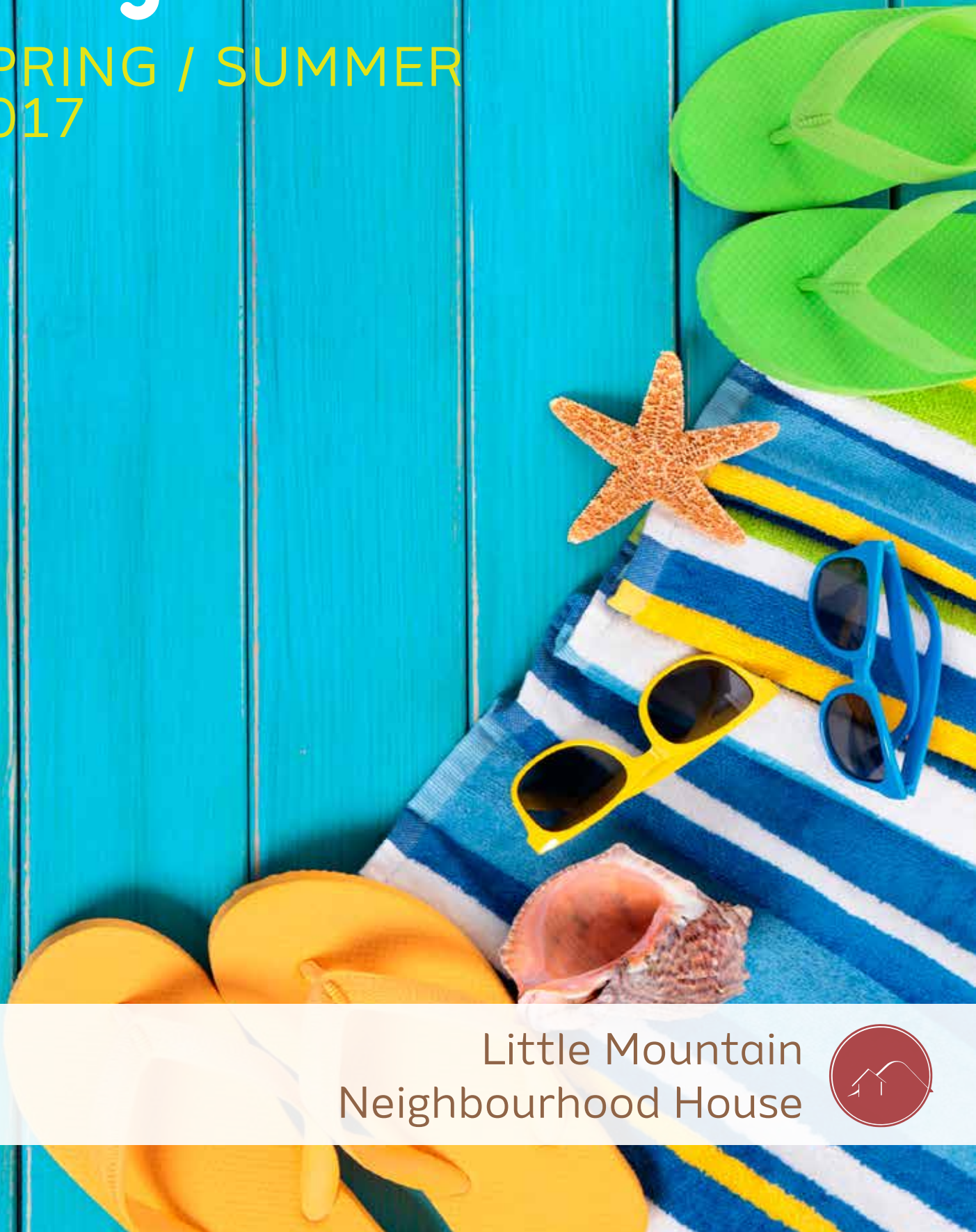


# Program Guide

SPRING / SUMMER  
2017



Little Mountain  
Neighbourhood House





## NEIGHBOUR HELPING NEIGHBOUR

### Little Mountian Neighbourhood House

provides necessary educational, cultural, recreational, and social services for the community of the Little Mountain and Riley Park area. We encourage active participation and proactivity as we strive towards the development of a healthier community.

## OUR SERVICES

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## CHILD CARE PROGRAMS

We provide a safe happy, healthy environment for children, parents & staff. Our Child Care centres are all licensed with qualified staff who work 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; nurturing children's growth in a safe place.

