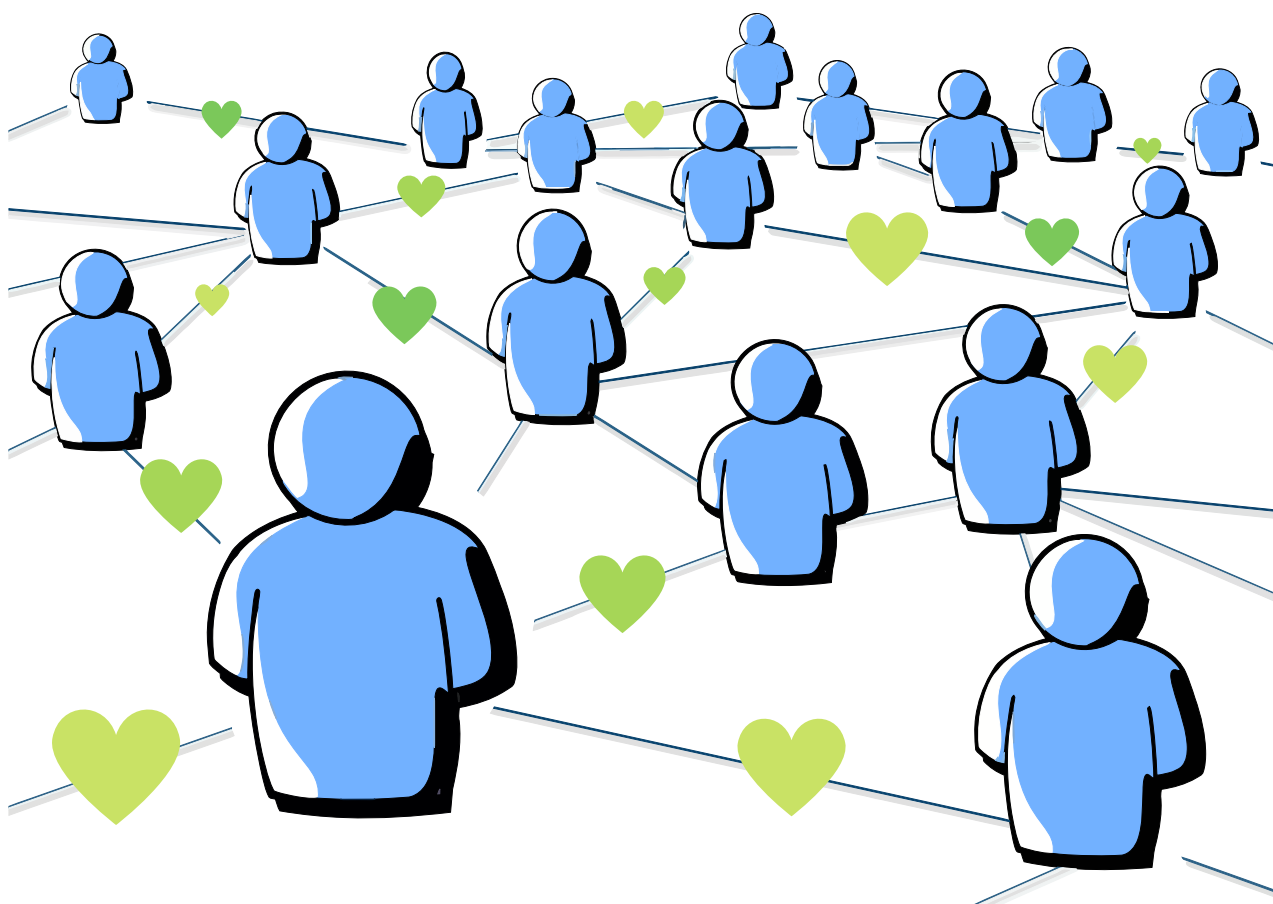


April
2021



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

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

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
programs, services and
registration information.

ADULTS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

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 MENTORING PROGRAM

LAST FRIDAY OF THE MONTH

1:00PM-2:30PM

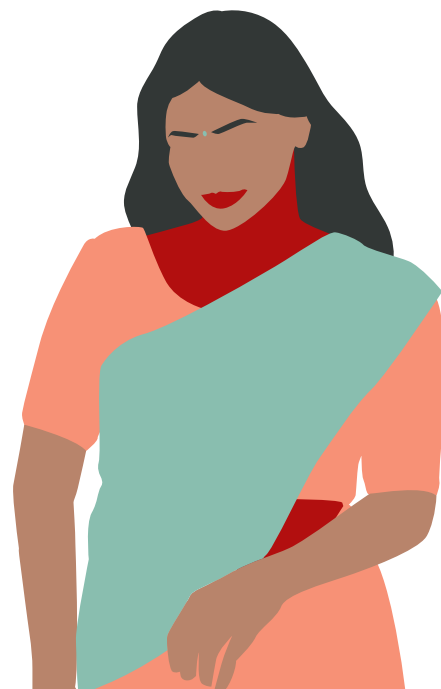
Program offered in Punjabi/Hindi. Programs take place on Zoom.

Email Humaira at humaira.imtiaz@southvan.org



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ADULTS



STANDS FOR
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PROGRAMS

FREE ST SKILLS UPGRADE FOR JOB SEARCHING PERMANENT RESIDENTS

WEDNESDAYS

1:00PM - 3:00PM

Virtual on Zoom.

