

Program Guide

Winter 2026

January 2026 - March 2026

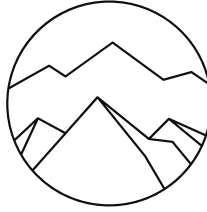
Seniors | Family | Newcomer | Employment | Food | Childcare | Youth



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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FAMILY PROGRAMS CALENDAR

5

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		
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11:00am		Family Play Time (Champlain Heights CC)	Family Play Time (Sunset)		Family Play Time (Southside Hub)	10:30AM - 12:00PM	
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12:00PM						Music & Movement	
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1:00PM				1:00PM - 2:30PM			
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2:00PM				Family Play Time (Killarney CC)			
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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 Play Time (Champlain Heights CC)

All languages and cultures welcome

Champlain Heights Community Centre (3350 Maquinna Drive, 2nd Floor Lounge)
Mondays | January 11 - March 9, 2026
10:00AM - 11:30AM

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 Drop-In

Family Play Time (Sunset)

All languages and cultures welcome

Sunset Community Centre (Room 117) (6810 Main Street, Vancouver BC)
Tuesdays | January 13 - March 10, 2026
10:00AM - 11:30AM

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 (Southside Hub)

All languages and cultures welcome

Southside Hub (8118 Fraser Street, Vancouver BC)
Thursdays | January 15 - March 12, 2026
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 | January 21 - March 11, 2026
1:00PM - 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

Music & Movement

All languages and cultures welcome

1788 East Kent Ave

Fridays | January 16 - March 13, 2025

10:30AM - 12:00PM

A drop-in program for children aged 0-6 and their families to connect through singing, rhymes, musical games, dancing, stories, play, and learning. Families will also be introduced to community resources and gain inspiration for music activities they can enjoy at home.

Drop-in program. No registration required.

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7:00am							
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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	
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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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6:00PM							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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9:00am							
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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

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

Children 5 to 12 years old

SVNH Out of School Care Gr. K - 7 (SVOSC)

All languages and cultures welcome

South Vancouver Neighbourhood House (Family Room / Preschool Room)

Monday - Friday | September - June

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 Elementary School. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to inquire, waitlist by email

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

Waverley School Age Care Gr. K - 7 (WSAC)

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 inquire, waitlist by email

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

Children 5 to 12 years old

Orca Rising School Age Care Gr. K - 7 (ORSAC)

All languages and cultures welcome

Cunningham Elementary School 2330 E37th Ave, Vancouver BC, V5R 2T3

Monday - Friday | September to June

Before School Care: 7:30am - 9:00am | After School Care: 3:00PM - 6:00PM

A 50 space licensed before and after school care for students attending Carleton/Cunningham Elementary School. Full day care for VSB Professional Development Days and early dismissal included in price. MCFD Affordable Child Care Benefits accepted.

Contact to inquire, waitlist by email

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

PRETEEN PROGRAMS CALENDAR

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Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
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10:00am							
-							10:00AM - 11:30AM
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11:00am							Homework Hangout
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12:00PM							
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1:00PM							
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2:00PM							
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3:00PM							
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4:00PM			4:15PM - 5:45PM				
-			Girls to the Power of Math				
-							
5:00PM			4:15PM - 5:45PM				
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-							
6:00PM			Girls Innovate				



**SOUTH VANCOUVER
NEIGHBOURHOOD
HOUSE**

For more information on our events, programs and services
visit us at www.southvan.org

PRETEEN PROGRAMS

Children 5 to 12 years old

United Way School's Out Location

English

Dari

Farsi

Cantonese

Spanish

Location TBA

Mondays & Thursdays

3:00PM to 4:30PM

United Way School's Out is a free, two days, program for preteens at various 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 michelle.lui@southvan.org

United Way School's Out Location

English

Dari

Farsi

Cantonese

Spanish

Locations TBA

Tuesdays & Fridays

3:00PM to 4:30PM

United Way School's Out is a free, two days, program for preteens at various 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 michelle.lui@southvan.org

