

Program Guide

Summer 2025

July 2025 - August 2025

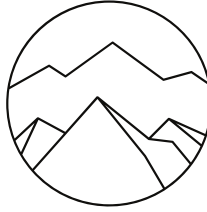
Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



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), *Sk̓wx̓wú7mesh* (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

or



In-person

at the Front Desk



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Parenting Workshop: The Importance of PLAY in Early Years

All languages and cultures welcome

Southside Hub, 8118 Fraser St. Vancouver BC

Wednesday | July 16, 2025

10:00am-12:00pm

Come join us for an interactive discussion on the benefits of play in childhood, types of play, and importance of play based learning. We will make some DIY sensory explorations.

Registration is required. Please see the registration link
tinyurl.com/PLAYEarlyYears

Questions? Contact:

marie.mah@southvan.org | 604-324-6212 EXT 149

Summer Family Get-Together

All languages and cultures welcome

Gordon Park, 6675 Commercial St. Vancouver BC

Friday | August 15, 2025

11:00am-2:00pm

Join us for our annual family summer event to bring our community together! We will have fun games planned, music, raffle prizes, and more! No registration required.

Questions? Contact: fdi@southvan.org

FAMILY PROGRAMS CALENDAR

6

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am		10:00am - 11:30AM	9:30am - 11:30AM		10:00am - 12:00PM		10:30am - 12:00PM
-			Family Play Time (Sunset)				
-		Summer Family Pop-Up (Ross Park)			Family Play Time (Southside Hub)		Summer Family Pop-Up (Gordon Park)
11:00am							
-							
-		10:00am - 11:30AM					
12:00PM		Summer Family Pop-Up (Memorial South Park)					
-							
-							
1:00PM		11:30am - 12:00PM		1:30PM - 2:30PM			
-				Family Play Time (Killarney CC)			
-							
2:00PM		Summer Family Yoga (Memorial South Park)					
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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



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: emily.chan@southvan.org | 604-324-6212 EXT 142

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

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

Family Yoga (Memorial South Park)

All languages and cultures welcome

Memorial South Park (5955 Ross St)
Mondays | July 28 and Aug 11
11:30AM to 12PM

Bring a mat or a blanket and join us with family yoga!

Drop-in program. No registration required.

Family Drop-In

Family Play Time (Sunset)

All languages and cultures welcome

Sunset Community Centre (Room 117) (6810 Main Street, Vancouver BC)
Tuesdays | July 8, 15, 22, 29, Aug 5, 12
9:30AM - 11:00AM

A drop-in program for children aged 0-6 and their families to run, jump, play, and connect with each other. Be active and social together!

Drop-in program. No registration required.

Family Play Time (Southside Hub)

All languages and cultures welcome

Southside Hub (8118 Fraser Street, Vancouver BC)
Thursdays | July 10, 17, 24, 31, Aug 7, 14
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 (Killarney CC)

All languages and cultures welcome

Killarney Community Centre (6260 Killarney St, Vancouver BC)
Wednesdays | July 9, 16, 23, 30, Aug 6, 13
1:30PM - 2:30PM

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.

Family Pop-ups

Summer Family Pop-Up (Ross Park)

All languages and cultures welcome

Ross Park (7402 Ross St)
Mondays | July 7, 21
10:00AM - 11:30AM

An outdoor open play environment to bond with your child and build connections with others! Enjoy art, stories, songs, and exploration outdoors together!

Drop-in program. No registration required.

Summer Family Pop-Up (Gordon Park)

All languages and cultures welcome

Gordon Park (6675 Commercial St)
Saturdays | July 12 - Aug 9
10:30AM - 12:00PM

An outdoor open play environment to bond with your child and build connections with others! Enjoy art, stories, songs, and exploration outdoors together!

Drop-in program. No registration required.

Summer Family Pop-Up (Memorial South Park)

All languages and cultures welcome

Memorial South Park (5955 Ross St)
Mondays | July 14, 28, Aug 11 ONLY
10:00AM - 11:30AM

An outdoor open play environment to bond with your child and build connections with others! Enjoy art, stories, songs, and exploration outdoors together!

Drop-in program. No registration required.

