

# Program Guide

## Spring 2024

**April 2024 - June 2024**

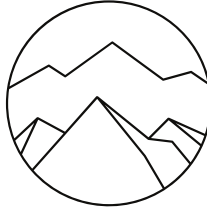
Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



Stay connected with us  
**@southvanNH**



ASSOCIATION OF  
NEIGHBOURHOOD HOUSES BC



## **Land Acknowledgement**

We would like to acknowledge and give thanks to be able to live, work, and learn on the unceded, occupied, ancestral and traditional homelands of the *xʷməθkʷə́yəm* (Musqueam), *Skwxwú7mesh* (Squamish), and *Səlílwətaʔ/Selilwitulh* (Tsleil-Waututh) Nations.

We thank the Nations for sharing their beautiful land, the sun, the air, and water with us and allowing us to strengthen and grow as a family.

We recognize the vast cultural diversity of Indigenous people and acknowledge the importance of their opinions, representation, and culture.

We are grateful for the Indigenous peoples who have cared for these lands since time immemorial and we hold our hands up to their amazing resistance, resilience, and strength in the face of historic generational and ongoing dispossession.

***"Keep the Circle ever growing, keep the circle strong,  
as we all become family, and as time moves on"***

- Elder Lorelei, SVNH Indigenous Advisory Council



# Membership Information

SVNH volunteers and program participants must have current South Vancouver Neighbourhood House memberships. We rely upon your membership as part of our funding to support the programs and services that we offer to our community.

Our annual membership entitles you to:

- Voting privileges at our Annual General Meeting
- Our annual report
- Invitations to community events

**Our current membership fee is:**

**\$5 / YEAR**

For all ages

SVNH Membership gives you access to all of our programs, events and services at low or no-cost.

All IRCC participants are eligible for a fee waiver.

**Register for Membership:**



**Online**

[www.southvan.org/membership](http://www.southvan.org/membership)

or



**In-person**

at the Front Desk



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# EVENTS

## Bangladeshi Cultural Meet & Greet

Bengali

Bangla

South Vancouver Neighbourhood House

Saturday, May 11

4:00pm - 6:00pm

Meet our Bangladeshi Staff and learn more about our Bangladeshi programs, services and resources available at the Neighbourhood House. Light refreshments, bus tickets and child friendly programs available.

Contact to register [samia.ali@southvan.org](mailto:samia.ali@southvan.org) | 604-324-6212

## ICBC Knowledge Prep for Afghan PR

Dari

South Vancouver Neighbourhood House

Friday, May 5

2:00pm - 4:00pm

ICBC knowledge test Preparation for Afghan permanent residents. talk about how can have save drive and how can passed the knowledge test

Contact to register [fahim.hamid@southvan.org](mailto:fahim.hamid@southvan.org) | 604-324-6212 EXT 169



# FAMILY PROGRAMS CALENDAR

6

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am							
-							
-							
11:00am							10:30am - 12:00pm
-							
-							
12:00pm							<b>Family Play Time (SVNH)</b>
-							
-							
1:00pm		1:00pm - 2:30pm			12:30pm - 2:30pm		
-							
-							
2:00pm		<b>Play and Learn (SVNH)</b>			<b>Motivate your Child, Learn through Play (SVNH)</b>		
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-							
3:00pm							
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4:00pm							
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5:00pm							
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-							
6:00pm							

# FAMILY PROGRAMS CALENDAR [OFFSITE]

7

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am			10:00am - 11:30am		10:00am - 12:00pm		
-							
-							
11:00am			Family Play Time (Sunset)		Family Play Time (Southside Hub)		
-							
-							
12:00pm							
-							
-							
1:00pm							
-							
-							
2:00pm					1:30pm - 3:00pm		
-							
-							
3:00pm					Stay & Play for Babies (Southside Hub)		
-							
-							
4:00pm							
-							
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5:00pm							
-							
-							
6:00pm							

# FAMILY PROGRAMS

## Family Support and Resources

### Family Support Services

[English](#)
[Cantonese](#)
[Mandarin](#)
[Tagalog](#)

South Vancouver Neighbourhood House / Online on Zoom / By Phone  
 Monday - Friday  
 By appointment

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

#### Contact to book an appointment

English / Cantonese / Mandarin: catherine.kwan@southvan.org | 604-324-6212 EXT 112

English / Tagalog: marie.mah@southvan.org | 604-324-6212 EXT 149

English: monet.yabut@southvan.org | 604-324-6212 EXT 159

### South Vancouver Early Years and Family Resource Facebook Page

[fb.me/southvanfam](https://fb.me/southvanfam)

SVNH Family Program & Activities Updates and Early Childhood Education Resources for families and caregivers with children aged 0-6.



## Family Drop-In

### Family Play Time (Sunset)

All languages and cultures welcome

Sunset Community Centre Room 117 (6810 Main Street, Vancouver BC)  
Tuesdays | April 23, 30 | May 7, 14, 21, 28 | June 4, 11  
10:00am - 11:30am

A free drop-in program for children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning! Resources and guest speakers will be shared for families to learn about what is available in the community.

Drop-in program. No registration required.

### Family Play Time (Southside Hub)

All languages and cultures welcome

Southside Hub (8118 Fraser St)  
Thursdays | April 04, 11, 18, 25 | May 02, 09, 16, 23, 30  
10:00am - 12:00pm

A free drop-in program for children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning! Resources and guest speakers will be shared for families to learn about what is available in the community.

Drop-in program. No registration required.

### Family Play Time (SVNH)

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm 201)  
Saturdays | April 06, 13, 20, 27 | May 4, 11, 25 | June 1 (No program on May 18)  
10:30am - 12:00pm

A free drop-in program for children aged 0-6 and their families to build connections while enjoying songs, play, art, stories, and learning! Resources and guest speakers will be shared for families to learn about what is available in the community.

Drop-in program. No registration required.

## Family Drop-In

### Play & Learn

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 304 / Rec Room)  
Mondays | Apr 29, May 6, May 13, 27, Jun 3 (No program on May 20)  
1:00pm - 2:30pm

A drop-in program for children ages 3-5 and their caregivers. Join us for play-based learning activities and a lending library!

Drop-in program. No registration required.

### Stay & Play for Babies

All languages and cultures welcome

Southside Hub (8118 Fraser St)  
Thursdays | April 04, 11, 18, 25 | May 02, 09, 16, 23, 30  
1:30pm - 3:00pm

A drop-in program for independent playtime with your baby and to build connections with other parents and caregivers in a safe and welcoming environment. We will set up books, sensory toys, blocks, and other toys in this casual, self-led program. Participants are encouraged to lead the circle time. For ages 0-24 months.

Drop-in program. No registration required.

## Family Play Time

### Motivate your Child, Learn through Play

Cantonese

South Vancouver Neighbourhood House  
Thursdays | April 25, May 2, 9, 16, 23, 30  
12:30pm - 2:30pm

A parent-child group for children ages 3-5 and their newcomer parents. Join us and learn how to play and motivate our child to learn at the same time!

Register at [forms.office.com/r/eh8DDAWOFF](https://forms.office.com/r/eh8DDAWOFF)

Contact to register [joanne.chow@southvan.org](mailto:joanne.chow@southvan.org) | 604-324-6212 EXT 175

### Baby Play and Rhyme Time

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays  
10:00am - 11:30am

For families/caregivers with babies aged 0 to 24 months.

