

PROGRAM GUIDE

FALL 2022

SEPTEMBER 2022 - DECEMBER 2022

SENIORS | FAMILY | NEWCOMER | FOOD | CHILDCARE | YOUTH



@SOUTHVANNH



ASSOCIATION OF
NEIGHBOURHOOD HOUSES BC



SATURDAY, SEPTEMBER 10TH 2022
11:00AM - 3:00PM
KILLARNEY COMMUNITY CENTRE

ALL NATIONS COMMUNITY GATHERING

ONE NATION, ONE HEARTBEAT, ONE DRUM

TO REGISTER, PLEASE EMAIL
HUDA.BOLBOLAN@SOUTHVAN.ORG

SFU



SVNH COMMUNITY FORUM SOUTH VANCOUVER NEIGHBOURHOODS FOR PEOPLE

Get involved in making your neighbourhood better for everyone.

SATURDAY, SEPTEMBER 17TH | 11:00 AM - 2:00 PM |

SVNH | 6470 VICTORIA DRIVE, VANCOUVER BC



LUNCH, REFRESHMENTS &
CHILDCARE PROVIDED

FREE ADMISSION

CLICK TO REGISTER AT
[TINYURL.COM/2P95JKFP](https://tinyurl.com/2P95JKFP)



HARVEST *Festival*

An annual family fair full of
games, snacks, crafts, & more!

✓ CLICK TO REGISTER AT
tinyurl.com/HarvestFest2022

OCTOBER 29TH, 2022

**FREE
ADMISSION**



YOU'RE INVITED TO THE

SOUTHSIDE HUB GRAND OPENING

PERFORMANCES | FOOD & DRINK | GUEST SPEAKERS

[TINYURL.COM/SSHOPENING](https://tinyurl.com/SSHOPENING)



FREE

FAMILY FRIENDLY EVENT

SATURDAY,
NOVEMBER 19TH

10:30AM-2:00PM

123 Anywhere St., Any City, ST 12345



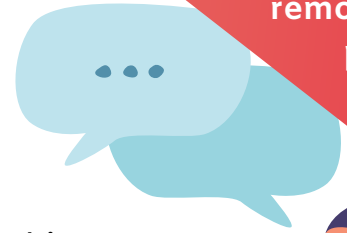
**SOUTH VANCOUVER
NEIGHBOURHOOD
HOUSE**

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



Stands for
remote/online
programs

ADULTS



ESL Conversation Group

WEDNESDAYS

1:00PM-3:00PM

For adults and seniors wishing to practice English speaking and making social connection. Hybrid in person & on Zoom.

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

Multicultural Women Peer Mentoring Group

FRIDAYS

1:00PM-3:00PM

Adult women including seniors looking for peer support through a positive support network and English-speaking practice.

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

Newcomer Women Job Connection in Childcare

WEDNESDAYS | SEPTEMBER 12TH - OCTOBER 5TH

10:00AM-12:00PM

For immigrant women with PR and Protected Persons under Section 95 looking for entering employment in childcare services.

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

Basic Computer Class

WEDNESDAYS

10:00AM-12:00PM

In-person program. Open to anyone interested in learning smart phone use, basic computer use, internet & email use, MS Word and Excel.

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

Job Focused Computer Class in Partnership with VCL SII

WEDNESDAYS | SEPTEMBER 21TH - OCTOBER 5TH

10:00AM-12:00PM

Via Zoom. Anyone looking for information on Canadian labour market trends and career choices, resume & cover letter writing, and job search skills.

