

SPRING/SUMMER 2011

program guide



*Little Mountain
Neighbourhood House*

<http://www.lmnhs.bc.ca>

LMNHS Mission Statement

To provide needed educational, cultural, recreational and social services for different age groups, ethnic specific groups, families and the wider community of Little Mountain/ Riley Park. As well, LMNHS helps to facilitate the Little Mountain community to actively participate, through self-help, in the development of a healthier community

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Little Mountain Neighbourhood House Management Staff Team



Executive Director
Joel Bronstein



Manager
Finance & Operations
Claudia Cao



Manager
Childcare Program
Geraldine Clevette



**Manager Settlement &
Community Programs**
Susan Schachter



Manager
Family Resources
Sanja Sladojevic



Manager
Children & Youth Programs
Erin Dusdal

Family Resource Programs

Through a combination of drop-ins, parent education workshops, support services, and other family centered programs, we support the development of happy, healthy, families.

Art Therapy

Art therapy is a useful tool for healing. Clients are encouraged to express themselves through different art forms. The art therapy students will work with clients to address a variety of issues such as anger, grief, & loss.

Who: Children over 5, youths, adults, & seniors.

When: Fridays

Cost: Free

Where: Little Mountain Neighbourhood House

Registration and Contact:

Please contact Melissa, the Family Support Worker, at 604.879.7104 for an appointment.

Chinese Parenting Support Group in Mandarin and Cantonese

Parents are encouraged to join us for series of workshops that will provide them with more information to help them respond more effectively to their children.

*Childminding is available with advance notice.

Who: Cantonese and Mandarin speaking Chinese Parents

When: Fridays, from 1:00 - 2:30pm

Where: Little Mountain Neighbourhood House

Cost: Free

Registration: contact Annie or Melissa at 604.879.7104

華人家長互助小組

請參加我們的系列講座，我們將為您提供更多資訊讓您可以有效地幫助您的小孩。講座題目包括：健康的口食習慣以及有效的口口技巧。無需報名，但如需小孩托管服務，請提前通知。

逢星期五 下午 1:00 - 2:30

免費。講國/口語並有18口以下孩子的家長

Counselling

Free counseling is provided by practicum students training to become professional clinical counselors. Individual and couples support is available. An appointment is required.

Who: Children over 5, youths, adults, and seniors.

When: Tuesdays & Wednesdays

Where: Little Mountain Neighbourhood House

Cost: Free

Registration: Please contact Melissa, the Family Support Worker, at 604.879.7104 for an appointment.

Family Drop-Ins

Come relax with your child at our family drop-in locations! This program provides the opportunity for parents/caregivers & their young children (0-6 yrs old) to meet new friends, play, & sing together.

*No registration is needed.

Who: Parents/caregivers & children aged 0-6 yrs old.

When: 10:00am to 12:00pm.

Where: Monday and Wednesdays at Gray's Park (East 33rd Ave and Saint Catherines' Street); Tuesdays & Thursdays at Little Mountain Neighbourhood House; Fridays at David Livingstone Elementary (East 23rd Ave & Sophia Street).

Cost: Free.

Registration: No registration is required.

Family Support Worker

Little Mountain Neighbourhood House's Family Support Worker, Melissa, is available to provide one-on-one support & referrals to parents who are facing life challenges. If you or your family need extra support then please call 604.879.7104. Services are free of charge & drop-ins are welcomed.

Who: Parents of children 0-18 yrs old.

When: Monday to Fridays

Where: LMNH

Cost: Free

Registration: Appointments are appreciated but drop-ins are welcomed.

Mother Goose

Learn songs, rhymes, and stories to tell your baby and to stimulate your baby's early language development. We have classes at two locations for both infants and toddlers!

Who: Parents & their infants (0-1 yr) & toddlers (1 to 2 years old)

When & Where: Wednesdays from 10 to 11:30am at Kensington Community Center; Thursdays from 12:20 to 2:00pm at Riley Park Community Center.

Cost: \$24.00 for classes at the Riley Park Community Center. No fee for classes at Kensington Community Center.

Nobody's Perfect Parenting Group

This parent education program provides a safe environment to meet others with children of the same age and with whom they share interests and concerns.

*Registration required.

Who: Parents of children aged 0-5.

When: 5 Saturdays, April 30th- May 28th from 9:30 am - 12:30 pm

Where: Little Mountain Neighbourhood House

Cost: Free

Registration: Please call Carmen, Maria, or Melissa at 604.879.7104.

Single Mom's Support Group

Are you a single mom looking to meet other single Moms for encouragement & support? Join Little Mountain in partnership with the YWCA for our weekly support group & be part of a community of single moms in your neighbourhood. Childminding is available. *Registration is required.

Who: Single Mothers

When: Wednesdays 6:30-8:30 pm.

Where: LMNH

Cost: Free

Registration: Please call Sally at 604.895.5800 to register.



