

Spring and Summer

2019

PROGRAM GUIDE

Little Mountain Neighbourhood House Society Annual General Meeting - June 24th || See back cover for more details. ||



LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE
NEIGHBOUR HELPING NEIGHBOUR

Photo by: Michael Labre



VISION

Connect, engage and empower community members to create a vibrant, inclusive and caring neighbourhood.

MISSION

Develop and facilitate social, educational, cultural and recreational programs and initiatives that strengthen neighbourhood life for a diverse group of community members.

MEMBERSHIP

Become a member of LMNH

*** Please note, membership is required to participate in LMNH programming. Memberships can be obtained on our website or at reception.**

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

Membership Fees:

Family.....	\$10
Adult.....	\$5
Senior.....	\$3
Youth.....	\$0

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 Reception

Phone: 604.879.7104

Email: kathleen_vincent@lmnhs.bc.ca

*forms also available at reception or our website.

OUR SERVICES

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* LMNHS AGM and Main Street Car Free Day

Back Cover



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
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Jordan Layne

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Timberwolves Out of School Care (TWOSC)

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 Mackenzie Elementary School.

Who: Licensed daycare

Ages: 6-12

When: Monday to Fridays

After school care, 7 - 9 AM, 3-6 PM
and Pro-D and breaks.

Cost: \$410/month subsidy Applications accepted

Includes: Snacks, most field trip and transportation costs Pick up and drop off at Mackenzie Elementary School

* Kindergarteners qualify for the New Child Care Fee Reduction Policy from BC government once approved. Includes: Snacks, field trip and transportation costs.

Contact: Emma

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 daycare
Age: 3-5
When: Monday to Fridays
 7:30 - 5:00 PM

Where:
 Total Education Program
 425 East 29th Avenue
 Vancouver

Cost: \$795/ month*
 Subsidy applications accepted.

* Includes the New Child Care Fee Reduction Policy from BC government once approved.
 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
Age: 6-12
When: Monday to Fridays
 7:30 - 9 AM & 3 - 6 PM
 and Pro-D & breaks

Where:
 McBride Elementary School
 1300 East 29th Avenue
 Vancouver

Cost: \$410/ month*
 Subsidy applications accepted.

* Kindergarteners qualify for the New Child Care Fee Reduction Policy from BC government once approved.
 Includes: Snacks, field trip and transportation costs.

Contact: Christie

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
Age: 6-12 yrs.
When: Monday to Fridays
 After school care
 7 - 9 AM & 3 - 6 PM
 and Pro-D & breaks

Where:
 Shaughnessy Elementary
 4250 Marguerite Street
 Vancouver

Cost: \$465/ month*
 Subsidy applications accepted.

* Kindergarteners qualify for the New Child Care Fee Reduction Policy from BC government once approved.
 Includes: Snacks, most fieldtrip and transportation costs.

Contact: Jordan

Sunset Daycare Affiliated Daycare

Where: 8054 Buscombe Street
 Vancouver
Contact: Kirsten Ginter
 Senior ECE Supervisor
Phone: 604.325.3817
sunsetdaycare@telus.net





FAMILY RESOURCE PROGRAMS

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

Lynette von Oelffen

Family Support Worker
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lynette_vonoelffen@lmnhs.bc.ca

Angelo Moroni

Mens Group Facilitator
604.876.7104 ext 304
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Maria Valenzuela

Family Resource Manager
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maria_valenzuela@lmnhs.bc.ca

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

Ages: 0-18 years

Where: LMNH

Cost: Free *with membership

Contact: Lynette

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 - 8 PM

Where: LMNH

Cost: Free *with membership

Contact: YWCA: 604-619-5276
or singlemoms@ywcavan.org

Mens Group

Be a part of our active and fun Mens group to support modern parenting, Men's challenges, and positive habits in day-to-day living

Guest speakers, free snacks and childminding provided.

*Dinner included

Where: LMNH

When: Fridays

Time: 5:00 PM - 7:00 PM

Cost: \$5 fee and membership

Contact: Angelo

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

Where :

Gray's Park East 33rd Avenue and St. Catherine's Street

When: Mon. & Wed,
9:30 AM – 11:30 AM

Where: LMNH

When: Fri. 9:30 AM-11:30 AM
Sat, 10 AM – 12 PM

Cost: * with membership

\$2/per visit or

\$5/month per family

* without membership

\$4/per visit or

\$10/month per family

During July and August, Friday drop-in is from 1:00 PM - 3:00 PM
Closed the last 2 weeks of August.

