

PROGRAM GUIDE

-Fall 2022-



**LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE**
NEIGHBOUR HELPING NEIGHBOUR

Photo by: Shachira Sakiyama



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 LMNHS

*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

VOLUNTEERING

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.

Geraldine Clevette
Child Care Manager
604.879.7104 ext 311
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Janis Venn
CDC Senior ECE Supervisor
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cdc@lmnhs.bc.ca

Christie Akhurst
LMOSC Coordinator
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christie_akhurst@lmnhs.bc.ca

Jordan Layne
MOSC Coordinator
604.713.5960
mosc_coordinator@lmnhs.bc.ca



Childcare Programs

Child Development Centre (CDC)

An inclusive centre that works closely with parents and 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 AM - 5:00 PM

Where: Total Education Program
425 East 29th Avenue,
Vancouver

Cost: \$887.00/ 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 and 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: 5 - 12
When: Monday to Fridays
7:30 - 9:00 AM and
3:00 - 6:00 PM and
Pro-D and breaks

Where :
McBride Elementary School
1300 East 29th Avenue
Vancouver

Cost: \$448.00/ 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 and 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, and passion for learning. This program serves Shaughnessy Elementary School.

Who: Licensed daycare
Age: 6 - 12 yrs.
When: Monday to Fridays
After school care
7:00 - 9:00 AM and
3:00 - 6:00 PM and
Pro-D and breaks

Where:
Shaughnessy Elementary
4250 Marguerite Street
Vancouver

Cost: \$520.00/ 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: Carlene Roberts
Senior ECE Supervisor
Phone: 604.325.3817
sunsetdaycare@telus.net





FAMILY RESOURCE PROGRAMS

We support the development of happy, healthy, families through play-time in the park, parent education workshops, support services, and other family centred programs.

Maria Valenzuela
 Manager of Family Resources and
 Community Programs
 604.879.7104 ext 316
 maria_valenzuela@lmnhs.bc.ca

Lynette von Oelffen
 Family Support Worker
 604.879.7104 ext 304
 Cell: 236.862.2903
 lvonoeffen@lmnhs.bc.ca

Shahira Sakiyama
 Early Years Family Support Worker
 604.879.7104 ext 319
 Cell: 236.777.3347
 shahiras@lmnhs.bc.ca

Family Support

The Family Support Workers 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 and drop-ins are welcomed.

Who: Parents of children
 ages 0-18 years
 Where: LMNH or online (Zoom)
 Cost: Free *with membership
 Contact: Lynette or Shahira

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

Mentor BC/ Men's Group

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

Guest speakers, free snacks and childminding provided.

Where: LMNHS - 3981 Main Street
 When: TBA (Winter launch)
 Time: TBA
 Cost: \$5 fee and membership
 Contact: Maria

Family Resource Programs

Playtime in the Park

Come and play with your child at Riley Park! This program provides the opportunity for parents/caregivers and their young children (1.5 to 6 yrs. old) to meet new friends, play, and sing together outside. To register contact shahiras@lmnhs.bc.ca

Who: Parents/caregivers and children aged 1.5 to 6 years

Where : Riley Park
Southeast Corner

When: Tuesdays. and Thursdays,
Rain or shine

Time: 10:00 AM – 12.00 PM

Cost: * with membership
\$25.00/month

Contact: Shahira



Baby Pop-Up in the Park

Come and play with your child at Riley Park! This program provides the opportunity for parents/caregivers and their young children (0 to 1.5 yrs. old) to meet new friends, play, and sing together outside.

Who: Parents and infants 0 - 1.5 years

When: Thursday afternoons
Sept. 15 - Dec. 15
- Weather permitting

Cost: * with membership,
\$25.00/month

Time: 1:00 - 2:30 PM

Contact: Shahira

Mindful Movement

Starts Sept. 28th!! Sign up now!

Join Shahira for 8 sessions practicing a multicultural approach to well-being. We will review strategies to support our own wellness - with movement, mindfulness, recipes of comfort and connection.

Sign up if would like some time for yourself to take care of your mental and physical well-being.

When: Tuesdays
Sept. 27th - Nov. 15

Time: 1:00 - 2:30 PM

Where: Kensington Community
Centre - Sun Room
5175 Dumfries Street

What to Bring: yoga mat, towel,
water

Cost: Free with
LMNHS membership

Contact: Shahira

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.

