

# Program Guide

## Fall 2024

**September 2024 - December 2024**

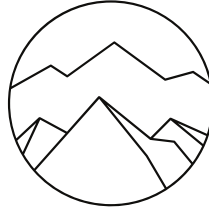
Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



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  $x^w m \theta k^w \acute{e} y \acute{a} m$  (Musqueam),  $S k w x w \acute{u} 7 m e s h$  (Squamish), and  $S \acute{a} l \acute{i} l w \acute{e} t a ? / S e l i l w i t u l h$  (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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All ages

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All ages

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All ages

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Ages 55+

## All Candidates Town Hall

All languages and cultures welcome

Killarney Community Centre (6260 Killarney St.)  
Thursday | September 26  
6:00pm - 8:00pm

B.C.'s next provincial election is on October 19, 2024!  
Attend this town hall to meet South Vancouver's candidates, share concerns on healthcare, food security, transportation and childcare, and learn about the provincial

To register, visit [tinyurl.com/svnhtownhall](https://tinyurl.com/svnhtownhall)

## Gardening 101 Workshop

All languages and cultures welcome

Memorial South Park Pollinator Garden (1011 E 45th Ave.)  
Saturday | September 7  
2:00pm - 4:00pm

Come join us for: gardening tips, pot decorating activity for all ages, free basic gardening tools, free plant to take home, & plant-themed snack making. Both beginner and experienced gardeners are welcome!

No registration required. Drop-In.

## All Nations Gathering

All languages and cultures welcome

Killarney Community Centre  
Saturday | September 21  
10:00am - 1:00pm

Join us for an inspiring event that gathers community members to learn about Indigenous Culture & others. This year's theme is *Walking Among the Cedar* and represents sharings and learnings across cultures with ties to Indigenous practices. Lunch will be included at 1:00pm

No registration required. Drop-In.

## Family Meet & Greet

All languages and cultures welcome

South Vancouver Neighbourhood House  
Friday | October 4  
4:00pm - 5:30pm

Join us for a Family Meet & Greet! Learn about our programs and services at the neighbourhood house, get to know the staff, share your thoughts about what needs your family has, and connect with other parents and caregivers in your community.

For parents and caregivers of children ages 0-18 and their families. There will be activities for the whole family. Light snacks and refreshments will be provided.

To register, please contact [monet.yabut@southvan.org](mailto:monet.yabut@southvan.org)

## Mid Autumn Festivals for Newcomer Families

Cantonese

South Vancouver Neighbourhood House  
Monday | September 16  
5:00pm - 7:00pm

Celebrate the Mid-Autumn festival with us! Join us for family-friendly DIY lantern and refreshments. (New immigrant families welcome, priority given to PR card holders)

To register, please contact [joanne.chow@southvan.org](mailto:joanne.chow@southvan.org) | 604-324-6212 EXT 175

# FAMILY PROGRAMS CALENDAR

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6:00pm							

10:00am - 11:30am  
**Play & Learn**

10:00am - 12:00pm  
**Sensory Explorers**

10:00am - 12:30pm  
**Family Play Time (SVNH)**

2:00pm - 4:00pm  
**Family Food Prep**

# FAMILY PROGRAMS CALENDAR [OFFSITE]

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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10:00am			10:00am - 11:30am	10:00am - 11:30am	10:00am - 12:00pm	10:00am - 11:30am	
-			<b>Family Gym Time (Sunset)</b>	<b>Summer Pop-Up (Memorial Park)</b>	<b>Family Play Time (Southside Hub)</b>	<b>Summer Pop-Up (Ross Park)</b>	
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11:00am							
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12:00pm							
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1:00pm							
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2:00pm					1:30pm - 3:00pm		
-					<b>Baby Play and Stay (Southside Hub)</b>		
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4:00pm							
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5:00pm							
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6:00pm							

# FAMILY PROGRAMS



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

## 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](mailto:catherine.kwan@southvan.org) | 604-324-6212 EXT 112

English / Tagalog: [marie.mah@southvan.org](mailto:marie.mah@southvan.org) | 604-324-6212 EXT 149

English: [monet.yabut@southvan.org](mailto:monet.yabut@southvan.org) | 604-324-6212 EXT 159

## Nutrition & Health

### Family Food Prep

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 201)  
Saturdays | Oct 19 - Dec 7 (No program on Nov 9)  
2:00pm - 4:00pm

Learn simple, healthy recipes to make for your family, with your family! Cook, learn, and bond with your child in a fun and safe environment.

Contact to register [catherine.kwan@southvan.org](mailto:catherine.kwan@southvan.org)

## Family Drop-In

### Play & Learn

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 304)  
Mondays | Oct 7 - Dec 2 (No program on Oct 14, Nov 11, Nov 25)  
10:00am - 11:30am

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.