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



Stands for
remote/online
programs

ADULTS

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 or EXT 134

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 or EXT 134

Migrant Workers' Program

**PLEASE REFER TO THE MIGRANT WORKERS
PROGRAM CALENDAR FOR DATES**

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

Email Julie at julie.diesta@southvan.org
or EXT 143

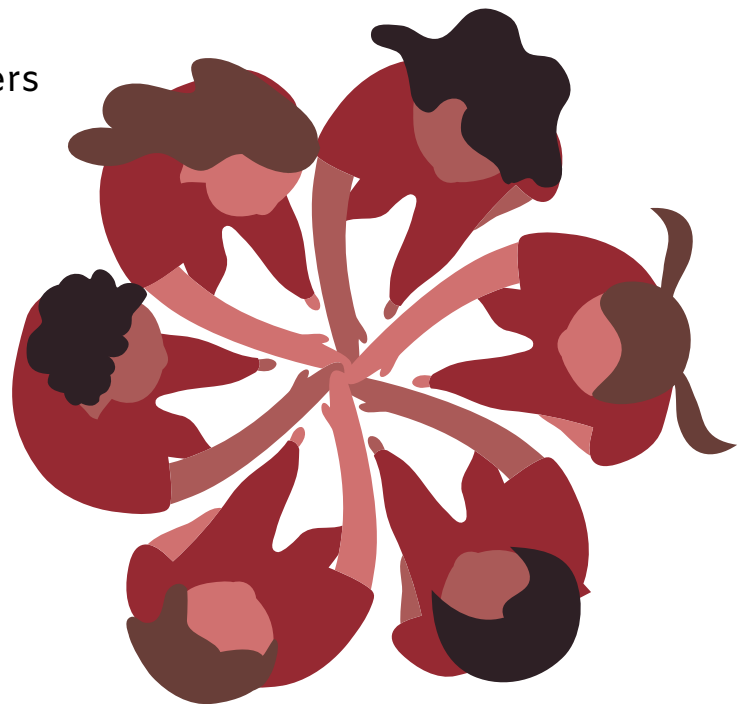
Move to Change

WEDNESDAYS

1:00PM-3:00PM

For Dari or Pashto speaking newcomers
that identify as a woman.
Location at Southside Hub.

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





Stands for
remote/online
programs

ADULTS

English Conversation Circle

2ND AND 4TH SATURDAY OF THE MONTH

9:00AM-10:30AM

For Dari and Pashto speaking newcomer adults interested in learning how to speak in English.

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

Neighbours & Cultures

1ST SATURDAY OF THE MONTH

3:30PM-5:00PM

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

TUESDAYS

7:00PM-8:30PM

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

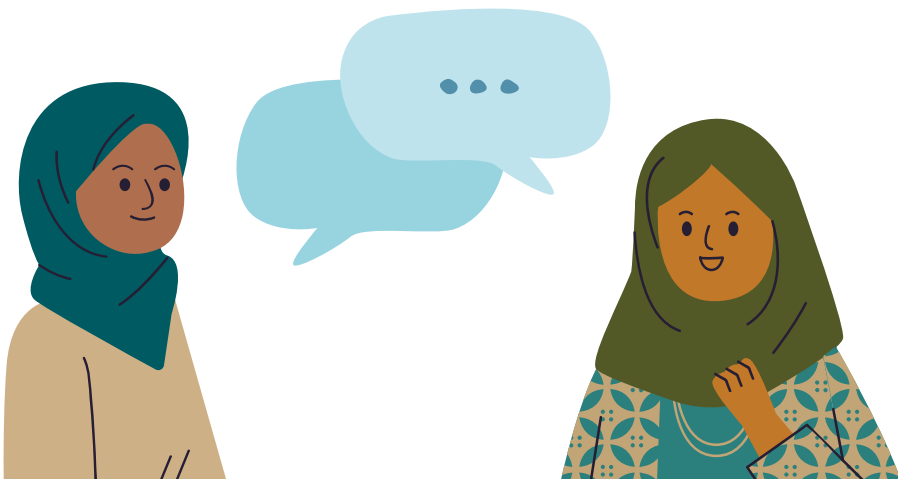
Basic Computer Class

WEDNESDAYS

1:00PM-3:00PM

Learn how to use your smart phone, computer, internet, email, Microsoft Word and Excel. Delivered in Dari and Pashto.

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



ADULTS



Stands for
remote/online
programs

Conversation for Men via Zoom

TUESDAYS

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 Canadian experience in the community.

