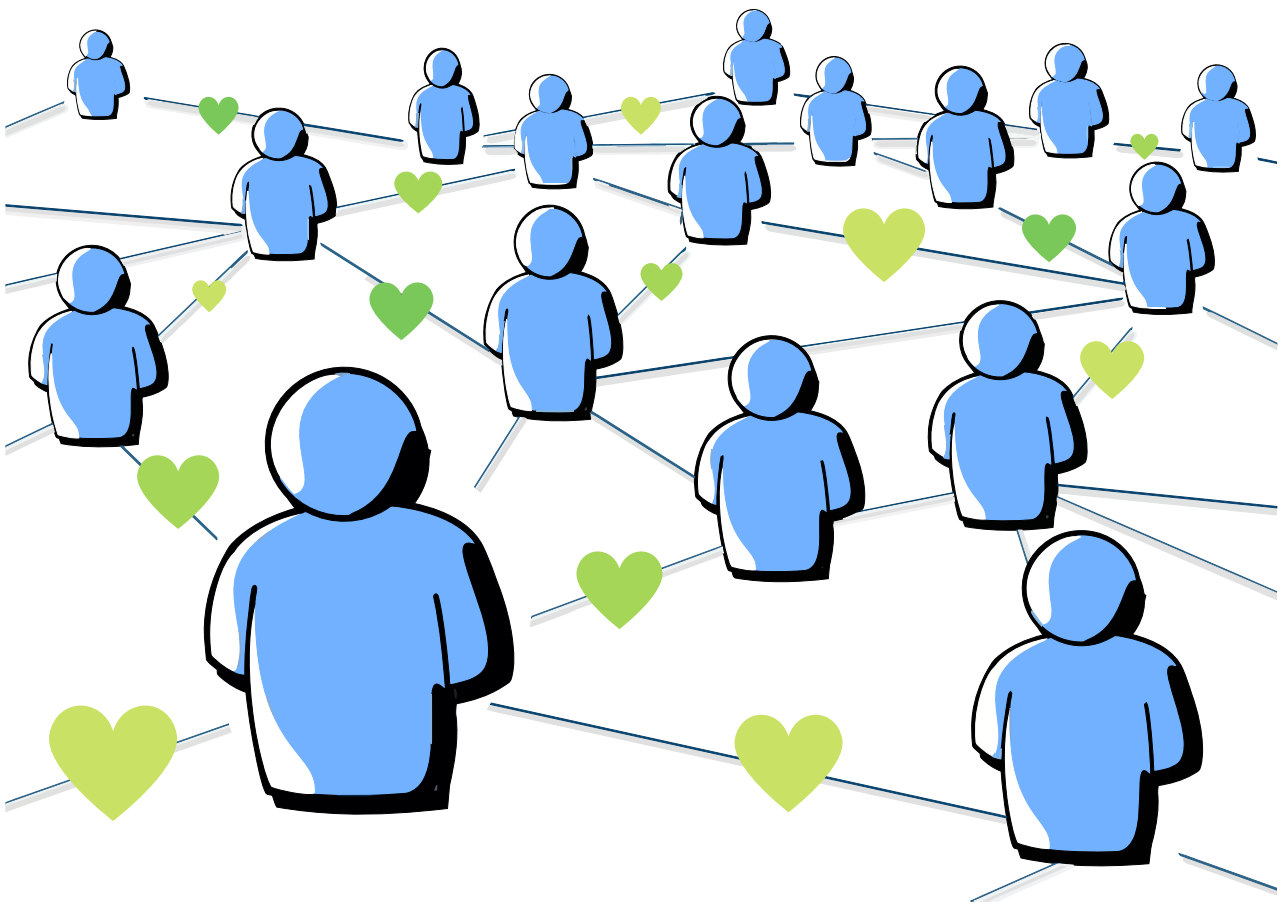


January  
2022



# 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 Women Job Connection**

**MONDAYS / TUESDAYS**

10:00AM-1:30PM

Email Kwangyoung at [kwangyoung.conn@southvan.org](mailto: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](mailto:kwangyoung.conn@southvan.org) or EXT 117