### Sensory Explorers

All languages and cultures welcome

South Vancouver Neighbourhood House (Room 201)  
Thursdays | Oct 4 - Dec 5, 2024  
10:00am - 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.

Contact to register [monet.yabut@southvan.org](mailto:monet.yabut@southvan.org) | 604-324-6212 EXT 159

### Baby Play & Stay (Southside Hub)

All languages and cultures welcome

Southside Hub (8118 Fraser Street)  
Thursdays | September 19 - December 19, 2024  
1:30PM- 3:00PM

A safe space for independent playtime with your baby and to build connections with other parents fostering connections and offering mutual support through shared experiences. We will set up books, sensory toys & blocks in this drop-in, casual, self-led program. Participants are encouraged to lead the circle time. For ages 0-24 months.

Drop-in program. No registration required.

## Family Drop-In

### Family Play Time (Southside Hub)

All languages and cultures welcome

Southside Hub (8118 Fraser Street)  
Thursdays | September 19 - December 19, 2024  
10:00am - 12:00pm

A 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 at the program for families to learn about what is available in the community.

Drop-in program. No registration required.

### Family Play Time (Sunset)

All languages and cultures welcome

Sunset Community Centre (Room 117) (6810 Main Street, Vancouver BC)  
Tuesdays | Oct 1 - Dec 17, 2024 (No program on Oct 15, Nov 26)  
10:00am - 11:30am

A drop-in parent-participation program for children aged 0-6 and their families to build connections, learn, and play! There will be open play, arts and crafts, and music.

Drop-in program. No registration required.

### Family Play Time (SVNH)

All languages and cultures welcome

South Vancouver Neighbourhood House  
Saturdays | Oct 5 - Dec 7 (No program on Oct 12 & Nov 9)  
10:30am - 12:30pm

A 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 at the program for families to learn about what is available in the community.

Drop-in program. No registration required.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
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8:00am							
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9:00am							
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10:00am		9:15am - 11:30am	9:15am - 11:30am	9:15am - 11:30am	9:15am - 11:30am	9:15am - 11:30am	
-							
11:00am		<b>Poppins Preschool</b>	<b>Poppins Preschool</b>	<b>Poppins Preschool</b>	<b>Poppins Preschool</b>	<b>Poppins Preschool</b>	
-							
12:00pm							
-							
1:00pm		7:30am - 6:00pm	7:30am - 6:00pm	7:30am - 6:00pm	7:30am - 6:00pm	7:30am - 6:00pm	
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2:00pm		<b>Out of School Care</b>	<b>Out of School Care</b>	<b>Out of School Care</b>	<b>Out of School Care</b>	<b>Out of School Care</b>	
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# CHILDCARE PROGRAMS CALENDAR (OFFSITE)

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7:00am							
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11:00am							
-		7:30am -	7:30am -	7:30am -	7:30am -	7:30am -	
-		5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	
12:00pm		<b>Salmonberry</b>	<b>Salmonberry</b>	<b>Salmonberry</b>	<b>Salmonberry</b>	<b>Salmonberry</b>	
-		<b>Toddler</b>	<b>Toddler</b>	<b>Toddler</b>	<b>Toddler</b>	<b>Toddler</b>	
-		<b>Program</b>	<b>Program</b>	<b>Program</b>	<b>Program</b>	<b>Program</b>	
1:00pm		<b>Salmonberry</b>	<b>Salmonberry</b>	<b>Salmonberry</b>	<b>Salmonberry</b>	<b>Salmonberry</b>	
-		<b>3 to 5</b>	<b>3 to 5</b>	<b>3 to 5</b>	<b>3 to 5</b>	<b>3 to 5</b>	
-		<b>Program</b>	<b>Program</b>	<b>Program</b>	<b>Program</b>	<b>Program</b>	
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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](mailto: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](mailto:zohreh.pezhman@southvan.org) | (604)-218-6017

# PRETEEN PROGRAMS CALENDAR

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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10:00am							
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12:00pm			3:30pm - 5:30pm				
-			<b>Education Explorers</b>				
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3:00pm				3:30pm - 5:30pm			
-				<b>Fostering Literacy</b>			
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4:00pm				3:30pm - 5:30pm			
-				<b>Ukulele Wednesdays</b>			
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5:00pm						4:30pm - 6:30pm	
-						<b>Generation Health</b>	
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6:00pm							