Register at [forms.office.com/r/MtAAVfUPne](https://forms.office.com/r/MtAAVfUPne)

### Sensory Explorers

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays | May 3, May 17  
10:30am - 12:00pm

A program for children ages 2-6 years old and their caregivers. Neurodiverse families, those who have sensory processing needs, and/or those who would thrive best in a smaller group environment are encouraged to join. There will be sensory friendly toys, activities, songs, and resources for caregivers and parents.

Register at [tinyurl.com/svnhfam-SensoryExplorers](https://tinyurl.com/svnhfam-SensoryExplorers)

For more information contact [monet.yabut@southvan.org](mailto:monet.yabut@southvan.org) | 604-324-6212 EXT 159



# CHILDCARE PROGRAMS CALENDAR

12

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
-							
-							
8:00am		7:30am - 9:00am	7:30am - 9:00am	7:30am - 9:00am	7:30am - 9:00am	7:30am - 9:00am	
-							
-							
9:00am		Out of School Care	Out of School Care	Out of School Care	Out of School Care	Out of School Care	
-							
-							
10:00am		9:15am - 11:30am	9:15am - 11:30am	9:15am - 11:30am	9:15am - 11:30am	9:15am - 11:30am	
-							
-							
11:00am		Poppins Preschool	Poppins Preschool	Poppins Preschool	Poppins Preschool	Poppins Preschool	
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-							
12:00pm							
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1:00pm							
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2:00pm							
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3:00pm							
-							
-							
4:00pm		3:00pm - 6:00pm	3:00pm - 6:00pm	3:00pm - 6:00pm	3:00pm - 6:00pm	3:00pm - 6:00pm	
-							
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5:00pm		Out of School Care	Out of School Care	Out of School Care	Out of School Care	Out of School Care	
-							
-							
6:00pm							

# CHILDCARE PROGRAMS CALENDAR (OFFSITE) 13

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
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-							
8:00am							
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9:00am							
-							
-							
10:00am							
-							
-							
11:00am							
-		7:30am -	7:30am -	7:30am -	7:30am -	7:30am -	
-		5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	
12:00pm							
-		Salmonberry	Salmonberry	Salmonberry	Salmonberry	Salmonberry	
-		Toddler	Toddler	Toddler	Toddler	Toddler	
		Program	Program	Program	Program	Program	
1:00pm							
-		Salmonberry	Salmonberry	Salmonberry	Salmonberry	Salmonberry	
-		3 to 5	3 to 5	3 to 5	3 to 5	3 to 5	
		Program	Program	Program	Program	Program	
2:00pm							
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-							
3:00pm							
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-							
4:00pm							
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5:00pm							
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-							
6:00pm							

# CHILDCARE PROGRAMS

## Children 2 to 5 years old

### Poppins Preschool

All languages and cultures welcome

South Vancouver Neighbourhood House

Monday - Friday (2,3 and 5 day options) 9:15am - 11:30am

Engaging safe and healthy licensed preschool program.

Contact to register [candice.leung@southvan.org](mailto:candice.leung@southvan.org) | 604-324-6212 EXT 119

### Salmonberry Toddler Program

All languages and cultures welcome

Southside Hub 8131 Chester St. Vancouver, BC.

Monday - Friday 7:30am - 5:30pm

Engaging safe and healthy licensed full day care program.

To join the waitlist, go to [www.southvan.org/salmonberry-child-care-centre-waitlist](http://www.southvan.org/salmonberry-child-care-centre-waitlist) or contact [barbie.chan@southvan.org](mailto:barbie.chan@southvan.org) | 604-324-6212 EXT 654

### Salmonberry 3-5 Program

All languages and cultures welcome

Southside Hub 8131 Chester St. Vancouver, BC.

Monday - Friday 7:30am - 5:30pm

Engaging safe and healthy licensed full day care program.

To join the waitlist, go to [www.southvan.org/salmonberry-child-care-centre-waitlist](http://www.southvan.org/salmonberry-child-care-centre-waitlist) or contact [flossie.li@southvan.org](mailto:flossie.li@southvan.org) | 604-324-6212 EXT 652

# CHILDCARE PROGRAMS

## Children 5 to 12 years old

### SVNH Out of School Care Gr. K - 7

All languages and cultures welcome

South Vancouver Neighbourhood House (Family Room / Preschool Room)

Monday - Friday | September 6, 2023 - June 30, 2024

Before Care: 7:30am - 9:00am After Care: 3:00pm - 6:00pm

Full Day: 7:30am - 6:00pm

A 40 space licensed before and after school care for students attending Tecumseh, and Cunningham. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to register

lestor.chou@southvan.org | 604-324-6212 EXT 146

### Waverley Out of School Care Gr. K - 7

All languages and cultures welcome

Waverley Elementary School 6111 Elliott St. Vancouver, BC

Monday - Friday

Before Care: 7:30am - 9:00am After Care: 3:00pm - 6:00pm

Full Day: 7:30am - 6:00pm

A 40 space licensed before and after school care for students attending Waverley. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to register

zohreh.pezhman@southvan.org | (604)-218-6017

# PRETEEN PROGRAMS CALENDAR

16

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am							9:30am - 11:30am <b>Cultural Buddy Chefs</b>
-							
-							
11:00am							
-							
-							
12:00pm							12:00pm - 1:30pm <b>PEAH</b>
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-							
1:00pm							
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-							
2:00pm							
-							
-							
3:00pm							
-							
-							
4:00pm		3:30pm - 5:00pm <b>Fostering Literacy</b>	3:30pm - 5:00pm <b>Education Explorers</b>	3:30pm - 5:30pm <b>Ukulele Wednesdays</b>	3:30pm - 5:00pm <b>Fostering Literacy</b>		
-			4:15pm - 5:15pm <b>Girls to the power of Math</b>				
-							
5:00pm		3:45pm - 6:00pm <b>Eco Cooks</b>					
-							
-							
6:00pm						6:00pm - 8:00pm <b>Generation Health</b>	

# PRETEEN PROGRAMS CALENDAR (OFFSITE)

17

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am							
-							
-							
11:00am							
-							
-							
12:00pm		12:00pm - 12:47pm <b>Global Citizens (Cook)</b>			12:00pm - 12:47pm <b>Global Citizens (Waverley)</b>		
-							
-							
1:00pm							
-							
-							
2:00pm							
-							
-							
3:00pm		3:00pm - 4:30pm <b>UWSO (Waverley)</b>	3:00pm - 4:30pm <b>UWSO (Fleming)</b>	3:15pm - 5:00pm	3:00pm - 4:30pm <b>UWSO (Waverley)</b>	3:00pm - 4:30pm <b>UWSO (Fleming)</b>	
-							
-							
4:00pm		3:15pm - 5:00pm <b>UWSO (Moberly)</b>	3:15pm - 5:00pm <b>UWSO (Mackenzie)</b>	<b>UWSO (Moberly)</b>	3:00pm - 5:30pm	3:15pm - 5:00pm <b>UWSO (Mackenzie)</b>	
-							
-							
5:00pm		<b>BC Housing Kids Club (Culloden Court)</b>	<b>BC Housing Kids Club (Champlain Places)</b>	<b>BC Housing Kids Club (Orchard Park)</b>	<b>BC Housing Kids Club (Culloden Court)</b>	<b>BC Housing Kids Club (Champlain Places)</b>	
-							
-							
6:00pm							



# PRETEEN PROGRAMS

## Children 5 to 12 years old

### Fostering Literacy (K to Gr. 2)

Cantonese

English

South Vancouver Neighbourhood House  
Wednesdays & Thursdays | March 8 - June 13  
3:30pm - 5:00pm

A one on one reading program for children in Kindergarten to Grade 2 to practice literacy alongside youth volunteers

Contact to register [anthony.lai@southvan.org](mailto:anthony.lai@southvan.org) | 604-324-6212 EXT 151

### Eco Cooks (Gr. 4 to 7)

All languages and cultures welcome

South Vancouver Neighbourhood House  
Mondays & Tuesdays | April - June  
3:45pm - 6:00pm

A free science-based environmental cooking program where preteens cook together, eat together, and practice food literacy. All recipes are plant-based!