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

Labour Market Conversations with Local Professionals

BY APPOINTMENT ONLY

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

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

ADULTS



Stands for
remote/online
programs

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

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





Stands for
remote/online
programs

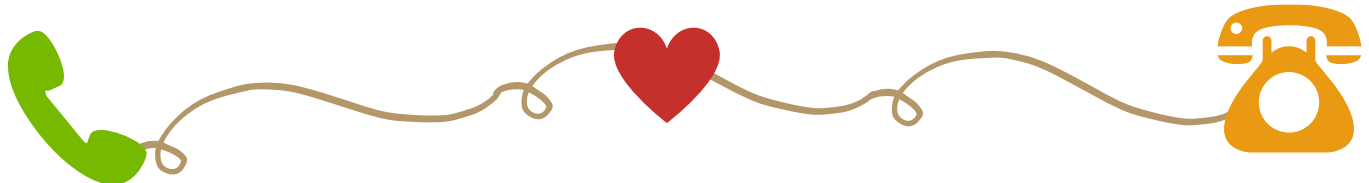
OLDER ADULTS & SENIORS

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 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



Stands for
remote/online
programs

OLDER ADULTS & SENIORS

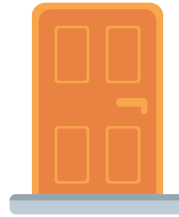
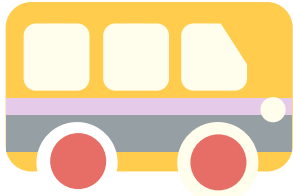
Better at Home Transportation Shuttle

TUESDAYS / WEDNESDAYS / FRIDAYS

9:30AM-3:00PM

Masks mandatory. Cost by donation.

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



Cook with Joy **EVERY 1ST AND 3RD FRIDAY OF THE MONTH** **4:30PM-6:00PM**

Meet on Zoom, to cook alongside
other home-chefs and have fun!

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



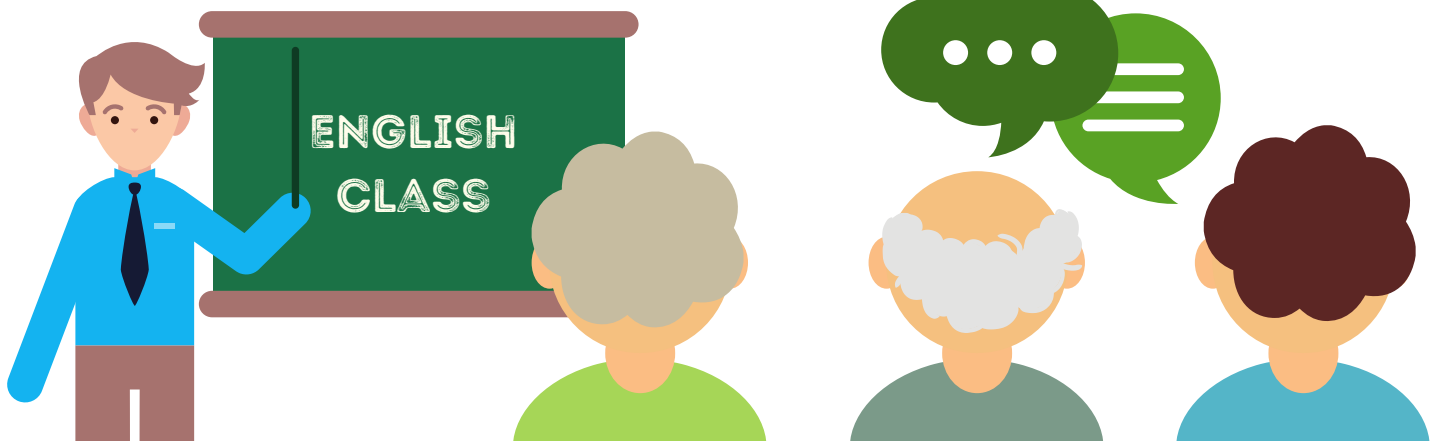
ESL for Seniors [Cantonese]

WEDNESDAYS

1:30PM-3:00PM

Seniors program where folks learn and practice English at a beginner's level
in a safe and fun environment. Reading materials are provided.

