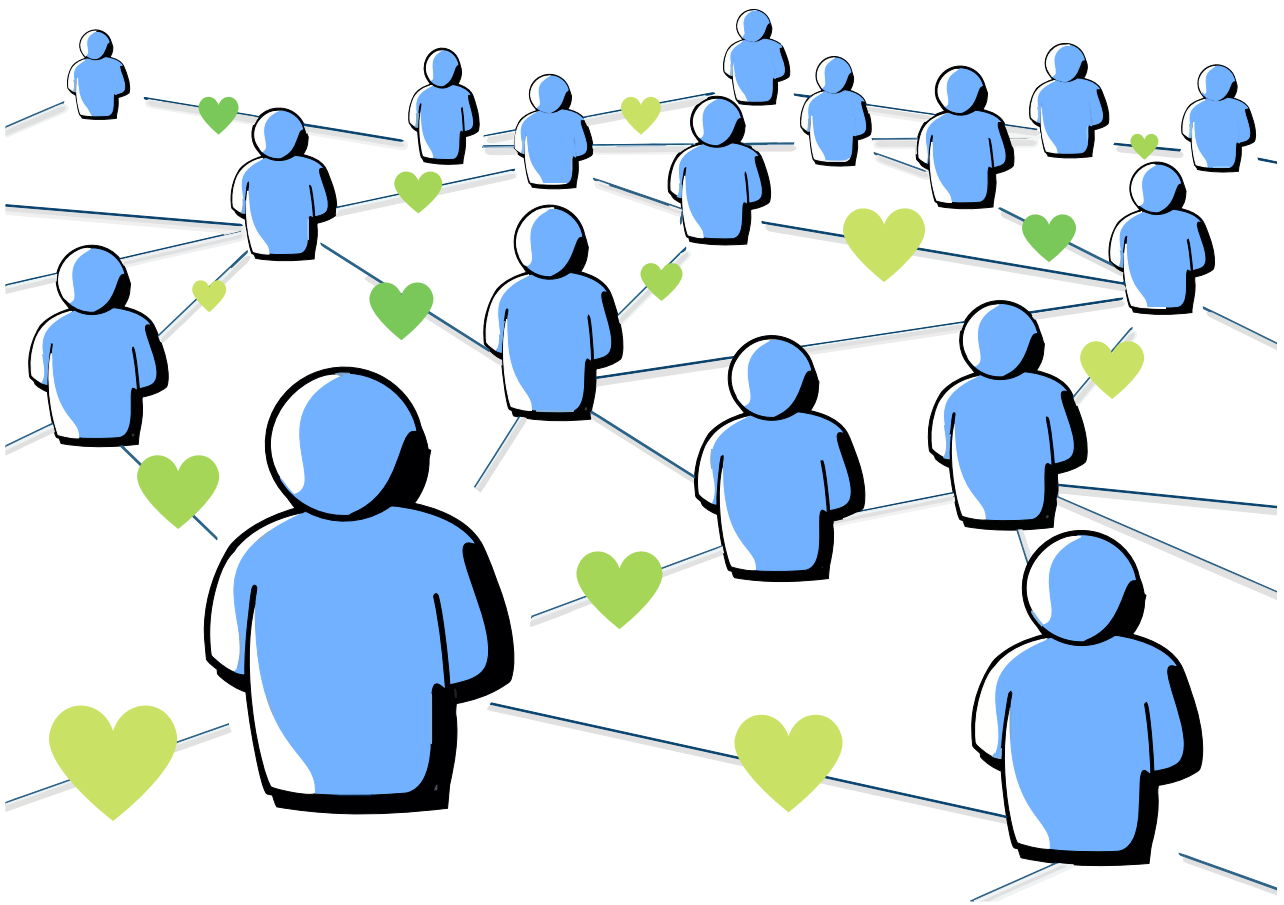


August
2021



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

NEWCOMER WOMEN JOB CONNECTION

MONDAYS / TUESDAYS STARTING SEPTEMBER 2021

10:00AM-1:30PM

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



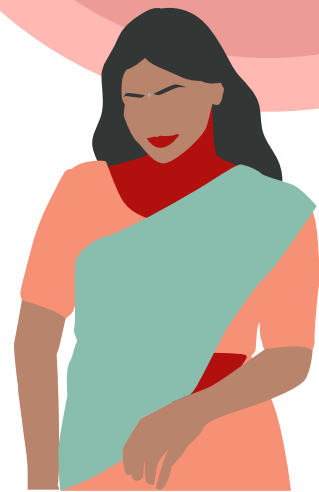
CALL US AT
604-324-6212

For more information about
programs, services and
registration information.