Call: 236.862.2903 or

Email: lvonoelffen@lmnhs.bc.ca

Who: anyone

When: Various days

Where: LMNHS or online

Cost: Free * with membership

Contact: Lynette

Art Therapy

The art therapy program is facilitated by students completing their education in Art Therapy. Art therapy students 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. Call: 236.862.2903

Who: anyone

When: Various Days

Where: in-person at LMNHS
or online

Cost: Free * with membership

Contact: Lynette

Cell: 236.862.2903

Email: lvonoelffen@lmnhs.bc.ca



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, year round STEAM (science, technology, engineering, art, and math) camps, youth council, social justice and youth leadership, special services as well as annual youth-driven community. 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 Ministry of Children and Family Development, BC Gaming Branch, BC Housing, Service Canada, United Way BC, Vancity, BioTalent, Click, Soong Ching Ling Children's Foundation, Vancouver School Board, Community Schools Team, Parent Advisory Committees (PACs), and local donors.

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Stephanie Feng
Child and Youth Coordinator
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Children's Programs (6 - 12 years)

School's Out: Literacy Leaders

Starting: October through December

The Schools Out "Literacy Leaders" is an after school program for children 9-12yrs old. The program focuses on academic, physical, health, digital, cultural, financial and ecological literacy; emphasizing social emotional learning and inclusion through art, books, activities, and community learning projects with positive mentorship from volunteers from 3 Secondary Schools.

Registration: These programs are open to children at specific school sites after school, pro D days, and winter camps.

Contact: Stephanie



Children and Youth Programs

School's Out (continued)

Brock Elementary

Who: Grades 2 – 4
When: Tuesdays until Dec. 6
Time: 3:00 - 4:30 PM
Where: Library
Cost: FREE

Who: Grades 5 – 7
When: Thursdays until Dec. 8
Time: 3:00 - 4:30 PM
Where: Library
Cost: FREE

John Henderson Elementary

Who: Grades 5 – 7
When: Wed. and Fri. until Dec. 9
Time: 3:00 - 4:30 PM
Where: gym (M.,W), Room 112(F.)
Cost: FREE

Winter Camp

STEAM activities, games, crafts, friends, sports, and most importantly FUN! Come join us for 2 days jam-packed full of fun! Skilled day camp staff lead this exciting 2-day program for kids ages 6-12.

Who: Ages 6-12
When: December 19-22
Where: LMNHS(3981 Main Street)
Cost: \$125.00
Time: 9:00 PM - 4:00 PM

Contact: Stephanie

Pro D Camps

Who: Ages 6-12
When: Oct. 21, Nov. 25,
Time: 9:00 AM - 4:00 PM
Where: LMNHS
(3981 Main Street)
Cost: \$40.00/day

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

Contact: Stephanie

CREW

A drop-in program for preteens ages 9-12 yrs. Learn about diversity, culture, social issues, art, cooking, and try new things.

Who: Ages 9 - 12
When: Tuesdays and Thursdays
Time: 5:15 PM – 7:15 PM
Where: LMNHS
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 (12 - 18 years)

Beyond Education (BE)

Eric Hamber Secondary

The BE program at Eric Hamber Secondary Schools is for youth looking for opportunities to explore social justice, leadership, and volunteer skills.

When: Mondays, Oct. to Dec.
Time: 3:00 PM - 5:00 PM
Where: Eric Hamber multipurpose room
Cost: Free

Contact: Stephanie



Homework Club

This program provides free tutoring, healthy food, mentorship, workshops, recreation and supports the inclusion of 120 youth who face multiple barriers to success in school. The program strives to provide lifelong learning, academic success, and career readiness.

Contact: Stephanie

Tupper Secondary

Who: Grades 8 - 12
When: Tuesdays and Thursdays
Where: Cafeteria
Cost: Free
Time: 3:00 - 5:00 PM

John Oliver Secondary

Who: Grades 8 - 12
When: Wednesdays
Where: Room 208
Cost: Free
Time: 3:00 PM - 5:00 PM

Youth Action Committee

This committee of local youth are responsible for youth-driven programming to host youth-led annual events such as: Children's Day, Car Free Day, and World Refugee Day.

Who: Grades 8 - 12
When: Wednesdays
Where: LMNHS (3981 Main St.)
Cost: Free
Time: 3:00 - 5:00 PM

Contact: Stephanie

Special Services for Children

Provide 1-1 or small group support to special needs children/youth and their families. This offsite 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



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
Cell: 236.862.0802
Email: annie_yu@lmnhs.bc.ca

Line Dancing (Drop-in)

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

Where: Riley Park Plaza
30th and Ontario Street
When: Wed. and Fri.
Time: 10:00 AM - 12:00 PM
Cost: \$1/session
Contact: Annie

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: TBD
Where: TBD
Contact: Annie

Pole Walking (Drop-in)

Join us for the pole walking to improve balance and stability. Walking poles help you maintain proper posture, especially in the upper back, and may help to strengthen upper back muscles.