Contact to register [jade.chan@southvan.org](mailto:jade.chan@southvan.org) | 604-324-6212 EXT 150

### Education Explorers

All languages and cultures welcome

South Vancouver Neighbourhood House  
Tuesdays | May 7 - June 11  
3:30pm - 5:00pm

Community program for all preteens. Join to meet new friends, participate in weekly experiments and projects, and see what makes learning fun!

Contact to register [anthony.lai@southvan.org](mailto:anthony.lai@southvan.org) | 604-324-6212 EXT 151

## Children 5 to 12 years old

### Global Citizens (Gr. 4 to 7)

Tagalog

English

#### Captain James Cook Elementary

Mondays | May 6 to June 17  
Lunchtime | 12:00pm - 12:47pm

#### Waverley Elementary

Thursdays | May 6 - June 13  
Lunch time | 12:00pm - 12:47pm

Gain leadership skills and learn more about environmental sustainabilities with various project based activities related to the community. Participants will work together as a team creating a meaningful impact towards the community.

Drop-in, no registration required. For more info contact: [covey.po@southvan.org](mailto:covey.po@southvan.org)

### UW School's Out

Cantonese

Farsi

Tagalog

English

#### Waverley Elementary (Gr. 4-7)

Mondays & Thursdays | May 6 - June 13  
3:00pm - 4:30pm

#### Mackenzie Elementary (Gr. 3-7)

Tuesdays & Fridays | May 7 - June 14  
3:15pm - 5:00pm

#### Moberly Arts Centre (Gr. 3-7)

Mondays & Wednesdays  
| May 6 - June 13 | 3:15pm - 5:00pm

#### Fleming (Gr. 3-7)

Tuesdays & Fridays  
| May 7 - June 14 | 3:15pm - 5:00pm

UW School's Out is a free program for preteens at various Elementary Schools. 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! Registration is required.

#### Contact to register

**Waverley:** [covey.po@southvan.org](mailto:covey.po@southvan.org) | 604-324-6212 EXT 125  
or [rabia.kaihan@southvan.org](mailto:rabia.kaihan@southvan.org) | 604-324-6212 EXT 170

**Mackenzie:** [shanna.delantar@southvan.org](mailto:shanna.delantar@southvan.org)

**Moberly Arts & Cultural Centre:** [shanna.delantar@southvan.org](mailto:shanna.delantar@southvan.org)

**Fleming:** [anthony.lai@southvan.org](mailto:anthony.lai@southvan.org) | 604-324-6212 EXT 151

## Children 5 to 12 years old

### Generation Health (Ages 8 to 12 years old + a guardian)

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays  
6:00pm - 8:00pm

Generation Health is a FREE program offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path. The program involves fun family activities around the topics of healthy eating, physical activity, positive mental health, reducing recreational screen time, and sleep hygiene. This program is meant for families with at least one child between the ages of 8-12, but siblings outside of this age range are welcome to attend as well.

**\*Please note that at least one parent or caregiver is required to attend each weekly session**

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121 | IG @kathy\_svn

### BC Housing Kids Club

All languages and cultures welcome

**Culloden Court**  
Mondays & Thursdays  
3:00pm - 5:30pm

**Champlain Places**  
Tuesdays & Fridays  
3:00pm - 5:30pm

**Orchard Park**  
Wednesdays  
3:00pm - 5:30pm

After-school program for BC Housing children 6 to 12 years old. BC Housing children enjoy art, science, and food while learning about sustainability, keeping fit, and more.

Contact to register  
[mikyung.han@southvan.org](mailto:mikyung.han@southvan.org) | 604-324-6212 EXT 147

## Children 5 to 12 years old

### Preteens Exercising Active Habits (PEAH) Ages 8-12

All languages and cultures welcome

South Vancouver Neighbourhood House  
Saturdays | April - June  
12:00pm - 1:30pm

We will promote healthy lifestyles through fun and engaging games and activities. (e.g. yoga, zumba, dancing, soccer, basketball, indoor/outdoor games, etc.) A hot and healthy lunch is provided to the participants every week.

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

### Girls to the Power of Math for girls and non-binary kids (Gr. 2 to 4)

All languages and cultures welcome

South Vancouver Neighbourhood House  
Tuesdays | Apr - June  
4:15pm - 5:15pm

A free 10-week after-school math mentorship program. The program aims to increase mathematics confidence. Through using fun games, art, music, and physical activity to teach skip counting and multiplication skills.

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

### Ukulele Wednesdays

All languages and cultures welcome

South Vancouver Neighbourhood House  
Wednesdays | May 8 - June 12  
3:30pm - 5:30pm

A safe environment for grades 4-7 newcomer musicians at any level to practice their ukulele skills and make new friends! There will be no formal instructors present but ukuleles are available for use.

Contact to register [covey.po@southvan.org](mailto:covey.po@southvan.org) | 604-324-6212 EXT 121

## Settlement Preteens 5 to 12 years old

### Education Explorers (Gr. 3 to 7)

All languages and cultures welcome

South Vancouver Neighbourhood House  
Tuesdays | May 7 - June 11  
3:30PM - 5:00PM

Community program for newcomer, immigrant, and refugee preteens. Join to meet new friends, participate in weekly experiments and projects, and see what makes learning fun!

Contact to register [anthony.lai@southvan.org](mailto:anthony.lai@southvan.org) | 604-324-6212 EXT 151

### Cultural Buddy Chefs (Ages 8 - 12)

All languages and cultures welcome

South Vancouver Neighbourhood House  
Saturdays | April - June  
9:30am - 11:30am

Cooking skills for newcomers, immigrants, and refugees to Canada ages 8-12 to learn about knife skills, measuring ingredients, and share cultural recipes. For newcomers, immigrants, and refugees to Canada

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am - -							
11:00am - -							10:30am - 12:30pm  <b>Newcomer Leadership</b>
12:00pm - -	12:00pm - 2:00pm <b>Career Labs</b>						12:00pm - 3:00pm  <b>Food Skills for Newcomer Youth</b>
1:00pm - -							
2:00pm - -							
3:00pm - -							
4:00pm - --		3:45pm - 5:15pm <b>NYI</b>		3:30pm - 5:30pm <b>Learning Club</b>	4:00pm - 5:30pm	4:00pm - 6:00pm	
5:00pm - -		4:00pm - 5:30pm <b>Music Jam Sessions</b>		3:45pm - 5:15pm <b>YEAH</b>	<b>InfoConnect Drop-in</b>	<b>OWL</b>	
6:00pm - -						6:00pm - 8:00pm <b>Board Games Club</b>	
7:00pm - -						6:00pm - 8:00pm <b>Friday Nights</b>	
8:00pm							



