



Program Guide

Winter.2019



LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE
NEIGHBOUR HELPING NEIGHBOUR





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.

OUR SERVICES

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* Neighbourhood Small Grants

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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

Emma Munro

TWOSC Coordinator
778.229.8914
twosc_coordinator@lmnhs.bc.ca

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: \$420/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: \$775/ 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: \$390/ 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: \$450/ 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
604.876.7104 ext 304
lynette_vonoelffen@lmnhs.bc.ca

Maria Valenzuela

Family Resource Manager
604.879.7104 ext 316
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

Father's 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.

Where: LMNH

When: TBD

Time: TBD

Cost: Free * with membership

Contact: Reception

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

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 (April 2019)

Cost: TBD

Time: TBD

Contact: Reception

Ready Set Learn!

A free kindergarten readiness program that requires parent/caregiver participation and takes place in local schools.

Who: Parents/caregivers with children starting kindergarten, 4-5 years

Where: McBride School

When: Jan. 15 to Mar. 5

Cost: Free * with membership

Contact: School for registration
604.713.4971



2019 SCHEDULE*

Little Mountain Neighbourhood House offers the RSL programs for children 3-5yrs old**, in partnership with the following schools:

School	Address	Day	Time	Starting Date
Brock Elementary	4860 Main Street Phone: 604.713.5245	Wednesdays	1:00 PM - 3:00 PM	April 3, 10, 17, 24 (4 sessions)
Carnarvon Elementary	3400 Balclutha Street Phone: 604.713.5396	Mondays	9:00 AM - 10:30 AM	May 6, 13 & 27 (3 sessions)
Edith Cavell Elementary	500 West 20 th Avenue Phone: 604.713.4932	Mondays	9:15 AM - 11:15 AM	April 8 & 15 (2 sessions)
Emily Carr Elementary	4070 Oak Street Phone: 604.713.4941	Fridays	9:10 AM - 10:40 AM	February 22, March 1 & 8 (3 sessions)
McBride Elementary	1300 East 29 th Avenue Phone: 604.713.4971	Tuesdays	9:00 AM - 11:00 AM	January 15 – March 5 (8 sessions)
McBride Annex Elementary	4750 St. Catherine's Street Phone: 604.713.5374	Thursdays	1:00 PM - 3:00 PM	April 11 – May 16 (6 sessions)
Van Horne Elementary	5855 Ontario Street Phone: 604.713.4965	Tuesdays	9:00 AM - 11:00 AM	April 9 – 30 (4 sessions)

* Register at each individual school ** Siblings welcome

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: Everyone

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 6-19 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 (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

604.879.7104 ext 310

tanya_findlater@lmnhs.bc.ca

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

Steve Sorrenti

Youth Worker

steve_sorrenti@lmnhs.bc.ca

Stephanie Feng

Child & Youth Coordinator

604.879.7104 ext 410

stephanie_feng@lmnhs.bc.ca

Children and Youth Programs

Children's Programs

(6-12 years old)

School's Out (continued)

Brock Elementary

Who: Grades 1 – 3

When: Tue., Thurs,

Where: Building A - Basement
(Girls Side)

Cost: \$50 - 10 weeks

Time: 3 - 5 PM

Wolfe Elementary

Who: Grades 1 – 3

When: Wed., Fri.

Where: Room 105 (Wed)
Gym (Fri)

Cost: \$50 - 10 weeks

Time: 3 - 5 PM

Simon Fraser Elementary

Who: Grades 1 – 3

When: Mon, Wed;

Where: Library

Cost: \$50 - 10 weeks

Time: 3 - 5 PM

David Livingstone Elementary

Who: Grades 1 – 3

When: Tues., Fri.

Where: Room 104(Tues.)
Gym(Fri.)

Cost: \$50 - 10 weeks

Time: 3 - 5 PM

Mackenzie Elementary

Who: Grades 1 – 3

When: Mon., Thurs.

Where: Activity Room

Cost: \$50 - 10 weeks

Time: 3 PM – 5 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 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: Tues., Fri.

Time: 5:00 PM – 8:00 PM

Where: LMNH

Membership Cost: \$2

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 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 (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: Gr. 8-12

When: Tues., Thurs.

Where: Cafeteria

Cost: Free

Time: 3 - 6 PM

Contact: Steve

*** John Oliver:**

Who: Gr. 8-12

When: Wednesdays

Where: Room 209

Cost: Free

Time: 3 - 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。

Wen Ren 任文煥
Chinese & Seniors Settlement Worker

Phone: 604.879.7104 ext. 321

Email: 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.