Child Care

Family Resource Programs Continued....

Parenting Workshops

Every season, LMNH offers parenting workshops to educate parents about common parenting challenges & to equip parents with tools to better respond to their children.

*Workshop topics vary by season.

Who: Parents of children 0-18 yrs old.

When: TBA

Where: Little Mountain

Neighbourhood House

Cost: TBA

Registration: Please call Melissa, the Family Support Worker, at 604.879.7104 for more info.

Ready, Set, Learn (RSL)

This free drop-in introductory preschool program will get your child ready for Kindergarten. Children will learn new skills, make friends, and become more comfortable with in a school environment.

Who: Parents/caregivers & their children (3-5 years old)

When & Where: David Livingstone Elementary from 9:00 to 11:00am Fridays; McBride Elementary from 9:00 to 11:00am Tuesdays, Feb 8th to May 10th; Mackenzie Elementary from 9:30 to 11:30am Mondays, April 4th to Jun 20th; Brock Elementary from 1:00 to 3:00pm Thursdays, April 7th to May 26th; Van Horne Elementary from 1:00 to 3:00pm on May 2nd, 9th, 16th, and 30th; Emily Carr Elementary from 1:00 to 3:00 on May 6th, 13th, 27th, and June 3rd.

Strong Start

If you are a parent/caregiver of a preschooler then come join our Strong Start program at McKenzie Elementary. This free drop-in program offers a supportive & fun environment for parents/caregivers & kids to learn new skills & to meet friends.

Who: Parents/caregivers & their children (0-5 yrs old)

When: Mondays to Fridays 9:00-11:30am

Where: McKenzie Elementary (960 East 39th Ave)

Cost: Free

Registration: Drop-Ins are welcomed.

*Please bring a copy of the child's birth certificate.

LMNHS provides a safe, happy, healthy environment for children, parents & staff. Inspiring tomorrow's leaders. Our Child Care centres are all licensed with qualified staff who work effortlessly to meet & comply with the Child Care Licensing Regulations set out by the Community Care & Assisted Living Act. We provide enriched programs that run year round, offering care to children and families in our community.

LMNH Child Care History

We opened up our first child care centre (CDC, Child Development Centre) on November 20th, 1980. There was a need for us to set up a child care program for 3 - 5 yrs old children. In a place where children who require extra support, can learn, participate, & grow in a welcoming & inclusive environment. In May of 1998, a successful independent daycare called Sunset was looking to join a non-profit agency. Sunset's board & staff along with the management team here at LMNH all agreed that we would be a match. So the Sunset community was added to our child care team. It came to our attention in July of 2002 that McBride Elementary expressed a need for Out of School program in their Elementary school. LMNH decided to jump in & has expanded their spaces for children in 2008. All of our Child Care programs offer an exciting place for children & their families to grow and feel a sense of belonging. With the communities' help & support, our child care centers have grown into solid foundations for our neighbourhood.

CDC

The Child Development Centre focuses on the development of the whole child. We are an inclusive daycare that works with the parents & other professional (as needed) to meet all of your child's basic needs & nurture their physical, social, emotional, intellectual, creative, & cognitive growth. We believe that children learn best while playing, exploring, & discovering their environment & the world around them. CDC is a licensed group daycare for children ages 3-5 yrs old. We have 15 children and 4 staff. As an inclusive centre, some spaces are available or children who require extra support. We work closely with Vancouver Supported Child Development to provide your child with the best support plans that encourages their development & growth. We provide a hot, nutritious lunch as well as two nutritious snacks daily. Your child will be able to take part in circles, stories, free play, art, water/sand play, music & movement, and science activities

every day. The staff takes the children outdoors daily. We go on many walks & field trips within the community.

When: Monday-Friday 7:30am-5:00pm

Where: Total Education Program (425 E. 25th Ave Vancouver, BC)

Cost: \$670 per month

- Subsidy applications accepted

Who to contact: Senior ECE Supervisor Janis Venn. Phone: 604-876-0517
E-mail: cdc@lmnhs.bc.ca

LMOSC

At Little Mountain Out of School Care, we promote & encourage your child to express themselves & to have fun in a safe & welcoming environment that is respectful to everyone. Your child will have the opportunity to join in & develop their social, physical, intellectual, creative, cognitive, & emotional skills. LMOSC is a licensed daycare. Currently we have 40 child care spaces. Our children are between the ages of 5-12yrs old (kindergarten to gr.7). The Kindergartens and gr. 2 are in their own room called the Explorers, & the gr. 3 to gr. 7 also has their own room called the Adventures. We offer; a homework club, running club, leadership, & a pay it forward community involvement program. All of the children can earn certificates for volunteering in the community as well as medals and awards for participation. We provide hot nutritious breakfast to start off your child's day, as well as a nutritious snack at the end of the day. We offer ice-skating in the fall, & swimming in the spring, plus we head out on quite a few fieldtrips in & around the community.