# PRETEEN PROGRAMS CALENDAR (OFFSITE)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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-		3:00pm - 4:30pm	3:00pm - 4:30pm	3:00pm - 4:30pm	3:00pm - 4:30pm	3:00pm - 4:30pm	
3:00pm		<b>United Way School's Out (Waverley)</b>	<b>United Way School's Out (Fleming)</b>	<b>United Way School's Out (Mackenzie)</b>	<b>United Way School's Out (Waverley)</b>	<b>United Way School's Out (Fleming)</b>	
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-							
4:00pm							
-		3:00pm - 5:30pm	3:00pm - 5:30pm	3:00pm - 5:30pm		3:00pm - 4:30pm	
-							
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>United Way School's Out (Mackenzie)</b>	
-							
-							
6:00pm							

# PRETEEN PROGRAMS

## Children 5 to 12 years old

### Generation Health

All languages and cultures welcome

South Vancouver Neighbourhood House - Rec Room (304)  
 Fridays | October 4 to December 6  
 4:30pm - 6:30pm

Generation Health is a FREE family-based program offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path. The program supports participants to make family changes to health behaviours such as healthy eating, physical activity, positive mental health, screen time, and sleep for 10 weeks. Families must have at least one child between the ages of 8-12 years old to be eligible for the Weekly Group Session programs

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

### Ukulele Wednesdays

All languages and cultures welcome

South Vancouver Neighbourhood House - Rec Room (304)  
 Wednesdays | October 9 to December 18  
 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 125

## Children 5 to 12 years old

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

Cantonese

English

South Vancouver Neighbourhood House - Rec Room (304)  
Wednesdays & Thursdays | October 9 to December 12  
3:30pm - 5:30pm

A free after-school reading program for children in Kindergarten to Grade 2 to practice reading and literacy skills alongside youth volunteers

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

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

Cantonese

English

South Vancouver Neighbourhood House - Rec Room (304)  
Tuesdays | October 8 to December 10  
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

### BCHKC (BC Housing Kids Club)

All languages and cultures welcome

#### Culloden Court

Mondays & Thursdays  
3:00pm - 5:30pm

#### Champlain Places

Thursdays & Fridays  
3:00pm - 5:30pm

#### Orchard Park

Wednesdays  
3:00pm - 5:30pm

After school Program for BC Housing resident children, age 6- 12 years old. BCH Kids Club children enjoy, arts & crafts, cooking 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

### United Way School's Out

All languages and cultures welcome

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

October to December  
Mondays & Thursdays  
3:00pm - 4:30pm

#### **Fleming (Gr. 4-7)**

October 14 to December 2  
Tuesdays & Fridays  
3:00pm - 4:30pm

#### **Mackenzie (Gr. 3-6)**

October 14 to December 2  
Tuesdays & Fridays  
3:00pm - 4:30pm

#### **TBD (Gr. 3-6)**

October 14 to December 2  
Mondays & Wednesdays  
3:00pm - 4:30pm

UW School's Out is a free, two-day, program for preteens at Waverley Elementary School. 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!

#### **Contact to register**

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

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

**Mackenzie** [vivian.qiuliang@southvan.org](mailto:vivian.qiuliang@southvan.org) | 604-324-6212 EXT 136

**TBD** [vivian.qiuliang@southvan.org](mailto:vivian.qiuliang@southvan.org) | 604-324-6212 EXT 136

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
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11:00am							
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12:00pm	12:00pm - 2:00pm <b>Career Labs</b>						
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1:00pm							
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2:00pm							
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3:00pm							
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-		3:45pm - 5:15pm <b>NYI</b>					
4:00pm							
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5:00pm		3:45pm - 5:15pm <b>ECHO (John Oliver Secondary)</b>			4:00pm - 5:30pm <b>InfoConnect Drop-in</b>		
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6:00pm					4:00pm - 5:30pm <b>LEOs</b>		
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-							
7:00pm							
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-							
8:00pm							



# YOUTH PROGRAMS

## Neighbourhood Youth Initiative (NYI)

All languages and cultures welcome

South Vancouver Neighbourhood House

Mondays | July 8 - August 19

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

## United Way's School's Out Future Leaders (for ages 13-19)

All languages and cultures welcome

Various Elementary Schools

2 days a week (M-F) | October 14 to December 2

3:45pm - 5:15pm

Various work experience and honorarium opportunities for Youth looking to take on additional leadership responsibilities.

Possible placements: Waverley Elementary School, Sir Sandford Fleming Elementary School, and Moberly Arts & Cultural Centre and TBD

Contact to register [anthony.lai@southvan.org](mailto:anthony.lai@southvan.org)

## Engaging Communities in Helpful Opportunities (ECHO)

All languages and cultures welcome

For John Oliver Secondary School Students only

Mondays | July 8 - August 19

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.

