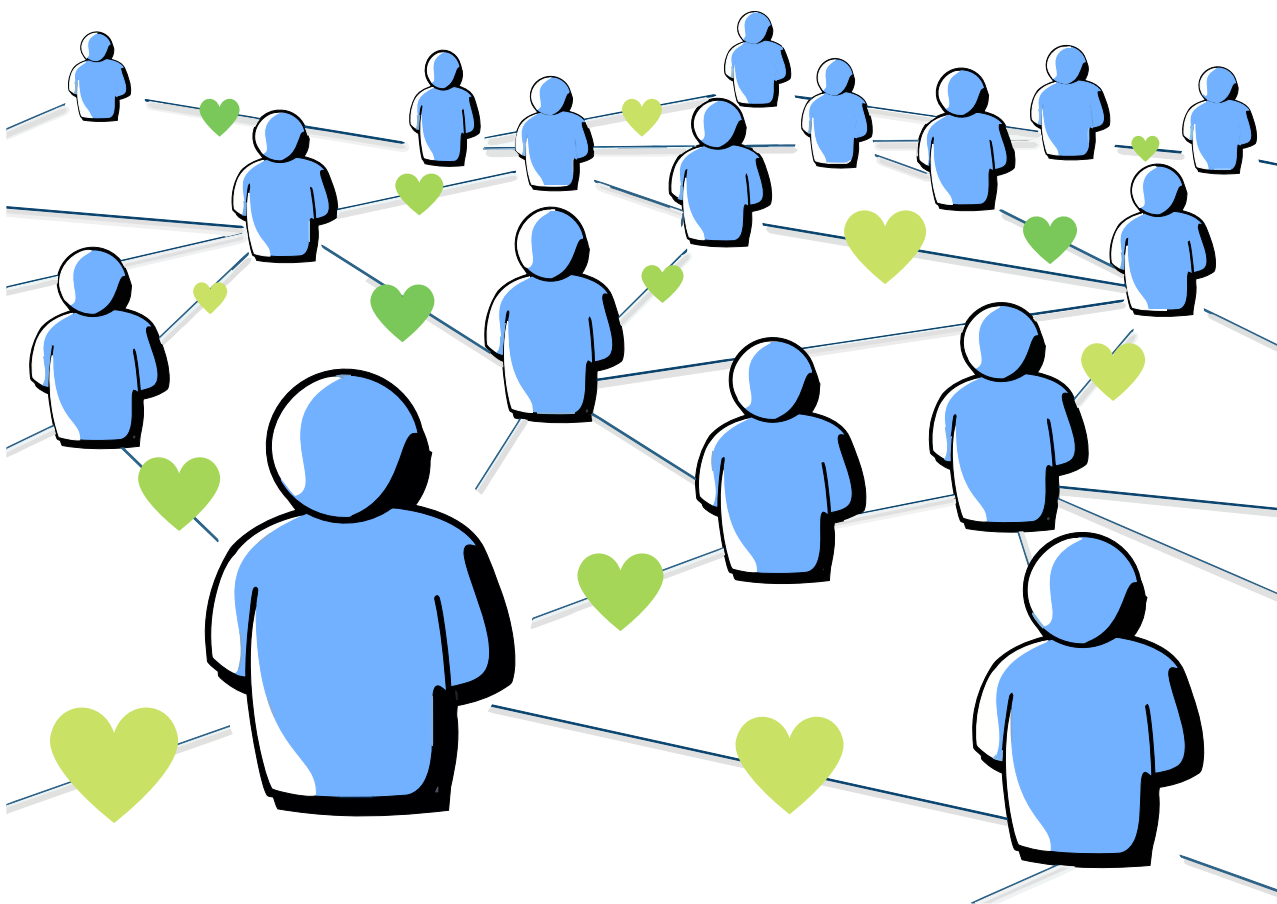


December
2020



Programs & Services During COVID-19



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



MEMBER

ASSOCIATION OF
NEIGHBOURHOOD HOUSES BC

ADULTS



STANDS FOR
REMOTE / ONLINE
PROGRAMS



ESL CONVERSATION GROUP

WEDNESDAYS

1:00PM-3:00PM

Email Kwangyoung at kwangyoung.conn@southvan.org or EXT 117

MULTICULTURAL WOMEN PEER MENTORING GROUP

FRIDAYS

1:00PM-3:00PM

Email Kwangyoung at kwangyoung.conn@southvan.org or EXT 117

CANADIAN CITIZENSHIP PREPARATION

MONDAYS (OCTOBER 19TH AND 26TH)

12:00PM-2:00PM

Email Kwangyoung at kwangyoung.conn@southvan.org or EXT 117

NEWCOMER EMPLOYMENT MENTORSHIP PROGRAM

WEDNESDAYS

6:30PM

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

Email Stephen at stephen.andrada@southvan.org

[KOREAN] NOBODY'S PERFECT PARENTING GROUP

MONDAYS (NOVEMBER 9TH - DECEMBER 14TH)

12:00PM-2:00PM

Email Kwangyoung at kwangyoung.conn@southvan.org or EXT 117

BASIC COMPUTER CLASS IN PARTNERSHIP WITH YMCA

WEDNESDAYS / FRIDAYS

10:00AM-12:00PM

Email Kwangyoung at kwangyoung.conn@southvan.org or EXT 117



CALL US AT
604-324-6212

For more information about
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registration information.