Children 5 to 12 years old

Girls Innovate

All languages and cultures welcome

South Vancouver Neighbourhood House
Tuesdays | Jan 20 - March 10 (8 weeks)
4:15PM - 5:45PM

An 8-week STEAM program for all girls and non-binary students in grades 4–6, led by SVNH youth mentors. Through hands-on projects in science, technology, engineering, art, and math, participants will explore creative problem-solving, design challenges, and beginner tech skills. Using fun experiments, makerspace activities, and collaborative team projects, we aim to build confidence, spark curiosity, and empower girls to see themselves as innovators and creators!

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

STEAM Explorers

All languages and cultures welcome

Location TBA
Thursdays | Feb 5 - Mar 12, 2026
3:30PM - 5:00PM

STEAM Explorers is a fun, hands-on program for students in Grades 3–7. Each week, kids dive into creative activities that blend Science, Technology, Engineering, Art, and Math. It's all about exploring, experimenting, and learning through play!

Contact to register mary.melecio@southvan.org | 604-324-6212 EXT 151

Children 5 to 12 years old

Girls to the Power of Math

All languages and cultures welcome

South Vancouver Neighbourhood House
Tuesdays | Jan 20 - March 10 (8 weeks)
4:15pm - 5:45pm

A 8-week math program for all girls and non-binary students in grades 3 (open to grades 2-4 looking to preview or review multiplication) taught by high school leaders. Through using fun games, art, music and physical activity to teach skip counting and multiplication skills, we hope to increase the girls' confidence and love of math!

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

After School - Active Play Club

All languages and cultures welcome

Moberly Arts & Cultural Centre
Wednesdays
3:15PM - 4:45PM

Tecumseh Elementary School
Tuesdays
3:00PM - 4:30PM

For kids Grade K - 7. This after-school club is to encourage outdoor, unstructured, active play for your children. We offer an environment where children can engage in unstructured outdoor play after school. This means they can play the way they want without strict rules, following their natural instincts, ideas, and interests without any predetermined outcomes. Adults and volunteers play a supportive role, much like a lifeguard, facilitating, watching, and providing help if needed.

Contact to register

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

Tecumseh | anthony.lai@southvan.org | 604-324-6212 EXT 151

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

Homework Hangout

All languages and cultures welcome

South Vancouver Neighbourhood House

Saturdays | Feb 7 - March 7 (5 weeks)

10:00am - 11:30am

Program for all children in grades 4-7. Work one to one with a high school youth volunteer to work on math, language arts, science, social studies, etc. and improve your literacy and numeracy skills. Students are encouraged to bring their homework to review with the tutors. There will be fun games and snacks too, and opportunities for students to practice typing.

Contact to register

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							
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11:00am							
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12:00PM					11:40AM - 12:10PM Green Team (David Thompson)		
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1:00PM							
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2:00PM							
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3:00PM							
-		3:15PM - 4:45PM INSPIRE (John Oliver)			3:15PM - 4:45PM INSPIRE (Killarney)	3:15PM - 4:45PM INSPIRE (David Thompson)	
-							
4:00PM			3:30PM - 5:15PM ECHO	4:00PM - 6:45PM Mind Your Food			
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-		3:30PM - 5:00PM Youth Multisports				4:00PM - 6:00PM Friday Nights	
5:00PM							
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6:00PM		3:30PM - 5:15PM Neighbourhood Youth Initiative				6:15PM - 7:15PM Improv Club	
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7:00PM						6:30PM - 8:00PM OWL	
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8:00PM							

YOUTH PROGRAMS

INSPIRE

All languages and cultures welcome

David Thompson

Fridays

3:15PM - 4:45PM

Killarney

Thursdays

3:15PM - 4:45PM

John Oliver

Mondays

3:15PM - 4:45PM

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

Contact to register

David Thompson | covey.po@southvan.org | 604-324-6212 EXT 150

Killarney | jade.chan@southvan.org | 604-324-6212 EXT 125

John Oliver | monet.yabut@southvan.org | 604-324-6212 EXT 159

Improv Club

All languages and cultures welcome

South Vancouver Neighbourhood House

Fridays

6:15PM to 7:15PM

The club will enable youths (ages 13-18) to try something new and meet friends in a fun, casual and safe environment. The goal is to lead and create a welcoming space where everyone feels included and encouraged to participate, no matter their experience level. Through improv games and activities, participants will practice communication, teamwork, and creative thinking while supporting each other and building new friendships.