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am							
-							
-							
11:00am							
-							
-		Lunchtime		Lunchtime	Lunchtime	Lunchtime	
12:00pm		<b>Welcome Circle (John Oliver)</b>		<b>Welcome Circle (Killarney)</b>	<b>Green Team (David Thompson)</b>	<b>Welcome Circle (David Thompson)</b>	
-							
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1:00pm							
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4:00pm			3:45pm - 5:15pm <b>ECHO (John Oliver)</b>	3:15pm - 4:45pm <b>INSPIRE (David Thompson)</b>	3:15pm - 4:45pm <b>INSPIRE (Killarney)</b> 3:15pm - 4:45pm <b>INSPIRE (John Oliver)</b>		
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5:00pm							
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6:00pm							

# SETTLEMENT YOUTH PROGRAMS

## Settlement Youth Support

### One-on-one Settlement Support

[English](#)
[Arabic](#)

South Vancouver Neighbourhood House or Online  
Book for an appointment

New to Canada? Have questions about school, life and making friends? Book an appointment with our Youth Settlement Worker Salma for support. She can help with -  
Mental health support -Academic support -Resources and referrals for any concerns

Contact to register [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) | 604-324-6212 EXT 123

### Welcome Circle

[Arabic](#)
[English](#)

**John Oliver**  
Tuesdays  
Lunchtime

**Killarney**  
Wednesdays  
Lunchtime

**David Thompson**  
Fridays  
Lunchtime

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

Contact to register [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) | 604-324-6212 EXT 123

## Settlement Youth Activities

### Learning Club

English

Punjabi

Cantonese

Arabic

South Vancouver Neighbourhood House  
Wednesdays | April - June  
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

Contact to register [salma.ismail@southvan.org](mailto:salma.ismail@southvan.org) | 604-324-6212 EXT 123

## Activities

### Food Skills for Newcomer Youth

Arabic

Cantonese

Punjabi

English

South Vancouver Neighbourhood House  
Saturdays | April - June  
12:00pm to 3:00pm

Learn how to cook recipes from all over the world to provide meals for preteens in our community while getting volunteer hours!

Contact to register [felix.huang@southvan.org](mailto:felix.huang@southvan.org)

### Music Jam Sessions and Art Afternoons

All languages and cultures welcome

South Vancouver Neighbourhood House  
Mondays | April - June  
4:00pm - 5:30pm

Come by SVNH on Mondays after-school to join in on some music jam session and to create some art projects together! Free for newcomers, immigrants, and refugees in grades 8 -12.

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 125

# YOUTH PROGRAMS

## Health & Wellness

### INSPIRE

All languages and cultures welcome

**David Thompson**  
**RM 108 (CST Office)**

Wednesdays  
3:15pm - 4:45pm

**Killarney**  
**RM 318**

Thursdays  
3:15pm - 4:45pm

**John Oliver**  
**RM 208 (Community Rm)**

Thursdays  
3:15pm - 4:45pm

INSPIRE is an after-school program for self-identifying girls and non-binary youth. Our goal is to create a safe space for youth to be able to talk openly about topics that include mental health, healthy relationships, and stress and burn out, while working on a craft/activity, giving them an opportunity to discuss and chat in a casual setting.

Contact to register (DT/Killarney) [jade.chan@southvan.org](mailto:jade.chan@southvan.org)  
(John Oliver) [monet.yabut@southvan.org](mailto:monet.yabut@southvan.org)

## Activities

### Board Games Club

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays | April - June  
6:00pm - 8:00pm

Drop by SVNH every Friday to play some board games, like chess, Catan, Exploding Kittens, etc. We are also playing strategy games (we have a Dungeons and Dragons and Warhammer campaign that we are working on/would like to start).

Contact to register [covey.po@southvan.org](mailto:covey.po@southvan.org) | 604-324-6212 EXT 125

## Leadership

### United Way School's Out Future Leaders

All languages and cultures welcome

See below for locations

2 days/week; depends on placement | May 6 - June 14

3:20pm - 5:00pm

Various work experience and honorarium opportunities for Youth looking to take on additional leadership responsibilities. Possible placements: Waverley Elementary, Mackenzie Elementary, Fleming Elementary, and Moberly Arts & Cultural Centre

If interested, please email your resume and cover letter to [anthony.lai@southvan.org](mailto:anthony.lai@southvan.org) with "Future Leaders Application" as the subject line.

### Green Team

All languages and cultures welcome

David Thompson Secondary in room 108 (CST office)

Thursdays | April - June

11:35am - 12:15pm

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.

Contact to register [jade.chan@southvan.org](mailto:jade.chan@southvan.org) | 604-324-6212 EXT 150

### Opening Worlds to Literacy (OWL)

All languages and cultures welcome

South Vancouver Neighbourhood House

Fridays | April - June

4:00pm - 6:00pm

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

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

## Leadership

### Friday Nights

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays | April - June  
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!

Contact to register [kathy.do@southvan.org](mailto:kathy.do@southvan.org) | 604-324-6212 EXT 121

### Neighbourhood Youth Initiative (NYI)

All languages and cultures welcome

South Vancouver Neighbourhood House  
Mondays | April 1 to June 10; July 15 to July 29  
3:45pm to 5:15pm

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

Contact to register [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org) | 604-324-6212 EXT 154

### Engaging Communities in Helpful Opportunities (ECHO)

All languages and cultures welcome

John Oliver Secondary School  
Tuesdays | April 1 to June 11; July 15 to July 29  
3:45pm to 5:15pm

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.

For John Oliver Secondary students only.

Contact to register [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org) | 604-324-6212 EXT 154



# YOUNG ADULT PROGRAMS

## Young Adults 17 - 29 years old

### InfoConnect Drop-In

[English](#)[Tagalog](#)

South Vancouver Neighbourhood House  
Thursdays | April to July 2024  
4:00pm to 5:30pm

Drop-in program to support newcomer young adults. Newcomer young adults can learn more about life in Canada, connect with the community, and learn more about post secondary and career pathways. There are new workshop series every term! Follow @Gabby\_SVNH on Instagram for more information.

Contact to register [gabby.guevarra@southvan.org](mailto:gabby.guevarra@southvan.org) | IG @gabby\_svn

### Career Labs

[English](#)[Tagalog](#)

South Vancouver Neighbourhood House  
Sundays | April to July 2024  
12:00pm to 2:00pm

Weekly program where newcomer young adults can improve their resume and cover letter. Develop their interview skills through mock interviews and explore their interests through career planning. Learn basic digital literacy skills where you learn how to type proficiently on the computer, how to write emails to employers, how to set up LinkedIn profiles for career building and networking.