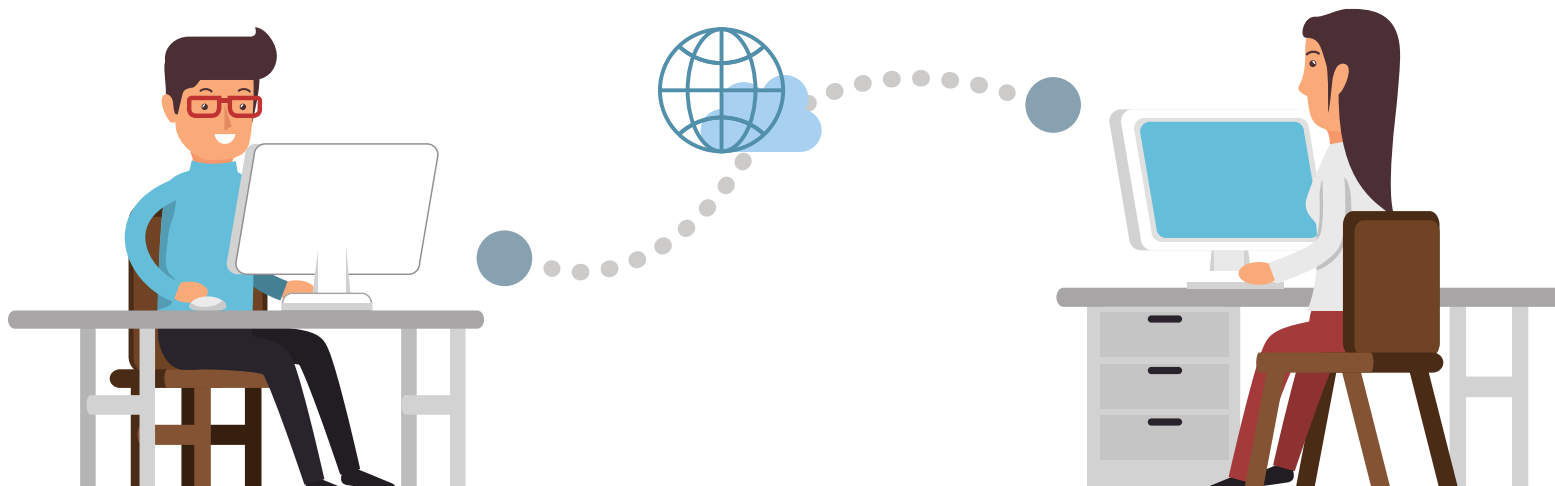
## **Canadian Citizenship Preparedness Workshop**

**TUESDAY, OCTOBER 26**

10:00AM-1:00PM

Workshop for permanent residents preparing for citizenship on Zoom.

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



# 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](mailto: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](mailto: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](mailto: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](mailto:catherine.kwan@southvan.org)

