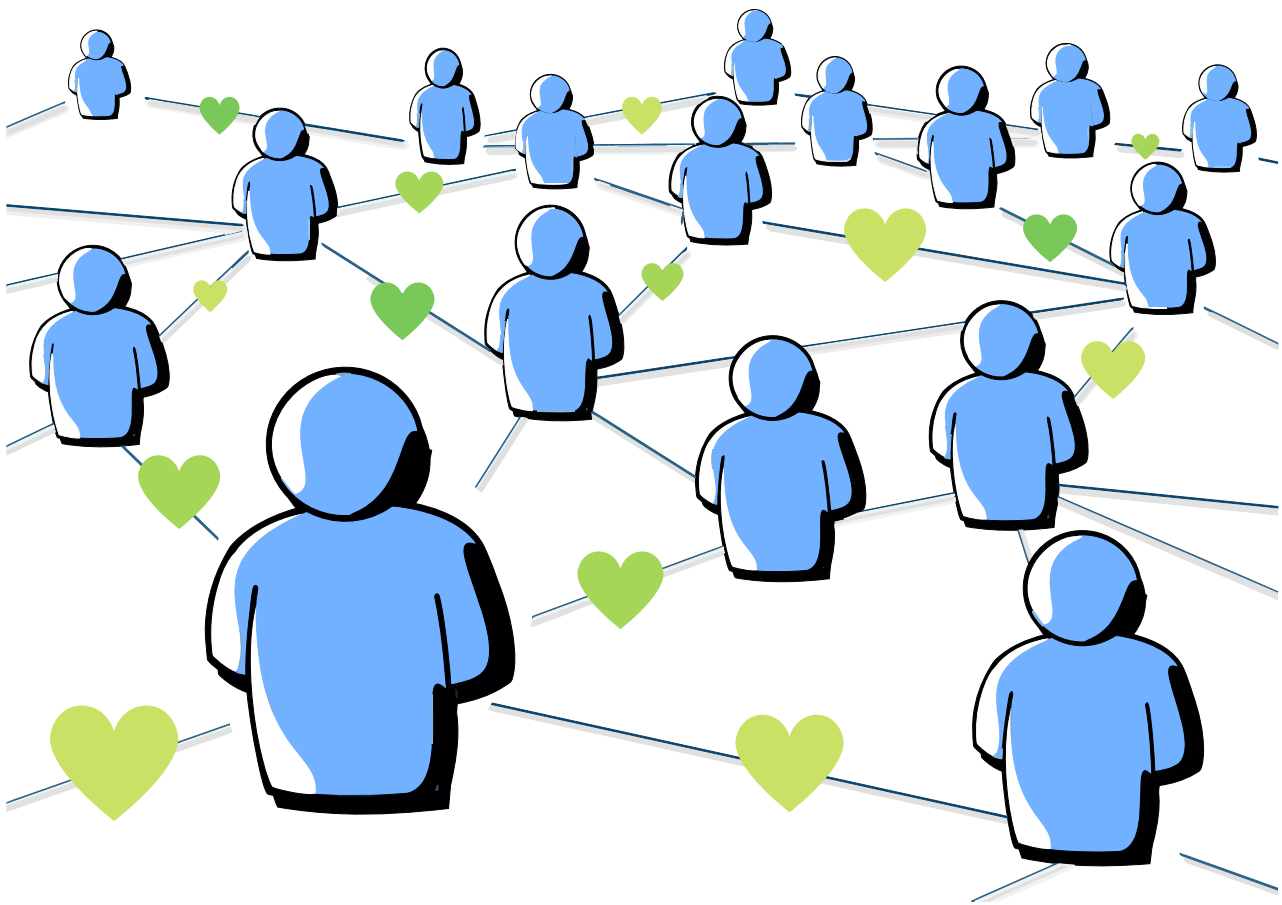


October
2021



Programs & Services During COVID-19



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



MEMBER

ASSOCIATION OF
NEIGHBOURHOOD HOUSES BC

OCTOBER HOUSE EVENTS



HARVEST FEST

SATURDAY, OCTOBER 16 | 11 AM - 2 PM

David Thompson Secondary School
1755 E 55th Avenue

All ages are welcomed!