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

## LEOs

All languages and cultures welcome

South Vancouver Neighbourhood House

2nd, 3rd & 4th Thursday of the month | October 10 to December 13

4:00pm to 5:30pm

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.

Contact to register [vivian.qiuliang@southvan.org](mailto:vivian.qiuliang@southvan.org)



# YOUNG ADULT PROGRAMS

## Young Adults 17 - 29 years old

### InfoConnect Drop-In

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

South Vancouver Neighbourhood House  
Thursdays | October 10 to December 12  
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\_svnh

### Career Labs

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

South Vancouver Neighbourhood House  
Sundays | October 6 to December 8  
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							
-							
-							
11:00am							9:00am - 12:00pm
-							Neighbourhood Advisory Committees
-							
12:00pm					12:00pm - 2:00pm	11:30am - 1:00pm	
-					2SLGBTQIA+ Support Group	Support Group for Bengali Speakers	
-							
1:00pm							
-							
-							
2:00pm					12:30pm - 2:30pm	1:00pm - 3:00pm	
-					Women's Group	Multicultural Women Peer Mentoring Group	
-							
3:00pm				1:00pm - 3:00pm			
-				ESL Conversation Group			
-							
4:00pm						1:00pm - 3:00pm	
-						Multicultural Afghan Support Group	
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5:00pm							
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-							
6:00pm							
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-							
7:00pm							
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-							
8:00pm							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am - 11:00am		9:30am - 12:30pm <b>Digital Literacy Program (Southside Hub)</b>	11:00am - 12:30pm <b>Expressive Arts for Newcomers (Moberly Arts &amp; Cultural Centre)</b>	10:00pm - 12:00pm <b>Basic English Conversation Circle for Newcomers (PR)</b>	10:00am - 12:00pm <b>Online Job Search Club (Online via Zoom)</b>	10:00am - 12:00pm <b>Nobody's Perfect Parenting (SVNH Southside Hub)</b>	10:00am - 12:00pm <b>Her Voice Matters</b>
12:00pm - 1:00pm			11:00am - 1:00pm <b>Chat and Practice your English</b>	(SVNH Southside Hub)	12:30pm - 2:30pm <b>Job Focused Computer Class (Online via Zoom)</b>		
2:00pm - 3:00pm			(SVNH Southside Hub)		12:00pm - 2:00pm <b>2SLGBTQIA+ Support Group (Marpole NH)</b>	1:00pm - 3:00pm <b>Multicultural Women Peer Mentoring Group (Online on Zoom)</b>	1:00pm - 3:00pm <b>Ukrainian Arts &amp; Crafts (SVNH Southside Hub)</b>
3:00pm - 4:00pm			3:30pm - 5:30pm <b>Ukrainian Support Group (Southside Hub)</b>		11:00am - 1:00pm <b>Women Support Group (Southside Hub)</b>	2:30pm - 4:30pm <b>Arts &amp; Culture for Permanent Residents (SVNH Southside Hub)</b>	
5:00pm - 6:00pm							
7:00pm - 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

### Job Focused Computer Class in partnership with VPL SIIC

All languages and cultures welcome

Online on Zoom  
Thursdays | Sept 19 & 26 and Oct 3  
12:30pm to 2:30pm

For community members looking to upskill their computer skills to improve their search for information about career choices, resume writing and job search strategies.

Contact to register

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

## Learning Workshops

### Volunteer Opportunities in Vancouver South

All languages and cultures welcome

Online via Zoom  
Thursdays | Oct 3, Nov 7 and Dec 5  
10:00am - 12:00pm

We promote and help newcomers to apply for Volunteer opportunities within SVNH & Vancouver South Non-Profits. Whether it is about a 1-day volunteer opportunities or on-going volunteer opportunities with Childcare, high school and elementary school students, senior programs, community development and reception, etc.

Contact to register [eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133  
Registration: [forms.office.com/r/BTQe7enZ34](https://forms.office.com/r/BTQe7enZ34)

### Online Job Search Club

All languages and cultures welcome

Online via Zoom  
Thursdays | Oct 10, 24, & 31 and Nov 14 & 28  
10:00am - 12:00pm

Looking for work? Join our small group online labour market job club to explore the labour market, writing functional resumes and much more! Facilitator has 12+ years of experience in helping newcomers navigating the job market in Metro-Vancouver.

Contact to register [eric.lau@southvan.org](mailto:eric.lau@southvan.org) | 604-324-6212 EXT 133  
Registration: [forms.office.com/r/BTQe7enZ34](https://forms.office.com/r/BTQe7enZ34)

# EMPLOYMENT PROGRAMS

## Employment Programs

### Career Directions Program

All languages and cultures welcome

South Vancouver Neighbourhood House & via Zoom

On-going dates

Monday - Friday

We offer employment services designed to prepare clients of all backgrounds for job success in Canada.

