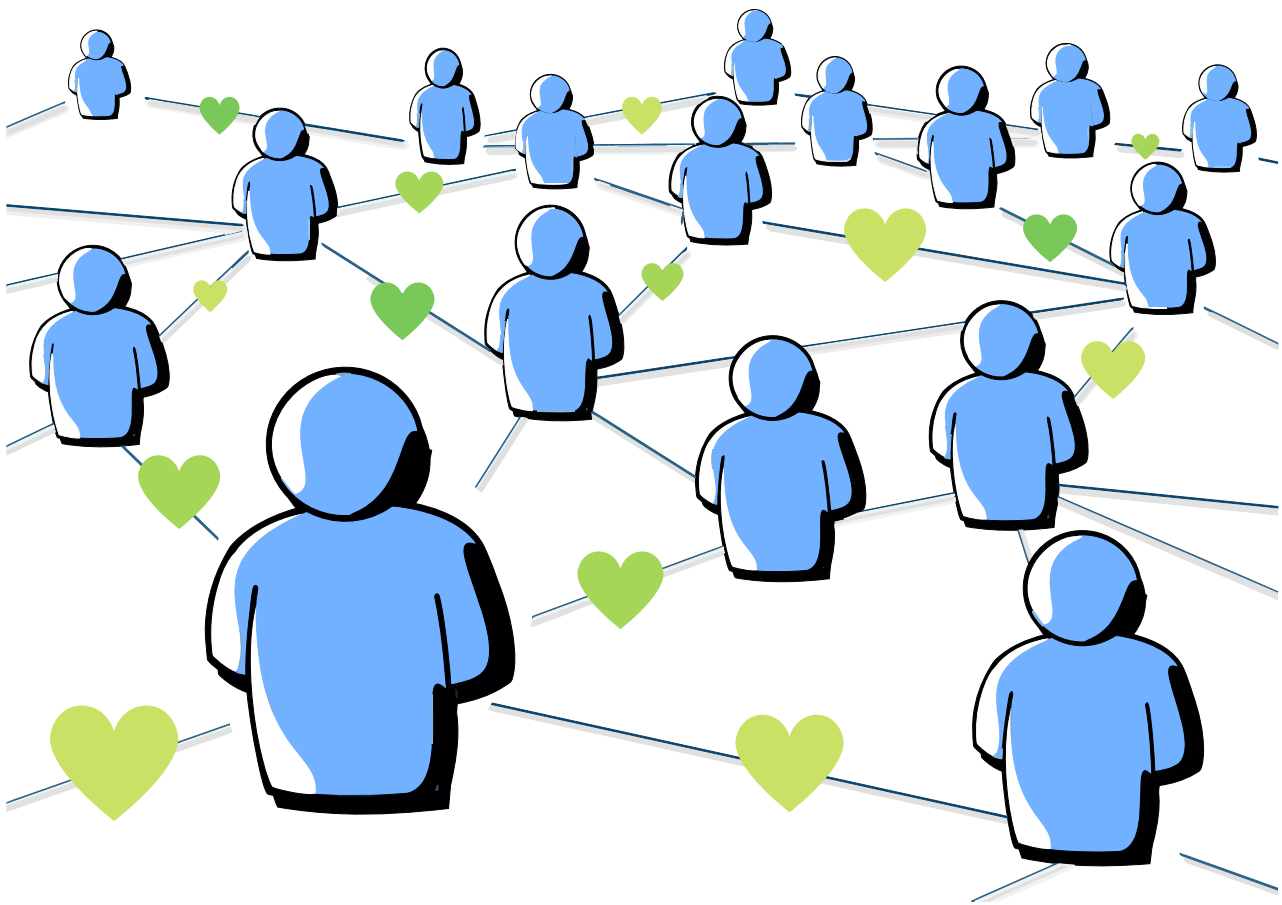




April
2022

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 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

MONDAY - FRIDAY / APRIL - JUNE

10:00AM-1:30PM

Program for permanent residents and women only.