CHILDCARE PROGRAMS CALENDAR

10

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							
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11:00am							
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12:00PM		7:30am - 6:00pm	7:30am - 6:00pm	7:30am - 6:00pm	7:30am - 6:00pm	7:30am - 6:00pm	
-							
-							
1:00PM		SVNH Licensed School-age Summer Childcare	SVNH Licensed School-age Summer Childcare	SVNH Licensed School-age Summer Childcare	SVNH Licensed School-age Summer Childcare	SVNH Licensed School-age Summer Childcare	
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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							

CHILDCARE PROGRAMS CALENDAR (OFFSITE)

11

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
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8:00am							
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9:00am							
-							
-							
10:00am							
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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							
-		Salmonberry	Salmonberry	Salmonberry	Salmonberry	Salmonberry	
-		Toddler	Toddler	Toddler	Toddler	Toddler	
-		Childcare	Childcare	Childcare	Childcare	Childcare	
1:00PM							
-		Salmonberry	Salmonberry	Salmonberry	Salmonberry	Salmonberry	
-		3 to 5	3 to 5	3 to 5	3 to 5	3 to 5	
-		Childcare	Childcare	Childcare	Childcare	Childcare	
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 - 12:15pm

Engaging safe and healthy licensed preschool program. Resumes in September.

Contact to register lisa.feng@southvan.org

Salmonberry Toddler Childcare

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 or contact zohreh.pezhman@southvan.org

Salmonberry 3-5 Childcare

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 or contact flossie.li@southvan.org

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 2024 - June 30, 2025

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 School Age 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 44 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 lestor.chou@southvan.org | 604-324-6212 EXT 146

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 | July 2 - August 2025
Full Day Care: 7:30am - 6:00PM
(Closed on Canada Day & BC Day)

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

- Licensed for 40 Children.
- Registration begins in May.
- Monthly and weekly registration available.
- MCFD Affordable Child Care Benefits accepted.

Contact to inquire, waitlist by email

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

PRETEEN PROGRAMS CALENDAR

15

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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-							
10:00am							
-							
-							
11:00am							
-							
-							
12:00PM							
-		10:00AM - 3:30PM	10:00AM - 3:30PM	10:00AM - 3:30PM	1:00PM - 3:30PM	1:00PM - 3:30PM	
-							
1:00PM		United Way School's Out Summer	United Way School's Out Summer	United Way School's Out Summer	Summer Music and Sports Hangout	Summer Music and Sports Hangout	
-							
-							
2:00PM					1:00PM - 3:30PM	1:00PM - 3:30PM	
-							
-					Little Bakers, Big Treats!	Little Bakers, Big Treats!	
3:00PM							
-							
-				3:30PM - 5:00PM	3:30PM - 5:00PM	3:30PM - 5:00PM	
4:00PM				Self Defense Classes	Self Defense Classes	Self Defense Classes	
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5:00PM		3:00PM - 5:30PM	3:00PM - 5:30PM	3:00PM - 5:30PM	3:30PM - 5:30PM		
-							
-		BC Housing Kids Club (Culloden Court)	BC Housing Kids Club (Champlain Places)	BC Housing Kids Club (Orchard Park)	Highschool 101: Preteen Preparation Workshop		
6:00PM							

PRETEEN PROGRAMS

Children 5 to 12 years old

United Way School's Out Summer

English

Dari

Farsi

Cantonese

Spanish

South Vancouver Neighbourhood House + Outdoors for Field Trips
Mondays, Tuesdays, Wednesdays | July 7-23 OR August 5-20
10:00AM-3:00PM

UW School's Out Summer runs Mondays to Wednesdays in both July and August from 10AM to 3PM. Providing a free space for preteens from Kindergarten to Grade 7 to join us for summer fun and activities at South Vancouver Neighbourhood House - both indoors and outdoors, and field trips.