* Poles are available for participants

Where: Riley Park Plaza
30th and Ontario Street
When: Friday
Time: 9:30 AM - 11:00 AM
Cost: \$1/session
Contact: Annie

Ukulele Circle

No previous experience with Ukulele required, just bring a Ukulele and join our circle to learn and practice. Beginner's lessons are offered to people with no experience. The all level drop-in circle's start date to be determined.

When: TBD
Where: TBD
Contact: Annie

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。

時間：逢周三及周五 上午 10:00-12:00
地點：Riley Park Plaza
(30th and Ontario Street)
萊麗公園廣場
費用：免費

撐杆健行組

歡迎你參加這個最流行的戶外撐杆健走活動，幫助更好地運動頭部、頸部及肩部。

時間：逢周三 上午 9:30-11:00
地點：Riley Park Plaza
(30th and Ontario Street)
萊麗公園廣場
費用：免費

生命之歌: 唱出我們的故事

誠邀喜歡唱歌和分享故事的長者參加這個活動。長者們聚集在一起分享自己的故事經歷，跟著老師學唱英文歌曲。參加本活動的長者需要具備基本的英文會話水平。

時間：待定
地點：待定

尤克里里練習小組

無需任何演奏經驗，只需帶你的尤克里里來參加我們的活動一起學習和練習。這是新手課程，但級別較高的愛好者亦可參加練習。

時間：待定
地點：待定





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.

Diane Wilmann
Settlement and Seniors
Programs Manager
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dianew@lmnhs.bc.ca

Wen Ren
Settlement Services Supervisor
604.879.7104 ext. 321
wen_ren@lmnhs.bc.ca

Rachel Yang
LINC Coordinator
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Alma Saplala
Filipino Settlement Worker
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Kim Dang
Vietnamese Settlement Worker
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kim_dang@lmnhs.bc.ca

Stephen Andrada
Mentorship and Employment
Programs Facilitator
604.879.7104
stephen_andrada@lmnhs.bc.ca

James Huang
LINC Digital Literacy Worker
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Cell: 236.863.0050
linc.dl@lmnhs.bc.ca

Settlement Programs

Settlement Services

We offer FREE settlement services and workshops to newcomers to Canada. Our settlement service is funded by IRCC (Immigration, Refugees and Citizenship Canada) and the BC government.

Please be aware that to access the settlement services, you need to provide your immigration documents and your date of birth.

Language Instruction for Newcomers to Canada (LINC)

Morning and afternoon classes for LINC Level 2 (beginner) to Level 6 (intermediate) are available. You will learn English, make friends, and learn about life in Canada.

Registration required.

When: Classes start Sept. 8, 2022
Contact: Rachel

LINC Schedule

CLB Level	Time	Comments
2/3 (pm)	Mon-Thurs 1:00-4:00pm	LMNH (child mind-ing)
3/4 (am)	Mon-Thurs 9:15am-12:15pm	LMNH (child mind-ing)
4 (am)	Mon-Thurs 9:30am-11:00am	Online (Zoom)
3/4 (pm)	Mon-Thurs 1:00-4:00pm	LMNH (child mind-ing)
5 (am)	Mon-Thurs 9:15am-12:15pm	Bethel Church (child mind-ing)
5 (pm)	Mon-Thurs 1:15-2:45pm	Online (Zoom)
6 (am)	Mon-Thurs 9:15am-12:15pm	Fountain Alliance Church

Support for Ukrainians

LINC and free settlement services are available to temporarily dislocated Ukrainians. Interpretation in Ukrainian and Russian is available upon request. Please reach out to any settlement staff for assistance.

One-on-One Services

Our settlement workers can offer one-on-one settlement information and service in 10 different languages including English, French, Cantonese, Mandarin, Tagalog, Vietnamese, Arabic, Spanish, Armenian, and Turkish. You can contact our settlement worker directly for an appointment. Our one-on-one settlement support covers but is not limited to the following topics:

- **Employment**
Job search, labour market information, preparing resumes and interviews, employment mentorship.
- **Health**
MSP, Fair PharmaCare, Mental Health counseling support
- **Education**
School registration, child care, parenting, ESL classes
- **Important Documents**
PR card renewal, Canadian citizenship application and test preparation.
- **Benefits**
Child Tax Benefit, Old Age Security (OAS), General Income Supplement (GIS), Senior's Bus Pass program, subsidized housing.

Group Sessions

We offer group sessions in various languages and on a wide variety of topics. Please contact our settlement staff if you need more information.