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am		9:30am - 11:30am <b>Digital Literacy (Afghan)</b>				10:00am - 12:00pm <b>Stress Management for Afghan PR (Southside Hub)</b>	
-							
-							
11:00am		11:00am - 12:30pm <b>Expressive Art for Newcomers</b>					9:00am - 12:00pm <b>Neighbourhood Advisory Committees</b>
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-							
12:00pm							
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-							
1:00pm				1:00pm - 3:00pm <b>ESL Conversation Group</b>		1:00pm - 3:00pm <b>Multicultural Women Peer Mentoring Group</b>	
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2:00pm							
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3:00pm							
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4:00pm							
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5:00pm							
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6:00pm			6:00pm - 8:00pm <b>Thriving Men</b>				
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-							
7:00pm							
-							
-							
8:00pm							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am		10:00am - 12:00pm <b>Healthy Habits (Southside Hub)</b>					
-							
11:00am			11:00am - 1:00pm <b>English Conversation for Women (Southside Hub)</b>	10:00am - 12:00pm <b>Job Focused Computer Training (On Zoom)</b>			
-							
12:00pm							
-							
1:00pm			1:30pm - 3:00pm				
-							
2:00pm			<b>Bangla Speaking Support Group (Southside Hub)</b>				
-							
3:00pm							
-							
4:00pm				1:00pm - 3:00pm <b>Chai and Chat (Southside Hub)</b>			
-							
5:00pm							
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6:00pm				6:00pm - 7:30pm <b>English Conversation Circle (On Zoom)</b>			
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7:00pm			7:00pm - 8:00pm <b>Conversation for Men (On Zoom)</b>				
-							
8:00pm							

# COMMUNITY PROGRAMS

## Wellness Groups

### Multicultural Women Peer Mentoring Group

All languages and cultures welcome

South Vancouver Neighbourhood House  
Fridays  
1:00pm to 3:00pm

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

Contact to register

[kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) | 604-324-6212 EXT 117

### Conversation for Men via Zoom

All languages and cultures welcome

Online on Zoom  
Tuesdays  
7:00pm - 8:00pm

The purpose of a men's support group is to help guys undergo growth, improve mental health, attain success and happiness. We meet weekly via Zoom to share our experiences. Occasional outings.

Contact to register

[eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133

## Wellness Groups

### Thriving Men

All languages and cultures welcome

South Vancouver Neighbourhood House  
Tuesdays | April 16 to May 28  
6:00pm - 8:00pm

Strive for progress, not for perfection with this group program for men. Learn about self discovery, effective communication, and goal setting. Light refreshments will be served. Transit & childminding services will be provided.

Register at [forms.office.com/r/rUBLTah4GH](https://forms.office.com/r/rUBLTah4GH)

Contact to register [haytham.aboadel@southvan.org](mailto:haytham.aboadel@southvan.org) | 604-324-6212 EXT 174

### Family Nights

All languages and cultures welcome

South Vancouver Neighbourhood House  
Thursdays | April 25 to May 30  
6:00pm - 8:00pm

All Indigenous peoples, new immigrants and refugees are invited to join us for Indigenous-led family night programming. Childminding & bus tickets available upon request

Contact to register [jessica.savoy@southvan.org](mailto:jessica.savoy@southvan.org) | 604-324-6212 EXT 166

### Sharing Our Cultures

All languages and cultures welcome

South Vancouver Neighbourhood House  
Tuesdays | April 23, 30 & May 7, 14  
10:30am - 12:30pm

All Indigenous peoples, new immigrants and refugees are invited to join us for Indigenous-led programming. Childminding and bus tickets available upon request

April 23: Cultural Sharing Circle    April 30: Indigenous Crafting,  
May 7: Tea Blending Workshop    May 14: Indigenous Crafting

Contact to register [jessica.savoy@southvan.org](mailto:jessica.savoy@southvan.org) | 604-324-6212 EXT 166



# EMPLOYMENT PROGRAMS

## All ages

### Career Services

All languages and cultures welcome

South Vancouver Neighbourhood House / Online on Zoom  
By appointment only

Our employment services are designed to prepare clients of all backgrounds for job success in Canada. Our diverse career services provide insight and assistance through both skill-building and hands-on opportunities.

- Job Search & Interview Skills
- Resume & Cover Letter Writing
- 1-1 Employment Counselling
- Career Exploration
- Employment Workshops

Contact to book an appointment [charlene.pineda@southvan.org](mailto:charlene.pineda@southvan.org)





# SETTLEMENT PROGRAMS

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## Employment training

### Job Search Session for Newcomers

All languages and cultures welcome

Online on Zoom

By appointment only

1-on-1 in person or small group sessions on Zoom.

Contact to register [eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133

### Labour Market Volunteer Placement Program

All languages and cultures welcome

Online on Zoom

By appointment only

Volunteer referral program helping newcomers gaining Canadian experience.

Contact to register [eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133

### Labour Market Conversations with Local Professionals

All languages and cultures welcome

Online on Zoom

By appointment only

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

Contact to register [eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133

## Employment training

### (NWJC) Newcomer Women Job Connection in Childcare Training

All languages and cultures welcome

South Vancouver Neighbourhood House and Online via Zoom  
Monday - Friday | April

For newcomer women who looking for entry jobs in childcare services.

Contact to register [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) | 604-324-6212 EXT 117

### Job Focused Computer Training

All languages and cultures welcome

Online on Zoom  
Wednesdays | April 10, 17, and 24  
10:00am to 12:00pm

Focused on job seekers in resume & cover letter writing, job search skills, and career exploration/in partnership with VPL SIIC.

Contact to register [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) | 604-324-6212 EXT 117

## Digital Literacy

### Digital Literacy Class for Afghan Newcomers

Dari

English

South Vancouver Neighbourhood House  
Mondays  
9:30am - 11:30am

Basic computers class for Afghan Newcomers.

Contact to register [fahim.hamidi@southvan.org](mailto:fahim.hamidi@southvan.org) | 604-324-6212 EXT 169

## Language Support Groups

### Chai and Chat

All languages and cultures welcome

Southside Hub  
Wednesdays  
1:00pm to 3:00pm

Join us as we talk about community resources, banking, housing, food programs, School Enrollment Procedures and more! For newcomers and permanent residents.

Contact to register [bernie.russell@southvan.org](mailto:bernie.russell@southvan.org) | 604-324-6212 EXT 136

### ESL Conversation Group

All languages and cultures welcome

South Vancouver Neighbourhood House  
Wednesdays  
1:00pm to 3:00pm

For adults wishing to practice English speaking and making social connections with others in their communities.

Contact to register [kwangyoung.conn@southvan.org](mailto:kwangyoung.conn@southvan.org) | 604-324-6212 EXT 117

### Bangla Speaking Support Group for Newcomers

Bengali

Southside Hub (8118 Fraser St. Vancouver, BC)  
Tuesdays | April 16th to May 28th  
1:30pm - 3:00pm

Provide newcomers with the resources to navigate the Canadian labor market, health care system and way of life.

Contact to register [samia.ali@southvan.org](mailto:samia.ali@southvan.org) | 604-324-6212 EXT 174

## Language Support Groups

### Basic English Conversation Circle for Newcomers

Dari

English

South Vancouver Neighbourhood House  
Mondays | April 8 to May 27  
11:00am - 12:30pm

For newcomer adults wishing to practise English speaking and making social connection. Talk about hobbies, food, sports, employment & more.

Contact to register [abdullah.abid@southvan.org](mailto:abdullah.abid@southvan.org) | 604-324-6212 EXT 161

### English Conversation Circle

All languages and cultures welcome

Online on Zoom  
Wednesdays | April 17 to May 29  
6:00pm - 7:30pm

For adults wishing to practise English speaking and making social connection. Talk about hobbies, food, sports, employment & learn about Indigenous culture.