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

OWL (Opening Worlds to Literacy)

All languages and cultures welcome

South Vancouver Neighbourhood House
Fridays | February - March
6:30PM-8:00PM

A leadership program where youth raise awareness on the importance of literacy in South Vancouver by planning projects (events, fundraisers, initiatives!) You think of what you want to do and bring it to life with other youth. Past projects: Matcha & Bead Making, Sports Day, Sushi Making Workshop, Murder Mystery Dinners, and a Gingerbread House Competition.

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

Neighbourhood Youth Initiative (NYI)

All languages and cultures welcome

South Vancouver Neighbourhood House
Mondays | February - March
3:30PM 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 | 604-324-6212 EXT 154

Engaging Communities in Helpful Opportunities (ECHO)

All languages and cultures welcome

Southside Hub (8118 Fraser Street)
Tuesdays | February - March
3:30PM 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 | 604-324-6212 EXT 154

Mind Your Food

English

Cantonese

South Vancouver Neighbourhood House

Wednesdays

4:00PM - 6:45PM

11-week program for high school youth (ages 13 - 18) to promote positive mental health among youth by exploring the intersections of food, mind, culture, and belonging.

Contact to register jade.chan@southvan.org | 604-324-6212 EXT 150

Green Team

English

Cantonese

David Thompson Secondary School

Thursday

11:40AM - 12:10PM

Lunch time program at David Thompson Secondary School. Sustainability-based leadership group that aims to bring awareness of environmental issues to the school and their community through hosting events, fundraisers, and workshops.

Contact to register jade.chan@southvan.org | 604-324-6212 EXT 150

Friday Nights

All languages and cultures welcome

South Vancouver Neighbourhood House

Fridays | Oct 10 - Dec 12

4:00PM to 6:00PM

Youth Drop-in - Stay for as little or as long as you'd like every week and come when you can. Support our neighbourhood house by doing various tasks every week. Examples include: baking snacks for youth & preteen programs, cleaning up around the house, building furniture, making event decorations, or preparing materials for youth and preteen programs. Friday Nights is a safe space - we welcome all youth to come hang out every week!

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



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

College Prep Workshops (for Newcomer Young Adults and graduating high school youth)

All languages and cultures welcome

South Vancouver Neighbourhood House
Contact for updated information on dates.

Learn the differences between college and university, explore your options, how to apply for student loans, register for classes, and prepare for post-secondary success in this hands-on series designed to guide you every step of the way.

Contact gabby.guevarra@southvan.org | 604-324-6212 EXT 154 | @gabby_svn

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

EmployBasics (for Newcomer Young Adult 17 to 29 years old)

All languages and cultures welcome

South Vancouver Neighbourhood House
Contact for updated information on dates.

General employment support, resume feedback and interview prep.

Contact gabby.guevarra@southvan.org | 604-324-6212 EXT 154 | @gabby_svn

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am		10:00PM - 12:00PM Nobody's Perfect Parenting Program		10:00PM - 12:00PM Community Connects: Financial Literacy Series (Southside Hub)		10:00PM - 12:00PM Group Discussion in a Circle	
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11:00am							9:00am - 12:00PM Neighbourhood Advisory Committees
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12:00PM					11:30AM - 1:30PM Coffee & Chat (Southside Hub)	12:30PM - 2:00PM Information & Orientation Workshop Series	
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1:00PM			1:00PM - 2:30PM Empowering Immigrant Single Moms	1:00PM - 3:00PM ESL Conversation Group		1:00PM - 3:00PM Multicultural Women Peer Mentoring Group	
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8:00PM							