Geraldine Clevette, Child Care Manager  
604.879.7104 ext 311  
geraldine\_clevette@lmnhs.bc.ca

Janis Venn, CDC Senior ECE Supervisor  
604.876.0517  
cdc@lmnhs.bc.ca

Christie Akhurst, LMOSC Coordinator  
604.713.5565  
christie\_akhurst@lmnhs.bc.ca

Jordan Layne, MOSC Coordinator  
604.713.5960  
mosc\_coordinator@lmnhs.bc.ca

## Child Development Centre (CDC)

An inclusive centre that works closely with parents & VSCD to meet all of your child's basic needs. We believe that children learn best while playing, exploring, & discovering their environment and the world around them. We provide a hot nutritious lunch, and 2 nutritious snacks daily.

Who: Licensed day care  
3-5 yrs

When: Mon-Fri  
7:30am-5:00pm

Where: Total Education Program, 425 E. 29th Ave  
Vancouver

Cost: \$825/month.  
Subsidy applications accepted.

Includes: 2 snacks, lunch, 2 field trips each year.

Contact: Janis

## Little Mountain Out of School Care (LMOSC)

Promotes & encourages your children to express themselves and to have fun in a safe & welcoming environment that respects everyone. Fostering skills that help develop your child into confident, healthy leaders of tomorrow. We provide a nutritious breakfast and snacks each day.

Who: Licensed daycare  
6-12 yrs

When: Mon-Fri  
7:30-9am & 3-6pm  
+Pro-D & breaks

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

Cost: \$390/month  
Subsidy applications accepted.

Includes: Snacks, field trip and transportation costs.

Contact: Christie

## Sunset Daycare Affiliated daycare

Where: 8054 Buscombe St.

Contact: Sandy Parmar,  
Acting Senior ECE  
Supervisor  
604.325.3817  
sunsetdaycare@telus.net

## Marguerite Out of School Care (MOSC)

Promotes & encourages your children to express themselves, and to have fun, in a safe and welcoming inclusive environment. Our program will encourage your child to explore their creativity, humanity, & passion for learning. This program serves Shaughnessy Elementary School.

Who: Licensed daycare  
6-12 yrs

When: Mon-Fri  
After school care  
7-9am & 3-6pm  
+Pro-D & breaks

Where: Shaughnessy Elementary School, 4250 Marguerite St, Vancouver

Cost: \$440/mo  
Subsidy applications accepted.

Includes: Snacks, most fieldtrip and transportation costs.

Contact: Jordan

## Spring Break for LMOSC & MOSC

LMOSC  
- Full

MOSC  
- Spots still available  
- Please call Jordan



## FAMILY RESOURCE PROGRAMS

We support the development of happy, healthy, families through drop-ins, parent education workshops, support services, and other family centered programs.

Maria Valenzuela, Family Resource Manager  
604.879.7104 ext 316  
maria\_valenzuela@lmnhs.bc.ca

Mehak Sharma, Family Support Worker  
604.876.0517 ext 304  
mehak\_sharma@lmnhs.bc.ca

Gregory Kidd, Physical Literacy and Nature Exploration Coordinator  
604.879.7104 ext 319  
gregory\_kidd@lmnhs.bc.ca

### Family Drop-Ins

Come and play with your child at our family drop-ins! This program provides the opportunity for parents/caregivers and their young children (0 to 6 yrs old) to meet new friends, play, and sing together. No registration is required.

Who: Parents/caregivers & children aged 0 to 6 years  
When and Where :  
Gray's Park  
E. 33rd Ave & St. Catherine's Street  
Mon & Wed, 9:30am-11:30am

LMNH  
Fri, 9:30am-11:30am  
Sat, 10am-12pm

Cost: \$2/per visit or  
\$5/month per family  
Contact: Maria

### Family Support

The Family Support Worker is available to provide one-on-one support and referrals to parents who are facing life challenges. Staff can help you apply for child care subsidy, subsidized housing, leisure access pass, and income assistance as well as other services. Appointments are appreciated but drop-ins are welcomed.

Who: Parents of children 0-18 years  
Where: LMNH  
Cost: Free  
Contact: Mehak

### Mother Goose @ Hillcrest

Learn songs, rhymes, and stories to tell your baby and to stimulate your baby's early language development.

Who: Parents & infants aged 0-1 year  
When: Tue, Apr 4 - Jun 27  
10:30am-12pm or  
12:30pm-2pm  
Cost: \$45.50

Who: Parents & toddlers 1-2 years  
When: Tue, Apr 4 - Jun 27  
Time: 9:40-10:15am  
Cost: \$45.50

Contact: Hillcrest Community Centre at 604-257-8680

## Single Mom's Support Group

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

Who: Single Mothers  
When: Wednesdays, 6-8pm  
Where: LMNH  
Cost: Free  
Contact: YWCA at 604-619-5276 or [singlemoms@ywcavan.org](mailto:singlemoms@ywcavan.org)

## Art Therapy

The art therapy program is facilitated by a student attending the Vancouver Art Therapy Institute. The art therapy student will work with clients to encourage them to express themselves through different art forms and to address a variety of issues such as anger, grief, and loss. Appointments are required.