When: Monday-Friday

7:30-9:00am & 3:00-6:00pm

Pro-d days, school breaks & summer care: 7:30am-6:00pm

Where: McBride Elementary School (1300 E. 29th Ave Vancouver, BC)

Cost: \$305 per month

- Subsidy applications accepted

Contact: LMOSC Supervisor -

Christie Akhurst, Phone: 604-713-5565

E-mail: christie_akhurst@lmnhs.bc.ca

Childcare Continued...

Sunset Daycare has 25 spaces, 6 spots for Children who require Extra support, Hot lunch included. Sunset has a parent board who works with LMNH & the staff to ensure quality, safety & fun environment for the children, parents, & staff. Sunset has a trained cook that provides a hot, nutritious lunch & two snacks every day. The staff offers a variety of activities for your child to participate in.

Who to contact: Senior ECE Supervisor
604-325-3817 or, sunsetdaycare@telus.net.
For more information please visit their website at www.sunsetdaycare.ca
Manager of Child Care Programs
Geraldine Clevette, 604-879-7104 ext. 311
geraldine_clevette@lmnhs.bc.ca

Nurturing Children's Growth in a Safe Place



LMOSC SUMMER CAMP

LMOSC offers our summer program called LMOSC SUMMER CAMP (July & August). Here we go on tons of fieldtrips/outings, & have plenty of wacky, wild & fun things to do. The LMOSC team will have our summer schedule ready starting May 1, 2011. Please keep your eyes open for more information about the schedule of activities & events that we have planned coming up in our monthly flyer or by calling LMOSC. **Hours and Days of Operation: 7:30 a.m. to 6:00 p.m. Monday to Friday for 8 weeks, our weeks will be;**

1. July 4/11 – July 8/11
2. July 11/11 – July 15/11
3. July 18/11 – July 22/11
4. July 25/ - July 29/11
5. Aug 2/11 – Aug 5/11
6. Aug 8/11 – Aug 12/11
7. Aug 15/11 – Aug 19/11
8. Aug 22/ - Aug 26/11

Cost: \$150.00 per week.

***Subsidy applications accepted**

Registration: Call the LMOSC Coordinator Christie at 604 713-5565. Register early as spaces are limited.

Children and Youth Programs

Programs span literacy development, leadership development and social support for school-aged children and youth living in the Little Mountain/Riley Park Communities. All children and youth programs take place in the community: at local schools, community centers and LMNHS.

These programs are funded by:
the United Way of the Lower Mainland,
BC Gaming Branch,
Radical Entertainment,
Chris Spencer Foundation,
Vancouver Foundation,
Kinder Morgan Foundation,
and other private sponsors,
BC Housing, Vancouver School Board,
Coast Capital Savings, Learning is First (LIFT).

Children's Programs

Literacy Enhancement Project:
Explore the world of reading through fun, games, imagination, science experiments and projects!

**Brock Elementary –
Literacy Circle and Intermediate Club**

Who: Grades K – 3

**When: Mondays and Wednesdays
April 18th – June 22nd, 2011**

Who: Grades 4 – 7

**When: Tuesdays and Thursdays
April 19th – June 23rd, 2011**

**Time: 3pm – 5pm
Where: Brock Elementary School Library
Cost: \$35 (subsidy available)**

**Livingstone Elementary –
Literacy Circle and Intermediate Club**

Who: Grades K – 3

**When: Mondays and Wednesdays
April 18th – June 22nd, 2011**

Who: Grades 4 – 7

**When: Tuesdays and Thursdays
April 19th – June 23rd, 2011**

**Time: 3pm – 5pm
Where: Livingstone Elementary
School Library
Cost: \$35 (subsidies available)**

**Wolfe Elementary –
Literacy Circle and Wolfe's Wide Web**

Who: Grades K – 3

**When: Mondays,
April 18th – June 20th, 2011**

Who: Grades 4 – 7

When: Wednesdays,

April 20th – June 22nd, 2011

Time: 3pm – 5pm

**Where: Wolfe Elementary
School Library**

Cost: \$35 (subsidy available)

Registration: These programs are open to children attending the 3 schools listed. Registration dates are announced within the schools at the end of each term.

Contact Erin Dusdal

Manager of Children & Youth Programs at 604-879-7104 ext. 310 for more info.

A huge thank you to Brock, Livingstone and Wolfe for your support of these programs.

The C.R.E.W. Drop-In for Children and Youth

Free drop-in program for children and youth who live in, and around, the Little Mountain Housing Complex Community, or who used to live in the Complex. Play games, get help with homework, hang-out, and eat a delicious snack!

Who: Children & Youth ages 6 – 13

**When: Wednesdays and Fridays
March 7th – June 29th, 2011**

Time: 5:00 – 8:00pm

Where: Riley Park Community Center (East 30th Ave & between Quebec & Ontario St.)

