

Program Guide

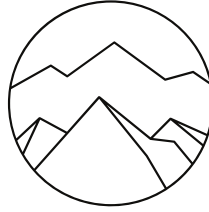
Spring 2025

April 2025 - June 2025

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



Stay connected with us
@southvanNH



Land Acknowledgement

We would like to acknowledge and give thanks to be able to live, work, and learn on the unceded, occupied, ancestral and traditional homelands of the *x^wməθk^wəyəm* (Musqueam), *Sk̓wx̓wú7mesh* (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

Membership Information

SVNH volunteers and program participants must have current South Vancouver Neighbourhood House memberships. We rely upon your membership as part of our funding to support the programs and services that we offer to our community.

Our annual membership entitles you to:

- Voting privileges at our Annual General Meeting
- Our annual report
- Invitations to community events

Our current membership fee is:

\$5 / YEAR

For all ages

SVNH Membership gives you access to all of our programs, events and services at low or no-cost.

All IRCC participants are eligible for a fee waiver.

Register for Membership:



Online

www.southvan.org/membership

or



In-person

at the Front Desk



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Vaisakhi Celebration

All languages and cultures welcome

South Vancouver Neighbourhood House
Wednesday | April 23
4:00PM - 6:00PM

We are inviting community members to our Vaisakhi celebration! Wear your traditional clothes as we create, eat, and celebrate Vaisakhi together! Registration required.

Please register for this event by contacting:
humaira.imtiaz@southvan.org | 604-324-6212 EXT 134

FAMILY PROGRAMS CALENDAR

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am			10:00am - 11:30PM Family Play Time (Sunset)		10:00am - 12:00PM Family Play Time (Southside Hub)		10:00am - 12:00PM Family Play Time (SVNH)
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-							
11:00am							
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-							
12:00PM							
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-							
1:00PM				1:00PM - 2:30PM Family Play Time (Killarney CC)			
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2:00PM							
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3:00PM							
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4:00PM							
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5:00PM							
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-							
6:00PM							

FAMILY PROGRAMS



fb.me/southvanfam

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 book an appointment

English / Cantonese / Mandarin: emily.chan@southvan.org | 604-324-6212 EXT 142

English / Tagalog: marie.mah@southvan.org | 604-324-6212 EXT 149

English: monet.yabut@southvan.org | 604-324-6212 EXT 159

Family Play Time (SVNH)

All languages and cultures welcome

South Vancouver Neighbourhood House
Saturdays | April 5 - June 14 (no program on Apr 19 & May 3)
10:00am - 12:00PM

A 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 at the program for families to learn about what is available in the community.

Drop-in program. No registration required.

Family Drop-In

Family Play Time (Sunset)

All languages and cultures welcome

Sunset Community Centre (Room 117) (6810 Main Street, Vancouver BC)

Tuesdays | April 8 - June 10

10:00am - 11:30am

A 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 at the program for families to learn about what is available in the community.

Drop-in program. No registration required.

Family Play Time (Killarney CC)

All languages and cultures welcome

Killarney Community Centre (6260 Killarney St, Vancouver BC)

Wednesdays | April 9 - June 11

1:00PM-2:30PM

A 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 at the program for families to learn about what is available in the community.

Drop-in program. No registration required.

Family Play Time (Southside Hub)

All languages and cultures welcome

Southside Hub (8118 Fraser Street, Vancouver BC)

Thursdays | April 03 - June 12

10:00am - 12:00PM

A 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 at the program for families to learn about what is available in the community.

Drop-in program. No registration required.

CHILDCARE PROGRAMS CALENDAR

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am - 8:00am		7:30am - 9:00am Before School Care (OSC)	7:30am - 9:00am Before School Care (OSC)	7:30am - 9:00am Before School Care (OSC)	7:30am - 9:00am Before School Care (OSC)	7:30am - 9:00am Before School Care (OSC)	
8:00am - 9:00am							
9:00am - 10:00am		9:15am - 12:15pm Poppins Preschool	9:15am - 12:15pm Poppins Preschool	9:15am - 12:15pm Poppins Preschool	9:15am - 12:15pm Poppins Preschool	9:15am - 12:15pm Poppins Preschool	
10:00am - 11:00am							
11:00am - 12:00PM							
12:00PM - 1:00PM							
1:00PM - 2:00PM							
2:00PM - 3:00PM							
3:00PM - 4:00PM							
4:00PM - 5:00PM		3:00pm - 6:00pM After School Care (OSC)	3:00pm - 6:00pM After School Care (OSC)	3:00pm - 6:00pM After School Care (OSC)	3:00pm - 6:00pM After School Care (OSC)	3:00pm - 6:00pM After School Care (OSC)	
5:00PM - 6:00PM							

CHILDCARE PROGRAMS CALENDAR (OFFSITE)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
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8:00am							
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9:00am							
-							
10:00am							
-							
11:00am							
-		7:30am - 5:30PM	7:30am - 5:30PM	7:30am - 5:30PM	7:30am - 5:30PM	7:30am - 5:30PM	
12:00PM							
-		Salmonberry Toddler Program	Salmonberry Toddler Program	Salmonberry Toddler Program	Salmonberry Toddler Program	Salmonberry Toddler Program	
1:00PM							
-		Salmonberry 3 to 5 Program	Salmonberry 3 to 5 Program	Salmonberry 3 to 5 Program	Salmonberry 3 to 5 Program	Salmonberry 3 to 5 Program	
2:00PM							
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3:00PM							
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4:00PM							
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5:00PM							
-							
6:00PM							

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 - 12:15pm

Engaging safe and healthy licensed preschool program.