Contact to register [haytham.aboadel@southvan.org](mailto:haytham.aboadel@southvan.org) | 604-324-6212 EXT 174

### English Conversation for Women

All languages and cultures welcome

Hybrid - South Vancouver Neighbourhood House / Online on Zoom  
Tuesdays | April 16th to May 28th  
11:00am - 1:00pm

For newcomer women who want to take their English communication to the next level in order to enhance their employability and gain leadership skills.

Contact to register [samia.ali@southvan.org](mailto:samia.ali@southvan.org) | 604-324-6212 EXT 174

## Health and Wellness

### Stress Management for Afghans (Permanent Residents only)

Dari

English

Southside Hub (8118 Fraser St.)  
Fridays | April 19th  
10:00am - 12:00pm

Talk about stress, depression, causes and consequences of stress in our lives. Program includes a stress management plan, Indigenous led self-care and Yoga.

Contact to register [abdullah.abid@southvan.org](mailto:abdullah.abid@southvan.org) | 604-324-6212 EXT 161

### Expressive Art for Newcomers

Cantonese

South Vancouver Neighbourhood House  
Tuesdays | May 7 to 28  
11:00am to 12:30pm

For Cantonese speaking newcomers. Through a diverse array of expressive arts activities, including painting, dried flower crafting, and colored sand art, participants will embark on a reflective journey of settling in a new country.

Register at [forms.office.com/r/VSGXMA6HqR](https://forms.office.com/r/VSGXMA6HqR)  
Contact to register [joanne.chow@southvan.org](mailto:joanne.chow@southvan.org)

### Health and Healing

Cantonese

Southside Hub (8118 Fraser St.)  
Mondays | April 8 - May 20  
10:00am to 12:00pm

For families focused on Healthy eating, Indigenous Healing, Bhangra, Walk to gurudwara, Zumba and potluck at Southside hub.

Contact to register [taran.gandhok@southvan.org](mailto:taran.gandhok@southvan.org) | 604-324-6212 EXT 167



# FOOD PROGRAMS

## Community Food Programs

### South Vancouver Community Food Hub

All languages and cultures welcome

Community

6 Locations in South Vancouver  
Mondays / Thursdays / Fridays  
Time dependant on location

We provide weekly supplementary grocery boxes to residents of Sunset, Victoria-Fraserview and Killarney who need food support. We work with our partners to operate 6 food distribution locations across South Vancouver. Our program allows community members to access food closer to home, as well as holistic support and referrals. Program participants must live within South Vancouver catchment area (Main-Boundary, 41st to Fraser River).

Currently our program is full with a waitlist. To join the waitlist, please contact our Community Food Navigator | 604-324-6212 EXT 212

## Preteen & Youth Food Programs

### Food Skills for Newcomer Youth

Arabic

Cantonese

Punjabi

English

South Vancouver Neighbourhood House  
Saturdays | April - June  
12:00pm to 3:00pm

Learn how to cook recipes from all over the world to provide meals for preteens in our community while getting volunteer hours!

Contact to register [felix.huang@southvan.org](mailto:felix.huang@southvan.org)



## Seniors Food Programs

### Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

| In the community

| Orders accepted Tuesdays / Wednesdays / Thursdays

For seniors in need of groceries delivered to their homes. Cost is on a sliding scale.

Contact to register [svnhshopping@southvan.org](mailto:svnhshopping@southvan.org) | 604-324-6212 EXT 145

### Better at Home Frozen Meals Program

All languages and cultures welcome

| In the community

| Orders delivered Thursdays

For seniors who are unable to cook and need assistance through prepared meals. Meals cost \$7.00 each. Waitlist in effect.

Contact to register [frozenmeals@southvan.org](mailto:frozenmeals@southvan.org) | 604-324-6212 EXT 113

### Cook with Lucenda

All languages and cultures welcome

| Online on Zoom

| 1st and 3rd Friday of the month | April 5 - June 21

| 4:30pm - 6:00pm

Meet virtually to learn new recipes, cook together and socialize every first and third Friday of the month! \*Participants must have their own device to access Zoom.

Contact to register [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

# REFRAMING SOUTH VANCOUVER

## Neighbourhood Advisory Committees

All languages and cultures welcome

South Vancouver Neighbourhood House  
Monthly Meetings  
Whole Group: Saturdays 9:00am - 12:00pm

We are inviting residents who are:

- Living in South Vancouver (Main St. to Boundary Rd. and 41st avenue to Marine Drive)
- Interested in learning more about their neighbourhood and the City and making changes in the community

...to join our Neighbourhood Advisory Committee (NAC)!

Neighbourhood Advisory Committee (NAC) volunteers will attend training on how the city operates and ways to make their neighbourhood a better place for all. They will then participate in monthly meetings to discuss possible actions.

Residents who are willing to devote time and effort to improve the South Vancouver neighbourhood are welcome! We encourage all people of colour, cultures and diversity to come.

### Contact to register

English/Tagalog: [liza.bautista@southvan.org](mailto:liza.bautista@southvan.org) | 778-990-6365

English/Punjabi: [prabhi.deol@southvan.org](mailto:prabhi.deol@southvan.org) | 778-713-0435

English/Chinese: [cherry.wong@southvan.org](mailto:cherry.wong@southvan.org) | 778-712-8990

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am			9:30am - 11:00am <b>ESL Conversation</b>				
-				2nd & 4th Wednesday	10:00am - 11:00am <b>Chinese Caregivers Support Group</b>	9:30am - 10:45am <b>Tai Chi Exercise for Beginners</b>	
10:00am			4th Tues of the Month	10:00am - 12:00pm <b>Senior Men's Group</b>			
-		10:00am - 11:45am <b>Cantonese Wellness Group</b>	10:00am - 11:30am <b>Caregiver Support Group</b>	10:30am - 12:00pm <b>Seniors Intercultural Wellness</b>			
11:00am			1st Tuesday of the Month				
-			10:00am - 12:30pm <b>Seniors Hub Council</b>	12:00pm - 1:00pm <b>Community Lunch</b>	12:00pm - 2:30pm <b>South Asian Women's Wellness Group</b>	12:00pm - 1:30pm <b>Intermediate iPad/iPhone Class</b>	
12:00pm		12:00pm - 2:00pm <b>Vietnamese Wellness Group</b>	12:00pm - 2:30pm <b>South Asian Men's Wellness Group</b>				
-				1:30pm - 3:00pm <b>ESL for Seniors</b>	2:15pm - 3:30pm <b>Chinese Caregivers Sing-along Group</b>	1:45pm - 3:15pm <b>Beginner iPad/iPhone Class</b>	
1:00pm			1:30pm - 2:30pm <b>Intercultural Craft Circle</b>				
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2:00pm							
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3:00pm							
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4:00pm							
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5:00pm							
-							
6:00pm							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am							
-							
-							
11:00am		10:30am - 11:30am <b>Chair Yoga</b> (Moberly Arts & Cultural Centre)			10:30am - 11:30am <b>Chair Yoga</b> (Moberly Arts & Cultural Centre)	10:30am - 12:00pm <b>Dance and Stretch</b> (Online on Zoom)	
-							
-							
12:00pm							
-							
-							
1:00pm				1:00pm - 2:30pm <b>Seniors Line Dance</b>			
-				-			
-				<b>Seniors Shindig</b>			
2:00pm							
-							
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3:00pm				(St Thomas Anglican Church)			
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4:00pm							
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-							
5:00pm						1st and 3rd Friday of the month 4:30pm - 6:00pm	
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-							
6:00pm						<b>Cook with Lucenda</b> (Online on Zoom)	

# SENIORS PROGRAMS

## Seniors Hub Programs

### South Vancouver Seniors Hub

All languages and cultures welcome

| South Vancouver Neighbourhood House

The Hub works within a network service model that brings together seniors, community agencies and different organizations to help engage and serve seniors. Seniors lead, govern, identify needs and organize activities to meet those needs. Seniors gain confidence, socialize interculturally, learn new things, and create opportunities for isolated seniors.