- **Art Therapy for Newcomers**
Spanish: Arelly, Mandarin: Annie, Arabic: Silva
 - **Citizenship Test Preparation Classes**
English: Alma Spanish Arelly, Mandarin: Annie, Vietnamese: Kim
 - **Newcomer to New Leader**
information sessions on employment and labour market in BC. Contact Stephen
 - **Topical Workshops**
provided in Arabic, Mandarin, Spanish, Tagalog, and Vietnamese.
- ### Ongoing Programs:
- **Community Kitchen for Middle Eastern Families**
Mondays, details TBA, contact Silva
 - **Mental Health Drop-in Sessions**
12:30-2:00 PM every Friday except the last Friday of the month, please drop by or contact Lynette.
 - **English Conversation Circle**
Weds. 10:00 AM 12:00 PM
Contact James to register
 - **Digital Literacy (Beginners)**
Tues. mornings and evenings
Contact James to register

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枫叶卡或移民紙或其他入境證明文件前來

新移民英語課程 (LINC 2 - 6 級) 初級至中級

Language Instruction for Newcomers to Canada (LINC)

是加拿大政府免費提供給新移民成人的英語課程。課程也同時介紹給新移民加拿大文化及社區內的服务资源。詳情請联系: 楊瑞秋 (Rachel), 電話: 604.879.7104 轉308 * 提供免費托兒服務(18月-5歲小孩)

一對一國粵/語移民安頓服務 (免費)

- * 申請更新枫叶卡，入籍申請及考試輔導
 - * 申請工卡，醫療卡
 - * 申請政府有關福利如廉租屋、托兒補助金、牛奶金等
 - * 幫助新移民了解本地的教育系統及如何教養子女
 - * 就業輔導及社區參與等等
- 詳情請詳情請联系: Annie
604.879.7104 分機314
電郵: 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/日期: 待定
地點: 小山鄰舍中心
費用: 免費
詳情請詳情請联系: Annie
604.879.7104 分機314
電郵: annie_yu@lmnhs.bc.ca



Settlement Programs / Vietnamese*



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 | 236.862.6695

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.

When: Fridays Sept. - Mar.
Time: 6:00 - 8:00 PM

3981 Main street
Xin đăng ký với Kim Đặng ở số 604.879.7104
chị Kim 236.862.6695

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)

Người Việt Cùng Nhau Sinh Hoạt

Đây là cơ hội gặp gỡ cho những cha mẹ Việt Nam để cùng nhau sinh hoạt, trao đổi kinh nghiệm và kiến thức trên zoom, cùng chia sẻ:

- Những khó khăn ở Canada
- Phong tục và tập quán
- Những điều cần biết về Canada
- Dạy dỗ con cái
- Chăm sóc tốt bản thân
- Gia đình và ngân sách

When: Fridays Oct. to Nov.
Time: 6:00 - 8:00 PM

Muốn biết thêm chi tiết và tham gia xin liên lạc với chị Kim 236.862.6695

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
chị Kim 236.862.6695

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.

Terapia De Arte Para Mujeres

Terapia de Arte es una profesión dentro de la Salud Mental que combina el proceso de la expresión creativa del arte con modelos de consejería y psicoterapia para realzar la salud emocional y física. La Terapia de Arte le brinda a la persona, la oportunidad de explorar problemas personales, resolver conflictos, y facilitar nuestro propio entendimiento con la ayuda de materiales de arte básicos. La Terapia de Arte facilita la expresión de emociones a través de una variedad de actividades artísticas. Las cuatro sesiones serán facilitadas por una experta en la materia

Cuando: Se anunciará la fecha

Lugar: LMNH

Costo: Gratuito

Contacto: Arely 604.879.7104

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 más información.

Cuando: Lunes a Jueves
Diferente horario

Para información en español,
Contacto: Arely

Aprenda A Administrar Sus Finanzas

En este taller conocerá los beneficios que el Gobierno de Canadá ofrece cuando los padres ahorran para la educación de sus hijos en RESP, cuando Ud ahorra para su pensión en RRSP, y cuando Ud ahorra en TFSA. Ud verá sus ahorros crecer cuando haga inversiones informadas. Las dos sesiones serán en Zoom

Cuando: Se anunciará la fecha

Lugar: LMNHS

Costo: Gratuito

Contacto: Arely 604.879.7104

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

CLASES DE CIUDADANIA CANADIENSE EN ZOOM

Preparese para su examen de Ciudadanía Canadiense. Tendremos seis sesiones de estudio en Inglés basadas en la guía DiscoverCanada y materiales adicionales emitidos por IRCC. Resolveremos cuestionarios al final de cada sesión y recibirán información y explicaciones adicionales en Español para comprender el contexto histórico y cultural. Apoyamos a nuestros participantes en sus estudios por lo que la mayoría exitosamente aprueban su examen.