ADULTS



STANDS FOR
REMOTE / ONLINE
PROGRAMS



SOUTH ASIAN WOMEN'S PROGRAM

FRIDAYS

1:00PM-2:00PM

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-2:00PM

Program offered in Punjabi/Hindi. Programs take place on Zoom.
Email Humaira at humaira.imtiaz@southvan.org

CANADIAN CITIZENSHIP PREPARATION WORKSHOP

DATES TO BE DETERMINED

TIME IS TBD

Workshop for permanent residents preparing for citizenship on Zoom.
Email Kwangyoung at kwangyoung.conn@southvan.org

NOBODY'S PERFECT PARENTING PROGRAM

Parenting program for parents on Zoom.

CANTONESE/MANDARIN

SATURDAYS / MAY 22 - JUNE 26
10:00AM-11:30PM

Email Catherine at
catherine.kwan@southvan.org

KOREAN

MONDAYS / JUNE 14 - JULY 12
11:00AM-12:30PM

Email Kwangyoung at
kwangyoung.conn@southvan.org

MY TWEEN AND ME PARENTING PROGRAM [KOREAN]

MONDAYS / APRIL 12 - MAY 10
11:00AM-12:30PM

Parenting program for Korean speaking parents on Zoom.
Email Kwangyoung at kwangyoung.conn@southvan.org

MY TWEEN AND ME PARENTING PROGRAM [ENGLISH]

TUESDAYS / MAY 4 - JUNE 22
4:00PM-5:30PM

Arabic and Spanish translations also available.
Virtual on zoom in partnership with PIRS and SVNH.

ARABIC TRANSLATOR

Contact Souad at sghomair@pirs.bc.ca

SPANISH TRANSLATOR

Contact Erika at epizarro@pirs.bc.ca

ADULTS



STANDS FOR
REMOTE / ONLINE
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

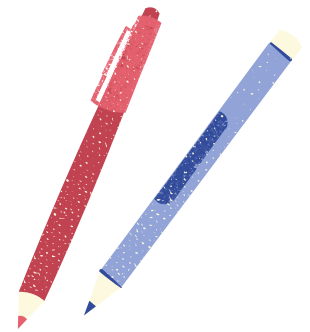
TUESDAYS / THURSDAYS / FRIDAYS

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



CALL US AT
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

FAMILY AND FRIEND CAREGIVER SUPPORTS GROUP

ENGLISH GROUP - EVERY 4TH TUESDAY MORNING

MANDARIN GROUP - EVERY 4TH THURSDAY MORNING

10:30AM-11:30AM

Virtual on zoom.

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



CALL US AT
604-324-6212

For more information about
programs, services and
registration information.



OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

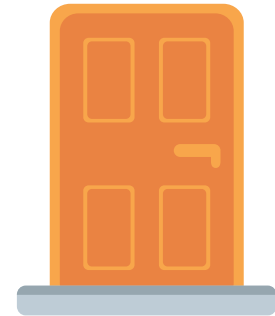
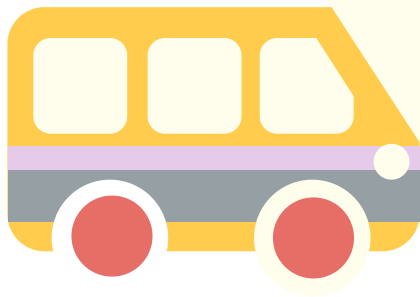
BETTER AT HOME TRANSPORTATION SHUTTLE

WEDNESDAYS / THURSDAYS / FRIDAYS

9:30AM-3:00PM

Masks mandatory.