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





Stands for
remote/online
programs

OLDER ADULTS & SENIORS



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

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.

Delivered in English, Cantonese and Vietnamese.

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

OR

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



**SOUTH VANCOUVER
NEIGHBOURHOOD
HOUSE**

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



Stands for
remote/online
programs

OLDER ADULTS & SENIORS

Seniors Shindig

WEDNESDAYS

10:30AM-1:00PM

Located at St. Thomas Church Line-dancing, hula dancing, and much more, led by dance instructors. There will also be snacks and socialization.

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

Line Dance

WEDNESDAYS

1:00PM-3:00PM

Join us for line dancing located at St. Thomas Church.

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



Dance and Stretch [Cantonese]

FRIDAYS

10:30AM-12:00PM

Meet every Friday morning on Zoom with others to dance and stretch together!

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

Tai Chi Exercise for Beginners

FRIDAYS

9:30AM-11:00AM

Tai Chi class will help and improve your balance. Class is held once a week and lasts for 6 months April 8- Oct 14, 2022. \$5 each

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





Stands for
remote/online
programs

OLDER ADULTS & SENIORS

Choose to Move

THURSDAYS

10:00AM-12:00PM

- a) It's Free!
- b) GET THE MOTIVATION YOU NEED TO BE ACTIVE!
- c) 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
- e) www.choosetomove.info

In-person meeting under scheduled.

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

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

Move, Groove and Improve

MONDAYS & THURSDAYS

10:30AM-11:30AM

Located at Moberley Arts Centre. Move, Groove, and Improve is a program focused on active aging and well-being. Participants will engage in physical activities, such as chair yoga. Delivered in Punjabi and English.

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





Stands for
remote/online
programs

OLDER ADULTS & SENIORS

Cantonese Wellness Group

MONDAYS

10:00AM-12:00PM

Socialization, out trips, songs, stories and workshops.
Learn different topics related to health and well-being.
Email Zhen at zhen.wang@southvan.org or EXT 158

Seniors Intercultural Wellness Sing-A-Long

WEDNESDAYS

10:30AM-1:00PM

Exercise, games, dancing, travel/nature films and monthly presentations by guest speakers. Learn different topics related to health and well-being.
Email Alex at alex.hill@southvan.org or EXT 115

Seniors Intercultural Wellness

WEDNESDAYS

10:30AM-1:00PM

Group focused on health and wellness for seniors, includes activities, games, exercises, and discussions in English. Free program and \$6 optional lunch.
Email Alex at alex.hill@southvan.org or EXT 115

Intercultural Craft Circle

TUESDAYS

10:30AM-12:00PM

Seniors program where participants share time together to socialize and work on individual craft projects.
Email Frank at frank.lin@southvan.org or EXT 115



Grief and Loss Support Group

1ST AND 3RD FRIDAY OF THE MONTH | SEPTEMBER 16 - DECEMBER 2

12:30PM-2:30PM

A bi-monthly support group focused on providing space, support, and education around grief and loss for seniors.
Pre-registration is required.
Email Alex at alex.hill@southvan.org or EXT 145



Stands for
remote/online
programs

OLDER ADULTS & SENIORS

South Asian Men's Wellness Group

TUESDAYS

12:00PM-2:30PM

Delivered in Punjabi. Socialization, light snack, songs, stories,
and cultural celebrations at Sunset Community Centre

Email Amanpreet at amanpreet.jawanda@southvan.org

South Asian Women's Wellness Group

THURSDAYS

12:30PM-2:30PM

Delivered in Punjabi. Socialization, light snack, songs, stories,
and cultural celebrations at Sunset Community Centre

Email Amanpreet at amanpreet.jawanda@southvan.org



English Family and Friends Caregiver Support Group

4TH TUESDAY OF THE MONTH

10:30AM-11:30AM

English workshops related to caregiving and caregiver sharing circles on Zoom.