Contact to register lisa.feng@southvan.org

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 or contact 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 or contact 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 44 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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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-							
10:00am							9:30AM - 11:30AM
-							Cultural Buddy Chefs
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11:00am							
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-							
12:00PM							
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-							
1:00PM		3:45PM - 6:00PM	3:45PM - 6:00PM				
-		Eco-Cooks	Eco-Cooks				
-							
2:00PM			4:15PM - 5:15PM				
-			Girls to the Power of Math				
-							
3:00PM							
-							
-							
4:00PM			3:30PM - 5:30PM	3:30PM - 5:30PM	3:30PM - 5:30PM		
-			Education Explorers	Fostering Literacy	Fostering Literacy	4:30PM - 6:30PM	
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5:00PM						Generation Health	
-							
-							
6:00PM							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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10:00am							
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11:00am							
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-							
12:00PM							
-							
-		3:00PM - 4:30PM					
1:00PM		United Way School's Out (Waverly)		3:00PM - 4:30PM	3:00PM - 4:30PM		
-				United Way School's Out (Moberly)	United Way School's Out (Fleming)		
-							
2:00PM							
-		3:00PM - 4:30PM	3:00PM - 4:30PM				3:00PM - 4:30PM
-				3:30PM - 5:00PM	3:00PM - 4:30PM		
3:00PM		United Way School's Out (Moberly)	United Way School's Out (Mackenzie)	Martial Arts Program (Tecumseh)	United Way School's Out (Waverly)		United Way School's Out (Mackenzie)
-							
-							
4:00PM							
-		3:00PM - 5:30PM	3:00PM - 5:30PM	3:00PM - 5:30PM	3:30PM - 5:00PM		3:00PM - 4:30PM
-							
5:00PM		BC Housing Kids Club (Culloden Court)	BC Housing Kids Club (Champlain Places)	BC Housing Kids Club (Orchard Park)	Education Explorers (VPL Fraserview)		United Way School's Out (Fleming)
-							
-							
6:00PM							

PRETEEN PROGRAMS

Children 5 to 12 years old

BCHKC (BC Housing Kids Club)

All languages and cultures welcome

Culloden Court
Mondays & Thursdays
3:00PM - 5:30PM

Champlain Places
Thursdays & Fridays
3:00PM - 5:30PM

Orchard Park
Wednesdays
3:00PM - 5:30PM

After school Program for BC Housing resident children, age 6- 12 years old. BCH Kids Club children enjoy, arts & crafts, cooking while learning about sustainability, keeping fit and more.

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

Generation Health (Ages 8-12)

All languages and cultures welcome

South Vancouver Neighbourhood House
Fridays | May to June
4:30PM - 6:30PM

Generation Health is a FREE program offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path. The program involves fun family activities around the topics of healthy eating, physical activity, positive mental health, reducing recreational screen time, and sleep hygiene. This program is meant for families with at least one child between the ages of 8-12, but siblings outside of this age range are welcome to attend as well. *Please note that at least one parent or caregiver is required to attend each weekly session

Contact to register kathy.do@southvan.org | 604-324-6212 EXT 121 | IG @kathy_svnh

Children 5 to 12 years old

Fostering Literacy (Gr.K - 2)

Cantonese

English

South Vancouver Neighbourhood House - Rec Room (304)
Wednesdays or Thursdays | May to June
3:30PM - 5:00PM

A free after-school reading program for children in Kindergarten to Grade 2 to practice reading and literacy skills alongside youth volunteers

Contact to register anthony.lai@southvan.org | 604-324-6212 EXT 151

Education Explorers (Gr.3 - 7)

Tagalog

English

Vancouver Public Library - Fraserview (1950 Argyle Dr, Vancouver, BC)
Thursdays | May to June
3:30PM - 5:00PM

Community program for refugee or Permanent Resident preteens. Join to meet new friends, participate in experiments and projects, and see what makes learning fun!

Contact to register shanna.delantar@southvan.org | 604-324-6212 EXT 171

Education Explorers (Gr.1 - 3)

Cantonese

English

South Vancouver Neighbourhood House - Rec Room (304)
Tuesdays | May to June
3:30PM - 5:00PM

Community program for all 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 | 604-324-6212 EXT 151

Children 5 to 12 years old

Martial Arts Program (Gr. 3 - 7) for Tecumseh Elementary School Students

Tagalog

English

Tecumseh Elementary School
Wednesdays | May to June
3:30PM - 5:00PM

The aim of this program is to increase a community sense of safety for children. Additionally to help develop discipline, focus, self-confidence, and empowerment in newcomer children, while providing a safe space that promotes a healthy lifestyle.

Contact to register shanna.delantar@southvan.org | 604-324-6212 EXT 171

United Way School's Out

All languages and cultures welcome

Mackenzie (Gr. 3-6)

May to June | Tuesdays & Fridays
3:00PM - 4:30PM

Moberly (Gr. 3-6)

May to June | Mondays & Wednesdays
3:00PM - 4:30PM

Waverley (Gr. 3-7)

May to June | Mondays & Thursdays
3:00PM - 4:30PM

Fleming (Gr. 3-7)

May to June | Tuesdays & Fridays
3:00PM - 4:30PM

UW School's Out is a free, two-day, program for preteens at Waverley 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!