Who: Children, youth, adults & seniors.  
When: Various days (open for Fall)  
Where: LMNH  
Cost: Free  
Contact: Mehak

## Effective Parenting

We will discuss ways to foster your child's self-esteem and improve your relationship.

Who: Parents of children (newborn - 5 years old)  
When: Wednesdays Jul 5 - 26  
Time: 10am-12pm  
Where: LMNH  
Cost: Free  
Contact: Mehak

## Counselling

Counselling is provided by practicum students training to become professional clinical counsellors. Counsellors work with clients experiencing challenges with anxiety, depression, bereavement, life transitions, family conflict, and low self-esteem etc. Open to eligible community members. Appointments are required.

Who: Teens, adults, and seniors  
When: Various days  
Where: LMNH  
Contact: Mehak  
Cost: Free

## Summer Early Learning Program

This summer camp program will focus on kindergarten readiness, physical literacy, fun games, art activities and walks and exploration.

Who: 3-5 year olds  
When: Jul 4 - Aug 31  
Time: 9am-12pm (Mon-Thu)  
Cost: \$60 per child/week except week of Stat holiday which is \$45 for 3 days  
Where: LMNH  
Contact: Maria

## Neighbourhood Movie Night

Movie night indoor theatre. Bring friends, family, pillows, blankets and an appetite. We'll have pizza, popcorn, juice and water.

Who: Everyone  
When: Jun 23 (initial screening)  
Time: 5-8pm  
Cost: Entrance by donation  
Where: LMNH  
Contact: Mehak

## 123 Jump!

Come out and play while developing the FUNdamental Movement Skills that leads to lifelong active living! This early years program is for children 2-5, parent participation required.

Look for programs taking place at Mount Pleasant Neighbourhood House and Mount Pleasant Family Centre starting in January 2017!

Who: Parents & children 2-5 years  
When: TBA January  
Cost: Free (location membership may be required)  
Contact: Greg

## Pro-D Camps

Need something to do during Pro-D days? Come join us for a day of fun, including outdoor and gym games, and swimming. Program presented in partnership with Hillcrest Centre. Please make sure to bring swimsuit, towel, and a lunch.

Who: Children 6-11 years  
Where: Hillcrest Community Centre, 4575 Clancy Loranger Way  
Cost: \$30/participant  
Contact: Greg  
Registration: Online through City of Vancouver Parks and Recreation

## Brock Elementary

Join trained instructors for an afternoon of fun and games in Brock Elementary. Play all your favorite games and enjoy a healthy snack.

Who: Brock students K-3 only  
When: TBA  
Where: Brock Elementary Gym  
Cost: \$30/participant  
Contact: Greg

Registration: Look for information forms to come home with your child



## CHILD AND YOUTH PROGRAMS\*

The CY Department offers a wide range of programming for children and youth ages 6-19 years old. The diverse programs range from after school literacy programs, homework clubs, pre-teen drop-ins, camps, youth council, leadership, as well as special events throughout the year. All programs take place at the Neighbourhood House, local elementary or secondary schools, and community organizations within the Riley Park area.

These programs are funded by United Way of the Lower Mainland, BC Gaming Branch, Betty Averbach Foundation, Vancity, Kinder Morgan Foundation, Hamber Foundation, BC Housing, Vancouver School Board, Tupper Secondary, Community Schools Partnerships, and the City of Vancouver.

Jasica Grewal, Child & Youth Manager  
604.879.7104 ext 310  
jasica\_grewal@lmnhs.bc.ca

Alexis Bennett, Youth Worker  
604-879-7104  
alexis\_bennett@lmnhs.bc.ca



## Children's Programs (6-12 years old)

Literacy Enhancement Project: Increase physical literacy through recreational play. Increase academic literacy through themed activities such as science experiments, nature, life skills, and more. Increase social and emotional health with group games, and leadership skills. Join our staff for a fun and educational after school program!