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

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

Seniors - 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

Seniors - Frozen Meals Program

DELIVERED ON 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





Youth - Mind Your Food [ADP Champlain Mall]

SATURDAYS

TBD
Mind Your Food is an 11-week program that aims to promote positive mental health among youth by connecting with our land, food, culture, and community.
Email Hilary at hilary.tam@southvan.org or EXT 159

Youth - Food Skills for Newcomer Youth

SATURDAYS - 2 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 or EXT 159

Seniors - Cook with Joy

EVERY 1ST AND 3RD FRIDAY OF THE MONTH

4:30PM-6:00PM

Meet on Zoom, to cook alongside other home-chefs and have fun!
Email Zhen at zhen.wang@southvan.org or EXT 158





Neighbourhood Advisory Committee (NAC) Training Sessions

Training sessions for members of the Neighbourhood Advisory Committees (NACs). Upon completion of all 4 training sessions, a certificate of participation and a \$100 honorarium will be offered. Please sign up via <https://tinyurl.com/2p95jkfp>.

Email Cherry at cherry.wong@southvan.org

Training 1 (In-person @ SVNH)

SATURDAY, OCTOBER 5

9:30AM-12:00PM

Training 3 (Online on Zoom)

THURSDAY, OCTOBER 27

6:00PM-8:00PM

Training 2 (Online on Zoom)

SATURDAY, OCTOBER 5

6:00PM-8:00PM

Training 4 (In-person @ SVNH)

SATURDAY, NOVEMBER 5

9:30AM-12:00PM

Train the Trainer Workshop

THURSDAY, SEPTEMBER 1

2:00PM

Learn more about the upcoming election and share the info with your connections

Email Cherry at cherry.wong@southvan.org

SVNH Community Forum: South Vancouver Neighbourhoods for People

SATURDAY, SEPTEMBER 17

11:00AM-2:00PM

Join community leaders and researchers for a discussion on the need for improving social infrastructure in South Vancouver, and get involved in making your neighbourhood better for everyone.

Registration: <https://tinyurl.com/2p95jkfp>

Email Cherry at cherry.wong@southvan.org





Stands for
remote/online
programs

FAMILY

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 at marie.mah@southvan.org or EXT 149

Fostering Literacy Program at Champlain

MONDAYS

4:00PM-5:30PM

Do your children love to read or do you want to improve their reading skills? Fostering Literacy is a one-on-one reading program that helps children to improve their reading skills through their choice of books and fun activities!

Email Megan at megan.wong@southvan.org or EXT 151

Chinese Bilingual Family Play Time

SATURDAYS | SEPTEMBER 10 - OCTOBER 22

10:30AM-12:00PM

For children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning exploration!

Activities may periodically be facilitated in Chinese but all families are welcome.

Email Catherine at catherine.kwan@southvan.org





Stands for
remote/online
programs

FAMILY

Family Play Time for Newcomer Families at Killarney Pool (Rm 203)

WEDNESDAYS & FRIDAYS

12:30PM-2:30PM

Our play-based family play time is open to all parents and caregivers with young children from newborn to six years old. Enjoy a chance to connect with other families while enjoying circle time with songs and rhymes, play time, stories, arts and crafts activities. Everyone is welcome to join!

Our Family Support Worker is available to help you access the community resources your family needs.

Email marie.mah@southvan.org or EXT 149

Family Play Time at Sunset Community Centre (Rm 117)

TUESDAYS

9:30AM-11:00AM

A free drop-in program for children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning exploration!

Email fdi@southvan.org or Monet at monet.yabut@southvan.org

Family Swim Time for Newcomer Families at Killarney Pool

WEDNESDAYS & FRIDAYS

2:30PM

Exercise, connect with others, and have fun with your children with swimming time at Killarney Pool.

Registration required for free entry to public swimming.

Parents need to always accompany children.

Registration opens every Monday at 9AM at slotted.co/fdiswim

Email fdi@southvan.org or EXT 149





Stands for
remote/online
programs

FAMILY

Chinese Parent Support Group [Southside Hub]

1ST TUESDAY OF THE MONTH

4:00PM-6:00PM

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) at Southside Hub.