Contact to register

Waverly & Fleming rabia.kaihan@southvan.org | 604-324-6212 EXT 170

Mackenzie & Moberly vivian.qiuliang@southvan.org | 604-324-6212 EXT 136

Children 5 to 12 years old

Eco-Cooks (Gr. 4 - 7)

All languages and cultures welcome

South Vancouver Neighbourhood House
Mondays and Tuesdays | May to June
3:45PM - 6:00PM

A free science-based environmental cooking program that creates a strong foundation for preteens to develop lifelong healthy and planet-positive eating habits. Preteens cook together, eat together, and practice food literacy. All recipes are plant-based!

Contact to register

jade.chan@southvan.org | 604-324-6212 EXT 150
kathy.do@southvan.org | 604-324-6212 EXT 121 | IG @kathy_svn

Cultural Buddy Chefs (Ages 8-12)

All languages and cultures welcome

South Vancouver Neighbourhood House
Saturdays | May to June
9:30am - 11:30am

Cooking skills for newcomers, immigrants, and refugees to Canada preteens to learn about knife skills, measuring ingredients, and share cultural recipes.

Contact to register

kathy.do@southvan.org | 604-324-6212 EXT 121 | IG @kathy_svn

Girls to the Power of Math (Gr. 2 - 4)

All languages and cultures welcome

South Vancouver Neighbourhood House
Tuesdays | May to June
4:15pm - 5:15pm

A free 10-week after-school math mentorship program (for all girls and non-binary students in grades 2-4). The program aims to increase mathematics confidence. 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 | 604-324-6212 EXT 121 | IG @kathy_svn

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
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11:00am							10:30AM-12:30PM Newcomer Leadership
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12:00PM							
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1:00PM							
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2:00PM							
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3:00PM		3:45PM - 5:15PM NYI	3:45PM - 5:15PM ECHO				
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4:00PM					3:45PM - 5:00PM LEOs		
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5:00PM				4:00PM - 5:30PM InfoConnect Drop-in	4:00pm - 6:30PM Mind your Food	4:00PM - 6:00PM OWL	
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6:00PM							
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7:00PM							6:30PM - 8:00PM Board Games Club
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8:00PM							6:30PM - 8:00 PM Friday Nights

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
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11:00am							
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12:00PM					11:35am - 12:15PM Green Team (David Thompson)		
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1:00PM							
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8:00PM							



YOUTH PROGRAMS

Neighbourhood Youth Initiative (NYI)

All languages and cultures welcome

South Vancouver Neighbourhood House

Mondays | April to June

3:45PM to 5:00PM

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

Contact to register gabby.guevarra@southvan.org | 604-324-6212 EXT 154

INSPIRE

All languages and cultures welcome

John Oliver

TBA - contact for details
3:15PM to 4:45 PM

David Thompson Rm 102

TBA - contact for details
3:15PM to 4:45 PM

Killarney Rm A214

Thursdays
3:15PM to 4:45 PM

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 freshta.mohibi@southvan.org

LEOs

All languages and cultures welcome

South Vancouver Neighbourhood House | Room 308
2nd, 3rd & 4th Thursday of the month | April to June
3:45PM to 5:00PM

A Student led club and a junior community service club that creates fundraisers and events for the community

Contact to register covey.po@southvan.org

Green Team

All languages and cultures welcome

David Thompson Secondary, Rm 102
Thursdays at lunch | October 2024 to June 2025
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

Engaging Communities in Helpful Opportunities (ECHO)

All languages and cultures welcome

South Vancouver Neighbourhood House
Tuesdays | April to June
3:45PM to 5:15PM

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 | 604-324-6212 EXT 154

Opening Worlds to Literacy (OWL)

All languages and cultures welcome

South Vancouver Neighbourhood House | Room 308

Fridays | April to June

4:00PM to 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 | 604-324-6212 EXT 121

Board Games Club

All languages and cultures welcome

South Vancouver Neighbourhood House | Room 308

Fridays | April to June

6:30PM to 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 | 604-324-6212 EXT 121

Friday Nights

All languages and cultures welcome

South Vancouver Neighbourhood House

Fridays | April to June

6:30PM to 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 | 604-324-6212 EXT 121

United Way's School's Out Future Leaders (for ages 13-19)

All languages and cultures welcome

Various Elementary Schools
2 days a week (M-F) | May to June
3:20PM - 5:00PM

Various work experience and honorarium opportunities for Youth looking to take on additional leadership responsibilities.

Possible placements: Waverley Elementary School, Sir Sandford Fleming Elementary School, Sir Alexander Mackenzie Elementary School, and Walter Moberly Elementary School

Contact to register anthony.lai@southvan.org

United Way's School's Out Volunteers (for ages 13-18)

All languages and cultures welcome

Various Elementary Schools
2 days a week (M-F) | May to June
3:30PM - 5:00PM

UWSO program is a free after school program for preteens grades 3-7! So we will have volunteers to help excute activities for preteens, help Future Leaders to set up and clean up during program day.