Cost: Free

Registration: No advanced registration needed. New participants are asked to complete a registration form on the first day they attend the program.

Contact: Erin Dusdal, Manager of Children & Youth Programs 604-879-7104 ext. 310 for more information.



Children and Youth Programs Continued....

Little Mountain Fab Girlz Group

Hey you grade 5, 6, & 7 girls! Want to have fun? Meet new people? Do something different? Come join Fab Girlz Group & enjoy fun & new activities like spa nights, field trips, fundraising, & learning about volunteer opportunities all the while meeting new, exciting people along the way!

Who: Girls in grades 5, 6, and 7

When: Mondays

January 17th – May 30th, 2011

Time: 3:30 – 5:30pm

Where: Little Mountain

Neighbourhood House
(3981 Main Street)

Cost: \$2 for all sessions

Registration: Call Erin Ewart,
Children & Youth Program Manager at
604.879.7104 ext. 310

Little Mountain Summer Day Camp

A different theme every week, field trips and outings galore, games, crafts, friends, sports, and most importantly FUN! Come join us for 1 week or stay for all 8! Skilled day camp staff lead this exciting 8 week program for kids ages 6-12. We go on daily adventures, invite guest speakers, have lots of park and pool time and visit exciting locations like Science World, Lasertag, Playland and much much more!

Who: Children ages 6-12

When: 9:00am - 4:00pm

Week 1: July 4th - 8th

Week 2: July 11th - 15th

Week 3: July 18th - 22nd

Week 4: July 25th - 29th

Week 5: August 2nd - 5th

Week 6: August 8th - 12th

Week 7: August 15th - 19th

Week 8: August 22nd - 26th

Where: Little Mountain
Neighbourhood House

(3981 Main Street)

Cost: \$95 per week (\$85 for week 5)

OR \$760 for entire summer

Registration: Drop-in to Little

Mountain Neighbourhood

House (3981 Main Street). Download the registration form online at www.lmnhs.bc.ca under "Children & Youth Programs" and get a head start!



Youth Programs

Homework Club –Tupper High School

This program offers high school students at Tupper group & 1-on-1 homework help in a supportive, enriching atmosphere.

When: Tuesdays, Wednesdays, Thursdays
3:30 – 6:30pm

January – June 2011

Where: Tupper High School,
Homework Club Room

Cost: Free

Registration: Just show up!

Who to contact: Erica Mah, Homework
Club Coordinator at 604-879-7104.

Youth Council

Youth in grades 8 – 12: Get involved in your local community, gain leadership skills, plan events, build friendships, volunteer with local non-profits and have fun!

Who: Youth in grades 8 – 12

When: Thursdays 5:30 – 7:30pm,
January 13th – May 2011

Where: Little Mountain
Neighbourhood House

Cost: Free

Registration: Just show up!

Leadership 1

Youth in grades 10 – 11: Leadership 1 offers a variety of opportunities for you! Receive job training & potential employment as a Children's Activity Leader, gain practical skills & acquire volunteer hrs for grad or post secondary applications, & obtain new references for your resume! Leadership 1 will also offer you fun skill development & experience as well as certifications for employment such as First Aid, C.P.R. & Food Safe courses, RCA of BC canoe courses, & "High Five" Child Development certification.

Who: Youth in grades 10 and 11

When: Weekly sessions Tuesdays,
5:45 – 7:45pm,
January 25th – April 19th 2011
Plus 3 Weekend camp trips and a

Saturday workshop:

February 18th – 20th

Saturday, March 5th

March 18th – 20th

April 15th – 17th

Where: Little Mountain

Neighbourhood House

(Tuesday weekly sessions)

Sasamat Outdoors Center

(Weekend trips.)

Transportation provided)

Cost: \$35 initial fee plus \$65 for each
weekend trip,

\$20 for the Saturday workshop

(subsidies available upon request)

Registration: Registration for
this program is now closed.

For more information about any of the Children and Youth Programs at LMNHS, contact Erin Dusdal, Children and Youth Programs Manager, at 604-879-7104 ext. 310 or by email at erin_dusdal@lmnhs.bc.ca.



Seniors Programs

The Little Mountain Neighborhood House provides activities and workshops for seniors to connect them to the community. We offer a variety of recreational, social and cultural activities that support the maintenance of a healthy mind, body and spirit for seniors. The programs encourage language learning and provide enhanced information such as translated social and health resources. Seniors provide leadership in the development and delivery of these programs and activities. The various activities, outings and workshops help newcomer seniors feel comfortable in their new country.

Mahjong *

Don't be shy, come join our group and make new friends in a fun environment!

Who: Seniors 55+

When: Mondays
1-3pm

Where: Little Mountain
Neighbourhood House

Cost: Free

Armchair Fitness Exercises *

Safe and lively stretching exercises with a physiotherapist.