Where: Cityview Baptist Church
4370 Sophia Street
When: Tues. 10:30 AM - 12 PM
Cost: \$1/session

Where: LMNH
Who: Current participants only*
When: Fri, 9-11am
Cost: \$1/session

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 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: Fri. 11 AM - 1:30 PM
Where: LMNH

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: Fri. 12 - 4 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 - 2:30 PM
Where: LMNH

Chi Kung (Chinese Yoga)

*** Starting in April**

When: Fridays 2 - 3 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



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

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

Wen Ren

Chinese Settlement Worker
604.879.7104 ext. 321
wen_ren@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

Amy Wei

LINC Coordinator
604.879.7104 ext. 308
amy_wei@lmnhs.bc.ca

Kim Dang

Vietnamese Settlement Worker
604.879.7104 ext. 312
kim_dang@lmnhs.bc.ca

Annie Yu

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

Lili Gong

Employment Support Facilitator
604.879.7104 ext. 323
lili_gong@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

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: Sat. 2 - 5 PM
Feb. 2, 9, 16, 23

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

Aprenda Computacion Basica

Este es un programa de iniciacion al mundo de las computadoras donde aprendera a encontrar, crear, analizar y comunicar informacion a traves de diferentes programas en computadora.

Cuando: TBA

Where: LMNH

Contact: Arely

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: Sat. Feb. 9

Time: 9:30 AM - 12:30 PM

Where: LMNH

Contact: Alma or Stephen

Parenting Workshops

When: TBA

Contact: Alma

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)

入籍考試準備課程 (國語，免費)

Citizenship Education in Chinese
(two sessions)

小山鄰舍中心的入籍課程已有超過五年的歷史，也幫助了無數移民通過考試，成為加拿大的公民。課程會詳細講述入籍考試資料 Discover Canada 的主要內容。如果你是已經提交了入籍申請，或者近期打算入籍的移民，歡迎參加。

時間：2019 年 3 月 8 日及 15 日

星期五 下午12:30 - 2:30 (共兩次)

地點：小山鄰舍中心

(3981 Main Street, Vancouver)

提供免費托兒服務

座位有限，報名及詳情請聯系

Annie (安妮)

電話：604.879.7104 轉 314

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：9月20,27日 10月4,11,18,25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) 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)

稅務知識講座 (國語，免費)

Income Tax workshop in Chinese

你對海外個人資產稅務申報條款及2018年的稅務政策要點了解多少呢？

本講座由經驗豐富的資深會計師主講。主講嘉賓曾在不同的電視台欄目中講解個人稅務申報的新變化，深受好評。

時間：2019 年 2 月 15 日

星期五 下午12:30 - 2:30

地點：小山鄰舍中心

(3981 Main Street, Vancouver)

提供免費托兒服務

座位有限，報名及詳情請聯系

Annie (安妮)

電話：604.879.7104 轉 314

annie_yu@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.

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

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
(Será determinado)

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

Talleres de información sobre los requisitos de admisión a los programas de estudios en Canadá en las Universidades, Institutos Tecnológico, y diferentes oficios. Información para el reconocimiento de credenciales extranjeras en Canadá.

Cuando: contacte a Arely
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: Jan. 21 – Mar. 4

* 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.

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



Community Outreach & Engagement

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

Our activities include:

Join our Neighbourhood Conversation

An invitation to our House for all who live, work, eat and play in Little Mountain Riley Park.

Share your ideas:

- What matters to you in your community?
- How can your neighbourhood create a better sense of community?

When: Monday - Mar. 11

Time: 7:00 - 8:30 PM

Where: LMNH

RSVP: <https://www.eventbrite.com/e/join-our-neighbourhood-conversation-tickets-55878685653>

Please bring a friend, neighbour or co-worker. Light refreshments will be served. A conversation following up on our On The Table event. Building a better community through connections.

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

Music and More on Main

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

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

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: TBA

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/>



NEIGHBOURHOOD SMALL GRANTS

Neighbourhood Small Grants support people who want to make their communities better places to live. The program is based on a simple but powerful idea – that everyone is a valuable member of the community and that we all have something to share.

How does it work? Applying for a small grant is easy. You don't need to have any experience in community projects.

The Vancouver Foundation provides grants from \$50 to \$500 to support projects that bring people together, share skills and knowledge, build a sense of belonging and responsibility, and respect and celebrate diversity. Projects that focus on connecting and engaging residents include block parties, art and craft workshops, multicultural meals in the community garden, learning how to grow food, yoga at sunrise or movies under the stars. There's no limit to your creativity!

Got an idea to bring people together in your neighbourhood? Need help?

Contact your local coordinator Susan: info.nsgp@gmail.com or Joanne at Little Mountain Neighbourhood House 604.879.7104 or joanne_mackinnon@lmnhs.bc.ca

Apply on line. Paper applications are available in multiple languages at the Neighbourhood House. Neighbourhood Small Grants support residents like you who want to make our community a better place to live.

neighbourhoodsmallgrants.ca [vancouverfdn](https://www.vancouverfdn.org/) #vfnsg



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

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



**LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE**
NEIGHBOUR HELPING NEIGHBOUR