ADULTS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

ESL CONVERSATION GROUP

WEDNESDAYS

1:00PM-3:00PM

Email Kwangyoung at kwangyoung.conn@southvan.org or EXT 117

SOUTH ASIAN WOMEN'S MENTORSHIP PROGRAM

LAST FRIDAY OF THE MONTH

1:00PM-2:30PM

Program offered in Punjabi/Hindi. Programs take place on Zoom.

Email Humaira at humaira.imtiaz@southvan.org

MY TWEEN & ME

JANUARY 18-22

1:00PM-2:30PM

Program offered in Punjabi/Hindi. Programs take place on Zoom.

Email Humaira at humaira.imtiaz@southvan.org

SOUTH ASIAN WOMEN'S PROGRAM

FRIDAYS

1:00PM-2:30PM

Program offered in Punjabi/Hindi. Programs take place on Zoom.

Email Humaira at humaira.imtiaz@southvan.org

SOUTH ASIAN WOMEN'S PROGRAM

FRIDAYS

1:00PM-2:30PM

Program offered in Punjabi/Hindi. Programs take place on Zoom.

Email Humaira at humaira.imtiaz@southvan.org

SOUTH ASIAN WOMEN'S EMPOWERING PROGRAM

DECEMBER 7-10

11:00PM-12:30PM

Program offered in Punjabi/Hindi. Programs take place on Zoom.

Email Humaira at humaira.imtiaz@southvan.org



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ADULTS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

CONVERSATION FOR MEN VIA ZOOM

WEDNESDAYS

6:30PM-8:00PM

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

JOB SEARCH SESSION FOR NEWCOMERS

TUESDAYS / THURSDAYS / FRIDAYS

1:00PM-3:00PM

Virtual and in-person @ South Vancouver Neighbourhood House

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

Small group sessions are available on Zoom

Email Eric at eric.lau@southvan.org or EXT 133



LABOUR MARKET VOLUNTEER PLACEMENT PROGRAM

TUESDAYS / THURSDAYS / FRIDAYS

1:00PM-3:00PM

Virtual and in-person @ South Vancouver Neighbourhood House
Volunteer referral program to help newcomers gaining volunteer experience in the community.

Email Eric at eric.lau@southvan.org or EXT 133



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For more information about
programs, services and
registration information.

OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS



SENIORS WELLNESS WORKSHOPS

EVERY 2ND AND 4TH THURSDAY OF THE MONTH

10:30AM-11:45AM

Virtual on Zoom

Email Frank at frank.lin@southvan.org



SOCIAL CALLS

CALLS PROVIDED WEEKLY

Calls are made by volunteers.

Email Jeannie at jeannie.furmenak@southvan.org or EXT 141



PRESCRIPTION DELIVERY

ORDERS ACCEPTED WEDNESDAY THROUGH SATURDAY

SAFE SENIORS STRONG COMMUNITIES

Email Alex at svnhshopping@southvan.org or EXT 145

GROCERY SHOPPING/DELIVERY

ORDERS ACCEPTED WEDNESDAY THROUGH SATURDAY

SAFE SENIORS STRONG COMMUNITIES

Email Alex at svnhshopping@southvan.org or EXT 145

FROZEN MEAL PROGRAM

DELIVERED ON WEDNESDAYS, THURSDAYS AND FRIDAYS

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

Email Randy at randy.nakata@southvan.org or EXT 113



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OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

BETTER AT HOME YARDWORK

Seniors must provide lawn mower and equipment.

Email Jeannie at jeannie.furmenak@southvan.org or EXT 141

BETTER AT HOME TRANSPORTATION SHUTTLE

WEDNESDAYS / THURSDAYS / FRIDAYS

9:30AM-3:00PM

Masks mandatory.

Email Jeannie at jeannie.furmenak@southvan.org or EXT 141



FAMILY AND FRIEND CAREGIVER SUPPORTS GROUP

EVERY 4TH TUESDAY OF THE MONTH

10:30AM-11:30AM

Virtual on zoom.

Email Ping at ping.chen@southvan.org or EXT 116

SENIORS SHINDIG AT SOUTH HILL NEIGHBOURHOOD CENTRE

TUESDAYS

9:30AM-11:30AM

Masks required.