COMMUNITY & SETTLEMENT PROGRAMS

Wellness Groups

Multicultural Women Peer Mentoring Group

All languages and cultures welcome

South Vancouver Neighbourhood House
Fridays Bi-Weekly | Starting January 16, 2026
1:00PM to 3:00PM

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

Contact kwangyoung.conn@southvan.org | 604-324-6212 EXT 117
Register <https://forms.office.com/r/kZsaY25ndF>

ESL Conversation Group

All languages and cultures welcome

South Vancouver Neighbourhood House
Wednesdays | Starting January 7, 2026
1:00PM to 3:00PM

For adults wishing to practise English speaking and making social connection

Contact kwangyoung.conn@southvan.org | 604-324-6212 EXT 117
Register <https://forms.office.com/r/kZsaY25ndF>

Wellness Groups

Empowering Immigrant Single Moms

All languages and cultures welcome

In Person and Online on Microsoft Teams
Tuesdays | Starting January 23, 2026
12:30PM to 2:00PM

Supporting immigrant single mothers through community, resources, and empowerment.

Contact to register kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

Register <https://forms.office.com/r/FyCb2czi4x>

Info & Orientation Workshop Parenting in Canada

All languages and cultures welcome

In person | Room 305
Friday | March 20, 2026
12:00PM to 1:30PM

Supporting immigrant parents with effective parenting skills

Contact to register kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

Register <https://forms.office.com/r/FyCb2czi4x>

Info & Orientation Workshop Canadian Citizenship Preparation

All languages and cultures welcome

Online on Microsoft Teams
Mondays | 2 sessions in February
12:30PM to 2:00PM

Supporting immigrant parents with effective parenting skills

Contact to register kwangyoung.conn@southvan.org | 604-324-6212 EXT 117

Register <https://forms.office.com/r/FyCb2czi4x>

Wellness Groups

Group Discussion in a Circle

[Pashto](#)[Dari](#)[Farsi](#)

South Vancouver Neighbourhood House (Rm 304)

Fridays

2:30PM to 4:30PM

Bringing together the Dari/Farsi speaking community to talk about an important issues of the community.

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

Wellness Groups

Migrant Workers Program

Tagalog

English

South Vancouver Neighbourhood House (Rm 304)
Saturday | February 28, 2026
10:00AM to 12:00PM

This session is for Income Tax workshop for the Migrant Workers Program.

Contact to register julie.diesta@southvan.org | 604-324-6212 EXT

English Speaking Circle

Spanish

English

In person at SVNH | Room 308
Saturdays | Starting January 17, 2026
10:30AM - 12:30PM

A safe space to practice English, build confidence, and talk about real-life situations. For beginner and intermediate levels.

Contact to register gustavo.silva@southvan.org | 604-324-6212 EXT 194

Coffee & Chat

English

SVNH Southside Hub (8118 Fraser St.)
Tuesdays | January 20th - March 3rd
10:30AM - 12:30PM

A warm and welcoming English conversation circle where newcomers can practice speaking english in a friendly environment. This is a great opportunity to improve confidence, meet new friends, and learn about life in Canada—all over a cup of coffee or tea!

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

<https://forms.office.com/r/UCKLfZrFZp>

EMPLOYMENT PROGRAMS

Employment Programs

Career Directions Program

All languages and cultures welcome

South Vancouver Neighbourhood House & Online on MS Teams

On-going dates

Monday - Friday

We help our clients navigate their career journey through the following personalized support to prepare them for career 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



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

Seniors Food Programs

Better at Home Grocery Shopping / Delivery

All languages and cultures welcome

Older Adults & Seniors

In the community

Orders accepted Mondays and Wednesdays

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

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

Youth Food Programs

Mind Your Food

English

Cantonese

South Vancouver Neighbourhood House

Wednesdays

4:00PM - 6:45PM

11-week program for high school youth (ages 13 - 18) to promote positive mental health among youth by exploring the intersections of food, mind, culture, and belonging.