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

Job Focused Computer Program

WEDNESDAYS

10:00AM-12:00PM

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



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

Migrant Workers' Program

PLEASE REFER TO THE MIGRANT WORKERS PROGRAM CALENDAR FOR DATES

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

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

Nobody's Perfect Parenting Program [Korean]

MONDAYS / APRIL 25 - MAY 17

10:30AM-12:00PM

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

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

My Tween & Me Parenting Program [Arabic and Spanish]

MONDAYS / MAY 4 - JUNE 22

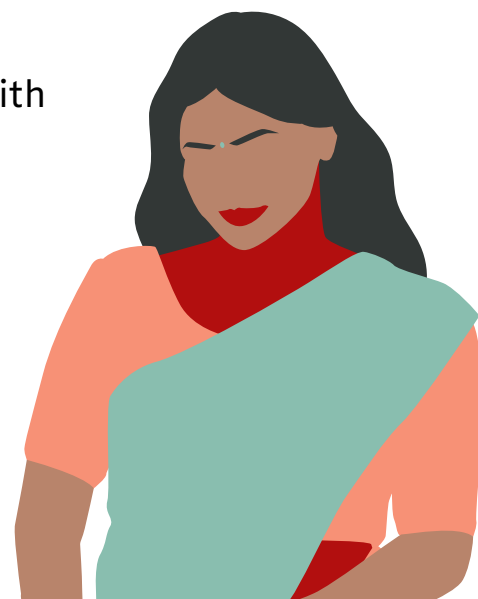
4:00PM-5:30PM

My Tween and Me parenting program in partnership with
PIRS and SVNH, Spanish and Arabic translations are
available.

Arabic: Souad sghomair@pirs.bc.ca

Spanish: Erika epizarro@pirs.bc.ca

Please call 604-298-5888 for more information.



ADULTS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

Afghan Women's Group

2ND TUESDAY OF THE MONTH

10:00AM-11:30AM

Program for women focusing on health and wellness on Zoom delivered in Dari and Pashto.

Email Feroza at feroza.quraishi@southvan.org or EXT 160

Neighbours & Cultures

SATURDAYS

1:00PM-2:30PM

Program on Zoom delivered in Dari and Pashto.

Email Feroza at feroza.quraishi@southvan.org or EXT 160

Information and Orientation Workshop for Newcomers from Afghanistan

WEDNESDAYS

6:00PM-7:30PM

Settlement information on housing, education, employment, health care, taxation, community resources, and more. Delivered in Dari and Pashto.

Email Feroza at feroza.quraishi@southvan.org or EXT 160



ADULTS



STANDS FOR
REMOTE / ONLINE
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

7:00PM-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



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 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

Housekeeping

ANY DAY OF THE WEEK

Light housekeeping charged based on income- must be 65 years and demonstrate the need of housekeeping support.

Contact Farveen at 604-445-1636

OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

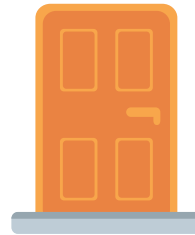
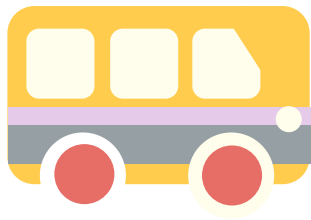
Better at Home Transportation Shuttle

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. 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.

Use of PPE (Masks, gloves, hand sanitizer) and physical distancing (2-meter apart). Available in English, Mandarin and Cantonese.

Email Zhen-Wang at zhen.wang@southvan.org or EXT 158



Cook with Lucenda

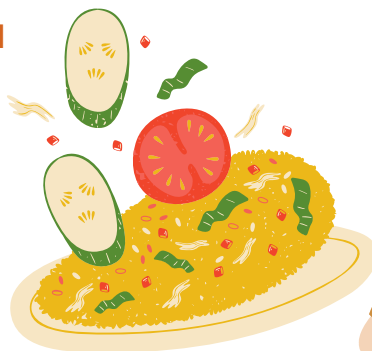
FRIDAYS

4:30PM-6:00PM

Meet every Friday afternoon on Zoom to cook together and have fun.

Email Zhen at

zhen.wang@southvan.org or EXT 158



OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS



Seniors Tech Support

TUESDAY - SATURDAY

9:00AM-4:00PM

By phone, email or Zoom.

Email Frank at frank.lin@southvan.org or EXT 115

iPad or iPhone for Beginners Class [Cantonese]

FRIDAYS

1:30PM-3:00PM

Participants need to prepare ipad or iphone. Volunteer Halley will teach basic computer skill-email, phone book, on Zoom etc

Email Zhen at zhen.wang@southvan.org or EXT 158



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



SOUTH VANCOUVER
NEIGHBOURHOOD
HOUSE

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

OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

Choose to Move

TUESDAYS

10:00AM-11:00AM

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

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 at www.choosetomove.info

Email Zhen at zhen.wang@southvan.org or EXT 158

Dance and Stretch [Cantonese]

FRIDAYS

10:30AM-12:00PM

Meet every Friday to dance and stretch together.