Email Catherine at catherine.kwan@southvan.org or EXT 112

Filipino Parent-to-Parent Support Group

DATES TO BE ANNOUNCED

TIME TO BE ANNOUNCED

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 at 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 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 at catherine.kwan@southvan.org or EXT 112

or Email Marie marie.mah@southvan.org or EXT 149



Stands for
remote/online
programs

CHILDCARE

Poppins Preschool (Ages 3 - 5)

MONDAY - FRIDAY (2,3 & 5 day options)

9:15AM-11:30AM

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





Stands for
remote/online
programs

CHILDCARE

SVNH OSC Gr. K - 7

MONDAY-FRIDAY | SEPTEMBER 7, 2022 - JUNE 30, 2023

7:30AM-9:00AM & 3:00PM-5:30PM

Licensed before and after school care for students attending Tecumseh & Cunningham.

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

Waverley OSC Gr. K - 7

MONDAY-FRIDAY | SEPTEMBER 7, 2022 - AUGUST 30, 2023

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 Winter Break Camp Gr.K - 7

MONDAY-FRIDAY | DECEMBER 19TH - DECEMBER 30TH

7:30AM - 6:00PM

Full day care for children during VSB Christmas Break Closure.

Priority spaces offered current SVNH OSC. New children (public) can register pending availability. (No school restrictions). Licensed for 40 Children.

Closed for Christmas Eve, Christmas Day, Boxing Day, New Years Eve, & New Years Day.

MCFD Affordable Child Care Benefits accepted

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



Stands for
remote/online
programs

CHILDCARE

BC Housing Kids Club

This program provides School Aged Children (6-12 years old) currently living in BC Housing at Culloden Court, Champlain Places and Orchard Park with fun activities!

For the children's safety, our program gradually will be open. All programs follow Covid Health and Safety Procedure.

Email Mi Kyung at mikyung.han@southvan.org or EXT 147

CULLODEN COURT

MONDAYS & THURSDAYS
3:00PM-4:30PM

CHAMPLAIN PLACES

TUESDAYS AND FRIDAYS
3:00PM-4:30PM

ORCHARD PARK

WEDNESDAYS
3:00PM-4:30PM





Stands for
remote/online
programs

PRETEENS

Global Citizens (Gr.4 - 7)

Join us to learn more about green-living habits and environmental impacts we can all make! Activities include: hosting fundraising campaigns, special events, group games, and community leadership activities at your school!

Email Monet at monet.yabut@southvan.org or EXT 123

CAPTAIN COOK MONDAYS |

OCTOBER 24 - DECEMBER 5
LUNCH HOUR

WAVERLEY THURSDAYS |

OCTOBER 20 - DECEMBER 8
LUNCH HOUR

Preteen Girls Group

SUNDAYS | OCTOBER 9 - DECEMBER 4

12:30PM-1:30PM

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

Fostering Literacy (Kindergarten - Gr.2)

MONDAYS & THURSDAYS | OCTOBER 17 - DECEMBER 8

3:30PM-5:00PM

A one-to-one reading program for children to practice literacy alongside youth volunteers. Workshops for parents and caregivers are held twice a year to support fostering reading at home with young children.

Email Anthony at anthony.lai@southvan.org

Homework Club (Ages 8-12)

TUESDAYS & THURSDAYS | OCTOBER 18 - DECEMBER 8

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 Cherry at cherry.wong@southvan.org





Stands for
remote/online
programs

PRETEENS

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

WEDNESDAYS | OCTOBER 12 - DECEMBER 7
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 Jade at jade.chan@southvan.org or EXT 150

All United Way School's Out programs are to be announced until we confirm with the schools.

More information will be released by the end of September.

Please contact Jade Chan (jade.chan@southvan.org) or Monet Yabut (monet.yabut@southvan.org) for more information.