Contact: Maria

Mother Goose@Hillcrest

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

Who: Parents & infants 0-1 year

When: TBA

Cost: TBD

Time: TBD

Contact: Reception

Summer Early Learning Program

Summer camp for 3-5 year olds.

Kindergarten readiness, Outdoor play, neighbourhood walks and art activities. Friends, fun and more...

When: Week by week registration.

July 8- August 23rd. Monday - Friday.

Time: 9:00 AM - 12:00 PM

Cost: \$80/week/child and \$65/week for any week with a statutory holiday.

* Includes annual LMNH membership.

Contact: Maria

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

Cost: Free * with membership

Contact: Lynette



Art Therapy

The art therapy program is facilitated by students completing their education in Art Therapy at 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: All age groups

When: Various Days

Where: LMNH

Cost: Free * with membership

Contact: Lynette



CHILD AND YOUTH PROGRAMS

The CY Department offers a wide range of programming for children and youth ages 6-18 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 (School's Out), BC Gaming Branch, BCRPA, Betty Averbach Foundation, Click, Vancity, Coast Capital Savings, MCFD, Hamber Foundation, BC Housing, Vancouver School Board, Telus, Tupper Secondary, Community Schools Partnerships, and the City of Vancouver.

Tanya Findlater

Manager of Child & Youth
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Steve Sorrenti

Youth Worker
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Stephanie Feng

Child & Youth Coordinator
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stephanie_feng@lmnhs.bc.ca

All programs highlighted are not running during Summer months. Contact Stephanie for any inquiries.

Children's Programs (6-12 years old)

School's Out

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!

Registration: These programs are open to children attending the five schools listed. (Brock, Wolfe, Simon Fraser, David Livingstone and Mackenzie Elementary Schools)

Contact: Stephanie

Children's Programs

(6-12 years old)

School's Out (continued)

Brock Elementary

Who: Grades 1 – 3
When: Tuesdays and Thursdays
Where: Building A - Basement (Girls Side)
Cost: \$50 - 10 weeks
Time: 3:00 PM - 5:00 PM

Wolfe Elementary

Who: Grades 1 – 3
When: Wednesday and Friday
Where: Room 105 (Wed) Gym (Fri)
Cost: \$50 - 10 weeks
Time: 3:00 PM – 5:00 PM

Simon Fraser Elementary

Who: Grades 1 – 3
When: Monday and Wednesday
Where: Library
Cost: \$50 - 10 weeks
Time: 3:00 PM - 5:00 PM

David Livingstone Elementary

Who: Grades 1 – 3
When: Tuesday and Friday
Where: Room 104(Tues.) Gym(Fri.)
Cost: \$50 - 10 weeks
Time: 3:00 PM - 5:00 PM

Mackenzie Elementary

Who: Grades 1 – 3
When: Monday and Thursday
Where: Activity Room
Cost: \$50 - 10 weeks
Time: 3:00 PM – 5:00 PM

Special Services to Children

Provide 1-1 or small group support to special needs children/youth and their families. This home visiting program is citywide developing goals with the family, and social worker and connecting the children to their local resources. Referrals and funding through Ministry of Children and Family Development.

Contact: Tanya

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: 4:30 - 6 PM
Contact: Stephanie

Youth Programs (12-18yrs.)

C.R.E.W.

A drop-in program for pre teens ages 9 - 12. Learn about different cultures, try new things, play games.

Who: Ages 9 - 12
When: Tuesdays and Fridays
Time: 5:00 PM – 8:00 PM
Where: LMNH
Membership Cost: \$10 (Family)
Registration: No advanced registration needed.

New participants are asked to complete a registration form on the first day they attend the program.

Contact: Stephanie

Youth Programs (cont'd)

(12-18yrs.)

BEYOND EDUCATION (BE)

The BE program at Tupper, John Oliver and Eric Hamber Secondary Schools is for youth looking for opportunities to explore non academically focused career choices.

When: Fall/Spring/Summer Intakes
Cost: Free

Learning is First (LIFT) Tupper and John Oliver Highschools

This program offer 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.