Contact to register jade.chan@southvan.org | 604-324-6212 EXT 150

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am							
-							
-							
10:00am						9:30am - 10:45am	
-		10:00AM - 11:45AM	4th Tues of the Month		10:30am - 12:00PM		
-			10:00am - 11:30am	10:30am - 12:00PM	Mandarin Wellness Group	Tai Chi Exercise for Beginners	
11:00am		Cantonese Wellness Group	Caregiver Support Group	Seniors Intercultural Wellness			
-							
-							
12:00PM			1st Tuesday of the Month				
-		12:00PM - 2:45PM	9:30am - 12:00PM	12:00pm - 1:00PM	12:30PM - 2:30PM	12:00PM - 1:30PM	
-			Seniors Hub Council	Community Lunch			
1:00PM		Vietnamese Wellness Group	1:30PM - 3:00PM	1:30pm - 3:00PM	South Asian Women's Wellness Group	Intermediate iPad/iPhone Class	
-			Active Mind Club	ESL for beginners			
-							
2:00PM						1:45PM - 3:15PM	
-							
-			1:30PM - 3:00PM		2:00PM - 3:30PM	Beginner iPad/iPhone Class	
3:00PM			Intercultural Craft Circle		Chinese Caregivers Sing-along Group		
-							
-							
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 - 11:30am	10:00am - 11:00am		10:30am - 11:30am		
-		Pickle Ball (Gordon Park Tennis Court)	Chinese Caregivers Support Group (Online on Zoom)		Move, Groove & Improve: Chair Yoga (Moberly)		
11:00am		10:30am - 11:30am					
-		Move, Groove & Improve: Chair Yoga (Moberly)					
-							
12:00PM			12:00PM - 2:30PM				
-			South Asian Men's Wellness Group (Sunset Community Centre)	1:00PM - 3:00PM			
-				Seniors Line Dance			
1:00PM				-			
-				Seniors Shindig			
2:00PM							
-							
-							
3:00PM				(St Thomas Anglican Church)			
-							
-							
4:00PM							
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5:00PM							
-							
-							
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

Cook with Lucenda

English

- | Online on Zoom
- | Fridays | The 1st & 3rd Fridays of the month
- | 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; *Zoom link will be sent to you upon registration**

Contact to register amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

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 alex.hill@southvan.org | 604-324-6212 EXT 132

Language

ESL for Beginners

Cantonese

South Vancouver Neighbourhood House
Wednesdays | Weekly | No sessions on Mar 18, 25
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 | No sessions on Mar 17, 24
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 - Friday | 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

Technology

Seniors Tech Support

English

Cantonese

Mandarin

South Vancouver Neighbourhood House or Online on Teams
Monday to Friday
10:30AM - 12:00pm

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 remote options, including help over the phone, via Zoom and Email.

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

Beginner iPad/iPhone Class

Cantonese

Vietnamese

South Vancouver Neighbourhood House
Fridays | Weekly | February 20 - March 13
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 \$10.

Class full, contact for waitlist amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

Technology

Tech Support Drop-in Clinic

English

Cantonese

Mandarin

South Vancouver Neighbourhood House or Online on Teams

Fridays

10:30AM - 12:00pm

Struggling with a tech issue? Join our Tech Support Drop-in Clinic—a welcoming space where participants help each other troubleshoot, learn new skills, and build confidence with devices. Our facilitator guides the group, offers tips, and teaches useful tech basics, while everyone is encouraged to share questions and solutions.

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

Digital Literacy Workshops

Cantonese

English

South Vancouver Neighbourhood House

Fridays | Weekly

10:30AM - 11:30AM

Join our friendly and hands-on workshops designed to help seniors feel more confident using their devices. Each session covers a different topic. No prior experience needed—just bring your phone and your questions! Registration is required.