Who: Seniors 55+

When: Thursdays
Time: 1:30-2:30pm

Where: Little Mountain
Neighbourhood House

Cost: Free

Seniors Outings

We are in the process of organizing new bus trips around Greater Vancouver and beyond.

Who: Seniors 55+

When: TBA

Where: Leaving from Little Mountain
Neighbourhood House or
Riley Park Community Centre

Cost: \$5.00-\$10.00

Line Dancing *

Come enjoy this free drop-in program with a trained dance instructor.

Who: Seniors 55+

When: Tuesdays
10-11:30am

Where: Cityview
Baptist Church
(E28th Ave & Sophia St.)

Cost: Free

*Starting in
January 11, 2011



Friendly English Class *

You will learn

conversation and simple reading based on everyday living. Join this friendly class led by

volunteers who can also speak your mother tongue language.

Light refreshments will be served.

Who: Seniors 55+

When: Tuesdays
12:30-2:30pm

Where: Little Mountain
Neighbourhood House

Cost: Free

Workshop on Health, Social Support and Legal Advice *

Speakers will provide valuable information on many topics including health, social support and financial benefits for seniors.

Who: Seniors 55+

Topics: • Diabetes & Nutrition
• Brain Exercises
• Fall Prevention

When: TBA

Where: Little Mountain
Neighbourhood House

Cost: Free

Chi Kung (Chinese Yoga) *

An ancient Chinese fitness exercise that helps enhance physical and mental health.

Who: Seniors 55+

When: Thursdays
3-4pm

Where: Little Mountain
Neighbourhood House

Cost: Free

Older Adults Drop-in Program *

Come join us for a variety of programs such as Line Dancing, Outings for Seniors, Gardening, Tai Chi and more.

Who: Seniors 55+

When: Wednesdays,
10:00am-12:00pm

Where: Riley Park Community
Centre (50 East 30th Ave)

Cost: Free

Seniors Lunch

This seniors group at Little Mountain convenes once per month for a potluck lunch and activities.

Who: Seniors 55+

When: 3rd Tuesday of
every month, 12:00-2:00pm

Where: Little Mountain
Neighbourhood House

Cost: \$4.00

Contact: Susan Schachter,
Manager

Community Programs, at
604-879-7104 ext.303.

For more information or to register for any of the programs, contact the Seniors Worker at 604-879-7104.



Settlement and Adaptation Programs

The objective of this program is to assist newly arrived immigrants and refugees and provide support during their initial settlement in British Columbia, Canada. The following is a list of services provided.

Orientation and Information

Helps newcomers identify community resources and provides an overview of Canadian society and policies.

Referral Services

Introduces newcomers and their families to community services such as housing, medical and health services, recreation, immigration, education and employment and social benefits.

Workshops and Information Services

Are provided for newcomers on social issues that affect their new life in Canada such as School System, Medical System, Health and Nutrition, Adaptation Issues, etc.

Volunteer Opportunities

Volunteering with us is a good way to introduce you to Canadian Society and gain valuable "Canadian experience" to facilitate job search. Please contact Jennifer Wesman or Kathleen Vincent for more information.

Labour Market Services

Assists newcomers to find employment. Resume assistance, referral to job search programs & job fairs and more. Please call Maria for more information.

Immigrant Seniors and Refugee: Support and Settlement Workers

Client outreach, information & referral, group support, service linking, community integration & volunteer management

Please call Lycia Rodrigues or Annie Yu at 604-879-7104

Settlement Workers:

Kim Dang, Vietnamese/Asian Settlement Worker.

*Services are offered in Cantonese/ Vietnamese and French.

Phone: 604-879-7104 ext. 312

Abdu Barru, Middle East and African Settlement Worker .

*Services in Amharic/Arabic/Oromo.
Phone: 604-879-7104 ext.309

Carmen Miranda-Barrios, Multicultural Settlement Worker.

*Services in Spanish and English.
Phone: 604-879-7104 ext. 313.

Maria-Jose Valenzuela, Multicultural & Labour Market Settlement Worker.

Tel: 604-879-7104 ext. 313.
*Services in Spanish & English.

Annie Yu, Chinese Settlement Worker.

*Services in Cantonese & Mandarin
604-879-7104.

Workshops:

Some areas/issues we cover
1-on-1 or in group sessions :

- Canadian School System (often offered in conjunction with the Vancouver School Board)
- Housing Services & finding accommodations & furniture
- Childcare, child minding & subsidy info
- Immigration information such as sponsorship, citizenship, & PR card
- Parenting in Canada eg. Nobody's Perfect
- Citizenship classes
- Community Participation & more...

Family Reunification, Newcomer Orientation & Sponsorship Workshops:

These informative workshops can help you get the information you need to sponsor a family member, learn about how to adapt to your new country or how to reunite with your family.

Also available on a one-on-one basis.

When: TBA

Where: 3981 Main Street

Cost: Free

Registration and Contact:

Abdu Barru at 604-879-7104 ext. 309.

