

Winter 2020 Program Guide



LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE
NEIGHBOUR HELPING NEIGHBOUR



Photo by Lynette von Oelffen



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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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.

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Jordan Layne

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Shalynn Kishore

TWOSC Coordinator
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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, 7:00 - 9:00 AM, 3:00 - 6:00 PM
and Pro-D and breaks.

Where: South Hill Community Centre
5888 Fraser Street

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: Shalynn

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: Sandy Parmar
 Acting 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
604.879.7104 ext 304
lynette_vonoelffen@lmnhs.bc.ca

Katie Bird

Family Support Worker
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Maria Valenzuela

Family Resource Manager
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Angelo Moroni

Mens Group Facilitator
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Family Support

The Family Support Worker are 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 or Katie

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: Weds. 6:00 - 8:00 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.

*Dinner at 5:00 PM is included

Where: LMNH

When: Fridays

Time: 6:00 - 7:30 PM

Cost: \$5 fee and membership

Contact: Angelo

Family Resource Programs

Family Drop-In

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 – 11:30 AM
Sat. 10:00 AM – 12:00 PM
Except long weekends
*Closed Jan. 25,
Feb. 1, 8, 15

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

Ready Set Learn!

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

Please see calendar on this page, for times and contact information.

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

Where: See calendar

When: See calendar

Cost: Free * with membership

Contact: School for registration.
See Calendar for phone numbers

Nobody's Perfect

A six-week program for parents with children 0-5 years old.

Meet with other parents/caregivers of young children (0-5 years old).

Share your questions, concerns, and ideas about parenting and kids.

Learn about child development, health and behaviour

Discuss real-life parenting situations and positive ways of parenting.

When: February 3, 10
March 2, 9, 16

Time: TBD

Cost: TBD

Contact: Lynette or Katie

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 or Katie

READY, SET, LEARN

2020 SCHEDULE*

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

School	Address	Day	Time	Dates
Brock Elementary	4860 Main Street Phone: 604.713.5245	Wednesdays	1:00 PM - 3:00 PM	April 1, 8, 15, 22 (4 sessions)
Edith Cavell Elementary	500 West 20 th Avenue Phone: 604.713.4932	Mondays	9:15 - 11:15 AM	April 20 & 27 (2 sessions)
Emily Carr Elementary	4070 Oak Street Phone: 604.713.4941	Fridays	9:10 - 10:40 AM	April 3, 17, 24 (3 sessions)
McBride Elementary	1300 East 29th Avenue Phone: 604.713.4971	Thursdays	9:00-11:00 AM	February 20 – April 16 (8 sessions); no sessions on March 19 and 26
McBride Annex Elementary	4750 St. Catherine's Street Phone: 604.713.5374	TBD	TBD	TBD
Van Horne Elementary	5855 Ontario Street Phone: 604.713.4965	Thursdays	9:00 - 11:00 AM	April 23,30 and May 7, 14 (4 sessions)

*Register at each individual school!**siblings welcome



LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE
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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: Jan. 7 - March 10

Cost: \$80

Time: 10:30 AM – 12:00 PM
and 12:30 PM – 2:PM

Where: Hillcrest

Contact: Hillcrest

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

Who: All age groups

When: Various Days

Where: LMNH

Cost: Free * with membership

Contact: Lynette or Katie



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 and Sunset areas.

These programs are funded by United Way of the Lower Mainland (School's Out), BC Gaming Branch, BCRPA, Excellence in Literacy Foundation, Click, Vancity, Coast Capital Savings, MCFD, BC Housing, Vancouver School Board, Telus, Tupper Secondary, Community Schools Partnerships, and the City of Vancouver.

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Manager of Child & Youth

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Stephanie Feng

Child and Youth Coordinator

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Steve Sorrenti

Youth Worker

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Children's Programs (6-12 years) School's Out

Starting: January 13 through March 13

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, Van Horne, 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: \$60 - 8 weeks

Time: 3:00 PM - 5:00 PM

Van Horne Elementary

Who: Grades 1 – 3

When: Wednesday and Friday

Where: South Lunch Room

Cost: \$60 - 8 weeks

Time: 3:00 PM – 5:00 PM

Simon Fraser Elementary

Who: Grades 1 – 3

When: Monday and Wednesday

Where: Library

Cost: \$60 - 8 weeks

Time: 3:00 PM - 5:00 PM

David Livingstone Elementary

Who: Grades 1 – 3

When: Tuesday and Friday

Where: Room 103(Tues.)
Gym(Fri.)

Cost: \$60 - 8 weeks

Time: 3:00 PM - 5:00 PM

Mackenzie Elementary

Who: Grades 1 – 3

When: Monday and Thursday

Where: Activity Room

Cost: \$50 - 8 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 Action Committee

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: Tuesdays 4:30 - 6:00 PM

Contact: Stephanie

Youth Programs (12-18yrs.)