Possible placements: Waverley Elementary School, Sir Sandford Fleming Elementary School, Sir Alexander Mackenzie Elementary School, and Walter Moberly Elementary School

Contact to register rabia.kaihan@southvan.org | vivian.qiuliang@southvan.org



NEWCOMER YOUTH PROGRAMS

25

One-on-one Settlement Support Newcomer High School Youth and Newcomer Young Adults (Ages 17 to 29)

South Vancouver Neighbourhood House
April to June | By appointment

English

Arabic

Kurdish

Tagalog

New to Canada? Have questions about school, life and making friends? Book an appointment with our Youth Settlement Counsellor or Young Adult Settlement Counsellor for support. We can help with
-Mental health support -Academic support -Resources and referrals for any concerns

Contact to book an appointment

Newcomer high school aged (12-18)

- English/Arabic/Kurdish : solina.ahmed@southvan.org | 604-324-6212 EXT 136
- English kathy.do@southvan.org

Newcomer young adults (19+)

- English/Tagalog: gabby.guevarra@southvan.org

Newcomer Leadership

South Vancouver Neighbourhood House
Saturdays | April to June
10:30AM- 12:30PM

English

Arabic

Kurdish

A volunteering program to help the community, we will organizing community events, go on a volunteer field trip, plan fund raises and more.

Contact to register solina.ahmed@southvan.org | 604-324-6212 EXT 136

Welcome Circle

All languages and cultures welcome

John Oliver Rm. 209
Tuesdays | Lunch

Killarney
Wednesdays | Lunch

David Thompson Rm. 206
Fridays | Lunch

Come and meet new people, play games and practice your English with other newcomers to Canada!

Contact to register solina.alhamid@southvan.org

Mind Your Food

All languages and cultures welcome

South Vancouver Neighbourhood House
Thursdays | April 24, 2025 - July 3 2025
4:00PM - 6:30PM

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

Contact to register jade.chan@southvan.org | 604-324-6212 EXT 150

Karma Connections

All languages and cultures welcome

South Vancouver Neighbourhood House
Dates and times to be announced
Please contact below for updated information

Join our free program to improve your skills! Create and improve your resume, learn useful interview skills, volunteer with different non-profits in South Vancouver and earn a certificate at the end of the program!

Contact to register solina.alhamid@southvan.org



YOUNG ADULT PROGRAMS

Young Adults 17 - 29 years old

One-on-one Settlement Support

English

Tagalog

South Vancouver Neighbourhood House / Online

All year round

By appointment

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

Book an appointment with our Youth Settlement Counsellor or Young Adult Settlement Counsellor for support.

We can help with:

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

Book a FREE appointment gabby.guevarra@southvan.org | IG @gabby_svn

Healthy Living and Wellbeing

English

Tagalog

South Vancouver Neighbourhood House

TBA - Contact below for more details

For newcomer young adults between the ages (17 to 29) Discover practical ways to build healthy habits, stay active and practice self care, by learning how to make budget-friendly meals, simple fitness routines.

Contact to register gabby.guevarra@southvan.org | IG @gabby_svn

For newcomer young Adults 17 - 29 years old

InfoConnect Drop-In

[English](#)[Tagalog](#)

South Vancouver Neighbourhood House
Wednesdays | April to June
4:00PM to 5:30PM

For newcomer young adults between the ages (17 to 29). 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. There are new workshop series every term!

Contact to register gabby.guevarra@southvan.org | IG @gabby_svn

Career Labs

[English](#)[Tagalog](#)

South Vancouver Neighbourhood House
TBA - Contact below for more details

For newcomer young adults between the ages (17 to 29) 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

College Prep Workshops

[English](#)[Tagalog](#)

South Vancouver Neighbourhood House
TBA - Contact Gabby for more details

For newcomer young adults between the ages (17 to 29). Providing workshops to support newcomer young adults and graduating newcomer high school youth as they navigate the transition to higher education. Through interactive sessions, we provide guidance on college applications, trades opportunities, scholarships, financial aid, and career pathways.

Contact to register gabby.guevarra@southvan.org | IG @gabby_svn

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
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11:00am							
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8:00PM							

10:30AM - 12:00PM
Parents Support Group

9:00am - 12:00PM
Neighbourhood Advisory Committees

11:30AM - 1:30PM
ElevateHer

1:00PM - 3:00PM
ESL Conversation Group

1:00PM - 3:00PM
Multicultural Women Peer Mentoring Group

1:30PM - 3:00PM
Wellness Hub for Newcomers

5:30PM - 7:30PM
Building Leaders

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am		9:30AM - 12:30PM Digital Literacy Class (SVNH Southside Hub)					
-							
-							
11:00am			11:30AM - 1:00PM Coffee and Chat (SVNH Southside Hub)				
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12:00PM							
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1:00PM							
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2:00PM							
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3:00PM		2:30PM - 4:30PM ICBC Knowledge Test Preparation (SVNH Southside Hub)					
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4:00PM							
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5:00PM							
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7:00PM							
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8:00PM							



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 | 604-324-6212 EXT 117

EMPLOYMENT PROGRAMS

Employment Programs

Career Directions Program

All languages and cultures welcome

South Vancouver Neighbourhood House & via Zoom

On-going dates

Monday - Friday

We offer employment services designed to prepare clients of all backgrounds for job success in Canada.

- Job Search Strategies & Interview Preparation
- Individual Career Counselling & Group Workshops
- Resume & Cover Letter Writing
- Industry Insights & Employer Sessions
- Career Exploration
- Job Targeting
- Mentoring Connections

Contact to register careerdirections@southvan.org

SETTLEMENT PROGRAMS

Support and Wellness Groups

Community Connects

All languages and cultures welcome

SVNH Southside Hub (8118 Fraser St.)
Thursdays | April 3 - May 29
1:30PM - 3:00PM

A series of information sessions, wellness activities, family fun events, sharing of resources, and building connections in the neighbourhood! We have different topics and activities every week!