* Tupper:

Who: Grades 8 - 12
When: Tuesdays and Thursdays
Where: Cafeteria
Cost: Free
Time: 3 - 6 PM

Contact: Steve

* John Oliver:

Who: Grades 8 - 12
When: Wednesdays
Where: Room 209
Cost: Free
Time: 3:00 PM - 5:30 PM

Contact: Stephanie



SENIOR PROGRAMS (55+)

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.

長者活動(55歲以上)

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。

Annie Yu (余安妮)
Chinese Settlement Worker

Phone: 604.879.7104 ext. 314
Email: annie_yu@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.

Where: Cityview Baptist Church
4370 Sophia Street
When: Tuesdays (until June 25)
Time: 10:30 AM - 12:00 PM
Cost: \$1/session

*** July and August ***

Where: Riley Park Plaza
50 East 30th Avenue
s* Session Cancelled if raining
When: Tuesdays
Time: 9:30 AM - 11:00 AM
Cost: Free (refreshments included)
Thank you to New Horizons for seniors grant.

Where: LMNH
When: Fridays 9:00 - 11:00 AM
Cost: \$1/session

Mahjong

Spend your afternoon with a group of friendly and energetic seniors. While playing Mahjong, you can make new friends in a fun environment!

When: Fridays 12:00 - 4:00 PM
Where: LMNH

Ukulele Circle

No previous experience with Ukulele required, just bring the Ukulele and join our circle to learn and practice. Starting April 5th 2019, beginner's lessons are offered to people with no experience. All level drop-in circle will start on May 31st, 2019.

When: Fridays 9:30 - 11:00 AM
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.
* No sessions July and August *

When: Fri, 11:00 AM - 12:30 PM
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: Fridays 11 AM - 1:30 PM
Where: LMNH

Chi Kung (Chinese Yoga)

Chi Kung is an ancient Chinese fitness exercise that enhances physical and mental health. This Chi Kung class is led by experienced volunteers. Please contact Wen during your first visit to get a copy of the training manual.

When: Fridays 2:00 - 3:00 PM
Where: LMNH

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: Thurs. 1:00 PM - 2:30 PM
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

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 11:00-1:30
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

氣功班

這個中國古老的健身運動將有助您提升身心健康。氣功班由有經驗的義工帶領。第一次參與時，請聯系Wen取得一份練習指導。

星期五 2:00-3:00 (四月开始)

尤克里里练习小组

无需任何演奏经验，只需带你的尤克里里来参加我们的活动一起学习和练习。新手课程由19年4月5日开始，级别较高的爱好者可于19年5月31日开始参加练习。

星期五 上午9:30-11:00



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.

* Program funding, in full or in part, by Immigration, Refugees and Citizenship Canada. Priority will be given to Eligible Newcomers. This applies to all settlement programs.

Susan Schachter

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604.879.7104 ext. 303
susan_schachter@lmnhs.bc.ca

Carmen Miranda-Barrios

Settlement Services Supervisor
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Alma Saplala

Filipino Settlement Worker
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Amy Wei

LINC Coordinator
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amy_wei@lmnhs.bc.ca

Silva Abkarian

Arabic Settlement Worker
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silva_abkarian@lmnhs.bc.ca

Arely Rodriguez

Latin American Settlement Worker
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arely_rodriguez@lmnhs.bc.ca

Lili Gong

Employment Support Facilitator
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Annie Yu

Chinese Settlement Worker
604.879.7104 ext. 314
annie_yu@lmnhs.bc.ca

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
- Childcare and bus tickets for low income families are 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.

Citizenship Education in English

This program prepares newcomers for their Canadian citizenship exams.

When: Thurs. 4:30-6:30 PM
Feb. 7, 14, 21, 28
Mar. 7, 14

Where: LMNH

Contact: Alma / Arely / Silva

Parenting Workshops

When: TBA

Contact: Alma

Community Kitchen for Middle Eastern Families

Join our healthy cooking program that teaches healthy eating and cooking in a fun and relaxed atmosphere.

Explore Middle Eastern recipes and their variations.

When: Saturdays 2:00 - 5:00 PM
April 6, 13, 27
June 22, 29
August 17, 24

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.

When: Classes start Jan. 2, 2019

Contact: Amy

LINC Schedule

CLB Lev-el	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
4/5 (pm)	Mon-Thurs 1-4pm	Bethel Church
6 (am)	Mon-Thurs 9:15am-12:15pm	Fountain Alliance Church

Food Skills for Families

A six day healthy cooking session. Learn how to prepare tasty meals using fresh whole foods. Meet new friends, see others you know and have fun in the kitchen.