Contact to register

rabia.kaihan@southvan.org | 604-324-6212 EXT 170

vivian.qiuliang@southvan.org | 604-324-6212 EXT 136

Highschool 101: Preteen Preparation Workshop

Tagalog

English

South Vancouver Neighbourhood House | Room 304
Thursdays | July 10 and 17, August 7, 14, 21
3:30PM - 5:30PM

A series of workshop designed to help newcomer preteens (grades 6 and 7) transition smoothly into high school. Includes a variety of activities and discussions aimed at addressing the academic, social, and emotional aspects of this transition.

Contact to register covey.po@southvan.org | 604-324-6212 EXT 125

Children 5 to 12 years old

Little Bakers, Big Treats!

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

South Vancouver Neighbourhood House | Room 304 (Thurs) Room 101 (Fridays)
Thursdays and Fridays | August 1 - 15
1:00PM - 3:30PM

For grades 4-7, a fun, hands-on program where kids bake, make, & enjoy tasty treats together!

Contact to register covey.po@southvan.org | 604-324-6212 EXT 125

Summer Music and Sports Hangout

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

South Vancouver Neighbourhood House | Room 304
Thursdays and Fridays | Group 1 (July 10 and 17) Group 2 (August 22 and 29)
1:00PM - 3:30PM

For Grade k - 7. A fun, welcoming space for newcomer kids to try volleyball, basketball, and ukulele—guided by friendly youth volunteers. Build confidence, make friends, and have fun through music and play!

Contact to register

shanna.delantar@southvan.org | 604-324-6212 EXT 171

Self Defense Classes

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

South Vancouver Neighbourhood House | Room 101
Group 1 (July 9 - 25) | Wednesdays & Fridays
Group 2 (August 7 - 22) | Thursdays & Fridays
3:30PM - 5:00PM

A class for kids Grade 3 - 7. This is a fun and empowering class where kids learn basic self-defense skills, build confidence, and stay active, all in a safe, supportive environment.

Contact to register

shanna.delantar@southvan.org | 604-324-6212 EXT 171

Children 5 to 12 years old

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 | 604-324-6212 EXT 147

Cultural Buddy Chefs (Ages 8-12)

All languages and cultures welcome

South Vancouver Neighbourhood House

Saturdays | July to August

9:30am - 11:30am

Cooking skills for newcomers, immigrants, and refugees to Canada preteens to learn about knife skills, measuring ingredients, and share cultural recipes.

Contact to register

shanna.delantar@southvan.org | 604-324-6212 EXT 121 | IG @shanna_svnH

YOUTH PROGRAMS CALENDAR

19

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
-							
-							
11:00am			10:00AM - 3:30PM				10:30AM-12:30PM Newcomer Leadership
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-							
12:00PM			United Way School's Out Summer Volunteer				
-							
-							
1:00PM		10:00AM - 3:30PM		10:00AM - 3:30PM			
-							
-							
2:00PM		United Way School's Out Summer Volunteer		United Way School's Out Summer Volunteer			
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-							
3:00PM		10:30AM - 3:30PM					
-		3:45PM - 5:15PM NYI					
-							
4:00PM			Tuesday Trails	3:30PM - 5:00PM	3:30PM - 5:00PM	3:30PM - 5:00PM	
-							
-							
5:00PM				Self Defense Class Volunteer	Self Defense Class Volunteer	Self Defense Class Volunteer	
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-							
6:00PM					6:30PM - 8:00PM	4:00PM - 6:00PM OWL	
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-							
7:00PM					Parent - Teen Connect		
-							
-							
8:00PM						6:30PM - 8:00 PM Friday Nights	

YOUTH PROGRAMS

Parent - Teen Connect

All languages and cultures welcome

South Vancouver Neighbourhood House | Room 304

Thursdays | August 14, 21 and 28

6:30PM - 8:00PM

A 3-day program designed to create a safe and supportive space where parents and their teenagers come together to strengthen their relationship through honest activities, dialogue, shared experiences, and mutual understanding.

Contact to register shanna.delantar@southvan.org | 604-324-6212 EXT 171

Tuesday Trails

All languages and cultures welcome

South Vancouver Neighbourhood House | Room 304

Tuesdays | July 15 to August 12

10:30AM to 5:30PM

(For newcomer high school youth and newcomer young adults (17 to 29 years old)
In this free summer program, explore the great outdoors by hiking easy to moderate trails around Vancouver! We will be going to Lynn Canyon, Belcarra Regional Park, and Sasamat Lake. Please contact Solina or Gabby for more info!