- Job Search Strategies & Interview Preparation
- Individual Career Counselling & Group Workshops
- Resume & Cover Letter Writing
- Industry Insights & Employer Sessions
- Career Exploration
- Job Targeting
- Mentoring Connections

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

## Workshops

### Resume that Stands Out

All languages and cultures welcome

#### VPL South Hill

(6076 Fraser Street)  
Thursday, September 26  
10:00am - 12:00pm

#### VPL Fraserview

(1950 Argyle Street)  
Thursday, October 3  
10:00am - 12:00pm

Join this FREE in-person workshop in collaboration with the Vancouver Public Library.

This workshop will cover:

- Using the most appropriate resume format for your needs
- Highlighting key skills in resume
- Writing high impact statements in resume
- Understanding the implicit/explicit requirements of a position

South Hill Registration [forms.office.com/r/HubGh364sh](https://forms.office.com/r/HubGh364sh)

Fraserview Registration [forms.office.com/r/Swpk857FgR](https://forms.office.com/r/Swpk857FgR)

Contact for more info [liza.delarosa@southvan.org](mailto:liza.delarosa@southvan.org)

## Events

### Hiring Event

All languages and cultures welcome

South Vancouver Neighbourhood House

Tuesday, September 17

10:00am to 3:00pm

Join us for an exclusive opportunity to meet with representatives from Winners, HomeSense and Marshalls! You'll Learn About:

- TJX Canada and their company culture
- Understand their hiring procedures
- Face-to-face interviews and candidate screening

Come down and bring copies of your resume and be ready for on the spot interviews!

Register [tinyurl.com/SVNHhiringevent](https://tinyurl.com/SVNHhiringevent)

Contact for more info [charlene.pineda@southvan.org](mailto:charlene.pineda@southvan.org)

# SETTLEMENT PROGRAMS

## Support and Wellness Groups

### Women's Group

Spanish

South Vancouver Neighbourhood House & Gordon Park  
Thursdays | October 1st - November 16th  
12:30pm - 2:30pm

Thursday Women's Group is a weekly family-oriented program for mothers and their children. This group provides a supportive environment where women can connect, share experiences, and learn together while their children engage in supervised activities. The sessions focus on various topics crucial for personal growth and community building: Leadership development: Participants explore and enhance their leadership skills

Contact to register [alejandra.pineda@southvan.org](mailto:alejandra.pineda@southvan.org) | 604-324-6212 EXT 182

### Support Group

Sri Lankan

Nepali

Bengali

South Vancouver Neighbourhood House (Rm. 304, 305)  
Fridays | October 4th - November 22nd  
11:30am - 1:00pm

Provide newcomer women and families with resources/information to navigate Canadian labor market, health care system, wellness, self care and other areas where they need guidance and support.

Contact to register [samia.ali@southvan.org](mailto:samia.ali@southvan.org) | 604-324-6212 EXT 168

## Support and Wellness Groups

### Nobody's Perfect Parenting Program

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)  
Fridays | October 4th - November 8th  
10:00am - 12:00pm

Nobody's Perfect is a facilitated parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education offered in communities by facilitators to help support parents and young children.

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

### Nobody's Perfect Parenting Program

Pashto

Farsi

Dari

English

Online and in-person  
Saturdays | October 5th - November 23rd  
10:00am - 12:00pm

6 session program for parents of children ages 0-6 to learn from professionals and each other

Contact to register [feroza.quraishi@southvan.org](mailto:feroza.quraishi@southvan.org) | 604-324-6212 EXT 160

### Ukrainian Support group

Ukrainian

Southside Hub (8118 Fraser St.)  
Tuesdays | October 15th,- November 19th, 2024  
3:30pm - 5:30pm

Ukrainian support group for different age where participants can get recourses, meet new people and more. The group leaded in Ukrainian language. Childcare provided through the registration QR code.

Contact to register [ana.bukhtiarova@southvan.org](mailto:ana.bukhtiarova@southvan.org) | 604-324-6212 EXT 165

## Support and Wellness Groups

### Multicultural Women Peer Mentoring Group

English

Online on Zoom  
Fridays | October 1st - November 16th  
1:00pm - 3:00pm

Adult women 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

### 2SLGBTQIA+ Support Group

All languages and cultures welcome

#### South Vancouver Neighbourhood House

Thursdays | Bi-weekly  
Sep 26, Oct 10 & 24, Nov 7 & 21, Dec 5 & 19  
12:00pm - 2:00pm

#### Marpole Neighbourhood House

Thursdays | Bi-weekly  
Sep 5 & 19 Oct 3, 17 & 31, Nov 14, 28, Dec 12  
12:00pm - 2:00pm

A safe space for 2SLGBTQIA+ community members to join for support, resources and meet new peers. Newcomers and immigrants encouraged and welcomed to attend.