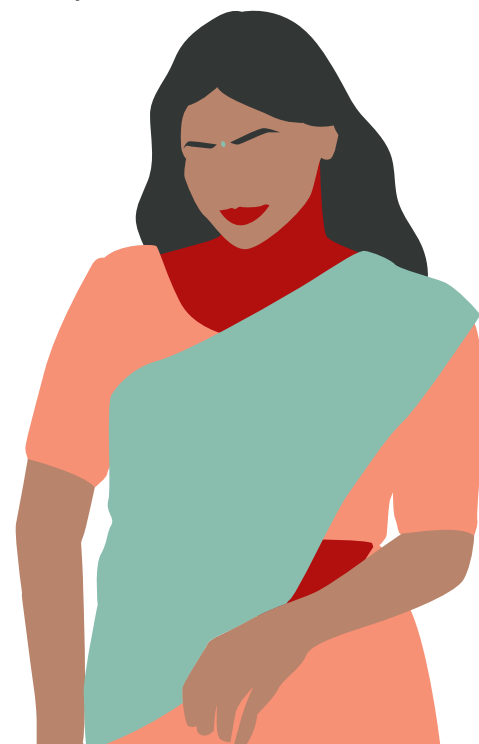
## **My Tween and Me [Chinese]**

**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](mailto:catherine.kwan@southvan.org)



# 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:stephen.andrada@southvan.org)



# ADULTS



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



# OLDER ADULTS & SENIORS



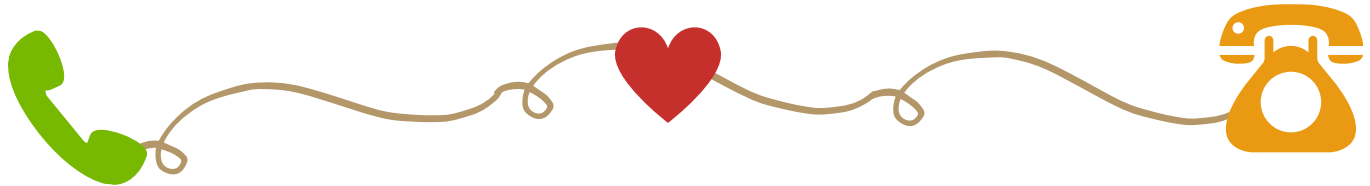
STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## Social Calls

### **CALLS PROVIDED WEEKLY**

Calls are made by volunteers.

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

# OLDER ADULTS & SENIORS



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PROGRAMS

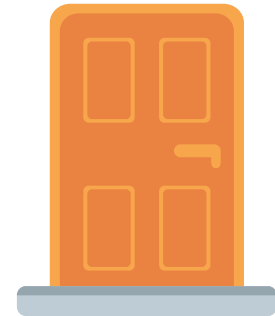
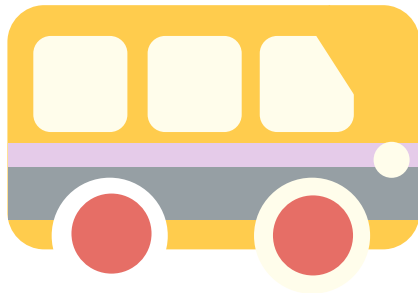
## Better at Home Transportation Shuttle

**WEDNESDAYS / THURSDAYS / FRIDAYS**

**9:30AM-3:00PM**

Masks mandatory. Cost by donation.

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



# OLDER ADULTS & SENIORS



STANDS FOR  
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## Seniors Wellness Program

**WEDNESDAYS**

10:30AM-11:30AM

Virtual on Zoom.

Email Frank at [frank.lin@southvan.org](mailto: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](mailto:frank.lin@southvan.org) or EXT 115



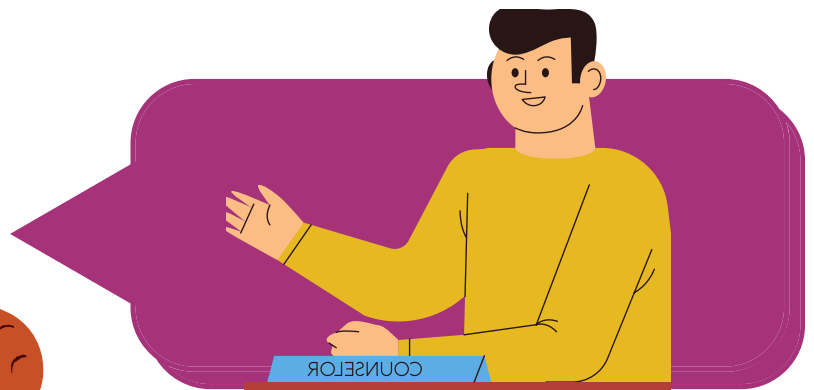
## Information and Referral Services

**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](mailto:frank.lin@southvan.org) or EXT 115



SOUTH VANCOUVER  
NEIGHBOURHOOD  
HOUSE

For more information about programs, services and  
registration information, call us at **604-324-6212**



# FOOD



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## South Vancouver Community Food Hub

**MONDAYS / THURSDAYS / FRIDAYS / SUNDAYS**

We provide weekly grocery boxes to residents of Sunset, Victoria-Fraserview and Killarney who need food support.