Email Frank at frank.lin@southvan.org or EXT 115

T'AI CHI AT GORDON PARK

DAYS DEPEND ON WEATHER

Held at Gordon Park

Email Emem at emem.inyang@southvan.org or EXT 142



CALL US AT
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EARLY YEARS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

ONE-ON-ONE FAMILY SUPPORT SERVICES

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

Email Catherine at catherine.kwan@southvan.org

EARLY CHILDHOOD RESOURCES FACEBOOK PAGE

Early Childhood Educational Resources for families and caregivers with children aged 0-5 with shared resources, arts & crafts tutorials, virtual storytimes, and fun activities

fb.me/southvanfam

FAMILY DROP IN AT MOBERLY ARTS & CULTURAL CENTRE

FRIDAYS

10:30AM-11:30AM

Email Catherine at catherine.kwan@southvan.org or EXT 112

On halt until December 7 due to Public Health Order

FAMILY DROP IN AT SOUTH HILL NEIGHBOURHOOD CENTRE

SATURDAYS

10:30AM-11:30AM

Email Catherine at catherine.kwan@southvan.org or EXT 112

On halt until December 7 due to Public Health Order

FAMILY DROP IN AT GORDON PARK / SVNH

SATURDAYS

10:00AM-11:30AM

Email Catherine at catherine.kwan@southvan.org or EXT 112

On halt until December 7 due to Public Health Order



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CHILDCARE



STANDS FOR
REMOTE / ONLINE
PROGRAMS

SVNH OSC GR. K-7

MONDAY - FRIDAY

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

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

SVNH OSC GR. K-7

MONDAY - FRIDAY

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

Licensed before and after school care for students attending
Techumseh, Fleming & Cunningham
Email Caterina at caterina.rubulotta@southvan.org to register

POPPINS PRESCHOOL (AGES 3-5)

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

9:15AM-11:15AM

Engaging, safe and healthy licensed preschool program.
Email Candice at candice.leung@southvan.org to register



CALL US AT
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For more information about
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registration information.

PRETEENS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

UNITED WAY SCHOOL'S OUT [ONLINE] GR. 3-7

MONDAYS

4:00PM-5:15PM

Fun weekly activities, social and emotional development, hangout with youth volunteers and other preteens in the community, participate in group games and relaxing activities

Email Kathy at kathy.do@southvan.org or EXT 121

UNITED WAY SCHOOL'S OUT GR. 3-5 AT MOBERLY ARTS AND CULTURAL CENTRE

TUESDAYS

3:30PM-4:45PM

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

Email Kathy at kathy.do@southvan.org or EXT 121

UNITED WAY SCHOOL'S OUT GR. 3-5

TUESDAYS

3:30PM-4:45PM

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

Email Felix at felix.huang@southvan.org or EXT 150

HOMEWORK CLUB GR. 3-7

THURSDAYS

4:00PM-5:15PM

Tutoring from high school youth volunteers, fun, educational literacy and numeracy activities.

Email Felix at felix.huang@southvan.org or EXT 150



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PRETEENS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

UNITED WAY SCHOOL'S PRETEEN HANGOUT GR. 6-7 AT MOBERLY ARTS AND CULTURAL CENTRE

THURSDAYS

3:30PM-4:45PM

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

Email Kathy at kathy.do@southvan.org or EXT 121

UNITED WAY SCHOOL'S PRETEEN HANGOUT GR. 6-7

SUNDAYS

12:00PM-1:30PM

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

Email Kathy at kathy.do@southvan.org or EXT 121

UNITED WAY SCHOOL'S OUT GR. 3-7

SUNDAYS

2:00PM-3:15PM

Masks required. Fun weekly activities, social and emotional development, hangout with youth volunteers and other preteens in the community, participate in group games and relaxing activities

Email Kathy at kathy.do@southvan.org or EXT 121

GLOBAL CITIZENS

MONDAYS

3:30PM-4:45PM

In person at St. Thomas Church (2444 East 41st avenue, Vancouver)

Masks required for in-person component. Environmental sustainability leadership for preteens ages 9-12.

Email Richard at richard.nicolas@southvan.org



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YOUTH (AGES 12-18)



STANDS FOR
REMOTE / ONLINE
PROGRAMS

NYI (NEIGHBOURHOOD YOUTH INITIATIVE)

MONDAYS

4:00PM-5:30PM

Youth leadership program to coordinate events and passion projects that align with the needs and trends of South Vancouver. Microsoft Team/Zoom meetings; potential in-person meetings for event/project prep.