* Spanish Sessions:

When: Saturdays 1:30-4:30 PM
May 11 to June 15

Where: LMNH

Contact: Arely

* Chinese Sessions:

When: Saturdays 10:00-1:00 PM
May 25 to June 29 and
Sunday June 16

Where: LMNH

Contact: Annie

* Filipino Sessions:

When: Saturdays 1:00-5:00 PM
July 6 to August 3

Where: LMNH

Contact: Alma

Labour Market Information (English)

This free session will provide relevant information on setting up your own childcare business. Licence not required. It will also talk about programs and available courses.

When: TBA

Time: 9:30 AM - 12:30 PM

Where: LMNH

Contact: Alma or Stephen

Settlement Programs / Chinese*



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楓葉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：艾米 (Amy)

電話：604.879.7104 轉308

* 提供免費托兒服務(18月-5歲小孩)

移民家庭飲食技巧免費課程

Food Skills for Families (Mandarin)

-本系列免費課程共6次，由專業廚師用國語講解及演示。

- 了解健康飲食及食品安全的重要性
- 學習，親手制作並一起品嚐有加拿大特色的美食
- 分享健康飲食心得及結識新朋友

時間：2019年5月25

6月 1, 8, 15, 16, 29

星期六 上午10時至下午1時

地點：小山鄰舍中心

Little Mountain Neighbourhood House

座位有限，報名請即聯系Annie(安妮)

電話 604.879.7104轉314或

Email: annie_yu@lmnhs.bc.ca

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：6月13, 20, 27 日 - 7月4, 11, 18日

星期四下午4:30至6:30,

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)

電話：604.879.7104

電郵：annie_yu@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)





Chương Trình Giúp Đỡ Định Cư (Settlement Services)

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.

Khai thuế 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 4)
Tối thứ 4 và thứ 5
Đăng ký với Kim Đặng: 604.879.7104

Em vui học

Một chương trình cho trẻ em Việt Nam ở độ tuổi đi học học văn hoá Việt Nam

- Kể chuyện bằng tiếng Việt
- Hát bài hát Việt
- Đọc sách Việt Nam
- Tham gia trò chơi Việt Nam

Đăng ký với chị Kim Dang
604.879.7104 Ext. 312

Vietnamese Nobody's Perfect

Chương trình miễn phí hỗ trợ cha mẹ Việt Nam. nuôi dạy con từ sơ sinh đến 5 tuổi Làm thế nào để thay đổi hành vi của con, thời gian đi ngủ, giấc ngủ, thói khó ăn, anh em đánh nhau, cảm xúc, sự phát triển, an toàn cho con?

Đăng ký với chị Kim

Chương trình hỗ trợ cho cao niên

Do Kim Dang 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

Settlement Programs / Spanish*



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)

Contacto: Amy
604.879.7104 ext. 308
para mas información.

Cuando: Lunes a Jueves
Diferente horario
Para información en español,

Contacto: Arely

Talleres sobre el Mercado Laboral

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

Cuando: (Será determinado)

Lugar: LMNH

Costo: gratuito

Contacto: Arely para mas información

Los talleres se ofrecen en inglés

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 niños.

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

Costo: gratuito

Cuando: Jueves, Feb. 7 - Mar. 14
4:30pm - 6:30pm

Lugar: LMNH

Contacto: Arely

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: Sabados

Mayo 11, 18, 25 - Junio 1, 8, 15

Lugar: LMNH

Oportunidades para hacer Voluntariado

Ser voluntario o voluntaria ofrece la oportunidad de conocer la sociedad canadiense y obtener "experiencia laboral canadiense".

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

Contacto: Arely
604.879.7104 ext. 413

Aprenda Computacion Basica

Este es un programa de iniciación al mundo de las computadoras donde aprenderá a encontrar, crear, analizar y comunicar información a través de diferentes programas en computadora.

Cuando: Octubre 21, 23, 28, 30
Noviembre 4, 6

Hora: 6:00 PM - 8:00 PM

Lugar: LMNH

Community Connection Programs for Newcomers



Our Community Connections programs support newcomer* engagement in community, social, and employment integration.