For more information please visit the Seniors Hub website [www.theseniorshub.org](http://www.theseniorshub.org)

### South Vancouver Seniors Hub Council

All languages and cultures welcome

| South Vancouver Neighbourhood House

1st Tuesday of the month

10:00am - 12:30pm

Passionate about issues that affect seniors and looking for a place to have a say? The Seniors' Hub Council is a place to take action, share ideas and connect with like-minded seniors. Our approach is collaborative and community-based, and our purpose is to facilitate activities, independence and active participation in community life. Potential candidates should be team players, open-minded and dependable.

**Contact to register**

[shelley.jorde@southvan.org](mailto:shelley.jorde@southvan.org) | 603-324-6212 EXT 132

## Information and Referrals

### Information and Referral Services

[English](#)[Cantonese](#)[Mandarin](#)

South Vancouver Neighbourhood House

Monday - Saturday

9:00am - 4:00pm

The Information & Referral program offers free, confidential information and referral services to seniors ages 55 and older. We assist seniors to navigate through government systems, and fill out application forms, access information, services and resources. By appointment only.

#### Contact to register

[frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

or [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

## Arts & Crafts

### Intercultural Craft Circle

[English](#)[Cantonese](#)[Mandarin](#)

South Vancouver Neighbourhood House

Tuesdays | Weekly | No session on June 25

1:30pm - 2:30pm

Creative activities have been shown to have a positive impact on both physical and mental health. Join our craft circle to make art, learn new crafts, have conversations, and make new friends! Bring your own projects and start to DIY!

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115



## Technology

### Seniors Tech Support

English

Cantonese

Mandarin

Online or In-person  
Monday - Friday  
By appointment

Having a problem or question with your device? Give us a call for free tech support. We offer in-person support sessions at SVNH, where you can get individual support for your portable devices. We also offer help over the phone, or via Zoom and Email.

Contact to register

frank.lin@southvan.org | 604-324-6212 EXT 115

### Beginner iPad/iPhone Class

English

Cantonese

Vietnamese

South Vancouver Neighbourhood House  
Fridays | April 12 - June 21  
1:45pm - 3:15pm

Learn basic skills such as how to use email, the phone book, Zoom and more!  
Recommended for those that have little/zero experience with using iPad/iPhone.  
\*Participants will need to bring their own iPad or iPhone. One time fee of \$5.

Class full, contact to join waitlist michelle.luong@southvan.org | 604-324-6212 EXT 158

### Intermediate iPad/iPhone Class

English

Cantonese

Vietnamese

South Vancouver Neighbourhood House  
Fridays | April 12 - June 21  
12:00pm - 1:30pm

Learn intermediate digital literacy skills, building on top of basic skills. Recommended for those that have mastered basic skills and want to learn more. \*Participants will need to bring their own iPad or iPhone. One time fee of \$5.

Class full, contact to join waitlist michelle.luong@southvan.org | 604-324-6212 EXT 158

## Language

### ESL Conversation

All languages and cultures welcome

South Vancouver Neighbourhood House  
Tuesdays | Weekly. No session on June 25  
9:30am - 11:00am

Improve conversational language skills and gain confidence in speaking English through focused lessons and group discussions. Recommended for beginners or intermediates. One time fee of \$5.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

### ESL for Seniors

Cantonese

South Vancouver Neighbourhood House  
Wednesdays | No session on May 29 and June 26  
1:30pm - 3:00pm

This program is offered at the beginner level and it enables seniors to commit their time to learning English, meet people from the community, and build their confidence in using English. Reading materials are provided. \$5.00 program fee.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

## Food & Nutrition

### Community Lunch

All languages and cultures welcome

South Vancouver Neighbourhood House  
Wednesdays | No session on September 6, December 20 & 27  
12:00pm - 1:00pm

Join us for some great company and a delicious home cooked meal prepared by our amazing volunteers and Chef, Randy. \$7.00 cost

Contact to register [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org) | 604-324-6212 EXT 141

## Food & Nutrition

### Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

| In the community

| Orders accepted Tuesdays / Wednesdays / Thursdays

For seniors in need of groceries delivered to their homes. Cost is on a sliding scale.

Contact to register [svnhshopping@southvan.org](mailto:svnhshopping@southvan.org) | 604-324-6212 EXT 145

### Better at Home Frozen Meals Program

All languages and cultures welcome

| In the community

| Orders delivered Thursdays

For seniors who are unable to cook and need assistance through prepared meals. Meals cost \$7.00 each. Waitlist in effect.

Contact to register [frozenmeals@southvan.org](mailto:frozenmeals@southvan.org) | 604-324-6212 EXT 113

### Cook with Lucenda

All languages and cultures welcome

| Online on Zoom

| 1st and 3rd Friday of the month | April 5 - June 21

| 4:30pm - 6:00pm

Meet virtually to learn new recipes, cook together and socialize every first and third Friday of the month! \*Participants must have their own device to access Zoom.

Contact to register [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

## Wellness

### Better at Home Yardwork

All languages and cultures welcome

| At seniors' homes

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

Contact to register [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org) | 604-324-6212 EXT 141

### Better at Home Friendly Visiting, Walking, Companions & Social Calls

All languages and cultures welcome

| In the community

Volunteers spend time with seniors to ease the challenges of living alone

Contact to register [alex.hill@southvan.org](mailto:alex.hill@southvan.org)

### Better at Home Transportation Shuttle

English

Cantonese

Mandarin

| In the community  
Tuesdays / Wednesdays / Fridays  
9:30am - 3:00pm

For seniors in need of transportation. Cost is based on a sliding scale.

Contact to register [jeannie.furmanek@southvan.org](mailto:jeannie.furmanek@southvan.org) | 604-324-6212 EXT 141

## Wellness

### Better at Home Housekeeping

All languages and cultures welcome

| In the community

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

Contact to register [farveen.mohammed@southvan.org](mailto:farveen.mohammed@southvan.org) | 604-324-6212 EXT 163

### Caregivers one-on-one Support

English

Cantonese

Mandarin

| South Vancouver Neighbourhood House | Online on Zoom | By Phone

Provide supports based on your unique needs, including information and resource, referrals, home visit, and phone buddy calls.

Contact to register [ping.chen@southvan.org](mailto:ping.chen@southvan.org) | 604-324-6212 EXT 116

### Caregivers Self-care Plan

English

Cantonese

Mandarin

| South Vancouver Neighbourhood House | Online on Zoom | By Phone

Work together to make a self care plan for yourself.  
Small positive changes make big difference.

Contact to register [ping.chen@southvan.org](mailto:ping.chen@southvan.org) | 604-324-6212 EXT 116

### Better at Home Minor Home Repair

All languages and cultures welcome

| In the community

Minor home repair services to seniors to help them maintain a safe and functional home.