We work with our partners to operate 7 food distribution locations across South Vancouver. Our program allows community members to access food closer to home, as well as holistic support and referrals. Currently our program is full with a waitlist.

To join the waitlist, please contact our Community Food Navigator below. Program participants must live within South Vancouver catchment area (Main-Boundary, 41st to Fraser River).

Email Joy at [joy.decastro@southvan.org](mailto:joy.decastro@southvan.org) or EXT 212





## 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)

## 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) or EXT 112

## Family Support Services

Provide support, resources and referrals to families, community resources and information, childcare, parenting, subsidy applications

Email [marie.mah@southvan.org](mailto:marie.mah@southvan.org) or EXT 149

## 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](mailto:fdi@southvan.org) or EXT 112

## Parent Wellness and Information Monthly Workshops

### **ONCE A MONTH**

Once a month on Zoom. To view the details for the workshop of the month, follow the Early Childhood Resources Facebook Page or the Registration Form for more info.

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

OR

Email [marie.mah@southvan.org](mailto:marie.mah@southvan.org) or EXT 149





## Virtual Family Drop in Chinese Bilingual

### **SATURDAYS**

**11:00AM-12:30PM**

Virtual via Zoom. For parents and their children 0-6 years old to learn, play, and sing together. Activities include story time, circle time, arts and crafts.

Email [fdi@southvan.org](mailto:fdi@southvan.org) or EXT 112

## Filipino Parent-to-Parent Support Group

### **TUESDAYS**

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

This is a parent support group for newcomer families with 0-6 years old children. Our aim is to enhance the knowledge, skills, and confidence of parents and caregivers. Tayo ay matututo from each other's stories and experiences while sharing valuable knowledge and resources.

Email [marie.mah@southvan.org](mailto:marie.mah@southvan.org) or EXT 149

## Family Play Time at Killarney Community Centre

### **MONDAYS & WEDNESDAYS**

**12:30PM-2:30PM**

Registration required. Our Family Drop-in program for Newcomer Families is a free family resource program for families with children 0-6 years old. Parents and their young children will learn, play, and sing together, all while meeting other families. Activities include story time, circle time, arts & crafts, and play areas.

Email [marie.mah@southvan.org](mailto:marie.mah@southvan.org) or EXT 149

## Family Swim at Killarney Community Centre Pool

### **MONDAYS & WEDNESDAYS**

**1:00PM 2:30PM**

Registration required. Free entry to public swimming. Parents will need to accompany children at all times.

Registration open

every Monday at 9AM at [www.slotted.co/fdiswim](http://www.slotted.co/fdiswim)

Email [fdi@southvan.org](mailto:fdi@southvan.org) or EXT 149



# CHILDCARE



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## 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

## Salmonberry Toddler Program

**MONDAY-FRIDAY**

**7:30AM-5:30PM**

Located at Southside Hub at Fraser Commons.

Full daycare program for toddlers aged 18 months - 36 months old.

Email Barbie at [barbie.chan@southvan.org](mailto:barbie.chan@southvan.org) to register

## Salmonberry 3 to 5 Program

**MONDAY-FRIDAY**

**7:30AM-5:30PM**

Located at Southside Hub at Fraser Commons.

Full daycare program for children aged 3 to 5 years old.