Contact to register

solina.alhamid@southvan.org

gabby.guevarra@southvan.org

Neighbourhood Youth Initiative (NYI)

All languages and cultures welcome

South Vancouver Neighbourhood House
Mondays | July 7 to August 18
3:45PM to 5:00PM

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 | 604-324-6212 EXT 154

Opening Worlds to Literacy (OWL)

All languages and cultures welcome

South Vancouver Neighbourhood House | Room 308
Fridays | July to August
4:00PM to 6:00PM

A leadership program where youth raise awareness on the importance of literacy in South Vancouver through planning projects, initiatives, fundraisers, and events. Past projects include: Murder Mystery Dinners, Gingerbread House Competitions, a Penpal Project where kids write letters to seniors, raising \$500 towards improving a playground at SVNH, and more! Gain experience with writing grants, budgeting, event planning, and other leadership roles.

Contact to register kathy.do@southvan.org | 604-324-6212 EXT 121

Friday Nights

All languages and cultures welcome

South Vancouver Neighbourhood House
Fridays | April to June
6:30PM to 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 | 604-324-6212 EXT 121

United Way's School's Out Volunteers (for ages 13-19)

English

Dari

Farsi

Cantonese

Spanish

South Vancouver Neighbourhood House, and outdoors for field trips
Mondays, Tuesdays, Wednesdays | July 7-23 OR August 5-20
10:00AM-3:00PM

UWSO Summer Program is a free summer program for preteens in Kindergarten to Grade 7! So we will have volunteers to help excute activities for preteens, help Future Leaders to set up and clean up during program day.

Contact to register

rabia.kaihan@southvan.org | 604-324-6212 EXT 170
vivian.qiuliang@southvan.org | 604-324-6212 EXT 136

Self Defense Class Volunteer

English

Tagalog

South Vancouver Neighbourhood House | Room 101
Group 1 (July 9 - 25) | Wednesdays & Fridays
Group 2 (August 7 - 22) | Thursdays & Fridays
3:30PM - 5:00PM

We are looking for 2-3 volunteers per group to assist the instructor by helping the children stay attentive and ensuring their safety throughout the activities.

Contact to register

shanna.delantar@southvan.org | 604-324-6212 EXT 171

NEWCOMER YOUTH PROGRAMS

One-on-one Settlement Support Newcomer High School Youth and Newcomer Young Adults (Ages 17 to 29)

South Vancouver Neighbourhood House
April to June | By appointment

English

Arabic

Kurdish

Tagalog

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

Contact to book an appointment

Newcomer high school aged (12-18)

- English/Arabic/Kurdish : solina.ahmed@southvan.org | 604-324-6212 EXT 136
- English kathy.do@southvan.org

Newcomer young adults (19+)

- English/Tagalog: gabby.guevarra@southvan.org

Newcomer Leadership

South Vancouver Neighbourhood House
Saturdays
10:30AM- 12:30PM

English

Arabic

Kurdish

A volunteering program to help the community. we will organizing community events, go on a volunteer field trip, plan fund raises and more.

Contact to register solina.ahmed@southvan.org | 604-324-6212 EXT 136

YOUNG ADULT PROGRAMS

Young Adults 17 - 29 years old

One-on-one Settlement Support

English

Tagalog

South Vancouver Neighbourhood House / Online

All year round

By appointment

New to Canada? Have questions about school, life and making friends?

Book an appointment with our Youth Settlement Counsellor or Young Adult Settlement Counsellor for support.

We can help with:

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

Book a **FREE** appointment gabby.guevarra@southvan.org | IG @gabby_svn

Tuesday Trails

All languages and cultures welcome

South Vancouver Neighbourhood House | Room 304

Tuesdays | July 15 to August 12

10:30AM to 5:30PM

(For newcomer high school youth and newcomer young adults (17 to 29 years old))

In this free summer program, explore the great outdoors by hiking easy to moderate trails around Vancouver! We will be going to Lynn Canyon, Belcarra Regional Park, and Sasamat Lake. Please contact Solina or Gabby for more info!