Stephen Andrada

Mentorship and Employment
Programs Facilitator
604.879.7104 ext. 319
stephen_andrada@lmnhs.bc.ca

Susan Schachter

Settlement Services Manager
604-879-7104 ext. 303
susan_schachter@lmnhs.bc.ca

Marta Ramos

Community Kitchen Facilitator
newcomerscommunity@gmail.com

Lili Gong

Employment Related Services
Coordinator
604.879.7104 ext. 323
lili_gong@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 – 7:30 PM

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

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: Mondays 4:30 – 6:45 PM

Dates: April 15 to July 29

* Excluding holidays

Cost: Free

* Child minding provided

Contact: Marta

Community Programs



Food, Music and 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.

Joanne MacKinnon

Community Engagement
Coordinator
joanne_mackinnon@lmnhs.bc.ca

Jane Cuthbertson

Community Dinner Chef
Contact: Reception
604.879.7104

Tim Mar

Music Facilitator
Contact: Reception
604.879.7104

Little Mountain Riley Park Neighbourhood Food Network (NFN)

We are a grassroots network of people, organizations and agencies collaborating on food initiatives. Our work is to ensure that all our community members have access to healthy, affordable and culturally appropriate food.



Riley Park Community Garden (30th/Ontario)

A project of the Neighbourhood House, the garden is a community space tackling food insecurity while enhancing community engagement. We are building social cohesion and supporting neighbourhood organizations and community members with the food grown in our garden. Join us as we share in growing, harvesting, cooking and gathering at picnics, meals and potlucks.

Sign up for our newsletter at:

www.rileyparkgarden.org
and visit our events page.

Food in Our Community

The city-wide food asset map includes information on community kitchens, low cost and free meals, food distribution, seniors discount days, and food delivery. Help us to keep the map up to date.





Community Outreach & Engagement

Working together to build a resilient, healthy, food secure community.

Our activities include:

Riley Park Farmers Market Donation Station

In partnership with the Vancouver Farmers Market. Monthly donations from farmers and shoppers support food and cooking programs for our newcomers.

When: every 3rd Saturday

Contact: Joanne

Music and More on Main

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

When: Thursdays

Time: 7:30 PM - 9:30 PM

Cost: by donation

Contact: reception 604.879.7104

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: Fridays 5 PM

Cost: adult members \$5

seniors \$4.5

non-members \$6

\$4 per child

Contact: Reception
604.879.7104

Neighbourly Together

A project to connect seniors (55+) in the community to resources and activities. See the Resource Card and the Program and Activities Brochure.

Contact: Joanne

Self Defense Class

It's back again! This time we're having 1 session of 2 hours.

Register at Front Desk.

Who: Adults

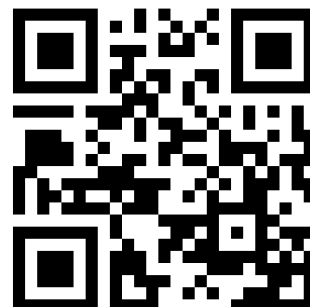
Children 10+

When: July 16

Time: 4:30-6:30 PM

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.

More information at:

<https://www.amssa.org/programs/diversity/safe-harbour-respect-for-all/>



Little Mountain Neighbourhood House Society Annual General Meeting

On **June 24, 2019**; come hear the highlights from the last fiscal year and future plans, including an update on plans for the new neighbourhood house. Voting members will be electing the new Board of Directors. Everyone is welcome. To be eligible to vote, purchase your annual membership on the LMNHS website or at reception before May 24.



Main Street Car Free Festival

Sunday - June 16th, 2019 / Noon to 7pm / Broadway to 30th on Main Street

We acknowledge that the Main Street Car Free Day event takes place on the unceded, occupied, ancestral and traditional lands of the x̱məθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

The biggest of Vancouver's Car Free Day festivals spanning 21 blocks, Main Street has 15 stages and mini festivals along the entire street. This is a fun, family-friendly event with kid-zones, skateboarders, funky artisan shops and popular food vendors. You can really taste the flavour of Main Street with extended patios from many restaurants.

Translink has generously re-routed transit on that day to help you get to the event car-free!

**3981 Main Street
Vancouver, BC
V5V 3P3
604.879.7104**

- lmnhs.bc.ca
- [@lmnhvancouver](https://twitter.com/lmnhvancouver)
- info@lmnhs.bc.ca



**LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE**
NEIGHBOUR HELPING NEIGHBOUR