Contact to register marie.mah@southvan.org | 604-324-6212 EXT 149

Parents Support Group

Cantonese

Mandarin

South Vancouver Neighbourhood House
Thursdays | Apr 17, May 1, May 14, May 29
10:30AM - 12:00PM

For newcomers with children (aged 2-8) who want to learn more about the emotional needs of children, parenting tips, and resources. Some self-care exercises for parents will also be highlighted

Contact to register emily.chan@southvan.org | 604-324-6212 EXT 142

Support and Wellness Groups

ElevateHer

All languages and cultures welcome

SVNH Southside Hub (8118 Fraser St.)
Thursdays | Apr 10, 17 & May 1, 8, 15
11:30am - 1:00PM

This program invites newcomer women to join a safe and supportive environment to network, make friends, and learn valuable skills. Participants will explore asset mapping, goal setting, public speaking, and effective communication. The program also focuses on mental health, self-care, and boosting confidence for personal and professional success in Canada.

Contact to register samia.ali@southvan.org | 604-324-6212 EXT 168

Multicultural Women Peer Mentoring Group

English

Online on MS Teams
Fridays bi-weekly
1:00PM - 3:00PM

Adult women 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

Canadian Citizenship Preparation

All languages and cultures welcome

Online on MS Teams
Tuesdays | April 29 and May 6
12:30pm - 2:00PM

Learn new rules, changes & prepare for the Canadian Citizenship test.

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

Support and Wellness Groups

Empowering Immigrant Single Moms

All languages and cultures welcome

Online on MS Teams
Fridays Bi-weekly | Starting April
1:00pm - 3:00PM

Supporting immigrant single mothers through community, resources, and empowerment.

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

Nobody's Perfect Parenting Group

All languages and cultures welcome

Online on MS Teams
Thursdays | May 15, 22, 29, June 5, and 12
9:45pm - 11:30AM

For caretakers with children ages 0-5 to support parenting skills.

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

Wellness Hub for Newcomers

Cantonese

Mandarin

South Vancouver Neighbourhood House
Saturdays | Apr 26, May 10, May 24, May 31
1:30 pm - 3:00pm

This program highlights self-care and community resources, cultural experiences, knowledges and skills that enhance the well being of newcomers. In this season, we have home first aid knowledges, sharing of traditional food of dragon boat festival and self care exercises. Additionally, it's a fantastic opportunity to make new friends and build a supportive community.

Contact to register emily.chan@southvan.org | 604-324-6212 EXT 142

Support and Wellness Groups

Information & Orientation Workshops

All languages and cultures welcome

Online on MS Teams
Tuesdays | May 13 and 20
12:30pm - 2:00PM

Info on benefit programs and services for families (housing, children sports funding, medical services, income tax, employment standards, volunteering, etc.)

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

Restorative Circle

English

Dari

Farsi

Southside Hub (8118 Fraser St. Vancouver)
Fridays | April 4th- May 23th
10:00am - 12:00PM

A series of sessions with different topics and activities every week, telling story and sharing ideas.

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

Coffee & Chat

All languages and cultures welcome

Southside Hub (8118 Fraser St. Vancouver)
Tuesdays | Apr 08 - May 20th
11:30 AM - 1:00 PM

A warm and welcoming English practice session over coffee or tea! This friendly gathering is designed for new immigrants whose first language is not English. It's a safe and supportive space where you can practice speaking, improve confidence, and meet new friends—all while enjoying a warm cup of your favorite drink.

Contact to register samia.ali@southvan.org | 604-324-6212 EXT 168

Support and Wellness Groups

Jumah Prayer

All languages and cultures welcome

Southside Hub (8118 Fraser St. Vancouver)
Fridays | April 4th- June 27th
1:30 PM - 2:30 PM

For muslim Community (Al- Arqam Foundation)

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

Arts & Culture

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)
Fridays | April 4th- May 23th
3:00PM - 5:00PM

Art and Culture is a facilitated program for newcomers. The program is designed to bring newcomers together to meet, share and learn about diverse culture, specially indigenous culture and crafting jewelary with beads.

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

Migrant Workers Program Wellness Circles

All languages and cultures welcome

Southside Hub (8118 Fraser St. Vancouver)
Saturdays | May 10, 17, 24, 31
10:00AM - 1:00pm

A Safe space for migrant workers to connect, build a network and make friends

Contact to register julie.diesta@southvan.org | 604-324-6212 EXT 143

Skills Training Workshops

Digital Literacy Class

Pashto

Dari

English

SVNH Southside Hub (8118 Fraser St.)

Mondays | April - August

9:30am - 12:30PM

For newcomers (Permanent Resident/ Refugee Protection Claimants others) who need to prepare basic digital skills. forms.office.com/r/4USQkgLSjG

Contact to register fahim.hamidi@southvan.org | 604-324-6212 EXT 169

Building Leaders

English

Spanish

South Vancouver Neighbourhood House

Mondays | April 15th - May 19th

5:30 pm - 7:30 pm

This program celebrates the unique talents and skills that newcomers bring, providing a collaborative space for participants to share their expertise while developing leadership abilities.