Join us for arts and crafts, grilled cheese sandwiches, harvest soup, games, prizes, and more!

*This event will take place rain or shine and compliance with COVID 19 protocols is required



Brought to you by:



FRESH
ROOTS

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 Women Job Connection

MONDAYS / TUESDAYS

10:00AM-1:30PM

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

Canadian Citizenship Preparedness Workshop

TUESDAY, OCTOBER 26

10:00AM-1:00PM

Workshop for permanent residents preparing for citizenship on Zoom.

Email Kwangyoung at kwangyoung.conn@southvan.org



CALL US AT
604-324-6212

For more information about
programs, services and
registration information.

ADULTS



STANDS FOR
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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

Migrant Workers' Program

PLEASE REFER TO THE MIGRANT WORKERS PROGRAM CALENDAR FOR DATES

Yimes Vary

Program offered in English/Spanish and takes place on Zoom.

Email Koyali at koyali.burman@southvan.org or EXT 120

Nobody's Perfect [Chinese]

DATES TO BE ANNOUNCED

Please contact staff member for more information

Parenting program for parents with kids aged 0-5 on Zoom,
offered in Cantonese/Mandarin.

Email Catherine at catherine.kwan@southvan.org

My Tween and Me [Chinese]

DATES TO BE ANNOUNCED

Please contact staff member for more information

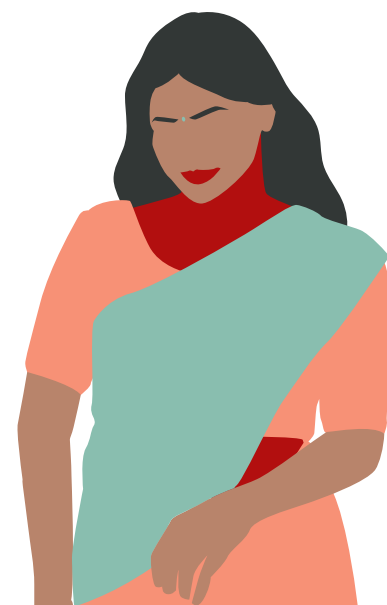
Offered to parents/caregivers and their children aged 7 through 12
on Zoom, offered in Cantonese/Mandarin.

Email Catherine at catherine.kwan@southvan.org



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registration information.



ADULTS



STANDS FOR
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PROGRAMS

Free Short term Skills Upgrade for Job Seekers

BY APPOINTMENT ONLY

Job Searching Permanent Residents or Protected Persons only.
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

BY APPOINTMENT ONLY

Mask is required for 1-on-1 in person. Small group sessions on Zoom.

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

Labour Market Volunteer Placement Program

TUESDAYS / THURSDAYS / FRIDAYS

1:00PM-3:00PM

Volunteer referral program to help newcomers gaining volunteer experience in the community.

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

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



ADULTS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

Labour Market Conversations with Local Professionals

BY APPOINTMENT ONLY

Learn about how local professionals (HR, Mining Company, Business Consultants, and Vancouver School Board, etc) start their careers in Metro Vancouver.

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

ASCEND

BY APPOINTMENT ONLY

ASCEND is a self-paced online employment readiness program developed by the IEC-BC in partnership with Canadian employers. In collaboration with IECBC.

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

FAST

BY APPOINTMENT ONLY

FAST is a self-paced online career prep and competency assessment program designed for individuals in Accounting, Biotech & Life Sciences, Culinary Arts, IT and Data Services, and Skilled Trades. In collaboration with IECBC.

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

Responsible Adult Training Program

WEDNESDAYS

1:00PM-3:00PM

Job Searching Permanent Residents or Protected Persons who are looking for work in the childcare field.

Small group sessions on Zoom.

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



CALL US AT
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For more information about programs, services and registration information.