Email Gabby at gabby.guevarra@southvan.org

BIOCYCLE

MONDAYS

3:30PM-5:00PM

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

Masks required for in-person component. Environmental sustainability leadership for youth ages 13-18

Email Richard at richard.nicolas@southvan.org

OWL (OPENING WORLDS TO LITERACY)

EVERY 2ND AND 4TH FRIDAY OF THE MONTH

3:30PM-5:30PM

Masks required for in-person component. Youth literacy and fundraising group with a focus on raising awareness on literacy in South Vancouver

Email Kathy at kathy.do@southvan.org



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YOUTH (AGES 12-18)



STANDS FOR
REMOTE / ONLINE
PROGRAMS



KILLARNEY GIRL GROUP

THURSDAYS

3:30PM-5:00PM

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

Email Jeannie at jeannie.furmanek@southvan.org

FUTURE LEADERS

AFTERSCHOOL

VARIOUS TIMES

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

Email Kathy at kathy.do@southvan.org



LEOs (LEADERSHIP, EXPERIENCE, AND OPPORTUNITIES)

FRIDAYS

Community youth service club in partnership with South Vancouver Lions. Youth can be connected to future International Lions opportunities upon graduation. Microsoft team meetings (both general and board members)

3:45PM-5:00PM

Email Gabby at gabby.guevarra@southvan.org



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NEWCOMER YOUTH



STANDS FOR
REMOTE / ONLINE
PROGRAMS

NEWCOMER YOUTH WELCOME CIRCLES

AFTER SCHOOL AND AT LUNCH

VARIOUS TIMES

Virtual on Microsoft teams. PR youth grades 8-12.

Email Sherry at sherry.lin@southvan.org or EXT 123



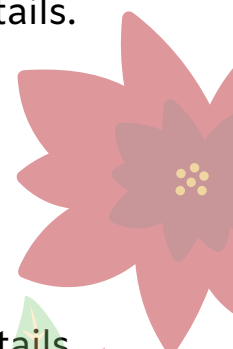
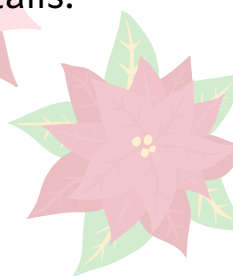
LEARNING CLUB AT SOUTH HILL NEIGHBOURHOOD CENTRE

TUESDAYS / WEDNESDAYS / THURSDAYS

12:00PM-2:00PM

In person programming temporarily suspended - contact for more details.

Email Sherry at sherry.lin@southvan.org or EXT 123



NEWCOMER LEADERSHIP

SATURDAYS

11:00AM-12:30PM

PR youth grades 8-12.

In person programming temporarily suspended - contact for more details.

Email Sherry at sherry.lin@southvan.org or EXT 123

RESILIENT MINDS MENTAL WELLNESS PROGRAM

SATURDAYS

1:30PM-3:00PM

PR youth grades 8-12.

In person programming temporarily suspended - contact for more details.

Email Sherry at sherry.lin@southvan.org or EXT 123



FOOD SKILLS FOR NEWCOMER YOUTH

SATURDAYS

3:30PM-5:30PM

PR youth grades 8-12. Online program with materials provided.

In person programming temporarily suspended - contact for more details.

Email Sherry at sherry.lin@southvan.org or EXT 123



NEWCOMER YOUTH WELCOME CIRCLES

JOHN OLIVER

TUESDAYS

11:30AM-12:00PM

KILLARNEY

WEDNESDAYS

4:00PM-4:45PM

DAVID THOMPSON

THURSDAYS

4:00PM-4:45PM

PR youth grades 8-12.

Virtual on Microsoft Teams.

Email Sherry at sherry.lin@southvan.org or EXT 123



NEWCOMER YOUNG ADULT



STANDS FOR
REMOTE / ONLINE
PROGRAMS

DIGITAL DOJO

WEDNESDAYS

6:30PM-9:30PM

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

Email Danvic at danvic.briones@southvan.org or EXT 135

SOUND MIND

FRIDAYS

8:00PM-9:00PM

in-person program at South Hill Neighbourhood Centre. Masks required. Supporting young adult newcomers 17-24 years on mental health education and healthy coping strategy workshops and sessions.

Email Danvic at danvic.briones@southvan.org or EXT 135

YES HANGOUT

FRIDAYS

6:30PM-8:00PM

In-person program at South Hill Neighbourhood Centre. Masks required. Friday Funday drop-in program for young adult newcomers 17-24 years old. A session of networking, pizza, games, movies, arts and music.

Email Danvic at danvic.briones@southvan.org or EXT 135



CAREER LAB

SATURDAYS

1:00PM-3:00PM

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

Email Danvic at danvic.briones@southvan.org or EXT 135



LIFE TUTOR

TUESDAYS

4:00PM-6:00PM

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

Email Danvic at danvic.briones@southvan.org or EXT 135