Email Zhen at zhen.wang@southvan.org or EXT 158

Tai Chi Exercise for Beginners

FRIDAYS

10:30AM-11:00AM

Join us for Tai Chi in person at SVNH.

Email Zhen at zhen.wang@southvan.org or EXT 158

Chair Yoga [Punjabi]

MONDAYS & THURSDAYS / MAY 5 - JUNE 16

10:30AM-11:00AM

In person at Moberley Arts and Cultural Centre.

Email Zhen at zhen.wang@southvan.org or EXT 158

Move, Groove and Improve [Punjabi]

MONDAYS & THURSDAYS / MAY 5 - JUNE 16

10:30AM-11:30AM

Move, Groove, and Improve is a program focused on active aging and well-being. Participants will engage in physical activities, such as chair yoga. Instruction is in Punjabi.

Email Zhen at zhen.wang@southvan.org or EXT 158



OLDER ADULTS & SENIORS



STANDS FOR
REMOTE / ONLINE
PROGRAMS

Seniors Intercultural Wellness

WEDNESDAYS

10:30AM-11:30AM

Group focused on health and wellness for seniors, includes activities, games, exercises, and discussions in English.

Free program and \$6 optional lunch.

Email Frank at frank.lin@southvan.org or EXT 115

or Alex at alex.hill@southvan.org or EXT 145



South Asian Wellness Group

THURSDAYS / APRIL 14 - JUNE 23

12:30PM-2:00PM

In person group for South Asian Women at SVNH.

Email Zhen at zhen.wang@southvan.org or EXT 158

English 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

Mandarin Family and Friends Caregiver Support Group

4TH THURSDAY OF THE MONTH

10:30AM-11:30AM

Virtual on Zoom or Wechat.

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

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 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

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

Family Support Services

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

Email 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 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 or EXT 112

OR

Email marie.mah@southvan.org or EXT 149



FAMILY



STANDS FOR
REMOTE / ONLINE
PROGRAMS

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 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 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 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

Email 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 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 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 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 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 Zohreh at zohreh.pezhman@southvan.org to register





SVNH OSC Summer Camp Gr.K - 7

MONDAY - FRIDAY

7:30AM - 5:30PM

Licensed summer camp program for students (no school restriction).

Licensed for 40 Children.

Registration begins in May.

Monthly and weekly registration available.

MCFD Affordable Child Care Benefits accepted.

Email Lestor at lestor.chou@southvan.org to register

PRETEENS



STANDS FOR
REMOTE / ONLINE
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 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 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 or EXT 121



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 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 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 Preview GR. 4-5 (Waverley)

1ST MONDAY OF THE MONTH

12:00PM-12:47PM

Preview on leadership and environmental sustainability held once a month. Participants will be able to preview different various topics on what Global Citizens will cover.

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

Global Citizens GR. 6-7

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

WAVERLEY
ELEMENTARY SCHOOL
TUESDAYS
12:00PM-12:47PM

COOK
ELEMENTARY SCHOOL
WEDNESDAYS
12:00PM-12:47PM



PRETEENS



STANDS FOR
REMOTE / ONLINE
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 or EXT 154



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 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 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 or EXT 154

Biocycle GR. 8-12

MONDAYS

4:00PM-5:15PM

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

Green Team

DAVID THOMPSON SECONDARY SCHOOL

MONDAYS / 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 or EXT 121



YOUTH (AGES 12-18)



STANDS FOR
REMOTE / ONLINE
PROGRAMS

INSPIRE

inspire self-identifying girls to find their voice, build their confidence and help explore their future goals and aspirations. The topics and units will be explored through different group activities and individual activities

Email Gabby at gabby.guevarra@southvan.org or EXT 154

JOHN OLIVER

STARTS APRIL 19

1ST AND 3RD TUESDAY

OF THE MONTH

3:15PM

DAVID THOMPSON

STARTS APRIL 26

2ND AND 4TH TUESDAY

OF THE MONTH

3:15PM



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

LEOs (Leadership, Experience and Opportunities)

1ST AND 3RD 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 or EXT 154

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

IN PERSON AT SVNH

FRIDAYS

3:45PM-5:45PM

ONLINE ON ZOOM

FRIDAYS

5:45PM-6:45PM

YOUTH (AGES 12-18)



STANDS FOR
REMOTE / ONLINE
PROGRAMS

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 or EXT 121

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 or EXT 154

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 or EXT 154

Future Leaders

AFTERSCHOOL

VARIOUS TIMES

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

Email Kathy at kathy.do@southvan.org



NEWCOMER YOUTH



STANDS FOR
REMOTE / ONLINE
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 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 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 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 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



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 or EXT 123



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