OLDER ADULTS & SENIORS



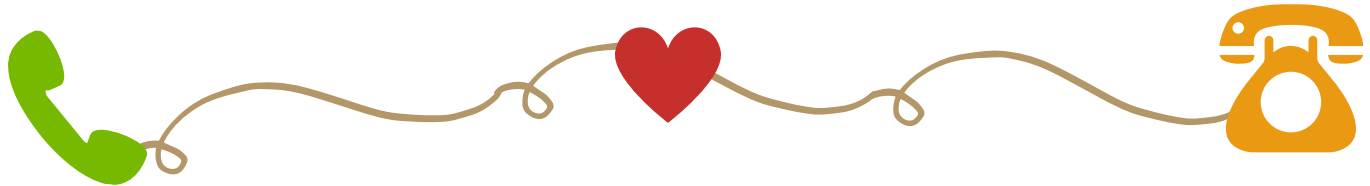
STANDS FOR
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PROGRAMS

Social Calls

CALLS PROVIDED WEEKLY

Calls are made by volunteers.

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



Prescription Deliveries

ORDERS ACCEPTED TUESDAY / WEDNESDAY / THURSDAY

For seniors in need of prescriptions to be delivered.

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



Grocery Shopping/Delivery

ORDERS ACCEPTED TUESDAY / WEDNESDAY / THURSDAY

For Seniors in need of groceries delivered to their homes.

Email Alex at svnhshopping@southvan.org or EXT 145

Frozen Meals Program

DELIVERED ON WEDNESDAYS, THURSDAYS AND FRIDAYS

For seniors who are unable to cook and need assistance through prepared meals. Meals are \$6 each.

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

Yardwork

ANY DAY OF THE WEEK

Seniors must provide lawn mower and equipment. Cost based on a sliding scale.

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



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For more information about
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registration information.

OLDER ADULTS & SENIORS



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PROGRAMS

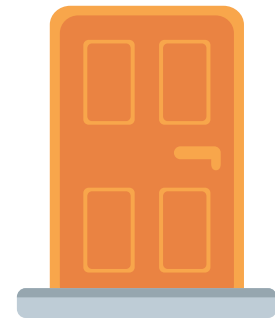
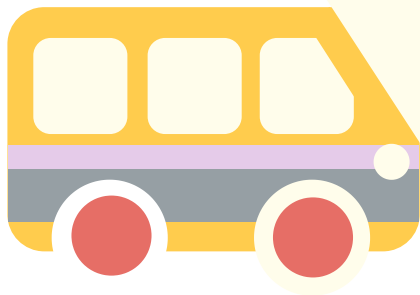
Better at Home Transportation Shuttle

WEDNESDAYS / THURSDAYS / FRIDAYS

9:30AM-3:00PM

Masks mandatory. Cost by donation.

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



Community Seniors Outreach

精彩老年 如意生活 長者外展計劃

MONDAY - FRIDAY

10:00AM-5:00PM

Share your ideas about 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 support or want to know more about community and government resources, we are always here for you!

By phone or in-person appointment if required. Use of PPE (Masks, gloves, hand sanitizer) and physical distancing (2-meter apart).

Available in English, Mandarin and Cantonese.

Email Wan-Jen at wan-jen.hung@southvan.org or EXT 114



Family and Friends Caregiver Support Group

4TH TUESDAY OF THE MONTH

10:30AM-11:30AM

Virtual on Zoom or Wechat.

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



OLDER ADULTS & SENIORS



STANDS FOR
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PROGRAMS



Seniors Wellness Program

WEDNESDAYS

10:30AM-11:30AM

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 and 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

Choose to Move 長者運動健康班

TUESDAYS

10:00AM-11:00AM

A free program that supports seniors to become and stay active!

Get the motivation you need to be active! Program is given in Mandarin.

- Develop a personal action plan to help meet your goals
- Choose activities you like
- Receive 1-on-1 coaching and group support
- Learn new ways to live a healthier, more active life.
- It's free!

For more information, please visit www.choosetomove.info

In-person meeting under scheduled.

Use of PPE (Masks, gloves, hand sanitizer) and physical distancing (2 meters apart) required.

Email Wan-Jen at wan-jen.hung@southvan.org or EXT 114



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 or EXT 112

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 Women Mutual Support Group

TWICE A MONTH

Please contact email below for more information

Regular online gathering for Chinese speaking moms to practice simple conversational English, do exercise/yoga as a group, exchange information, share parenting experience and ask questions, etc)

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



CALL US AT
604-324-6212

For more information about
programs, services and
registration information.