### Brock Elementary Literacy Circle

Who: Grades 1 – 3  
When: Mon, Thu; Apr 3 - Jun 15  
Where: Art Room

Who: Grades 4-7  
When: Tue; Apr 4 - Jun 13  
Where: Art Room

Cost: \$40 - 9 weeks  
Time: 3-5pm

### Livingstone Elementary Literacy Circle

Who: Grades 1 – 3  
When: Tue, Fri; Apr 4 - Jun 16

Who: Grades 4-7  
When: Wed; Apr 5 - Jun 14

Where: School Library/Room #106  
Cost: \$40- 9 weeks  
Time: 3-5pm

### Wolfe Elementary Literacy Circle

Who: Grades 1 – 3  
When: Wed; Apr 5 - Jun 14

Who: Grades 4-7  
When: Fri; Apr 7 - Jun 16

Where: TBA  
Cost: \$40 -9 weeks  
Time: 3pm – 5pm

Registration: These programs are open to children attending the three schools listed.

## Spring Break Adventure Camp

A different theme every week, field trips and outings galore, games, crafts, friends, sports, and most importantly FUN! Come join us for 1 or 2 weeks! Skilled day camp staff lead this exciting 2 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!

Who: Ages 6-12  
When: Mar 13 – Mar 17  
Mar 20 – Mar 24  
Time: 9:00am – 4:00pm  
Where: LMNH  
Cost: \$120/week

Registration: Registration will open February 6 at LMNHS

## CREW

A drop-in program for pre teens ages 8-12. Discover your community, play board games, video games, get help with homework, hang-out, eat delicious snacks, and make new friends!

Who: Grades 4-7  
When: Tue, Fri (Ongoing)  
Time: 5:00 – 8:00pm  
Where: LMNH  
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: Alexis

## Youth Programs (12-18 years old)

### Learning is First (LIFT) Tupper High School

This program offers Tupper school students group and one-on-one homework help in a supportive, enriching atmosphere. The program provides volunteers from the UBC Trek program for mentoring, tutoring and guidance.

Who: LIFT participants  
When: Tue, Thu; 3-6pm  
Ongoing  
Where: Tupper High School  
Cafeteria Cost: Free

Registration: Open to all Tupper Secondary students

### Youth Council

Get involved in your local community, gain leadership skills, plan events, build friendships, volunteer with local non-profits and have fun!

Who: Youth grades 8 – 12  
When: Tue; 5-7pm  
Ongoing  
Where: LMNH  
Cost: Free

Registration: Register @ Little Mountain during program hours with Kit  
Contact: Jasica

**\*NEW PROGRAM  
SCHEDULES WILL  
START ON SEPTEMBER**



## SENIOR PROGRAMS (55+) / 長者活動 (55 岁以上)

Little Mountain Neighbourhood 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.

小山鄰舍中心為長者們提供活動和健康講座，讓他們可以與社區有更緊密的聯系。我們提供的一系列具娛樂性、交際性及文化特色的活動有助於長者保持精神和身心的健康。這些活動不僅鼓勵長者學習新的語言，還為長者們提供基本的翻譯及進一步的健康資訊。長者在這些活動中義務擔當領導角色。這些不同類型的室內、外活動及講座還幫助新來的長者們更好、更快地適應加拿大的新生活。

Wen Ren 任文煥, Chinese & Seniors Settlement Worker  
604-879-7104 ext 321  
wen\_ren@lmnhs.bc.ca

### Line Dancing

Join us and learn some new dance moves. Enjoy a little chat with new friends, and some light refreshments during the break.

When : Tue, 10:30am-12pm  
Where: Cityview Baptist Church  
4370 Sophia St.  
Cost : \$1/session

Who : Current participants only\*  
When : Fri, 9-11am  
Where : LMNH \*Full occupancy

### Friendly English Class

You will learn English conversation and simple readings based on everyday living. Join this friendly class led by volunteers who can also speak Chinese.

When : Thu, 1-2:30pm  
Where : LMNH

### Knitting Circle & Crafts

This Knitting Circle is led by experienced knitters. The participants will learn more knitting techniques and make friends at the same time. Please bring your own yarn & needles.

When: Fri, 11-12pm  
Where: LMNH

## Life Songs: Telling Our Stories through Conversation and Music

Seniors who are interested in singing and sharing your stories are welcome to join this popular program. Led by an experienced teacher, the program will bring seniors together to sing classic songs and share their stories.

When: Fri, 11-12:30pm  
Where: LMNH

## Older Adults Drop-in Program

Are you looking to make new friends? Bored of your regular routine? Come and join us for a variety of drop-in programs such as: Line dancing, cultural cuisine and arts & crafts.

This program is conducted in both English and Chinese. A seasonal calendar with details of the activities will be provided. This program is provided by S.U.C.C.E.S.S. and Little Mountain Neighbourhood House collaboratively.

When: Wed 11:15am-12:45pm  
Where: Hillcrest Centre  
4575 Clancy Loranger Way,  
Ontario Street & 29th Ave.  
Cost : SUCCESS requires a \$10 annual fee

## Beading Workshop

Come join a group of active seniors and learn to make beautiful items together. This is a Neighbourhood Small Grant Project.