Contact to register [synder.cuddahy@southvan.org](mailto:synder.cuddahy@southvan.org) | 604-324-6212 EXT 183

All languages and cultures welcome

### Settlement Services for Migrant Workers and their Families Webinar

Online on Zoom  
Thursday | October 10  
6:00pm - 7:30pm

The Migrant Workers program is for migrant workers in Canada to find support, connection and resources as they navigate the workforce in Canada. Become a part of the migrant workers program network for more opportunities, workshops and access to programs and resources for support.

Contact to register [julie.diesta@southvan.org](mailto:julie.diesta@southvan.org)

## Support and Wellness Groups

### Multicultural Afghan Support Group

Turkmani

Dari

English

South Vancouver Neighbourhood House (Rm.308)

Fridays | Starting October 11

1:00pm - 3:00pm

Uzbiki

Pashto

For Afghans Newcomers looking for support & resources through the positive support network

Contact to register [feroza.quraishi@southvan.org](mailto:feroza.quraishi@southvan.org) | 604-324-6212 EXT 160

## Arts & Crafts

### Expressive Arts for Newcomers (October)

Cantonese

Moberly Arts &amp; Cultural Centre (7646 Prince Albert St.)

Tuesdays | October 8th - October 29th

11:00am - 12:30pm

This workshop series is designed for newcomers who speak Cantonese. Through a diverse array of expressive arts activities, participants will embark on a reflective journey of settling in a new country. Join us to explore your journey in a creative and supportive environment.

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

### Expressive Arts for Newcomers (November)

Cantonese

Moberly Arts &amp; Cultural Centre (7646 Prince Albert St.)

Tuesdays | November 5th - November 19th

11:00am - 12:30pm

Mandarin

This workshop series is designed for newcomers who speak Cantonese / Mandarin. Through a diverse array of expressive arts activities, participants will embark on a reflective journey of settling in a new country. Join us to explore your journey in a creative and supportive environment.

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

## Arts & Crafts

### Ukrainian Arts & Crafts

Russian

Ukrainian

Southside Hub (8118 Fraser St.)  
Saturdays | October 19th, - November 23rd  
1:00pm - 3:00pm

Programs provided for Ukrainian newcomers where they can make handcrafts, art and more. For all ages. Group led in Ukrainian.

Contact to register [ana.bukhtiarova@southvan.org](mailto:ana.bukhtiarova@southvan.org) | 604-324-6212 EXT 165

### Arts & Culture for Permanent Residents

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)  
Fridays | October 4th - November 8th  
2:30pm - 4:30pm

Art and Culture is a facilitated program for newcomers. The program is designed to bring newcomers together to meet, share and learn about diverse culture, specially indigenous culture and crafting jewelary with beads.

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

## Skills Training Workshops

### Digital Literacy Program

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)  
Mondays | October 7 - November 25  
9:30am - 12:30pm

This workshop designed for newcomers who speak Dari/ Farsi / Pashto / Hindi English . and need to learn basic computer skills

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

## Skills Training Workshops

### ICBC Knowledge Test Prep

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)  
Monday | October 7  
2:30pm - 4:30pm

This workshop designed for newcomers who speak Dari/ Farsi / Pashto / Hindi English . and need to learn driving skills and road safety.

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

### Newcomer Women Job Connection in Childcare

English

South Vancouver Neighbourhood House and Online on Zoom  
M/W/Th/F/S | September 7 - October 4  
2:30pm - 4:30pm

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

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

## Language Support Groups

### English Conversation Circle for New Immigrants

Nepali

Bengali

Sri Lankan

SVNH Southside Hub (8118 Fraser St.)  
Tuesdays | October 1st - November 19th  
11:00am - 1:00pm

For newcomers who want to practise their english communication/conversation in a safe & friendly space and become comfortable/confident in navigating their lives in Canada.

Contact to register [samia.ali@southvan.org](mailto:samia.ali@southvan.org) | 604-324-6212 EXT 168

## Language Support Groups

### ESL Conversation Group

All languages and cultures welcome

South Vancouver Neighbourhood House (Rm. 304)  
Wednesdays  
1:00pm - 3:00pm

For adults wishing to practice speaking English and make social connections.

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

### Basic English Conversation Circle For Newcomers (PR)

Pashto

Hindi

Dari

English

SVNH Southside Hub (8118 Fraser St.)  
Wednesday | October 2nd - December 25th  
10:00am - 12:00pm

Facilitated English conversation circle for newcomers to raise their speaking, listening, reading and writing skills.