Contact to register [joshua.leung@southvan.org](mailto:joshua.leung@southvan.org) | 604-324-6212 EXT 172

## Health & Wellness Groups

### Seniors Line Dance

Mandarin

Cantonese

St Thomas Anglican Church (2444 E.41st Ave)  
Wednesdays  
1:00pm - 2:30pm

Engage both your mind and body by learning and practicing the basic moves that make up current line dancing today. It's easy and fun! It's also a wonderful way to lose weight and meet new friends. No dance experience required.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

### Seniors Shindig

All languages and cultures welcome

St Thomas Anglican Church (2444 E.41st Ave)  
Wednesdays  
1:00pm - 2:30pm

Line dancing is an easy way to exercise the body and mind. Improve beginner moves, learn more advanced ones and meet new friends in this social and physically active class. Previous line dancing experience is required.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

### Tai Chi Exercise for Beginners

English

Cantonese

South Vancouver Neighbourhood House  
Fridays | No session June 28  
9:30am - 10:45am

Tai Chi has many benefits, such as improving your balance, flexibility and upper and lower body strength. The gentle flowing and seamless movements also help to reduce stress, improve sleep and overall well-being. This program is open to beginners with little to no experience. One time fee of \$5.

Class full, contact to join waitlist [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158



## Health & Wellness Groups

### Chair Yoga

Punjabi

English

Moberly Arts & Cultural Centre (Moberly Park, 7646 Prince Albert St.)  
Mondays and Thursdays | April 8 - June 13 | No session on May 20  
10:30am - 11:30am

Practice yoga poses and engage in exercises, focused breathing and laughter while seated. Contributes to active aging and well-being. Suitable for those who may have mobility difficulties.

Contact to register [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

### Dance and Stretch

Cantonese

Online on Zoom  
Fridays | April 5 - June 21  
10:30am - 12:00pm

Are you looking for a way to stay active even at home? Join Lucenda virtually for engaging and fun dances and stretches in Cantonese! You will also have the chance to meet other participants and socialize.

\*Participants must have their own device to access Zoom.

Contact to register [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

### Seniors Intercultural Wellness

All languages and cultures welcome

South Vancouver Neighbourhood House  
Wednesdays | Weekly | No session May 29 and June 26  
10:30am - 12:00pm

The program offers participants a mix of socialization, exercises, and learning activities rotating weekly. Seniors from different cultures and backgrounds gain social connections that are meaningful to them, find joy and purpose in ways that address their needs, improve their physical well-being, and stay active and positive.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

## Health & Wellness Groups

### Cantonese Wellness Group

Cantonese

South Vancouver Neighbourhood House  
Mondays | No sessions on April 1, May 20 & June 24  
10:00am - 11:45am

A space for members to socialize, exercise, sing songs, tell stories, engage in workshops and more! Make new friends and learn topics related to health and well-being.

Contact to register [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

### Vietnamese Wellness Group

Vietnamese

South Vancouver Neighbourhood House  
Mondays | No sessions on April 1, May 20 & June 24  
12:00pm - 2:00pm

Weekly sessions focused on improving overall well-being, belonging and community engagement. Activities include socialization, light physical activity, workshops, information & referrals and more!

Contact to register [michelle.luong@southvan.org](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

### Seniors Men's Group

All languages and cultures welcome

South Vancouver Neighbourhood House  
2nd & 4th Wednesday of the month | No session on June 6  
10:00am - 12:00pm

The group offers a space for men to discuss issues that matter most to them. It provides an opportunity to build your social network while enhancing skills and development.

Contact to register [frank.lin@southvan.org](mailto:frank.lin@southvan.org) | 604-324-6212 EXT 115

## Health & Wellness Groups

### South Asian Men's Wellness Group

Punjabi

Sunset Community Centre (6810 Main Street, Vancouver BC)  
Tuesdays  
12:00pm - 2:30pm

The weekly wellness Group provides tailored socialization, learning activities, fostering meaningful connections and addressing cultural needs. Participants experience joy, purpose, and improved well-being in a culturally sensitive environment.

Contact to register [amanpreet.jawanda@southvan.org](mailto:amanpreet.jawanda@southvan.org) | 604-324-6212 EXT 137

### South Asian Women's Wellness Group

Punjabi

South Vancouver Neighbourhood House  
Thursdays  
12:30pm - 2:30pm

The weekly Wellness Group provides tailored socialization, biweekly exercise, and learning activities, fostering meaningful connections and addressing cultural needs. Through a rotating schedule, participants experience joy, purpose, and improved well-being in a culturally sensitive environment.

Contact to register [amanpreet.jawanda@southvan.org](mailto:amanpreet.jawanda@southvan.org) | 604-324-6212 EXT 137

### English Caregiver Support Group

All languages and cultures welcome

South Vancouver Neighbourhood House  
4th Tuesday of the month  
10:00am - 11:30am

Includes educational workshop and sharing circle, which enhance caregiver's knowledge and confidence to care and selfcare, to build a supportive network, and to strengthen social connections.

Contact to register [ping.chen@southvan.org](mailto:ping.chen@southvan.org) | 604-324-6212 EXT 116

## Health & Wellness Groups

### Safer Together: Emergency Preparedness

[English](#)[Cantonese](#)[Mandarin](#)

Extreme weather emergency response and preparedness. Learn about staying safe during extreme weather events and sign up for wellness check in calls. Volunteer opportunities available.

Contact to register [judy.huang@southvan.org](mailto:judy.huang@southvan.org)

### Chinese Caregivers Sing-along Group

[Cantonese](#)[Mandarin](#)

South Vancouver Neighbourhood House  
2nd and 4th Thursday of the month  
2:15pm - 3:30pm

Enjoy music in a lovely group, to improve your mental wellbeing and social connectedness.

Contact to register [ping.chen@southvan.org](mailto:ping.chen@southvan.org) | 604-324-6212 EXT 116

### Chinese Caregivers Support Group

[Cantonese](#)[Mandarin](#)

South Vancouver Neighbourhood House  
3rd Thursday of the month  
10:00am - 11:00am

Specific language support group in Cantonese and Mandarin, to help caregivers in caregiving and selfcare, and to build stronger social connections.

Contact to register [ping.chen@southvan.org](mailto:ping.chen@southvan.org) | 604-324-6212 EXT 116

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
9:00am											
-											
-											
10:00am											
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11:00am		9:00am - 4:00pm	9:00am - 4:00pm	9:00am - 4:00pm	9:00am - 4:00pm	9:00am - 4:00pm					
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# ADULT DAY PROGRAMS

## Adult Day Centres

### SVNH Adult Day Centre

All languages and cultures welcome

#345 - 3150 East 54th Avenue  
Monday - Friday  
9:00am - 4:00pm

Providing a community of support for frail elders, adults with physical or cognitive challenges and their caregivers. More information can be found at [svnhadc.blogspot.com](http://svnhadc.blogspot.com)

Contact to register [sg-adp-south-van@svnh.onmicrosoft.com](mailto:sg-adp-south-van@svnh.onmicrosoft.com) | (604)-430-6473

### Beulah Adult Day Centre

All languages and cultures welcome

3355 East 5th Avenue  
Monday - Friday  
9:00am - 4:00pm

Providing a community of support for frail elders, adults with physical or cognitive challenges and their caregivers. More information can be found at [svnhadc.blogspot.com](http://svnhadc.blogspot.com)

Contact to register [sg-adp-beulah@southvan.org](mailto:sg-adp-beulah@southvan.org) | (604)-255-0413