pm - 3:15pm

Enjoy music in a lovely group, to improve your mental wellbeing and social connectedness.

Contact to register [ping.chen@southvan.org](mailto:ping.chen@southvan.org) | 604-324-6212 EXT 116

# SENIORS PROGRAMS

## Workshops

### Safer Together: Emergency Preparedness

English

Cantonese

Mandarin

Extreme weather emergency response and preparedness. Learn about staying safe during extreme weather events and sign up for wellness check in calls. Volunteer opportunities available.

Contact to register [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org)  
[michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | [judy.huang@southvan.org](mailto:judy.huang@southvan.org)



# ADULT DAY PROGRAMS

## Adult Day Centres

### SVNH Adult Day Centre

All languages and cultures welcome

#345 - 3150 East 54th Avenue  
Monday - Friday  
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)

Contact to register [sg-adp-south-van@svnh.onmicrosoft.com](mailto:sg-adp-south-van@svnh.onmicrosoft.com) | (604)-430-6473

### Beulah Adult Day Centre

All languages and cultures welcome

3355 East 5th Avenue  
Monday - Friday  
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)

Contact to register [sg-adp-beulah@southvan.org](mailto:sg-adp-beulah@southvan.org) | (604)-255-0413