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

### Her Voice Matters

English

Spanish

South Vancouver Neighbourhood House  
Saturdays | Oct 3rd - November 14th  
10:00am - 12:00pm

This group is designed specifically for Spanish speakers who are eager to enhance their English communication skills. Whether you're looking to improve your speaking, listening, or overall fluency, our meetups offer a supportive and engaging environment to practice and grow.

Contact to register [alejandra.pineda@southvan.org](mailto:alejandra.pineda@southvan.org) | 604-324-6212 EXT 182



# 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 six 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 the South Vancouver catchment area (Main-Boundary, 41st to Fraser River).

Our program is currently full, and the waitlist is now closed.

## Seniors Food Programs

### Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

- In the community
- Orders accepted Mondays

Grocery shopping and delivery completed by volunteers every 2 weeks. Cost based on sliding scale.

Contact to register [svnhshopping@southvan.org](mailto:svnhshopping@southvan.org) | 604-324-6212 EXT 181

### 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 \$6.00 - \$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 | Oct 4 - Dec 20
- 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 / Online on Zoom / In the Community  
Monthly Meetings

Meeting as a Whole Group: Saturdays 9:00am - 12:00pm

Meeting as an NAC: Time and date determined among the group

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

Prabhi Deol, Community Navigator (English/ Punjabi)  
604-324-6212 EXT 185 | [prabhi.deol@southvan.org](mailto:prabhi.deol@southvan.org)

Cherry Wong, Community Navigator (English/ Chinese)  
604-324-6212 EXT 186 | [cherry.wong@southvan.org](mailto:cherry.wong@southvan.org)

Mara Cortez, Community Navigator (English/ Tagalog)  
604-324-6212 EXT 167 | [mara.cortez@southvan.org](mailto:mara.cortez@southvan.org)

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am			2nd Tuesday of the Month 10:00am - 11:00am <b>Chinese Caregivers Support Group (Online on Zoom)</b>				
-		10:30am - 11:30am <b>Chair Yoga (Moberly Arts &amp; Cultural Centre)</b>			10:30am - 11:30am <b>Chair Yoga (Moberly Arts &amp; Cultural Centre)</b>	10:30am - 12:00pm <b>Dance and Stretch (Online on Zoom)</b>	
11:00am							
-							
-							
12:00pm			12:00pm - 2:30pm <b>South Asian Men's Wellness Group (Sunset Community Centre)</b>				
-				1:00pm - 3:00pm <b>Seniors Line Dance</b>			
1:00pm				-			
-				<b>Seniors Shindig</b>			
-				<b>(St Thomas Anglican Church)</b>			
2:00pm							
-							
-							
3:00pm							
-							
-							
4:00pm							
-							
-							
5:00pm						1st and 3rd Friday of the month 4:30pm - 6:00pm <b>Cook with Lucenda (Online on Zoom)</b>	
-							
-							
6:00pm							

# 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 | 604-324-6212 EXT 115  
or michelle.luong@southvan.org | 604-324-6212 EXT 158

## Arts & Crafts

### Intercultural Craft Circle

English

Cantonese

Mandarin

South Vancouver Neighbourhood House  
Tuesdays | Weekly | Starting Sept 10  
1:30pm - 3:00pm

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

### Beginner iPad/iPhone Class

English

Cantonese

Vietnamese

South Vancouver Neighbourhood House  
Fridays | Oct 11 - Nov 29  
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](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

### Intermediate iPad/iPhone Class

English

Cantonese

Vietnamese

South Vancouver Neighbourhood House  
Fridays | Oct 11 - Nov 29  
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](mailto:michelle.luong@southvan.org) | 604-324-6212 EXT 158

## Language

### ESL Conversation

All languages and cultures welcome

South Vancouver Neighbourhood House  
Tuesdays | Weekly | Starting Sept 10  
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 | Weekly | Starting Sept 11  
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

### Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

- In the community
- Orders accepted Mondays

Grocery shopping and delivery completed by volunteers every 2 weeks. Cost based on sliding scale.

Contact to register [svnhshopping@southvan.org](mailto:svnhshopping@southvan.org) | 604-324-6212 EXT 181

### 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 \$6.00 - \$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 | Oct 4 - Dec 20
- 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 Services

### Better at Home Light Yardwork Program

All languages and cultures welcome

| At seniors' homes

For seniors who need assistance with light yard work such as mowing, weeding, and keeping paths clear. Seniors must provide lawn mower and equipment. **\*Waitlist in effect**  
Cost is based on a sliding scale.

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

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

English

Cantonese

Mandarin

| In the community

Volunteers spend time with seniors to ease the challenges of living alone by providing companionship and social connection.