Contact to register alejandra.pineda@southvan.org | 604-324-6212 EXT 182

Job Search Strategies Workshops

All languages and cultures welcome

Southside Hub (8118 Fraser St. Vancouver)

Tuesdays | April 8 - June 24

9:30AM - 12:30pm

Diverse range of career and job preparation workshops, and networking opportunities, industry insights with Industry professionals and employers.

Contact to register careerdirections@southvan.org | 604-324-6212 EXT 189

Skills Training Workshops

ICBC Knowledge Test Prep

Pashto

Dari

English

SVNH Southside Hub (8118 Fraser St.)
Monday | April - August
2:30PM - 4:30PM

For newcomers (Permanent Resident/ Refugee Protection Claimants others) who need to pass the ICBC driving knowledge test by Phone/Email
forms.office.com/r/PZDVQJshLB

Contact to register fahim.hamidi@southvan.org | 604-324-6212 EXT 169

Language Support Groups

ESL Conversation Group

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm. 304)
Wednesdays
1:00PM - 3:00PM

For adults wishing to practice speaking English and make social connections.

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

Exploring Canadian Culture While Practicing English

Spanish

South Vancouver Neighbourhood House
Saturdays | April 12th - May 28th
10:00AM - 1:00PM

This group program introduces newcomers to Canadian culture, traditions, and everyday life while helping them improve their English language skills.

Contact to register alejandra.pineda@southvan.org | 604-324-6212 EXT 182



FOOD PROGRAMS

Community Food Programs

South Vancouver Community Food Hub

All languages and cultures welcome

Community

6 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 six food 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 the South Vancouver catchment area (Main-Boundary, 41st to Fraser River).

Our program is currently full, and the waitlist is now closed.

Community Lunch

All languages and cultures welcome

Older Adults & Seniors

South Vancouver Neighbourhood House
Wednesdays
12:00pm - 1:00pm

Join us for some great company and a delicious home cooked meal prepared by our amazing chef, Randy. Cost \$8.00

Contact to register shelley.jorde@southvan.org | 604-324-6212 EXT 132

Preteen and Youth Food Programs

Eco-Cooks (Gr. 4 - 7)

All languages and cultures welcome

South Vancouver Neighbourhood House
Mondays and Tuesdays | May to June
3:45PM - 6:00PM

Preteen & Youth

A free science-based environmental cooking program that creates a strong foundation for preteens to develop lifelong healthy and planet-positive eating habits. Preteens cook together, eat together, and practice food literacy. All recipes are plant-based!

Contact to register

jade.chan@southvan.org | 604-324-6212 EXT 150

kathy.do@southvan.org | 604-324-6212 EXT 121 | IG @kathy_svnH

Cultural Buddy Chefs (Ages 8-12)

All languages and cultures welcome

South Vancouver Neighbourhood House
Saturdays | May to June
9:30am - 11:30am

Preteen & Youth

Cooking skills for newcomers, immigrants, and refugees to Canada preteens to learn about knife skills, measuring ingredients, and share cultural recipes.

Contact to register

kathy.do@southvan.org | 604-324-6212 EXT 121 | IG @kathy_svnH

Mind Your Food

All languages and cultures welcome

South Vancouver Neighbourhood House
Thursdays | April 24, 2025 - July 3 2025
4:00PM - 6:30PM

Settlement Preteen & Youth

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

Contact to register jade.chan@southvan.org | 604-324-6212 EXT 150

Seniors Food Programs

Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

Older Adults & Seniors

In the community

Orders accepted Mondays

Grocery shopping and delivery completed by volunteers every 2 weeks. Cost based on sliding scale.

Contact to register svnhshopping@southvan.org | 604-324-6212 EXT 181

Better at Home Frozen Meals Program

All languages and cultures welcome

Older Adults & Seniors

In the community

Orders delivered Thursdays

For seniors who are unable to cook and need assistance through prepared meals. Meals cost \$7.00 - \$8.00 each. *Waitlist in effect

Contact to register frozenmeals@southvan.org | 604-324-6212 EXT 113

Cook with Lucenda

All languages and cultures welcome

Older Adults & Seniors

Online on Teams

1st and 3rd Friday of the month | May 2 & May 16

4:30PM - 6:00PM

Meet virtually to learn new recipes, cook together and socialize every first and third Friday of the month! *Participants must have their own device to access Teams.

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

REFRAMING SOUTH VANCOUVER

Neighbourhood Advisory Committees

All languages and cultures welcome

South Vancouver Neighbourhood House / Southside Hub
Monthly Meetings on weekday nights or Saturday mornings

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

Prabhi Deol, Community Navigator (English/ Punjabi)
604-324-6212 EXT 185 | prabhi.deol@southvan.org

Cherry Wong, Community Navigator (English/ Chinese)
604-324-6212 EXT 186 | cherry.wong@southvan.org

Mara Cortez, Community Navigator (English/ Tagalog)
604-324-6212 EXT 167 | mara.cortez@southvan.org