When: Fri, 11am-1pm  
May 19 - Jun 30  
Where: LMNH

## 健康排排舞

邀請您參加這個健康的活動，在受訓老師帶領下，一起來學習新的舞步。休息的時候可以與新朋友聊聊天，品嚐我們提供的小點心。

### Cityview Baptist Church

时间: 星期二 10:30-12:00  
地点: Cityview Baptist Church  
(Sophia街4370号, 近28街)  
費用: \$1/次

### -小山鄰舍中心

时间: 星期五 9:00-11:00  
地点: 小山鄰舍中心

出於安全考量，星期五組暫時無法接受更多人參加，如有興趣請參與星期二的排舞活動。

## 移民長者友誼英文班

誠邀您參加這個由會講中文的義工帶領的英文班。您將學到日常生活相關的簡單對話。

时间: 星期四 1:00-2:30  
地点: 小山鄰舍中心

## 針織手工小組

由針織經驗豐富的義工帶領，針織小組讓您在豐富自己興趣的同時，結交志同道合的朋友。請自備毛線與織針。

时间: 星期五 11:00-12:00  
地点: 小山鄰舍中心

## 生命之歌：唱出我們的故事

誠邀喜歡歌唱和分享故事的長者參加這個活動。長者們會聚集在一起分享自己的故事經歷，學唱一些與討論內容相關的英文歌曲。參加本活動的長者需要具備基本的英文會話水平。

时间: 星期五 11:00-12:30  
地点: 小山鄰舍中心

## 希爾克雷斯社區耆英會

你想結交新朋友嗎？是否覺得每天重複的生活有些無聊？加入我們耆英會豐富多樣的活動吧。我們提供的活動包括：舞蹈、麻將、茶會、手工等等。活動通過中英雙語進行。本活動由中僑互助會與小山鄰舍中心提供。

时间: 星期三 11:15-12:45  
地点: 希爾克雷斯社區中心  
(4575 Clancy Loranger Way, Ontario街近29街)  
費用: 中僑需要收取10元年費



## SETTLEMENT PROGRAMS

LMNH offers a variety of FREE Settlement Programs and services to provide assistance and support to newcomers during their initial settlement in Canada.

Susan Schachter, Settlement Services Manager  
604.879.7104 ext 303  
susan\_schachter@lmnhs.bc.ca

Carmen Miranda-Barrios  
Settlement Services Supervisor  
604.879.7104 ext 313, carmen\_miranda@lmnhs.bc.ca

Alma Saplala  
Filipino  
Settlement Worker  
604-879-7104 ext 319  
alma\_saplala@lmnhs.bc.ca

Annie Yu  
Chinese  
Settlement Worker  
604-879-7104 ext 314  
annie\_yu@lmnhs.bc.ca

Silva Abkarian  
Arabic  
Settlement Worker  
604-879-7104 ext. 320  
silva\_abkarian@lmnhs.bc.ca

Arely Rodriguez  
Latin American  
Settlement Worker  
604-879-7104 ext 413  
arely\_rodriguez@lmnhs.bc.ca

Wen Ren  
Chinese  
Settlement Worker  
604-879-7104 ext. 321  
wen\_ren@lmnhs.bc.ca

Kim Dang  
Vietnamese  
Settlement Worker  
604-879-7104 ext. 312  
kim\_dang@lmnhs.bc.ca

Amy Wei  
LINC  
Facilitator  
604.879.7104 ext. 308  
amy\_wei@lmnhs.bc.ca

\* Program funded in full or in part by  
Immigration, Refugees and Citizenship Canada.  
Priority will be given to Eligible Newcomers.

## Settlement Services

Please be aware that for Settlement Services, you will need to bring your immigration documents and provide your date of birth.

- Orientation
- Information and Referral
- Workshops and Education
- Immigrant Seniors Support

- Parenting support programs
- Basic Employment services
- Canadian culture & Citizenship
- Mentorship

- Topical workshops

Free bus tickets.  
Child care available upon request.

### Canadian Systems & Culture\*

This program will explore varied issues that affect new immigrant families, and which will help them successfully resettle in Canada.

### Filipino

Information Session on First Time Homebuyers Program  
When: Sat; 2-4:30pm; Mar 18

Parenting Workshop:  
Managing Emotions  
When: Sat; 11-3pm; Mar 25

Parenting Workshop:  
Reunification  
When: Two Sat (TBA); Apr

Where: LMNH  
Contact: Alma

### Conversation Circles & Life Skills\*

Conversation Circles and Life Skills is a program for permanent residents with an Arabic background. Summer topics include: driving, VPL, healthy living and muc more.

