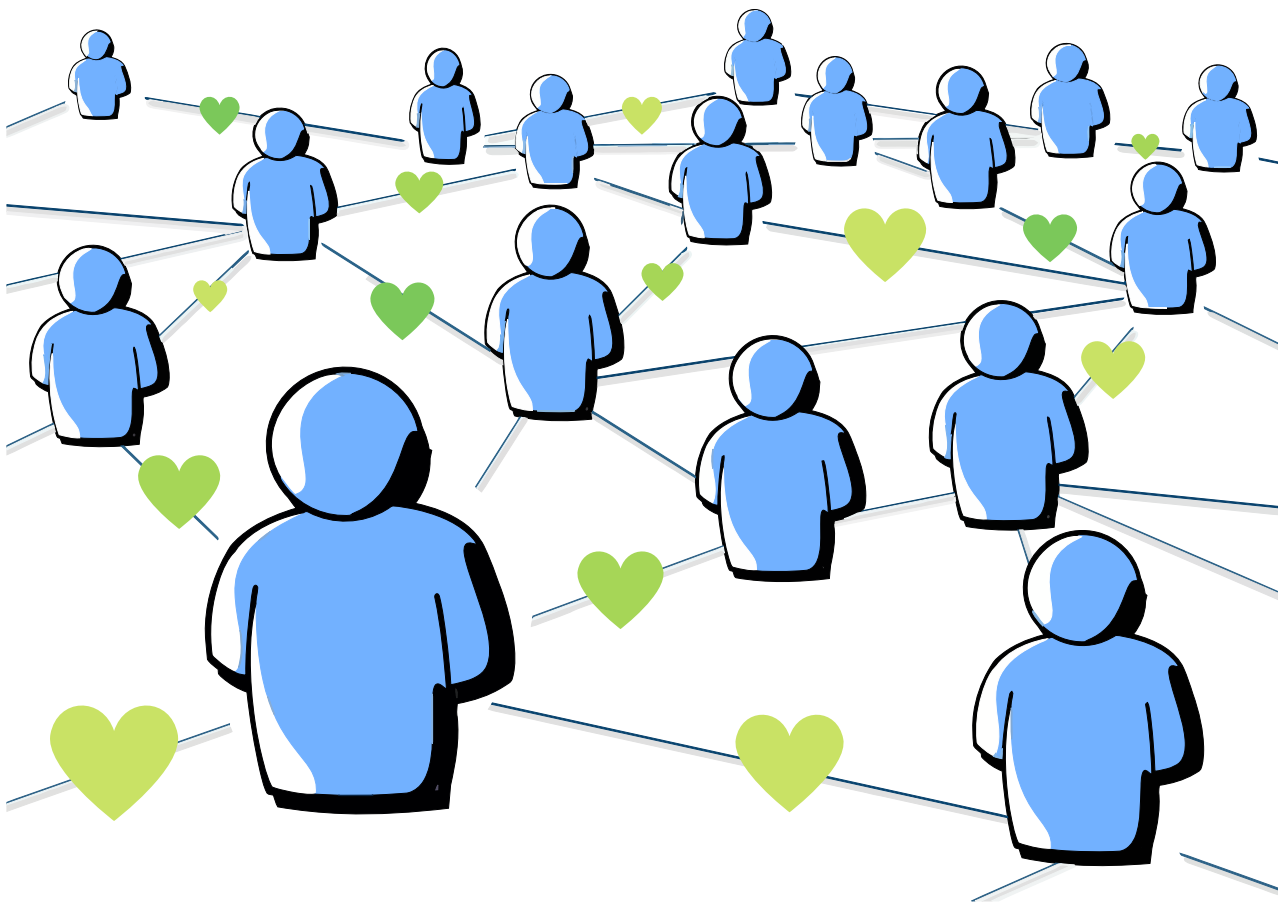


January  
2020



# 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](mailto:kwangyoung.conn@southvan.org) or EXT 117

## **MULTICULTURAL WOMEN PEER MENTORING GROUP**

**FRIDAYS**

**1:00PM-3:00PM**

Email Kwangyoung at [kwangyoung.conn@southvan.org](mailto: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](mailto:stephen.andrada@southvan.org)

## **BASIC COMPUTER CLASS IN PARTNERSHIP WITH YMCA**

**WEDNESDAYS / FRIDAYS**

**10:00AM-12:00PM**

Email Kwangyoung at [kwangyoung.conn@southvan.org](mailto: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](mailto: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](mailto:humaira.imtiaz@southvan.org)



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For more information about  
programs, services and  
registration information.