Contact to register frank.lin@southvan.org | 604-324-6212 EXT 158

Intermediate iPad/iPhone Class

Cantonese

Vietnamese

South Vancouver Neighbourhood House

Fridays | Weekly | February 20 - March 13

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 \$10.

Class full, contact for waitlist amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

Health & Wellness Groups

Active Mind Club

Cantonese

English

South Vancouver Neighbourhood House
Tuesdays | Weekly | No sessions on Mar 17, 24
1:30PM - 3:00PM

Do you know keeping your brain active wards off cognitive decline, sharpens memory, and boosts overall well-being? Active Mind Club aims to help you maintain attention, agility, problem-solving, and thinking skills, and reducing risks of dementia. Join us every Tuesday to exercise your brain with some fun activities.

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

Social Prescribing

English

Cantonese

Mandarin

Punjabi

Hindi

South Vancouver Neighbourhood House or online or on the phone
Mondays to Fridays
9:00AM - 4:00PM

Social prescribing goes beyond medical treatments, considering social, emotional, and practical needs to help you live healthier. Whether it's community activities, social support, or other services, we're here to ensure you get the help that's right for you.

Contact to register stefan.chan@southvan.org | 604-324-6212 EXT 178

Dienchan Facial Reflexology

Vietnamese

Cantonese

English

South Vancouver Neighbourhood House
Fridays | Weekly
1:00PM - 3:00PM

Discover the power of DienChan! Join us for a hands-on treatment demonstration session of natural, non-invasive methods designed to relieve common symptoms.

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

Intercultural Wellness Group

English

South Vancouver Neighbourhood House
Wednesdays | Weekly | No sessions on Mar 18, 25
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

Move, Groove & Improve: Chair Yoga

Punjabi

English

Moberly Arts & Cultural Centre (Moberly Park, 7646 Prince Albert St)
Mondays & Thursdays | January 12 - March 26
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 amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

Dance and Stretch

Cantonese

English

Online on Zoom
Fridays | Weekly
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 & English! You will also have the chance to meet other participants and socialize. *Participants must have their own device to access Zoom; *Zoom link will be sent to you upon registration

Contact to register amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

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
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 for waitlist amanpreet.jawanda@southvan.org | 604-324-6212 EXT 158

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 | Weekly | No sessions on Feb 16, Mar 16, 23
9:30AM - 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 frank.lin@southvan.org | 604-324-6212 EXT 115

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 Shopping Shuttle

English

Cantonese

Mandarin

| In the community
Every 3rd Tuesday of the Month

A monthly group shuttle service to a local errand hub to access grocery shopping, the bank, the library, the pharmacy, clothes shopping etc. We will pick you up at home, drive you to a local errand hub where you will have an allotted amount of time to complete errands and drive you back home after. Registration is required each month. \$5.00 fee.

Contact to register alex.hill@southvan.org | 604-324-6212 EXT 145

Health & Wellness Groups

Mandarin Wellness Group

Mandarin

South Vancouver Neighbourhood House
Thursdays | Weekly | No sessions on Jan 1, Mar 19, 26
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 Feb 16, Mar 16, 23
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 frank.lin@southvan.org | 604-324-6212 EXT 115

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

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

Vancouver Affordable Seniors Transportation

Mandarin

Cantonese

English

| Upon Request in the community
| Any Day Dependent on Drivers Availability

For seniors in need of transportation to medical appointments, errands, or other destinations. Medical Appointments Prioritized, destination limits apply. Passenger must be able to get in and out of the vehicle on their own. \$5.00 fee.

Contact to register alex.hill@southvan.org | 604-324-6212 EXT 145

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

Health & Wellness Groups

Punjabi Caregiver Support Group

Punjabi

South Vancouver Neighbourhood House
3rd Wednesday of the month
10:30am - 11:30am

Includes educational workshop and sharing circle, to enhance caregiver's knowledge and confidence in caregiving and selfcare and to build a supportive network.

Contact to register amanpreet.jawanda@southvan.org | 604-324-6212 EXT 137

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

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	
-		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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6:00PM							

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