When: Sat, 1:30-3:30pm, Jul 8 - Aug 19 (No session on Aug 5)  
Where: LMNH  
Contact: Silva

### Language Instruction for Newcomers to Canada (LINC)\*

Free basic English language courses to adult permanent residents.

### Level 2 (beginner) to Level 6 (Intermediate)

Morning and afternoon classes are available. You will learn English to help you with living your life in Canada, & making friends. You will learn about health care, job market, Canadian Laws & many things that are important for life in Canada.

Registration required.

Contact: Amy

### LINC Schedule

CLB Level	Time	Location
2 (pm)	Mon-Thurs 1-4pm	LMNH
3 (am)	Mon-Thurs 9:15am-12:15pm	LMNH
4 (am)	Mon-Thurs 9:15am-12:15pm	Bethel Church
4 (pm)	Mon-Thurs 1-4pm	LMNH
5 (am)	Mon-Thurs 9:15am-12:15pm	LMNH
5 (pm)	Mon-Thurs 1-4pm	Bethel Church
6 (am)	Mon-Thurs 9:15am-12:15pm	Fountain Alliance Church

### Citizenship Education\*

This program prepares newcomers for their citizenship exams.

When : Thu, 4:30-6:30pm  
May 25  
Jun 2, 9, 16, 23, 29

Where : LMNH  
Contact: Alma or Arely

### Parenting Series

#### Family Separation

When: Jul 8, 11:30am-3:30pm

#### Family Reunification

When: Jul 15, 11:30am-3:30pm

Where: LMNH  
Contact: Alma

### Topical Workshops\*

Court Information  
Family Law  
Financial Literacy & Income Tax  
Tenant's Rights and Responsibilities  
When: TBA  
Contact: Wen/Kim



## 華語移民安頓服務

這個服務項目的宗旨是為新移民和難民提供安頓服務，以幫助他們在抵達初期能更好地適應在加拿大卑詩省的生活。我們有如下服務：

从2014年4月1日起，請到訪要求移民安頓服務的客人攜帶枫叶卡或移民紙或其他入境證明文件前來

### 新移民英語課程 (LINC 2 - 6 級) 初級至中級

Language Instruction for Newcomers to Canada (LINC)是加拿大政府免費提供給新移民成人的英語教學。課程也同時介紹給新移民加拿大文化及社區內的服務資源。詳情請聯系：瑞秋 (Amy)

電話：604. 879. 7104轉308

\* 提供免費托兒服務(18月-5歲小孩)

### 入籍考試準備課程(英語)

我們將為新移民提供免費的入籍輔導課程，以幫助他們為參加入籍考試準備。

時間/日期：星期四下午4:30至6:30，日期待定(6節課)

地點：小山鄰舍中心

費用：免費

如上活動報名及更多信息請繫安妮(Annie) 或 文(Wen)

電話：604. 879. 7104

電郵：annie\_yu@lmnhs.bc.ca

wen\_ren@lmnhs.bc.ca

### 華語移民安頓服務(免費)

小山鄰舍中心華語移民安頓服務員用國語及粵語為新移民和難民提供一對一的安居指引、信息資源、轉介、小組互助、服務鏈接及社區活動介紹等服務，以幫助他們在抵達初期更好地適應卑詩省的生活。

包括：

\* 申請政府有關福利如廉租屋、托兒補助金及工卡、楓葉卡、醫療卡

\* 幫助新移民了解本地的教育系統及如何教養子女

\* 入籍申請及考試輔導

\* 就業輔導及社區參與等等  
報名及詳情請致電：安妮(Annie) 或 文(Wen)

### “加拿大系統及文化” 講座系列 (免費)

您是否想了解更多加拿大的文化及系統？請參加我們的系列講座。講座題目包括家居安全及急救常識；道路、家居及個人安全，以及與您生活息息相關的議題。

地點：小山鄰舍中心 溫哥華緬街3981號（緬街夾24街）

\*提供免費小孩託管服務，但需提前通知！\*

如上活動報名及更多信息請聯系安妮(Annie) (粵語/國語)

電話：607-879-7104 分機314

電郵：annie\_yu@lmnhs.bc.ca

(Wen) (粵語/國語)

電話：607-879-7104 分機321

電郵：wen\_ren@lmnhs.bc.ca



## Chương Trình Giúp Đỡ Định Cư

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

Xin lưu ý, bắt đầu từ ngày 01 tháng tư, 2014, khi sử dụng dịch vụ định cư, quý vị sẽ phải xuất trình giấy tờ nhập cảnh và ngày tháng năm sinh.