Contact to register gabby.guevarra@southvan.org

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
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-							
11:00am							9:00am - 12:00PM
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-							
12:00PM					11:30AM - 1:30PM ElevateHer	10:30am - 12:30pm English Connect Hub for Newcomers	Neighbourhood Advisory Committees
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-							
1:00PM				1:00PM - 3:00PM ESL Conversation Group		1:00PM - 3:00PM	
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2:00PM						Multicultural Women Peer Mentoring Group	
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3:00PM							
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4:00PM							
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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		9:30AM - 12:30PM Digital Literacy Class (SVNH Southside Hub)				10:00 AM - 11:30AM Carpet Weaving	
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-							
11:00am			11:30AM - 1:30PM Coffee & Chat: Everyday English for Life in Canada (SVNH Southside Hub)			11:30AM - 1:00PM Art & Culture	
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12:00PM							
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1:00PM					1:30PM - 3:00PM Community Connects (SVNH Southside Hub)	1:00PM - 3:00PM Multicultural Women Peer Mentoring Group (Online on Teams)	
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-							
2:00PM							
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3:00PM		2:30PM - 4:30PM ICBC Knowledge Test Preparation (SVNH Southside Hub)				2:30 PM - 4:30PM Analysis of Common Crimes in British Columbia	
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4:00PM						2:30 PM - 4:30PM Restorative Circle with Afghans and Iranians	
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5:00PM							
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6:00PM							
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7:00PM							
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-							
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 | 604-324-6212 EXT 117

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

SETTLEMENT PROGRAMS

Support and Wellness Groups

English Connect Hub for Newcomers

All languages and cultures welcome

South Vancouver Neighbourhood House
Fridays | July 18 - August 22
10:30am - 12:30pm

A welcoming space for newcomers to practice English and build connections. In this program, you will learn about Canadian culture and customs, discover valuable community resources, make new friends and build social confidence, and visit local stores and explore the community.

Contact to register emily.chan@southvan.org | 604-324-6212 EXT 142

Restorative Circle with Afghans and Iranians

Farsi

Dari

Pashto

SVNH Southside Hub (8118 Fraser St.)
Fridays | July 4th - August 29
2:30 PM - 4:30PM

Analysis of the Universal Declaration of Human Rights based on the Canadian Charter of Rights and Freedoms

Contact to register abdullah.abid@southvan.org | 604-324-6212 EXT 161

Support and Wellness Groups

ElevateHer

All languages and cultures welcome

South Vancouver Neighbourhood House
Thursdays | July 10 - Aug 14
11:30am - 1:00PM

This program invites newcomer women to join a safe and supportive environment to network, make friends, and learn valuable skills. Participants will explore asset mapping, goal setting, public speaking, and effective communication. The program also focuses on mental health, self-care, and boosting confidence for personal and professional success in Canada.

Contact to register samia.ali@southvan.org | 604-324-6212 EXT 168

Multicultural Women Peer Mentoring Group

English

Online on MS Teams
Fridays bi-weekly
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 | 604-324-6212 EXT 117

Analysis of Common Crimes in British Columbia

Farsi

Dari

Pashto

Southside Hub (8118 Fraser St.)
Fridays | July 4th - August 29
2:30PM - 4:30PM

Let's raise awareness about specific crimes as social phenomena (domestic violence, human trafficking, and crimes involving children). Who is a suspect, accused, and offender? What is a fair trial and what is the standard punishment in Canada?"

Contact to register abdullah.abid@southvan.org | 604-324-6212 EXT 161

Support and Wellness Groups

Art & Culture

Farsi

Dari

Pashto

Southside Hub (8118 Fraser St.)
Fridays | July 4th - August 29
11:30 AM - 1:00PM

Crafting Indigenous jewelry with beads.

Contact to register abdullah.abid@southvan.org | 604-324-6212 EXT 161

Carpet Weaving

All languages and cultures welcome

Southside Hub (8118 Fraser St.)
Fridays | July 4th - August 29
10:00 AM - 11:30AM

A welcoming place for newcomers to learn new weaving skills and connect.