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am			9:30am - 11:00am ESL Conversation			9:30am - 10:45am	
-							
10:00am		10:00AM - 11:45AM Cantonese Wellness Group	4th Tues of the Month 10:00am - 11:30am Caregiver Support Group	10:30am - 12:00PM Seniors Intercultural Wellness	10:30am - 12:00PM Mandarin Wellness Group	Tai Chi Exercise for Beginners	
-							
11:00am							
-							
12:00PM		12:00PM - 2:00PM Vietnamese Wellness Group	1st Tuesday of the Month 9:30am - 12:00PM Seniors Hub Council	12:00pm - 1:00PM Community Lunch	12:30PM - 2:30PM South Asian Women's Wellness Group	12:00PM - 1:30PM Intermediate iPad/iPhone Class	
-							
1:00PM			1:00PM - 2:30PM Senior Mens Group				
-							
2:00PM				1:30PM - 3:00PM ESL for Seniors	2:00PM - 3:30PM Chinese Caregivers Sing-along Group	1:45PM - 3:15PM Beginner iPad/iPhone Class	
-							
3:00PM			1:30PM - 3:00PM Intercultural Craft Circle				
-							
4:00PM							
-							
5:00PM							
-							
6:00PM							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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10:00am			2nd Tuesday of the Month 10:00am - 11:00am				
-							
-		10:30am - 11:30am	Chinese Caregivers Support Group (Online on Zoom)		10:30am - 11:30am	10:30am - 12:00PM	
11:00am		Chair Yoga (Moberly Arts & Cultural Centre)			Chair Yoga (Moberly Arts & Cultural Centre)	Dance and Stretch (Online on Zoom)	
-							
-							
12:00PM			12:00PM - 2:30PM				
-							
-			South Asian Men's Wellness Group (Sunset Community Centre)				
1:00PM				1:00PM - 3:00PM			
-				Seniors Line Dance			
-				-			
2:00PM				Seniors Shindig			
-							
-				(St Thomas Anglican Church)			
3:00PM							
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4:00PM							
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-							
5:00PM						1st and 3rd Friday of the month 4:30PM - 6:00PM	
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-							
6:00PM						Cook with Lucenda (Online on Zoom)	

SENIORS PROGRAMS

Seniors Hub Programs

South Vancouver Seniors Hub

All languages and cultures welcome

| South Vancouver Neighbourhood House

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

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

South Vancouver Seniors Hub Council

All languages and cultures welcome

| South Vancouver Neighbourhood House

1st Tuesday of the month

9:30am - 12:00PM

Passionate about issues that affect seniors and looking for a place to have a say? 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 activities, independence and active participation in community life. Potential candidates should be team players, open-minded and dependable.

Contact to register

shelley.jorde@southvan.org | 603-324-6212 EXT 132

Food & Nutrition

Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

- | In the community
- | Orders accepted Mondays

Grocery shopping and delivery completed by volunteers every 2 weeks. Cost based on sliding scale.

Contact to register svnhshopping@southvan.org | 604-324-6212 EXT 181

Better at Home Frozen Meals Program

All languages and cultures welcome

- | In the community
- | Orders delivered Thursdays

For seniors who are unable to cook and need assistance through prepared meals. Meals cost \$7.00 - \$8.00 each. *Waitlist in effect

Contact to register frozenmeals@southvan.org | 604-324-6212 EXT 113

Cook with Lucenda

All languages and cultures welcome

- | Online on Teams
- | 1st and 3rd Friday of the month | May 2 & May 16
- | 4:30PM - 6:00PM

Meet virtually to learn new recipes, cook together and socialize every first and third Friday of the month! *Participants must have their own device to access Teams.

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Food & Nutrition

Community Lunch

All languages and cultures welcome

South Vancouver Neighbourhood House
Wednesdays
12:00pm - 1:00pm

Join us for some great company and a delicious home cooked meal prepared by our amazing chef, Randy. Cost \$8.00

Contact to register shelley.jorde@southvan.org | 604-324-6212 EXT 132

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 | 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 | 604-324-6212 EXT 115

Information and Referrals

Information and Referral Services

English

Punjabi

Mandarin

Vietnamese

Hindi

Cantonese

South Vancouver Neighbourhood House
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

Hindi/Punjabi amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

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

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

Arts & Crafts

Intercultural Craft Circle

English

Cantonese

Mandarin

South Vancouver Neighbourhood House
Tuesdays
1:30PM - 3:00PM

Creative activities have been shown to have a positive impact on both physical and mental health. 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

Technology

Seniors Tech Support

English

Cantonese

Mandarin

Online or In-person
Monday - Friday
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 | May 23 - August 1 | No session on July 4
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 | May 23 - August 1 | No session on July 4
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

Wellness Services

Better at Home Light Yardwork

All languages and cultures welcome

| At seniors' homes

For seniors who need assistance with light yard work such as mowing, weeding, and keeping paths clear. Seniors must provide lawn mower and equipment. ***Waitlist in effect.** Cost is based on a sliding scale.

Contact to register alex.hill@southvan.org | 604-324-6212 EXT 145

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

English

Cantonese

Mandarin

| In the community

Volunteers spend time with seniors to ease the challenges of living alone by providing companionship and social connection.

Contact to register kam.wong@southvan.org | 604-324-6212 EXT 172

Better at Home Transportation Shuttle

English

Cantonese

Mandarin

| In the community

Upon request | Any day depending on driver availability.

For seniors in need of transportation to medical appointments, errands, or other destinations. Limits may apply. Cost based on sliding scale.

Contact to register alex.hill@southvan.org | 604-324-6212 EXT 145

Wellness Services

Better at Home Light Housekeeping

Tamil

Cantonese

English

| In the community

Light housekeeping provided to seniors 65 or older and who demonstrate the need of housekeeping support. Charged based on income.