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

### Những buổi hướng dẫn miễn phí

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

### Lớp Anh Văn LINC 2-3-4-5-6

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

### Chương trình hỗ trợ cho cao niên

Do Wen Ren phụ trách 604-879-7104

### Tìm hiểu về văn hóa và những hệ thống Của Canada

*Chương trình mở rộng cho tất cả các gia đình người mới nhập cư thông qua hội thảo, định hướng, thảo luận, nấu ăn, hướng dẫn tham quan và nhiều hoạt động khác, nhóm này sẽ hỗ trợ nhau giải quyết những vấn đề nhập cư tại Canada.*

### Nhóm các bà mẹ Việt Nam

*Nhóm họp thường xuyên để giúp đỡ nhau, cùng nhau học hỏi, 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*

### 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**



## Programas para recién llegados

Atención: a partir del 1 de Abril 2014 es un requisito presentar sus documentos de Migración y proveer su fecha de nacimiento para recibir servicios de asentamiento.

## LINC — Enseñanza de idiomas para los recién llegados a Canadá

Clases gratuitas para Residentes Permanentes.

Nivel 2 (principiantes) hasta Nivel 6 (intermedio)

Llamar a Amy (604-879-7104 ext. 308) para más información.

Para información en español, preguntar por Arely

## Talleres sobre el Mercado Laboral

Este programa ofrece información importante y al día sobre el mercado laboral

Cuando: TBA  
Lugar: LMNH  
Costo: gratuito  
Contacte a Arely para más información

Los talleres se ofrecen en inglés

## Atención individual Oportunidades para hacer voluntariado

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 niños.

Información migratoria:  
Ciudadanía, Tarjeta de Residencia canadiense, etc.  
Clases de ciudadanía. Gratis.  
Llame a Arely

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

Trabajadora Multicultural de Asentamiento para la comunidad Latinoamericana en Vancouver (Los servicios se ofrecen en español e inglés)

Contacte a Arely  
Tel: 604-879-7104 ext. 413

## Habilidades Culinarias para Familias

Es un programa de seis sesiones donde aprenderá a cocinar y comer saludable en una atmósfera relajada y divertida. Le brindará la confianza, habilidad y el conocimiento para escoger alimentos saludables para Ud y su familia.

Cuando: 6 de Mayo, 10 de Junio, Sabados  
Lugar: LMNH

Talleres de información sobre los requisitos de admisión a los programas de estudios en Canadá en las Universidades, Institutos Tecnológicos, y diferentes oficios. Información para el reconocimiento de credenciales extranjeras en Canadá.  
Cuando: contacte a Arely  
Lugar: LMNH





## Community Connection Programs for Newcomers

LMNH offers programs that promote diversity and cultural inclusion to ensure more immigrants benefit from opportunities for social engagement and employment. Our Community Connections programs support newcomer\* engagement in community, social, and employment integration.

Susan Schachter,  
Settlement Services Manager  
Phone: 604-879-7104 ext. 303  
Email: susan\_schachter@lmnhs.bc.ca

Stephen Andrada,  
Facilitator, Mentorship and Employment Programs  
Phone: 604-879-7104 ext. 319  
Email: stephen\_andrada@lmnhs.bc.ca

## Food, Music, Health & Community

Growing food and growing community are intertwined activities important to a healthy and resilient neighbourhood. The Little Mountain Riley Park (LM-RP) Neighbourhood Food Network (NFN) works with community members, businesses, and organizations to ensure that all our residents have access to healthy, affordable, culturally appropriate and nutritious food. Together, we are growing the community – one connection at a time.

Marta Ramos  
Community Kitchen  
Facilitator  
newcomerscommunity@gmail.com

Tim Mar  
Music  
Facilitator  
timmarsongs@gmail.com

Joanne MacKinnon  
Community Engagement  
Coordinator  
joanne\_mackinnon@lmnhs.bc.ca

Jane Cuthbertson  
Community Dinner  
Chef  
chefjane@telus.net

Wen Ren  
English Conversation  
Settlement Worker  
wen\_ren@lmnhs.bc.ca

Rene Gaviola  
Health  
Facilitator  
rene\_gaviola@lmnhs.bc.ca

## New Comer to New Leader: Leadership & Employment Readiness Training\*

Bi-monthly workshops & employment counselling will build employment-readiness in a Canadian context through small group and interactive sessions that focus on developing skills in: networking, role-plays for interviews & interview techniques, dressing for the job, intercultural communication for the workplace, mentorship & volunteering, developing leadership and team-work skills.