Contact to register abdullah.abid@southvan.org | 604-324-6212 EXT 161

Skills Training Workshops

ICBC Knowledge Test Prep

Pashto

Dari

English

SVNH Southside Hub (8118 Fraser St.)
Monday | April - August
2:30PM - 4:30PM

For newcomers (Permanent Resident/ Refugee Protection Claimants others) who need to pass the ICBC driving knowledge test by Phone/Email

forms.office.com/r/PZDVQJshLB

Contact to register fahim.hamidi@southvan.org | 604-324-6212 EXT 169

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 | 604-324-6212 EXT 117

Coffee & Chat: Everyday English for Life in Canada

Farsi

Dari

Pashto

Southside Hub (8118 Fraser St.)
Tuesdays | July 1st - Aug 26th
11:30AM - 1:30PM

A friendly, and supportive space for newcomers to practice everyday English while learning about real-life topics in Canada. Through fun, guided conversation circles, participants will build confidence, connect with others, and gain useful knowledge about daily life. This program is all about learning, sharing, and building community together!

Contact to register samia.ali@southvan.org | 604-324-6212 EXT 168

Digital Literacy Class

Pashto

Dari

English

SVNH Southside Hub (8118 Fraser St.)
Mondays | April - August
9:30am - 12:30PM

For newcomers (Permanent Resident/ Refugee Protection Claimants others) who need to prepare basic digital skills. forms.office.com/r/4USQkgLSjG

Contact to register fahim.hamidi@southvan.org | 604-324-6212 EXT 169



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.

Community Lunch

All languages and cultures welcome

Older Adults & Seniors

South Vancouver Neighbourhood House
Wednesdays
12:00pm - 1:00pm

Join us for some great company and a delicious home cooked meal prepared by our amazing chef, Randy. Cost \$8.00

Contact to register shelley.jorde@southvan.org | 604-324-6212 EXT 132

Preteen and Youth Food Programs

Little Bakers, Big Treats!

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

South Vancouver Neighbourhood House | Room 304 (Thurs) Room 101 (Fridays)
Thursdays and Fridays | August 1 - 15
1:00PM - 3:30PM

For grades 4-7, a fun, hands-on program where kids bake, make, & enjoy tasty treats together!

Contact to register covey.po@southvan.org | 604-324-6212 EXT 125

Seniors Food Programs

Better at Home Grocery Shopping / Delivery

[All languages and cultures welcome](#)[Older Adults & Seniors](#)

In the community

Orders accepted Mondays

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

Contact to register svnshopping@southvan.org | 604-324-6212 EXT 181

Better at Home Frozen Meals Program

[All languages and cultures welcome](#)[Older Adults & Seniors](#)

In the community

Orders delivered Thursdays

For seniors who are unable to cook and need assistance through prepared meals. Meals cost \$7.00 - \$8.00 each. ***Waitlist in effect**

Contact to register frozenmeals@southvan.org | 604-324-6212 EXT 113

REFRAMING SOUTH VANCOUVER

Neighbourhood Advisory Committees

All languages and cultures welcome

South Vancouver Neighbourhood House / Southside Hub
Monthly Meetings on weekday nights or Saturday mornings

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

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

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

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am			2nd Tuesday of the Month 10:00am - 11:00am				
-		10:00am - 11:30am	Chinese Caregivers Support Group (Online on Zoom)				
-		Pickle Ball (Gordon Park Tennis Court)					
11:00am							
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-							
12:00PM			12:00PM - 2:30PM				
-							
-			South Asian Men's Wellness Group (Sunset Community Centre)	1:00PM - 3:00PM			
1:00PM				Seniors Line Dance			
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-				Seniors Shindig			
2:00PM				(St Thomas Anglican Church)			
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3:00PM							
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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

South Vancouver Seniors Hub Council

All languages and cultures welcome

| South Vancouver Neighbourhood House
1st Tuesday of the month
9:30am - 12:00PM

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 | 603-324-6212 EXT 132

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 | 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 \$7.00 - \$8.00 each. ***Waitlist in effect**