Asian Gathering Group

Open to all Asian immigrant families. Through workshops, orientations, discussions, cooking, fieldtrips & other activities, this group will explore issues that affect immigrant families in Canada.

When: TBA

Where: 3981 Main Street

Cost: Free

Registration and Contact: Kim Dang



Child Care Subsidy Application Assistance

Child care subsidy is a monthly payment that helps British Columbia's families meet the costs of child care. A calculation that takes into account your income and family size determines eligibility. The Child Care subsidy can be used to help pay for the following types of care:

- Licensed or license not required family child care facilities
- Licensed group child care centers
- Licensed out-of-school programs
- Licensed preschool programs
- In the child's own home

We can help you fill out your application form.

When: Ongoing and by appointment

Where: 3981 Main Street

Cost: Free

Registration and Contact:

Kim Dang, Carmen Miranda or Maria-Jose Valenzuela

Settlement & Adaptation Programs Continued....

Programas para recién llegados Invierno/Primavera 2010-2011

Citizenship classes

We offer 5 sessions in English to review various topics on Citizenship.

When: **Thursdays, January 13,20,27, February 3,10 from 4:00 to 5:30pm**

Where: 3981 Main Street

Cost: Free

Registration and Contact: Carmen Miranda

Income Tax Clinic

Offered free of charge to low-income clients. Service is given by community volunteers with experience with income tax forms.

When: **March to May of each year**

Where: 3981 Main Street

Cost: Free

Registration and Contact:

Kim Dang for an appointment

English Languages Services for

Adults (ELSA):

ESL Classes for Newcomers

Level 1: Monday to Thursday from 9-12.

Level 2: Monday to Thursday from 1pm to 4pm

Level 3: (at 2 different locations):

Monday to Thursday, 9am to 12pm.

For more information please call Rachel Yang, 604-879-7104 ext. 308.

*Child minding is provided to children of students, free of charge for children aged 18 months to 5 yrs old.

Nobody's Perfect (in English)

Parenting support group for parents with children aged 0-5.

When: **Saturday April 30th until Saturday May 28th from 9:30-12:30**

Where: 3981 Main Street

Cost: Free

Registration and Contact: Maria or Carmen at 604-879-7104 ext.313

Yoga para mujeres en la Comunidad

Venga a disfrutar un momento de meditación. Se ofrece cada segundo lunes.

Llame a María Jose al

604-879-7104, ext. 313

para reservar su espacio.

\$5.00 por clase (Subsidios disponibles).

Fechas en la primavera: 6 de May, 6 y 20 de Junio, 4 y 18 de Julio (5 sesiones).

Clases de conversación en inglés

Preparadas para ayudarle a mejorar sus habilidades de comunicación en inglés.

Clases interactivas. Se provee boletos para el autobus y se ofrece cuidado de niñ@s. Estas clases son específicamente para Trabajadores Temporales y solicitantes de refugio y sus familias y que tienen hijos en el sistema escolar de Vancouver.

Fecha de clases: Viernes 21 de Enero hasta el 25 de Marzo, 2011. 6:30pm-8:30pm.

Gratis. Clases recomienzan en Mayo.

Llame a Maria-José para más información

Clinica de Impuestos

Gratis para personas con bajo ingreso económico. El servicio se provee a través de voluntarios

con experiencia en llenar los formularios de declaración de ingresos económicos.

La clínica está disponible durante los meses de marzo a mayo de cada año.

Llame a Kim Dang al 604-879-7104.

Atención individual:

Este servicio le ofrece la oportunidad de obtener información individual en:

Sistema escolar canadiense; Servicios para encontrar vivienda y muebles;

Guarderías, información sobre posible subsidio para el cuidado de niñ@s.

Información migratoria: Ciudadanía, Tarjeta de Residencia canadiense, etc.

Clases de ciudadanía. Gratis. Llame a María Jose/Carmen al

604-879-7104, ext. 313

Apoyo para solicitar subsidio para guardería

El subsidio para guardería es un pago mensual que ayuda a las familias de la provincial con los gastos de guardería. Usted podría recibir este subsidio en base a sus ingresos. Este subsidio puede ayudarle a pagar los siguientes tipos de cuidado de niñ@s: Guarderías con licencia o sin licencia.

Guarderías de Centros comunitarios.

Programas de cuidado de niñ@s antes o después de la escuela.

Programas pre-escolares con licencia.

Cuidado de niñ@s en la casa.

Le podemos ayudar a llenar la aplicación.

Llame a Carmen/María-José al

604-879-7104, ext. 313.

Clases de ciudadanía

Ofrecemos programas de 5 sesiones c/u para ayudarle en su preparación para tomar el examen de ciudadanía. Contacte

a Carmen to register at 604-879-7104.

Próxima sesión

Jueves, 13 de enero 2011,

de 4 a 5:30 p.m.

Para fechas en la primavera, llamar a Carmen Miranda.