FAMILY



STANDS FOR
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PROGRAMS

Family Drop in Killarney Community Centre

MONDAYS / WEDNESDAYS

1:00PM-2:30PM

Indoor family drop-in at Killarney Community Centre.

Program offered in English, Arabic and Spanish.

Email fdi@southvan.org or EXT 112 / EXT 149

Family Drop in Killarney Community Centre Pool

OCTOBER 18TH & 25TH

10:45AM-11:45AM

Indoor family drop-in at Killarney Community Centre Pool.

Email fdi@southvan.org or EXT 112 / EXT 149

Baby Time Mother Goose

WEDNESDAYS

10:45AM-11:30AM

Program takes place at Gordon Park or on Zoom if it rains.

Email fdi@southvan.org or EXT 112 / EXT 149

Family Drop-in Memorial South Park

FRIDAYS

10:30AM-12:00PM

Program takes place at Memorial South Park and runs rain or shine.

Email fdi@southvan.org or EXT 112 / EXT 149

Pumpkin Patch Field Trip

OCTOBER 22

11:00AM

Pumpkin patch field trip to Southland Heritage Farm.

Email fdi@southvan.org or EXT 112 / EXT 149

Family Drop-in Halloween Extravaganza

OCTOBER 29 & 30

10:30AM-11:30

Email fdi@southvan.org or EXT 112 / EXT 149



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

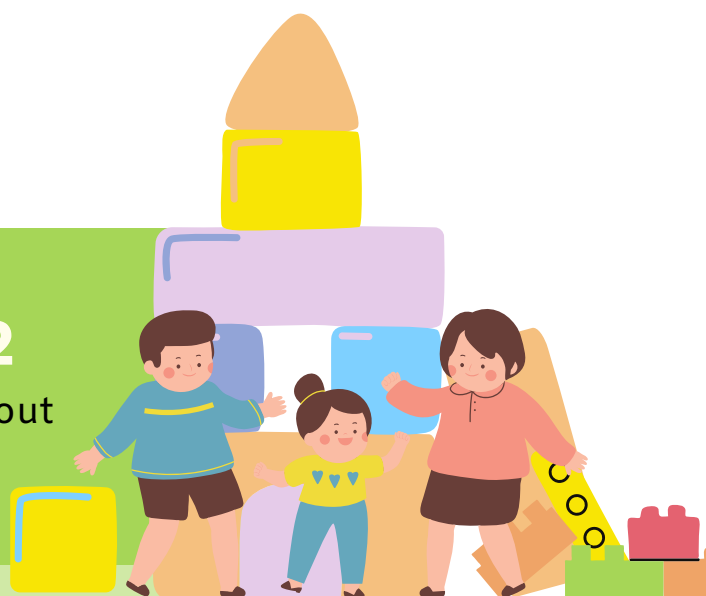
7:30AM - 5:30PM

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 ARTS AND CULTURAL CENTRE**

MONDAYS

3:30PM-5:00PM

UW School's Out is a free program for kids in the Sunset community. Come join us for some fun activities relating to art, culture, music, community, nature, literacy, and more, and to meet some new friends! High school youth volunteers will be present to support and mentor the kids.

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

United Way School's Out Preteen Leadership GR. 6-7 **MOBERLY ARTS AND CULTURAL CENTRE**

WEDNESDAYS

4:00PM-5:00PM

UW School's Out Preteen Leadership is a free program for preteens in the Sunset community. 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!

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

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



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

Hang out with youth volunteers and other preteens in your community & participate in fun weekly activities relating to art, culture, literacy, nature, sports, social and emotional learning, & more! Snacks are provided at every session.

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

**WAVERLY
ELEMENTARY SCHOOL**
TUESDAYS
3:00PM-4:30PM

**SOUTH VANCOUVER
NEIGHBOURHOOD HOUSE**
SUNDAYS
11:00AM-12:30PM

**COOK
ELEMENTARY SCHOOL**
THURSDAYS
3:00PM-4:30PM

**SOUTH VANCOUVER
NEIGHBOURHOOD HOUSE**
SUNDAYS
1:00PM-2:30PM

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

**SOUTH VANCOUVER
NEIGHBOURHOOD HOUSE**
THURSDAY
3:45PM-5:15PM



Global Citizens GR. 4-7

Learn more about the environmental sustainability through various fun activities and projects related to the community.