# ADULTS



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## 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](mailto: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](mailto:eric.lau@southvan.org) or EXT 133

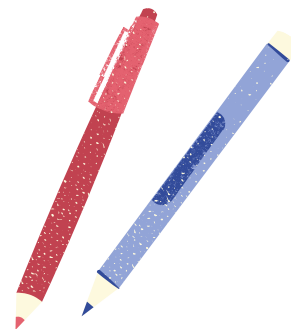
## LABOUR MARKET VOLUNTEER PLACEMENT PROGRAM

**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](mailto:eric.lau@southvan.org) or EXT 133



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# OLDER ADULTS & SENIORS



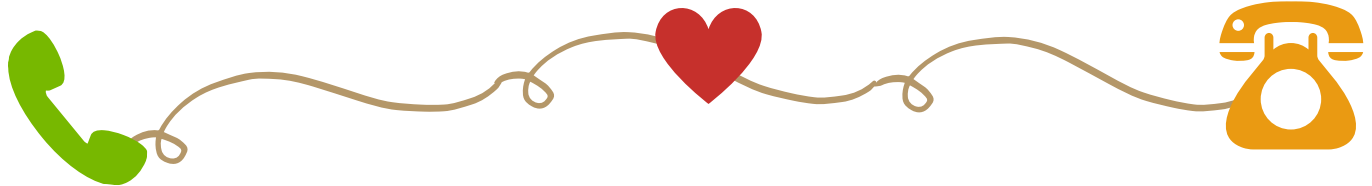
STANDS FOR  
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PROGRAMS

## SOCIAL CALLS

### **CALLS PROVIDED WEEKLY**

Calls are made by volunteers.

Email Jeannie at [jeannie.furmenak@southvan.org](mailto:jeannie.furmenak@southvan.org) or EXT 141



## **PRESCRIPTION DELIVERY**

### **ORDERS ACCEPTED WEDNESDAY THROUGH SATURDAY**

SAFE SENIORS STRONG COMMUNITIES

Email Alex at [svnhshopping@southvan.org](mailto:svnhshopping@southvan.org) or EXT 145

## **GROCERY SHOPPING/DELIVERY**

### **ORDERS ACCEPTED WEDNESDAY THROUGH SATURDAY**

SAFE SENIORS STRONG COMMUNITIES

Email Alex at [svnhshopping@southvan.org](mailto: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](mailto:randy.nakata@southvan.org) or EXT 113



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**604-324-6212**

For more information about  
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registration information.

# OLDER ADULTS & SENIORS



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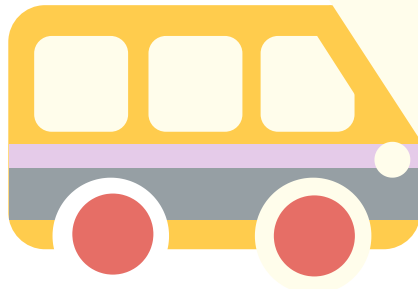
## BETTER AT HOME TRANSPORTATION SHUTTLE

**WEDNESDAYS / THURSDAYS / FRIDAYS**

9:30AM-3:00PM

Masks mandatory.

Email Jeannie at [jeannie.furmenak@southvan.org](mailto: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](mailto:ping.chen@southvan.org) or EXT 116

## T'AI CHI AT GORDON PARK

**DAYS DEPEND ON WEATHER**

Held at Gordon Park

Email Emem at [emem.inyang@southvan.org](mailto:emem.inyang@southvan.org) or EXT 142



## 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](mailto:frank.lin@southvan.org)



**CALL US AT**  
**604-324-6212**

For more information about  
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registration information.

# FOOD

## FAMILY FOOD PROGRAM



**Food for  
Families and Individuals  
who need it.**

**Are you food secure?**

**NO**

**YES**

Do you know how  
to access  
emergency food?

Is there anything  
else we can  
support you in?