Oportunidades para hacer voluntariado

Ser voluntario o voluntaria ofrece la oportunidad de conocer la sociedad canadiense y obtener "experiencia laboral canadiense". Llamenos para mas información: al 604-879-7104.

Trabajadoras Multiculturales de Asentamiento.

Carmen Miranda-Barrios, Trabajadora Multicultural de Asentamiento para la comunidad Latinoamericana en

Vancouver. Los servicios se ofrecen en español e ingles.

Tel: 604-879-7104 ext. 313.

María-José Valenzuela, Trabajadora Multicultural de Asentamiento y Consejera laboral.

Tel: 604-879-7104 ext. 313.

*Servicios en español e ingles.



Chương Trình Giúp Đỡ Định Cư Cho Người Việt Nam

Chúng tôi (Little Mountain Neighbourhood House/VISTA Consortium) cung cấp một số dịch vụ hỗ trợ miễn phí cho người Việt mới đến định cư tại tỉnh bang British Columbia, Canada.



Hướng dẫn và thông tin

Giới thiệu đến những nơi thích hợp

Tư vấn ngắn hạn

Giúp điền đơn và xin giấy tờ

Xin nhà housing, xin bảo hiểm y tế, xin đi học, xin thẻ Permanent Resident, v.v...

Những buổi hướng dẫn miễn phí

Hướng dẫn về Hệ thống trường học tại Vancouver, về nhà chính phủ, về luật pháp, v.v...

Những buổi thảo luận về giáo dục con cái

Chương trình Nobody's Perfect, My Tween & Me, v.v...

Xin tiền phụ cấp gửi con

Hướng dẫn và giúp điền đơn xin tiền phụ cấp gửi con (Child Care Subsidy), hướng dẫn cách gửi và xin trường

Giúp đỡ tìm việc, làm resume

Lớp thi quốc tịch

Giúp điền đơn xin thi, lớp Citizenship bao gồm 5 buổi học miễn phí

Khai thuế miễn phí cho những gia đình có thu nhập thấp

Do những thiện nguyện viên giúp đỡ trong mùa thuế (từ tháng 3 đến tháng 5)

Nhóm các bà mẹ Việt Nam

Nhóm họp thường xuyên để giúp đỡ nhau, cùng nhau học hỏi Anh văn, chia sẻ, thảo luận về đời sống tại Canada và giáo dục con cái, nấu ăn, đi fieldtrips và nhiều sinh hoạt lành mạnh khác.

Nhóm họp tại: 3981 Main street

Vào sáng thứ sáu từ 10:30 đến 12:00

Chương trình: miễn phí

Lớp Anh Văn ELSA 1-2-3

Lớp học cho người mới tới, có giữ trẻ từ 18 tháng đến 5 tuổi.

Chương trình hỗ trợ cho cao niên

Do Lycia Rodrigues phụ trách 604-879-7104

Hướng dẫn làm volunteer

Và còn nhiều sinh hoạt vui tươi lành mạnh khác nữa

Đa số các chương trình đều được tổ chức tại

Nhà Cộng Đồng Little Mountain 3981 đường Main

Muốn biết thêm chi tiết xin liên lạc với Kim Đặng ở số

604-879-7104 ext. 312



Community Programs

Building Community Through Food Community Kitchen

Come cook and bake with us! With our free Community Kitchens you can learn new recipes, teach others a favorite recipe, and eat together.

Who it's for: Community members

When: Mondays 4:00-7:00pm
(5 sessions)

May 02, 16, 30, June 13, 27

Where: Little Mountain

Neighbourhood House

Registration: Registration is necessary.

Contact: Jennifer Wesman

at 604-879-7104, ext. 315 or

Jennifer_wesman@Lmnh.bc.ca

*Baking and cooking supplies will be provided; contributions always welcome.

*Bring containers to take food home.

*If you need to have some food, try to eat 1.5 to 2 hours before the yoga class. Child minding is available only with advance notice.

Community Dinner Nights

Delicious 3 course meal for seniors, families and singles. It is a nutritious & low cost meal.

Who it's for: Community members

When: Friday evenings

Where: Little Mountain

Neighbourhood House

Cost: \$3.50 for members/
\$4.50 for non-members
(1/2 price for children)

Who to contact: Susan Schachter

604-879-7104 ext.303

Music on Main *

Coffee House atmosphere with music, poetry, etc.

When: Thursdays 7:30-9:30pm

Where: Little Mountain

Neighbourhood House

Cost: By donation

Who to contact: Susan Schachter,
Manager Community & Settlement
Programs, at 604-879-7104 ext.303

UBC Law Student's Legal Advice

The Law Students' Legal Advice Program (LSLAP) offers free legal services for low-income people in the Lower Mainland. 1st & 2nd year UBC Law students, supervised by UBC Law professors, provide legal expertise in a variety of areas including criminal matters, small claims, residential tenancies, WCB, CPP, employment insurance, social assistance, wills & criminal injury compensation.