Email Flossie at [flossie.li@southvan.org](mailto:flossie.li@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 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





## SVNH OSC Spring Break Camp Gr.K - 7

**MONDAY - FRIDAY**

**7:30AM - 5:30PM**

Full day care for children during VSB Christmas Break Closure.

Program available only at SVNH location; Waverley OSC closed.

Priority spaces offered current SVNH OSC & WAV OSC children.

New children (public) can register pending availability. (No school restrictions).

Licensed for 40 Children.

MCFD Affordable Child Care Benefits accepted

Email Lestor at [lestor.chou@southvan.org](mailto:lestor.chou@southvan.org) to register



## SVNH OSC Spring Break Camp Gr.K - 7

**MONDAY - FRIDAY**

**7:30AM - 5:30PM**

Full day care for children during VSB Spring Break Closure.

Program available only at SVNH location; Waverley OSC closed.

Priority spaces offered current SVNH OSC & WAV OSC children. New children (public) can register pending availability. (No school restrictions).

Licensed for 40 Children.

MCFD Affordable Child Care Benefits accepted

Email Lestor at [lestor.chou@southvan.org](mailto:lestor.chou@southvan.org) to register

# PRETEENS



STANDS FOR  
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PROGRAMS

## United Way School's Out GR. 3-7 MOBERLY ARTS AND CULTURAL CENTRE

**WEDNESDAYS**

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

UW School's Out is a free program for preteens in the Sunset community. Come join us to get to know your community better, meet new friends, and participate in fun activities relating to art, culture, music, community, nature, literacy, and more! Snacks provided at every session.

Email Felix at [felix.huang@southvan.org](mailto:felix.huang@southvan.org) or EXT 150

## United Way School's Out GR. 4-5 FLEMING ELEMENTARY SCHOOL

**THURSDAYS**

**3:00PM-4:30PM**

UW School's Out is a free program for preteens at Fleming Elementary School. Come join us to get to know your community better, meet new friends, and participate in fun activities relating to art, culture, music, community, nature, literacy, and more! The focus of the program will be on literacy.

Snacks provided at every session.

Email Felix at [felix.huang@southvan.org](mailto:felix.huang@southvan.org) or EXT 150

## United Way School's Out GR. 6-7 TECUMSEH ELEMENTARY SCHOOL

**FRIDAYS**

**3:00PM-4:30PM**

UW School's Out is a free program for preteens at Fleming Elementary School. Come join us to get to know your community better, meet new friends, and participate in fun activities relating to art, culture, music, community, nature, literacy, and more! The focus of the program will be on literacy. Snacks provided at every session.

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org) or EXT 121



# PRETEENS



STANDS FOR  
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## United Way School's Out GR. 4-7

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

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org) or EXT 121

**ADULT DAY CENTRE**  
**#345-3150 EAST 54 AVE**  
**TUESDAYS**  
**3:45PM-5:15PM**

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



## Global Citizens

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

Email Richard at [richard.nicholas@southvan.org](mailto:richard.nicholas@southvan.org) or EXT 151

**GR. 4-7 WAVERLY**  
**ELEMENTARY SCHOOL**  
**TUESDAYS**  
**12:00PM-12:45PM**

**GR. 6-7 COOK**  
**ELEMENTARY SCHOOL**  
**WEDNESDAYS**  
**12:00PM-12:45PM**



# PRETEENS



STANDS FOR  
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PROGRAMS

## Preteen Girls Group

### SUNDAYS

1:00PM-2:00PM

For self-identifying girls with a space to build their confidence and celebrate their uniqueness and strengths. Connect with other self-identifying girls and work through different activities with peer mentors!

Email Gabby at

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



## Homework Club

### TUESDAYS & THURSDAYS

3:30PM-5:00PM

Youth-to-preteen tutoring for homework, school tests, and all academic curiosities. Participate in fun and educational literacy and numeracy activities weekly.