Contact to register

English: [alex.hill@southvan.org](mailto:alex.hill@southvan.org) | 604-324-6212 EXT 145

Cantonese & Mandarin: [joshua.leung@southvan.org](mailto:joshua.leung@southvan.org) | 604-324-6212 EXT 172

### Better at Home Transportation Shuttle

English

Cantonese

Mandarin

| In the community

| Upon request | Any day depending on driver availability.

For seniors in need of transportation to medical appointments, errands, or other destinations. Limits may apply. Cost based on sliding scale.

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

Cantonese & Mandarin: [joshua.leung@southvan.org](mailto:joshua.leung@southvan.org) | 604-324-6212 EXT 172

## Wellness Services

### Better at Home Light Housekeeping

Tamil

Cantonese

English

| In the community

Light housekeeping provided to seniors 65 or older and who demonstrate the need of housekeeping support. Charged based on income. **\*Waitlist in effect**

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

### Better at Home Light Home Maintenance

Cantonese

English

| In the community

Mandarin

For seniors in need of light home maintenance and repair, such as replacing light bulbs and batteries, tightening screws etc.

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

### 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

## 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 - 3:00pm

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 | Weekly | No session on Dec 27  
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, please contact to join waitlist.**

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

## Health & Wellness Groups

### Dance and Stretch

Cantonese

Online on Zoom  
Fridays | Oct 4 - Dec 20  
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

### Chair Yoga

Punjabi

English

Moberly Arts & Cultural Centre (7646 Prince Albert St)  
Mondays & Thursdays | Sep 9 - Dec 12 | No sessions on Sep 30, Oct 14 & Nov 11  
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

### Mandarin Wellness Group

Mandarin

South Vancouver Neighbourhood House  
Thursdays | Weekly | Starting Oct 3  
10:30am - 12:00pm

Looking for a place to connect with other Mandarin-speaking seniors? Our Mandarin Wellness Group is all about staying active, feeling good, and making new friends. We keep things light and enjoyable with activities that boost both body and mind. Come and be a part of our community!

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 | Weekly | No sessions on Sep 2, 30, Oct 14, Nov 11, Dec 23, 30

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 | Weekly | No sessions on Sep 2, 30, Oct 14, Nov 11, Dec 23, 30

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

Tuesdays | Weekly | Starting Sept 10

11:00am - 12:30pm

Looking for a way to connect with other men while staying active and having fun? Join our Men's Group! This group offers a unique blend of activities and supportive discussions designed to boost both physical and mental well-being.

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 [amanpret.jawanda@southvan.org](mailto:amanpret.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

### Chinese Caregivers Sing-along Group

Cantonese

Mandarin

South Vancouver Neighbourhood House  
Thursdays | Weekly  
2:00pm - 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

Online on Zoom  
2nd Tuesday 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							
-							
-							
11:00am		10:00am - 2:00pm	10:00am - 2:00pm	10:00am - 2:00pm	10:00am - 2:00pm	10:00am - 2:00pm	
-		<b>SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)</b>	<b>SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)</b>	<b>SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)</b>	<b>SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)</b>	<b>SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)</b>	
-		<b>Beulah Adult Day Centre (3355 East 5th Avenue)</b>	<b>Beulah Adult Day Centre (3355 East 5th Avenue)</b>	<b>Beulah Adult Day Centre (3355 East 5th Avenue)</b>	<b>Beulah Adult Day Centre (3355 East 5th Avenue)</b>	<b>Beulah Adult Day Centre (3355 East 5th Avenue)</b>	
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6:00pm							



# ADULT DAY PROGRAMS

## Adult Day Centres

### SVNH Adult Day Centre

English

Mandarin

Cantonese

#345 - 3150 East 54th Avenue

Monday - Friday

10:00am - 2:00pm

Punjabi

Hindi

Specialized therapeutic programming for frail seniors and older adults with physical or cognitive challenges. Participants must live by themselves or with a caregiver in community and must be referred by Vancouver Coastal Health.

Contact to register: VCH Central Intake

Phone: (604) 263-7377

More information can be found at [svnhadc.blogspot.com](http://svnhadc.blogspot.com)

### Beulah Adult Day Centre

English

Cantonese

3355 East 5th Avenue

Monday - Friday

9:00am - 4:00pm

Mandarin

Spanish

Specialized therapeutic programming for frail seniors and older adults with physical or cognitive challenges. Participants must live by themselves or with a caregiver in community and must be referred by Vancouver Coastal Health.

Contact to register: VCH Central Intake

Phone: (604) 263-7377

More information can be found at [svnhadc.blogspot.com](http://svnhadc.blogspot.com)