*By appointments only.

Who to contact: to register, call 604-822-5971 or visit the website www.lslap.bc.ca

Food Security Meetings & Workshops with Village Vancouver (Main St.)

In partnership with LMNH, Village Vancouver (Main St.) coordinates, organizes & facilitates individuals, neighbourhoods & organizations to collaborate in taking actions that build sustainable & resilient communities. Monthly meetings & workshops will focus on quality of life issues including local food production & distribution, a full-employment local economy, renewable energy, and low-impact transportation.

Who it's for: All Community members

When: 1st Tues. of the month, 6pm-8pm:
April 5, May 3, June 7, July 5, Aug 02

Where: Little Mountain

Neighbourhood House

Information: Village Vancouver:
Jason Mertz, Jason@villagevancouver.ca
OR Jennifer Wesman at
604-879-7104, ext. 315 or
Jennifer_wesman@Lmnh.bc.ca



Kids in the Kitchen

Children have fun while learning food skills: baking, cooking, & creating a menu!

Who it's for: Kids ages 7-12

When: Tuesdays, 4:15- 5:45
(6 sessions)

May 03, 10, 17, 24, 31, June 07

Where: Little Mountain

Neighbourhood House

Contact: Jennifer Wesman,
Welcoming & Inclusive
Communities Coordinator, at
604-879-7104, ext 315

*Registration is necessary!

Community Yoga for Women

Meet other community women. Share this fun, healing, and meditative space with us! Yoga followed by tea & conversation. Spanish translation available if needed.

With: Katherine Araya,
certificated yoga instructor

When: Mondays 4:30-6:00pm
(6 sessions) May 09, 23,
June 06, 20, July 04, 18

Where: Little Mountain

Neighbourhood House

Cost: \$5 per class

(subsidies available)

Registration: Maria Jose, Multicultural
Settlement Worker,
at 604-879-7104 ext. 313

Enhancing Communication Class *

You will learn to improve communication skills in English through interactive classes that explore many different topics of interest. This free communication class also provides childcare, bus tickets, and snacks. (In partnership with Settlement Workers in Schools program)

Who: Temporary foreign workers,
refugee claimants and their families.

When: Fridays 6:15pm-8:30pm (10 sessions)
May 06, 13, 20, 27,

Jun 03, 10, 17, 24, Jul 01, 08

Where: Little Mountain

Neighbourhood House

Who to contact: Maria Jose, Multicultural
Settlement Worker, at 604-879-7104 ext. 314

Community Events

Little Mountain Neighbourhood House Society (LMNHS) Annual General Meeting (AGM)

When: Monday, June 20TH, 2011
7:00PM (doors open at 6:30)

Where: Little Mountain Neighbourhood House
3981 Main Street

**Everyone is Welcome
Light refreshment will be available
RSVP to info@lmnhs.bc.ca
or call 604-879-7104*

**If you would like an electronic copy of the Annual Report, please send us an email.*

Car Free Vancouver Day on Main Street

Sunday, June 19 thousands of people will converge on Main Street for the Annual Main Street Car Free Festival. This event is part of a larger movement supported by the City of Vancouver in 5 neighbourhoods across Vancouver. The street will be closed to traffic from noon – 8:00pm & there will be non-stop entertainment with live music, food & clothing vendors & info. tables. Organizers expect tens of thousands of people will swarm Main Street during the whole day, so you won't want to miss it this year. Check it out & look for the neighbourhood house table!



Little Mountain-Riley Park 19th Annual Community Festival

When: Sunday, June 26

Where: Riley Park (Ontario & 30th)

Music and Dance Performances,
Arts and Cultural Activities,
Multicultural Food Fair, Games
And Much More...More details to Come!

MEMBERSHIP

Become a member of LMNH!

Receive promotional material, member discounts, member events, and input in the workings of the organization through general meetings

Annual Membership Fees for 2011:

Family.....	\$5
Adult.....	\$3
Senior.....	\$1
Child & Youth...	\$1.75

VOLUNTEER OPPORTUNITIES

Are you looking for a rewarding volunteer opportunity that will benefit you And the community?

We've got several options for you to choose from.

Benefits of volunteering:

- Gain a better understanding of your community
- Learn about different cultures
- For newcomers, gain Canadian work experience
- Give something back to your community

What Volunteer opportunities are available?

- Front Desk
- Seniors
- Family Drop In
- ELSA
- Childcare
- Food Programs
- Literacy
- Special Events
- Board of Directors
- Settlement

Contact:

Jennifer Wesman
604-879-7104 Ext. 315

Or get an application from reception



Little Mountain Neighbourhood House Society

3981 Main St.

Vancouver, BC V5V 3P3

Telephone: 604.879.7104

Fax: 604.879.7113

<http://www.lmnhs.bc.ca>