Stands for
remote/online
programs

YOUTH (AGES 12-18)

Youth Volunteer Recruitment Day

THURSDAY, SEPTEMBER 22

3:30PM-5:00PM

Come learn more about the volunteer opportunities available

Email Michelle at michelle.lui@southvan.org

Youth Volunteer Training Weeks

SEPTEMBER 26 - OCTOBER 7

3:30PM-5:30PM

Email Michelle at michelle.lui@southvan.org



NYI (Neighbourhood Youth Initiative) GR. 8-12

MONDAYS | OCTOBER 17 - DECEMBER 5

4:00PM-6:00PM

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

WEDNESDAYS | OCTOBER 12 - DECEMBER 7

4:00PM-6:00PM

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

Email Cherry at cherry.wong@southvan.org

Homework Club Tutors

TUESDAYS & THURSDAYS | OCTOBER 11 - DECEMBER 8

3:30PM-5:30PM

Tutor preteens ages 8-12 one-to-one in homework, studying, digital literacy, online safety, and group literacy games. Become a supportive and positive role-model to help preteens with transitioning to high school and encouraging them to be connected to the South Vancouver community.

Email Cherry at cherry.wong@southvan.org



Stands for
remote/online
programs

YOUTH (AGES 12-18)

INSPIRE @ Killarney

THURSDAYS

3:00PM-4:30PM

Inspire self-identifying girls to find their voice & build their confidence. The topics will be explored through various individual or group activities.

Email Jeannie at jeannie.furmanek@southvan.org

ECHO @ SOUTHSIDE HUB (8118 FRASER STREET)

THURSDAYS | OCTOBER 13 - DECEMBER 8

3:45PM-5:45PM

Student-led committee, develops events based on surveys and collected data. Learn how to manage and create social media content.

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

Fostering Literacy Tutors

MONDAYS & THURSDAYS | OCTOBER 13 - DECEMBER 8

3:30PM-5:30PM

Guide children in K-grade 2 in reading out loud and literacy group games. Become a supportive peer-mentor in helping children build language skills and confidence

Email Anthony at anthony.lai@southvan.org

OWL (Opening Worlds to Literacy)

FRIDAYS | OCTOBER 14 - DECEMBER 9

4:00PM-6:00PM

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

Friday Nights

FRIDAYS | OCTOBER 14 - DECEMBER 9

6:00PM-8:00PM

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



Stands for
remote/online
programs

YOUTH (AGES 12-18)

Green Team @ David Thompson

DATES TO BE ANNOUNCED

LUNCH HOUR

Join us to raise awareness on the importance of environmental sustainability, climate change impacts, and differences we can make at your school! Develop your leadership skills through planning green-living events and management of the school compost system.

Email Jade at jade.chan@southvan.org

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

SUNDAYS | OCTOBER 9 - DECEMBER 4

12:30PM-1:30PM

Become a positive peer mentor to preteen girls in grades 4 to 7.

Lead different activities in building confidence and resilience.

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

Mind Your Food [ADP Champlain Mall]

SATURDAYS | OCTOBER 8 - DECEMBER 10

TIME TO BE ANNOUNCED

Mind Your Food is an 11-week program that aims to promote positive mental health among youth by connecting with our land, food, culture, and community.

Email Hilary at hilary.tam@southvan.org or EXT 159

Future Leaders

AFTERSCHOOL

VARIOUS TIMES

Youth leadership and job experience opportunities (with honourarium)

Virtual and in-person @ SVNH. Masks required for in-person component.

Email Monet at monet.yabut@southvan.org
or Jade at jade.chan@southvan.org





Stands for
remote/online
programs

NEWCOMER YOUTH

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
TBA

KILLARNEY
TBA

JOHN OLIVER
TBA

Newcomer Leadership

SATURDAYS | SEPTEMBER 24 - DECEMBER 10

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

SOUTHSIDE HUB (8118 FRASER STREET)

WEDNESDAYS | OCTOBER 12 - DECEMBER 7

3:30PM-5:30PM

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





Stands for
remote/online
programs

NEWCOMER YOUTH

Resilient Minds

SATURDAYS | SEPTEMBER 24 - DECEMBER 10

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

Newcomer Food Skills

SATURDAYS - 2 GROUPS | SEPTEMBER 24 - DECEMBER 10

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

Learn to cook delicious food from around the world.

Email Felix at felix.huang@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.

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

She can help with:



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