***Waitlist capped. No longer accepting participants.**

For more information contact farveen.mohamed@southvan.org | 604-324-6212 EXT 163

Better at Home Light Home Maintenance

Cantonese

English

| In the community

Mandarin

For seniors in need of light home maintenance and repair, such as replacing light bulbs and batteries, tightening screws etc.

Contact to register kam.wong@southvan.org | 604-324-6212 EXT 172

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

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 | 604-324-6212 EXT 116

Health & Wellness Groups

Seniors Line Dance

Mandarin

Cantonese

St Thomas Anglican Church (2444 E.41st Ave)
Wednesdays
1:00PM - 2:30PM

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 | 604-324-6212 EXT 115

Seniors Shindig

All languages and cultures welcome

St Thomas Anglican Church (2444 E.41st Ave)
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 | 604-324-6212 EXT 115

Tai Chi Exercise for Beginners

English

Cantonese

South Vancouver Neighbourhood House
Fridays | Weekly | No sessions on Apr 18 & Jul 4
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, please contact to join waitlist.**

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

Health & Wellness Groups

Dance and Stretch

Cantonese

Online on MS Teams
Fridays | April 25 - May 30
10:30am - 12:00PM

Are you looking for a way to stay active even at home? Join Lucenda virtually for engaging and fun dances and stretches in Cantonese! You will also have the chance to meet other participants and socialize.

*Participants must have their own device to access Zoom.

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Chair Yoga

Punjabi

English

Moberly Arts & Cultural Centre (7646 Prince Albert St)
Mondays & Thursdays | Apr 7 - June 12 | No sessions on Apr 21 & May 19
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. ***Class full, please contact to join waitlist.**

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Intercultural Wellness Group

English

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

The program offers participants a mix of 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.

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

Health & Wellness Groups

Mandarin Wellness Group

Mandarin

South Vancouver Neighbourhood House
Thursdays
10:30am - 12:00PM

Looking for a place to connect with other Mandarin-speaking seniors? Our Mandarin Wellness Group is all about staying active, feeling good, and making new friends. We keep things light and enjoyable with activities that boost both body and mind. Come and be a part of our community!

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

Vietnamese Wellness Group

Vietnamese

South Vancouver Neighbourhood House
Mondays | Weekly | No sessions on Apr 21, May 19 & Jun 30
12:00PM - 2:00PM

Weekly sessions focused on improving overall well-being, belonging and community engagement. Activities include socialization, light physical activity, workshops, information & referrals and more!

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Seniors Men's Group

All languages and cultures welcome

South Vancouver Neighbourhood House
Tuesdays
1:00PM - 2:30PM

Looking for a way to connect with other men while staying active and having fun? Join our Men's Group! This group offers a unique blend of activities and supportive discussions designed to boost both physical and mental well-being.

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

Health & Wellness Groups

South Asian Men's Wellness Group

Punjabi

Sunset Community Centre (6810 Main Street, Vancouver BC)
Tuesdays
12:00PM - 2:30PM

The weekly wellness Group provides tailored socialization, learning activities, fostering meaningful connections and addressing cultural needs. Participants experience joy, purpose, and improved well-being in a culturally sensitive environment.

Contact to register amanpret.jawanda@southvan.org | 604-324-6212 EXT 137

South Asian Women's Wellness Group

Punjabi

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

The weekly Wellness Group provides tailored socialization, biweekly exercise, and learning activities, fostering meaningful connections and addressing cultural needs. Through a rotating schedule, participants experience joy, purpose, and improved well-being in a culturally sensitive environment.

Contact to register amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

Cantonese Wellness Group

Cantonese

South Vancouver Neighbourhood House
Mondays | No sessions on Apr 21, May 19 & Jun 30
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 different topics related to health and well-being.

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Health & Wellness Groups

English Caregiver Support Group

All languages and cultures welcome

South Vancouver Neighbourhood House
4th Tuesday of the month
10:00am - 11:30am

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 | 604-324-6212 EXT 116

Chinese Caregivers Support Group

Cantonese

Mandarin

Online on Zoom
2nd Tuesday of the month
10:00am - 11:00am

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

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

Chinese Caregivers Sing-along Group

Cantonese

Mandarin

South Vancouver Neighbourhood House
Thursdays | Weekly
2:00PM - 3:30PM

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

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am							
-							
-							
11:00am		10:00am - 2:00PM	10:00am - 2:00PM	10:00am - 2:00PM	10:00am - 2:00PM	10:00am - 2:00PM	
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-		Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	
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ADULT DAY PROGRAMS

Adult Day Centres

SVNH Adult Day Centre

#345 - 3150 East 54th Avenue
Monday - Friday
10:00am - 2:00PM

English

Mandarin

Cantonese

Punjabi

Hindi

Specialized therapeutic programming for frail seniors and older adults with physical or cognitive challenges. Participants must live by themselves or with a caregiver in community and must be referred by Vancouver Coastal Health.

Contact to register: VCH Central Intake

Phone: (604) 263-7377

More information can be found at svnhadc.blogspot.com

Beulah Adult Day Centre

3355 East 5th Avenue
Monday - Friday
10:00am - 2:00PM

English

Cantonese

Mandarin

Spanish

Specialized therapeutic programming for frail seniors and older adults with physical or cognitive challenges. Participants must live by themselves or with a caregiver in community and must be referred by Vancouver Coastal Health.

Contact to register: VCH Central Intake

Phone: (604) 263-7377

More information can be found at svnhadc.blogspot.com