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



WONDERFUL OLD AGE, PEACEFUL LIFE-COMMUNITY

SENIORS OUTREACH 精彩老年 如意生活

MONDAY - FRIDAY

10:00AM-5:00PM

We want to connect with Chinese-speaking seniors within our neighbourhoods. We know a strong community is built by its healthy and happy people. Your experiences are valuable, it can help us to provide a better service for seniors. Please generously share your ideas and thoughts on community services with our Seniors Community Outreach Specialist and volunteers who speak Mandarin, Cantonese, Taiwanese and English.

We have a lot to learn from you! If you or any of your friends need supports or want to know more about community and government resources, we are always here for you! Use of PPE (Masks, gloves, hand sanitizer) and physical distancing (2-meter apart) are required

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




CALL US AT
604-324-6212


For more information about
programs, services and
registration information.

OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS


 **SENIORS ONLINE THERABAND EXERCISE**
2ND AND 4TH WEDNESDAY OF THE MONTH
11:00AM-12:00PM
Virtual on Zoom.
Email Frank at frank.lin@southvan.org or EXT 115

 **SENIORS VIRTUAL EXERCISE**
1ST WEDNESDAY OF THE MONTH
11:00AM-12:00PM
Virtual on Zoom.
Email Frank at frank.lin@southvan.org or EXT 115

 **SENIORS ONLINE SING-ALONG**
FRIDAY, MAY 31ST
11:00AM-11:35AM
Virtual on Zoom.
Email Frank at frank.lin@southvan.org or EXT 115



 **SENIORS TECH SUPPORT**
TUESDAY - SATURDAY
9:00AM-4:00PM
By phone, email or Zoom.
Email Frank at frank.lin@southvan.org or EXT 115

 **INFORMATION & REFERRAL SERVICES**
MONDAY - SATURDAY
9:00AM-4:00PM
By phone, email or Zoom. One-on-one assistance for older adults seeking information and access to various services and government benefits
Email Frank at frank.lin@southvan.org or EXT 115



 **TAICHI QIGONG SHIBASHI FOR BEGINNERS**
TUESDAYS
2:00PM-3:00PM
Virtual on Zoom.
Email Frank at frank.lin@southvan.org or EXT 115

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.

FAMILY



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

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



OUTDOOR FAMILY TIME

SATURDAYS

10:30AM-11:30AM

For families with children aged 0-6 and siblings. Program will take place at Memorial South Park (near the tennis courts and the bathrooms).

Email fdi@southvan.org or EXT 112

READY SET GO & LEARN KINDERGARTEN PREPARATION

FRIDAYS / APRIL 9-JULY 2

12:30PM-2:00PM

On Zoom. 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.

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

SVNH OSC SUMMER CAMP (JULY - AUGUST)

MONDAY - FRIDAY

7:30AM - 5:30PM

Licensed summer camp program for students.
Registration begins in May.
Email Lestor at
lestor.chou@southvan.org to register



CALL US AT
604-324-6212

For more information about
programs, services and
registration information.



PRETEENS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

UNITED WAY SCHOOL'S OUT GR. 4-7 MOBERLY PARK

MONDAYS

12:00PM-1:45PM

Masks required. Hang out with youth volunteers and other preteens outdoors with 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. 3-7 ON ZOOM

MONDAYS

4:00PM-5:15PM

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

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

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

3:45PM-5:30PM

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



CALL US AT
604-324-6212

For more information about
programs, services and
registration information.

PRETEENS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

GLOBAL CITIZENS GR. 4-7

WEDNESDAYS

3:30PM-4:30PM

Masks required. Learn about environmental sustainability through fun activities with youth volunteer mentors

Email Richard at richard.nicolas@southvan.org or EXT 151

UNITED WAY SCHOOL'S OUT CYCLING ADVENTURES GR. 4-7

NANAIMO PARK

WEDNESDAYS

3:45PM-5:30PM

Mask required. Build your confidence in biking with youth volunteers and other preteens.