Email Felix at [felix.huang@southvan.org](mailto:felix.huang@southvan.org) or EXT 150



SOUTH VANCOUVER  
NEIGHBOURHOOD  
HOUSE

For more information about programs, services and registration information, call us at **604-324-6212**



# YOUTH (AGES 12-18)



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## Southside Youth Council (SSYC) GR. 8-12

### MOBERLY ARTS AND CULTURAL CENTRE

#### MONDAYS

3:30PM-5:00PM

Youth leadership council where youth ages 13-19 who live or go to school in the Sunset community plan events to engage their community.

Honorarium position.

Email Felix at [felix.huang@southvan.org](mailto:felix.huang@southvan.org) or EXT 150

## NYI (Neighbourhood Youth Initiative) GR. 8-12

#### 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](mailto:gabby.guevarra@southvan.org)

## Biocycle GR. 8-12

#### MONDAYS

4:00PM-5:10PM

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

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

## Green Team

### DAVID THOMPSON SECONDARY SCHOOL

#### THURSDAYS

11:35AM-12:05PM

Lunch time program at David Thompson Secondary School.

Sustainability-based leadership group that aims to bring awareness of environmental issues to the school and their community through hosting events, fundraisers, and workshops.

Email Kathy at [kathy.do@southvan.org](mailto:kathy.do@southvan.org) or EXT 121



# 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

girl. Email Jeannie at [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org)

## **LEOs (Leadership, Experience and Opportunities)**

**2ND AND 4TH FRIDAY OF THE MONTH**

**3:45PM-4:30PM**

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

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

## **OWL (Opening Worlds to Literacy)**

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](mailto:kathy.do@southvan.org)

**IN PERSON AT SVNH**

**FRIDAYS**

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

**ONLINE ON ZOOM**

**FRIDAYS**

**5:45PM-6:45PM**

## **Friday Nights**

**FRIDAYS**

**5:45PM-7:45PM**

Youth drop-in program on Friday evenings at SVNH. Come earn volunteer hours, help out at the neighbourhood house, and meet new people!

Email Kathy at

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

or EXT 121



# YOUTH (AGES 12-18)



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## Project Fridays

**2ND AND 4TH FRIDAY OF THE MONTH**

**4:00PM-6:00PM**

Sparking interest in different technical skills and introduce trades in this applied-skills setting where we learn about furniture design. Redesign furniture for SVNH and the community!

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

## Preteen Girls Group Peer Mentor (GR. 9-12)

**SUNDAYS**

**12:30PM-2:00PM**

Become a positive peer mentor to preteen girls in grades 4 to 7. Lead different activities in building confidence and resilience, discovering identities and celebrating their uniqueness and strengths! Masks are required.

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



# NEWCOMER YOUTH



STANDS FOR  
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PROGRAMS

## Newcomer Youth Welcome Circles

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

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123

**DAVID THOMPSON**  
**THURSDAYS**

**KILLARNEY**  
**WEDNESDAYS**

**JOHN OLIVER**  
**TUESDAYS**

## 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](mailto:salma.ismail@southvan.org) or EXT 123



## Learning Club

**SUNSET COMMUNITY CENTRE**

**4:00PM-6:00PM**

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](mailto:salma.ismail@southvan.org) or EXT 123

**SUNSET COMMUNITY CENTRE**

**WEDNESDAYS**

**4:00PM-6:00PM**

**JOHN OLIVER SECONDARY**

**MONDAYS**

**3:00PM-4:30PM**



# NEWCOMER YOUTH



STANDS FOR  
REMOTE / ONLINE  
PROGRAMS

## Resilient Minds

### SATURDAYS

2:30PM-4:00PM

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](mailto:salma.ismail@southvan.org) or EXT 123

## Food Skills for Newcomer Youth

### SATURDAYS - TWO GROUPS

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

Learn to cook delicious food from around the world.

Email Hilary at [hilary.tam@southvan.org](mailto: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 Worker Salma for support.

She can help with:

Email Salma at [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) or EXT 123



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