Contact to register frozenmeals@southvan.org | 604-324-6212 EXT 113

Community Lunch

All languages and cultures welcome

- | South Vancouver Neighbourhood House
- | Wednesdays
- | 12:00pm - 1:00pm

Join us for some great company and a delicious home cooked meal prepared by our amazing chef, Randy. Cost \$8.00

Contact to register shelley.jorde@southvan.org | 604-324-6212 EXT 132

Language

ESL Conversation

All languages and cultures welcome

South Vancouver Neighbourhood House
Tuesdays
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 | 604-324-6212 EXT 115

ESL for Seniors

Cantonese

South Vancouver Neighbourhood House
Wednesdays
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 | 604-324-6212 EXT 115

Arts & Crafts

Intercultural Craft Circle

English

Cantonese

Mandarin

South Vancouver Neighbourhood House
Tuesdays
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

Information and Referrals

Information and Referral Services

English

Punjabi

Mandarin

South Vancouver Neighbourhood House
Monday - Saturday | 9:00am - 4:00PM

Vietnamese

Hindi

Cantonese

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.

Hindi/Punjabi amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

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

Cantonese michelle.luong@southvan.org | 604-324-6212 EXT 158

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

Intermediate iPad/iPhone Class

Cantonese

Vietnamese

South Vancouver Neighbourhood House
Fridays | May 23 - August 1 | No session on July 4
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

Wellness Services

Better at Home Light Yardwork

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 | 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. ***Waitlist in effect**

Contact to register kam.wong@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 | 604-324-6212 EXT 145

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 capped. No longer accepting participants.**

For more information contact 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 kam.wong@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 | 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 | 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 | 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 | 604-324-6212 EXT 115

Tai Chi Exercise for Beginners

English

Cantonese

South Vancouver Neighbourhood House
Fridays | Weekly | No sessions on Aug 15, 22, 29
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. Registration for Winter 2026 (January - June) will open on October 1.

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

Health & Wellness Groups

Pickleball for Beginners

Cantonese

Gordon Park Tennis Court
Mondays
10:00am - 11:30AM

Stay active, have fun, and meet new friends! Pickleball offers a low-impact, easy-to-learn sport. Whether you're brand new to the game or have some experience, this welcoming and social program is perfect for all skill levels. A knowledgeable volunteer will be on hand to share tips, explain the basics, and help everyone enjoy the game.

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

Intercultural Wellness Group

English

South Vancouver Neighbourhood House
Wednesdays
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 | 604-324-6212 EXT 115

Health & Wellness Groups

Mandarin Wellness Group

Mandarin

South Vancouver Neighbourhood House
Thursdays
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 | 604-324-6212 EXT 115

Vietnamese Wellness Group

Vietnamese

South Vancouver Neighbourhood House
Mondays | Weekly | No sessions on Aug 4, 11, 18
12:00PM - 2:45PM

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 | 604-324-6212 EXT 158

Seniors Men's Group

All languages and cultures welcome

South Vancouver Neighbourhood House
Tuesdays
1:00PM - 2:30PM

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 | 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 | 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 | 604-324-6212 EXT 137

Cantonese Wellness Group

Cantonese

South Vancouver Neighbourhood House
Mondays | No sessions on Aug 4, 11, 18
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 different topics related to health and well-being.

Contact to register michelle.luong@southvan.org | 604-324-6212 EXT 158

Health & Wellness Groups

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 | 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 | 604-324-6212 EXT 116

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 | 604-324-6212 EXT 116

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am							
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11:00am		10:00am - 2:00PM	10:00am - 2:00PM	10:00am - 2:00PM	10:00am - 2:00PM	10:00am - 2:00PM	
-		SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	SVNH Adult Day Centre (#345 - 3150 East 54th Avenue)	
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12:00PM							
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1:00PM		Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	Beulah Adult Day Centre (3355 East 5th Avenue)	
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ADULT DAY PROGRAMS

Adult Day Centres

SVNH Adult Day Centre

#345 - 3150 East 54th Avenue
Monday - Friday
10:00am - 2:00PM

English

Mandarin

Cantonese

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

Beulah Adult Day Centre

3355 East 5th Avenue
Monday - Friday
10:00am - 2:00PM

English

Cantonese

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