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

UNITED WAY SCHOOL'S OUT GR. 2-3

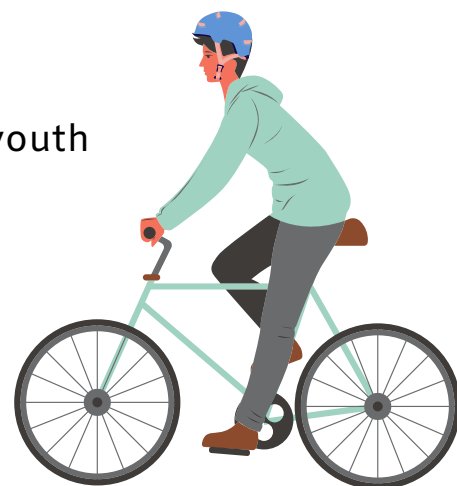
GORDON PARK

THURSDAYS

11:00AM-12:45PM

Masks required. Hang out with youth volunteers and other kids outdoors with 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. 4-7

GORDON PARK

THURSDAYS

3:45PM-5:30PM

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

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

PRETEENS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

EXPLORATION CLUB (HOMEWORK CLUB) GR. 3-7

FRIDAYS

3:45PM-5:30PM

Masks required. Explore STEM and literacy related activities with other preteens and youths.

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



UNITED WAY SCHOOL'S OUT GR. 4-7

SUNDAYS

1:15PM-3:00PM

Masks required. Hang out with youth volunteers and other preteens weekly with 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 PRETEEN COOKING GR. 4-7

SUNDAYS

11:00AM-12:45PM

Masks required. Explore food literacy and bake snacks for our other preteen programs.

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



CALL US AT
604-324-6212

For more information about
programs, services and
registration information.

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

DAVID THOMPSON

THURSDAYS

KILLARNEY

WEDNESDAYS

JOHN OLIVER

TUESDAYS

Practice your English conversation skills with activities and games.

Virtual on Microsoft Teams.

Email Salma at salma.ismail@southvan.org or EXT 123

FOOD SKILLS FOR NEWCOMER YOUTH

SATURDAYS - TWO GROUPS

1:00PM-2:30PM / 3:00PM-4:30PM

Learn to cook delicious food from around the world.

Email Salma at salma.ismail@southvan.org or EXT 123



LEARNING CLUB AT SOUTH HILL NEIGHBOURHOOD CENTRE

WEDNESDAYS / THURSDAYS

10:30AM-1:00PM

Free tutoring with university students in all subjects.

Email Salma at salma.ismail@southvan.org or EXT 123

NEWCOMER LEADERSHIP

SATURDAYS

10:00AM-12:00PM

Volunteer by helping others in the community.

We make things to donate to people in need.

Email Salma at salma.ismail@southvan.org or EXT 123



RESILIENT MINDS AT ST. THOMAS CHURCH

FRIDAYS

12:00PM-1:30PM

Feeling worried, stressed, or sad?

Improve your mental health: learn music, meditation, art and activities to help you cope with difficult emotions.

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



FUN WITH SCIENCE

FRIDAYS

11:30AM-12:30PM

Learn about science, experiments and amazing things about the human body. Program led by UBC science student Karina To.

Email Salma at salma.ismail@southvan.org or EXT 123

NEWCOMER YOUTH



STANDS FOR
REMOTE / ONLINE
PROGRAMS

GARDENING CLUB VOLUNTEER

SATURDAYS

1:00PM-2:00PM

Help grow fruits and vegetables on our South Vancouver Neighbourhood

House rooftop garden. All equipment is provided.

Email Salma at salma.ismail@southvan.org or EXT 123



MULTI-SPORT CLUB AT GORDON PARK

TUESDAYS

3:30PM-4:30PM

Join us outdoors in playing a variety of sports with experienced volunteers. Equipment provided for volleyball, badminton, soccer, basketball, tennis, ultimate frisbee and more!

Bring your own water bottle. Snacks provided.

Email Salma at salma.ismail@southvan.org or EXT 123



SUMMER VOLLEYBALL CAMP

TUESDAYS

1:00PM-2:30PM

For Newcomer youth interested in learning how to play volleyball and learn new skills from Volleyball BC coaches. Coaches speak Tagalog and Punjabi/Hindi

Email Salma at salma.ismail@southvan.org or EXT 123

ONE-ON-ONE SETTLEMENT SUPPORT

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

Book an appointment with our Youth Settlement Worker Salma for support. She can help with:



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

Email Salma at salma.ismail@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