Dates: TBA  
Time: 5:30 – 7:30pm  
Contact: Stephen

## Mentorship Matches for Community & Employment Engagement \*

Gain professional connections and support for practical, hands-on workplace experiences. Gain knowledge of life in Canada and be supported to develop employment & engagement goals, become active in the local community, and gain real-life on-the-job training & experience. This is a great way to develop your professional portfolio and gain knowledge of Canadian workplaces.

When: Mentorships ongoing.  
Be a Mentor or Mentee  
Contact: Stephen

## Music and More on Main

Join our Community Coffee House atmosphere with music, poetry, tea, cookies. Good music and good company!

When: Thu 7:30-9:30pm  
Cost: By donation  
Contact: Tim

## Community Kitchen for Newcomers\*

Meet new people in a fun & friendly cooking class. Learn new recipes while building English skills with other newcomers and mentors in the community. Participants will increase food knowledge in a Canadian context and be supported to make healthy food choices. Participants will receive weekly recipes. Registration required.

When: Mon 4:15-6:45pm  
Services: Child minding provided  
Contact: Marta

## Community Dinner Nights

A delicious, nutritious, and low-cost 3-course meal for families and singles. This is a great way to eat healthy and meet new people in the neighbourhood.

When: Fri 5pm  
Cost: adult members \$5, seniors \$4.5, non-members \$6, \$4 per child  
Contact: Jane

## LMRP Food Network

The LMRP Food Network is a member of the Vancouver Neighbourhood FoodNetwork. We are a grassroots network of people, organizations and agencies collaborating on food initiatives. Our work is to ensure access to healthy, culturally appropriate and sustainably produced food for all community members.

There are three key areas for our work:

1. Riley Park Community Garden  
Growing live Spring 2017! In Riley Park (30 th / Ontario), the Neighbourhood House is involved with the new Community Garden, the Fieldhouse, and the Shed.

Our garden is envisioned to create community space and social cohesion through participation, education and events. We promote food security by supporting neighbourhood organizations and community members with 100% of the food grown by our volunteers.

2. Food in Our Community:  
A food asset map of community kitchens, low cost and free meals, food distribution, seniors discount days, food delivery. Visit <http://www.vch.ca/your-health/health-topics/food-asset-map-vancouver/>

3. Community Outreach & Engagement:  
Working together to build a resilient, healthy, food secure community.

Visit [rileyparkgarden.org](http://rileyparkgarden.org) to subscribe to our garden mail list [info@rileyparkgarden.org](mailto:info@rileyparkgarden.org)

Contact: Joanne

## Conversation & Connections: English Conversation Club

Practice English speaking in a fun & friendly environment. Conversation mentors will assist learners as they practice reading & speaking about various topics. Participants will also practice idiomatic expressions & informal speaking with others.

When: Fri 1:00-2:30

Contact: Wen

## Heart-Health-Hood: Community Health Program\*

Gain knowledge and access to local health resources & participate in wellness activities that focus on healthy living and literacy. Topics include wellness & nutrition, managing stress, chronic disease prevention, exercise & active living. Classes are facilitated by BCIT nurses & include educational lessons, games, & dialogue to practice English. Participants will receive a certificate and healthy living manual.

When: Wednesdays 4:15-5:45 pm

Dates: Resumes Sep 13 - Oct 18

Contact: Rene

Funding provided by Greenshield and Vancouver Foundation

## MEMBERSHIP

Become a member of LMNH

Receive promotional material, discounts, invitations to events, and input on the workings of the organization through general meetings.

Membership Fees:

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

## VOLUNTEER OPPORTUNITIES

A rewarding volunteer opportunity

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

Contact Receptionist @ 604-879-7104  
kathleen\_vincent@lmnhs.bc.ca, or get a form from reception.

## Self Defense Class

It's back again! This time we're having a 4 session class of 2 hours each, and a general class of 2 hours. Register at Front Desk.

When: 4-6pm, Jun 5, 7, 12, 14  
5-7pm, Jun 28

Contact: Kathleen  
604-879-7104

\*no childminding available

## SAFE HARBOUR: Respect for All LMNHS is a certified site that promotes diversity and inclusion

Safe Harbour: Respect for All is a vision in action. It includes businesses, institutions, and organizations that see value in diversity, and which promote inclusion in the workplace. Part of the action is to support staff to work together to address issues of discrimination in the workplace—as well as attracting and retaining a diverse workforce and clientele. Employees learn to create more welcoming and inclusive workplaces and communities. As a certified Safe Harbour site, LMNHS demonstrates inclusive values and social responsibility to staff, clients, shareholders and our community.



**SAFE HARBOUR**

RESPECT FOR ALL

Equitable Treatment for All  
An Immediate Safe Place  
Prepared Employees and Worksites



**3981 Main Street  
Vancouver, BC**

**#604.879.7104**



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