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

**WAVERLY
ELEMENTARY SCHOOL**
TUESDAYS
12:00PM-12:45PM

**COOK
ELEMENTARY SCHOOL**
WEDNESDAYS
12:00PM-12:45PM

YOUTH (AGES 12-18)



STANDS FOR
REMOTE / ONLINE
PROGRAMS

NYI (Neighbourhood Youth Initiative)

MONDAYS

3:45PM-5:30PM

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

Email Gabby at gabby.guevarra@southvan.org

Green Team

DAVID THOMPSON SECONDARY SCHOOL

THURSDAYS

11:35AM-12:05PM

Sustainability Leadership Lunch Time Program to bring awareness to the school environment by hosting a variety of events

Email Richard at richard.nicolas@southvan.org

Biocycle

MONDAYS

4:00PM-5:10PM

Sustainability community leadership program for youth to learn more about sustainability and create meaningful impacts to the community by organizing different events & projects.

Email Richard at richard.nicolas@southvan.org

Owl (Opening Worlds to Literacy)

FRIDAY

5:45PM-7:45PM

Youth literacy and fundraising group with a focus on raising awareness on the importance of literacy in South Vancouver.

Email Kathy at kathy.do@southvan.org

LEOs (Leadership, Experience and Opportunities)

2ND AND 4TH FRIDAY OF THE MONTH

3:45PM-4:30PM

Masks required. Junior Lions service club where youth gain leadership and communication skills by organizing events and fundraisers for the community.

Email Gabby at gabby.guevarra@southvan.org

YOUTH (AGES 12-18)



STANDS FOR
REMOTE / ONLINE
PROGRAMS

Killarney Girls Group

THURSDAYS

3:30PM-5:00PM

Masks required. After school social program that explores topics that impact girls

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



CALL US AT
604-324-6212

For more information about
programs, services and
registration information.

NEWCOMER YOUTH



STANDS FOR
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PROGRAMS

Newcomer Youth Welcome Circles

DAVID THOMPSON
THURSDAYS

KILLARNEY
WEDNESDAYS

JOHN OLIVER
TUESDAYS

Lunch program where you practice their English Conversational Skills while playing different games and activities.

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

Newcomer Leadership

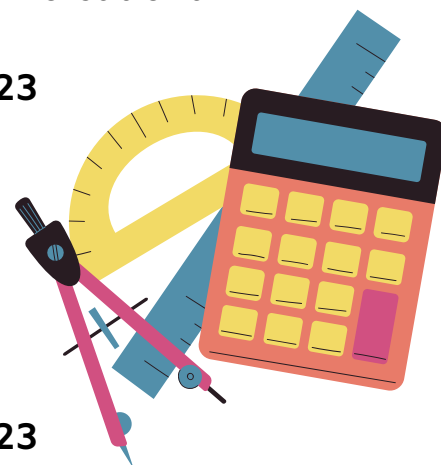
SATURDAYS

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



Learning Club

DAVID THOMPSON SECONDARY SCHOOL

DATE AND TIME TO BE DETERMINED

Free tutoring with university students in all subjects and help youth look for volunteer and work positions.

Also help fill out forms in English

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



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For more information about
programs, services and
registration information.

NEWCOMER YOUTH



STANDS FOR
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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



Resilient Minds

DATE AND TIME TO BE DETERMINED

PLEASE CONTACT SALMA FOR MORE INFO

Feeling worried, stressed, or sad?

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

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

Food Skills for Newcomer Youth

SATURDAYS - TWO GROUPS

1:00PM-2:30PM OR 3:00PM-4:30PM (FULL)

Learn to cook delicious food from around the world.

Email Hilary at hilary.tam@southvan.org



One-on-One Settlement Support

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

Book an appointment with our Youth Settlement Work 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
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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