**YES**

Call SVNH reception for more  
information on resources  
604-324-6212

**NO**

**SVNH can help!**

Julie Diesta  
*Community Food Navigator*

julie.diesta@southvan.org  
or 604-324-6212 EXT 143



**CALL US AT  
604-324-6212**

For more information about  
programs, services and  
registration information.



# 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](mailto: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](https://fb.me/southvanfam)

## FAMILY DROP IN WEDNESDAYS + FRIDAYS

Virtual family drop-in held on Zoom.

**10:30AM-11:30AM**

Email Catherine at [catherine.kwan@southvan.org](mailto:catherine.kwan@southvan.org) or EXT 112

## BILINGUAL FAMILY DROP IN SATURDAYS

Virtual family drop-in held on Zoom for Chinese participants.

**11:30AM-12:30PM**

Email Catherine at [catherine.kwan@southvan.org](mailto:catherine.kwan@southvan.org) or EXT 112



**CALL US AT**  
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registration information.

# 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](mailto:lestor.chou@southvan.org) to register

## WAVERLEY OSC GR. K-7

**MONDAY - FRIDAY**

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

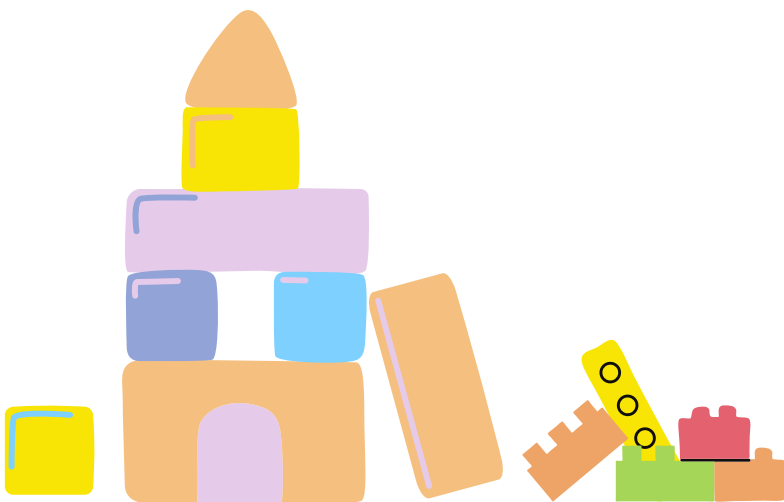
Licensed after school care for students attending Waverley.  
Before school care is at SVNH OSC.  
Email Caterina at [caterina.rubulotta@southvan.org](mailto:caterina.rubulotta@southvan.org) to register

## 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](mailto:candice.leung@southvan.org) to register



**CALL US AT**  
**604-324-6212**

For more information about  
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# PRETEENS



STANDS FOR  
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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](mailto: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](mailto: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](mailto: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](mailto:felix.huang@southvan.org) or EXT 150



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# PRETEENS



STANDS FOR  
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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](mailto: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](mailto: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](mailto: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](mailto:richard.nicolas@southvan.org)



**CALL US AT**  
**604-324-6212**

For more information about  
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# YOUTH (AGES 12-18)



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PROGRAMS

## **NYI (NEIGHBOURHOOD YOUTH INITIATIVE)**

### **MONDAYS**

**4:00PM-5:30PM**

Youth leadership program to coordinate events and passion projects.

Microsoft Team / Zoom meetings.

Email Gabby at [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org)

## **BIOCYCLE**

### **MONDAYS**

**3:30PM-5:00PM**

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

Environmental sustainability leadership for youth ages 13-18

Email Richard at [richard.nicolas@southvan.org](mailto: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](mailto:kathy.do@southvan.org)

## **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](mailto:jeannie.furmanek@southvan.org)

## **FUTURE LEADERS**

### **AFTERSCHOOL**

**VARIOUS TIMES**

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

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org)



## **LEOs (LEADERSHIP, EXPERIENCE, AND OPPORTUNITIES)**

### **FRIDAYS**

Community youth service club in partnership with South Vancouver Lions.

Microsoft team meetings (both general and board members)

**3:45PM-5:00PM**

Email Gabby at [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org)

# NEWCOMER YOUTH



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## **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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:sherry.lin@southvan.org) or EXT 123

# NEWCOMER YOUNG ADULT



STANDS FOR  
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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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:danvic.briones@southvan.org) or EXT 135