CREW

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: 5:30 PM – 8:30 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: February - May

Time: 3:00 PM - 5:00 PM

Where: Tupper

Cost: Free

Contact: Stephanie

Learning is First (LIFT)

Tupper and John Oliver High Schools

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

Where: LMNH

When: Fridays 9:00 - 11:00 AM

Cost: \$1/session

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.

Dates: January 10, 17, 24, 31

February 7, 14, 21, 28

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.

When: Fri. 11:00 AM - 12:30 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: Fridays 12:00 - 4:00 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

費用: \$1/次

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

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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Kim Dang

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Stephen Andrada

Mentorship and Employment
Programs Facilitator
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stephen_andrada@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 and Arabic

This program prepares newcomers for their Canadian citizenship exams.

Arabic:

When: Sat. 2:00 - 4:00 PM
Jan. 4, 11, 18, 25
Feb. 8

Where: LMNH

Contact: Silva

English:

When: Thurs. 4:30 - 6:30 PM
Feb. 13, 20, 27
Mar. 5, 12, 19

Where: LMNH

Contact: Alma or Silva

Financial Literacy Filipino

This program will cover wills and estate planning and RRSPs.

When: Sat. Jan. 18, 2020
10:00 AM - 12:30 PM

Where: LMNH

Contact: Alma / Arely / 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 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
4/5 (pm)	Mon-Thurs 1-4pm	Bethel Church
6 (am)	Mon-Thurs 9:15am-12:15pm	Fountain Alliance Church



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: Saturday Feb. 8
Mar. TBA

Time: 10:00 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: 楊 (Rachel)

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: 2月13, 20, 27

日 - 3月 5, 12, 19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 cung cấp một số dịch vụ hỗ trợ miễn phí cho người Việt mới đến định cư tại Canada. Khi sử dụng dịch vụ định cư, quý vị sẽ phải xuất trình thẻ permanent resident.

Muốn biết thêm chi tiết xin liên lạc với Kim Đặng ở số 604.879.7104 | 604.761.7438

Hướng dẫn, thông tin, giới thiệu và tư vấn

Xin liên lạc với Kim Đặng ở số 604.879.7104

Hướng dẫn tìm việc, làm resume

Xin liên lạc với Kim Đặng ở số 604.879.7104

Lớp thi quốc tịch

Giúp điền đơn xin thi. Lớp Citizenship bao gồm 6 buổi học miễn phí. Thursdays Feb. 13 - Mar. 19 4:30 - 6:30 PM 3981 Main street Xin đăng ký với Kim Đặng ở số 604.879.7104

Lớp Anh Văn LINC 1-2-3-4-5-6

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

Giúp Khai Thuế Miễn Phí

Do các thiện nguyện viên của sở thuế khai giúp Vào những ngày thứ tư và thứ năm của tháng ba và tháng tư 2020 tại Nhà Cộng Đồng Little Mountain, 3981 đường Main. Quý anh/chị có thể phone 604.879.7104 làm hẹn trước với Kim Dang nếu có thu nhập thấp.

Nhóm hỗ trợ cha 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, sức khỏe.

Giúp điền đơn, xin giấy tờ

Xin nhà housing, xin bảo hiểm y tế, xin đi học, xin thẻ Permanent Resident, xin tiền sữa, xin tiền phụ cấp gửi con, v.v... Xin liên lạc với Kim Đặng ở số 604.879.7104

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.

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.

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

LINC — Enseñanza de idiomas para los recién llegados a Canadá

Clases gratuitas para Residentes Permanentes.

Nivel 2 (principiantes) hasta Nivel 6 (intermedio)

Contacto: Arely
604.879.7104 ext. 413
para mas información.

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

TALLER EN EDUCACION FINANCIERA

La estabilidad económica suya y de su familia en Canada depende en su habilidad de entender y saber usar información financiera para tomar buenas decisiones. En este taller acumulara conocimientos, habilidades, y le brindara confianza en sus decisiones. Este es su primer paso hacia el camino de su independencia económica y estable. Este taller será impartido por un Voluntario, Consejero de Finanzas de Vancity.

Cuando: TBA (Jan./Feb.)

Lugar: LMNH

Contact: Arely Rodriguez

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

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: TBA

* 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 - 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.

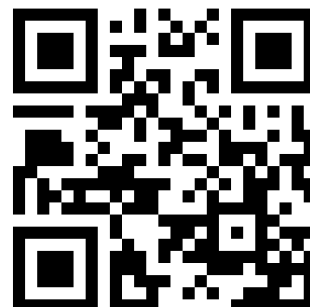
Who: Adults
Children 10+

When: TBA

Time: TBA

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 Winter Program Guide - Front Cover

Second Beach at Stanley Park, Snow Day, Jan 15, 2020



**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