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

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

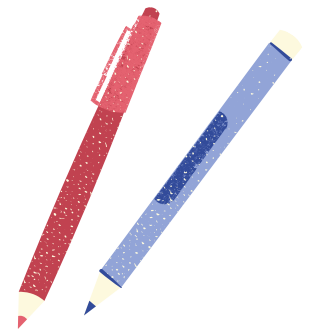
TUESDAYS / THURSDAYS / FRIDAYS

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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604-324-6212**

For more information about
programs, services and
registration information.

OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

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

WONDERFUL OLD AGE, PEACEFUL LIFE-COMMUNITY

SENIORS OUTREACH 精彩老年 如意生活

MONTHLY MAILING AND FOLLOW UP, WEEKLY DOOR-TO-DOOR

Connecting Chinese-speaking seniors in the neighbourhood.

Use of masks, gloves, hand sanitizer and physical distancing are required.

Email Karen at karen.hung@southvan.org or EXT 114



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OLDER ADULTS & SENIORS



STANDS FOR
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PROGRAMS

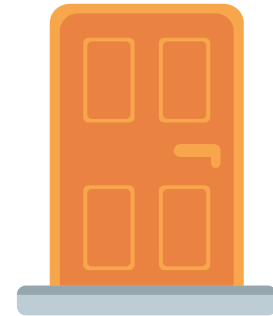
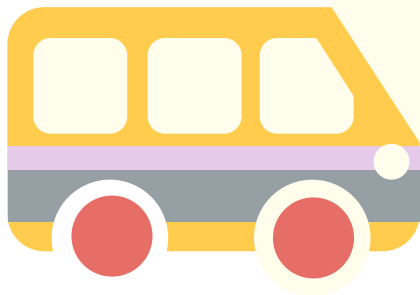
BETTER AT HOME TRANSPORTATION SHUTTLE

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

T'AI CHI AT GORDON PARK

DAYS DEPEND ON WEATHER

Held at Gordon Park

Email Emem at 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



CALL US AT
604-324-6212

For more information about
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registration information.



OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS



SENIORS ONLINE THERABAND EXERCISE

EVERY 2ND AND 4TH WEDNESDAY OF THE MONTH

11:00AM-12:00PM

Virtual on Zoom.

Email Frank at frank.lin@southvan.org



SENIORS TECH SUPPORT

TUESDAYS / WEDNESDAYS / THURSDAY

BY APPOINTMENT

On zoom / phone or in person.

Email Frank at frank.lin@southvan.org



SENIORS ONLINE SING-ALONG

EVERY 3RD WEDNESDAY OF THE MONTH

11:00AM-11:35AM

Virtual on Zoom.

Email Frank at frank.lin@southvan.org



CALL US AT
604-324-6212

For more information about
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FOOD

FAMILY FOOD PROGRAM



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

Are you food secure?

NO

Do you know how to
access emergency
food?

NO

YES

YES

Is there anything
else we can
support you in?

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

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

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

VIRTUAL FAMILY TIME

WEDNESDAYS

10:30AM-11:00AM

On Zoom. Families with children aged 0-6, parents must accompany children during online session

Email fdi@southvan.org or EXT 112

VIRTUAL CHINESE BILINGUAL FAMILY TIME

SATURDAYS

11:30AM-12:00PM

On zoom. Families with children aged 0-6, parents must accompany children during online session

Email fdi@southvan.org or EXT 112



VIRTUAL KIDS YOGA/COMMUNITY CONVERSATION

MONDAYS

10:30AM

Families with children aged 0-6, parents must accompany children during session

Email fdi@southvan.org or EXT 112

PARENT WELLNESS AND INFORMATION MONTHLY WORKSHOPS

ONCE A MONTH

Virtual workshop for parents on Zoom.

Topic for April: Infant / Child First Aid | Topic for May: Energy Saving

Email catherine.kwan@southvan.org or EXT 112

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

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 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



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For more information about
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PRETEENS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

UNITED WAY SCHOOL'S OUT GR.3-5

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

SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

TUESDAYS
3:30PM-5:00PM

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

MOBERLY ARTS AND CULTURAL CENTRE

TUESDAYS
3:30PM-5:00PM

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

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

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

LOCATION: SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

SUNDAYS
12:00PM-1:30PM

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

LOCATION: MOBERLY ARTS AND CULTURAL CENTRE

THURSDAYS
3:30PM-5:00PM

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



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PRETEENS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

UNITED WAY SCHOOL'S OUT GR. 3-7

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

SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

SUNDAYS

2:00PM-3:30PM

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

ONLINE ON ZOOM

MONDAYS

4:00PM-5:15PM

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

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

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. Microsoft Teams/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)

Environmental sustainability leadership for youth ages 13-18

Email Richard at richard.nicolas@southvan.org

OWL (OPENING WORLDS TO LITERACY)

EVERY 1ST AND 3RD FRIDAY OF THE MONTH

3:30PM-5:30PM

Virtual on Zoom. Youth literacy and fundraising group with a focus on raising awareness on literacy in South Vancouver

Email Kathy at 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



FUTURE LEADERS

AFTERSCHOOL

VARIOUS TIMES

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

Email Kathy at 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

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

4:00PM-6:00PM

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

TUESDAYS

6:00PM-8:00PM

In-person program at South Vancouver Neighborhood House. Mental health education and healthy coping strategy workshops and activities. Expressive arts therapy sessions for self care, spiritual and psychological nourishment.

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

YES HANGOUT

SATURDAYS

1:00PM-3:00PM

Friday funday drop in program for young adults to connect & network in a light, positive, fun and safe environment. A time for movies, games, pizza night art and music.

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



CAREER LAB

SATURDAYS

6:30PM-9:00PM

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

THURSDAYS

1:00PM - 6:00PM

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

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