Cuando: Miércoles, Sept. 21, 28
& Oct. 5, 12, 19, 26,

Hora: 6:00-8:00 PM

Via: Zoom

Costo: Gratuito

Contacto: Arely 236.862.3486

Community Programs

Community Connection Programs for Newcomers



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

Stephen Andrada
Mentorship and Employment
Program Facilitator
stephen_andrada@lmnhs.bc.ca

Wen Ren
Settlement Services Supervisor
604.879.7104
wen_ren@lmnhs.bc.ca

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

One-on-one Employment Coaching and Career Navigation Sessions with Interactive and Hands-on Employment Training Workshops to enhance newcomers' workplace readiness skills.

Workshop Topics include:

- Navigating and Accessing Immigrant Employment Services
- Mastering the Art of Professional and Community Networking
- The BC Labour Market Outlook and Hiring Trends and Practices in BC
- Tips to Successfully Access the Hidden Job Market
- Personal Branding, Writing Effective Resumes and Interviews
- Essential Skills for the Workplace

When: Orientation and intakes ongoing

Contact: Stephen

www.lmnhs.bc.ca

Employment Mentorships and Career Coaching*

Employment Mentorship and Career Coaching connects newcomers to professionals and employers for 1-1 occupation specific mentoring exploring career fields, employment related goals and networking. Mentors are carefully selected, screened and oriented to educate newcomers about skills, trainings and qualifications required in a career field and show steps to acquire them. Participants will network & meet professionals in different fields with referrals to participate in mentorship matches, job coaching or volunteering.

When: Mentorships ongoing.

Be a Mentor or Mentee

Contact: Stephen

Community Kitchen for Middle Eastern Families*

Meet new people in a fun and 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.

Time: TBD

Dates: Sept. 19, 26, Oct. 3, 17, 24

Cost: Free

* Child minding provided

Contact: Silva

Community Programs



LMNHS Food Hub

The LMNH Food Hub is our response to increased food insecurity in our community. Our mission is to create a local, community-led food system. We aim to reduce food insecurity in our community, and increase access to healthy food in a way that promotes dignity, equity and respect. We are dedicated to providing space to grow food, build community, and care for the lands on which we live, work, and play. Our Food Hub focuses on two priorities in our community: Growing Our Food and Feeding Our Community.

Joanne MacKinnon
Community Engagement
Coordinator
joanne_mackinnon@lmnhs.bc.ca

Sarah Mantini
Food Distribution Coordinator
fooddistribution@lmnhs.bc.ca
Cell: 236.862.8280

Breagha Zakaib
zYard Garden Harvest Coordinator
yardgarden.coordinator@lmnhs.bc.ca

Riley Park Community Garden (30th/Ontario)

Riley Park Community Garden (RPCG) has a communal model of community gardening – which means we share the work and share the harvest.

Harvests are shared among volunteers, to support our food literacy program and for the LMNH food programs. The garden is also an inclusive gathering place reflecting our core visions to improve food security, ecological sustainability and community development.

There are no wait list to join this community garden, just a willingness to show up and join in the fun of growing your own food.

Contact: Joanne

Food Distribution Program

The LMNHS Food Distribution Program was created due to increased food insecurity in our community during COVID-19. Starting out as a hamper program, it has evolved into a market style program where food is displayed on tables allowing participants to choose their food items. Operating on a weekly basis, we aim to provide healthy, culturally appropriate fresh produce and non-perishable food items at no cost.

Our program is currently only able to serve individuals who live within the geographic boundary from Cambie to Knight Street and 16th to 49th Avenue.

If you are in need of food support or would like to volunteer contact Sarah.

Yard Garden Harvest Program

We grow food selected by our Food Distribution Program Participants in our neighbours' back and front yards. The produce is then distributed at our Food Distribution Program. This program is an opportunity to volunteer and connect with people of all ages, learn how to create a foodscape and give back to your community. We have started to expand into gleaning in the neighbourhood by harvesting our neighbours' excess fruit and vegetables.

To offer your yard for production, or if you have fruit or food that could be harvested or to come volunteer with us, please contact Brianna.

Community Programs



Community Outreach and Engagement

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

Our programming includes:

Riley Park Farmers Market Donation Station

In partnership with the Vancouver Farmers Market. Monthly donations from farmers and shoppers support our Community Fridge project and LMNH food programs.

When: the 1st Saturday
of each month

Contact: Joanne

Community Fridge and Pantry

In December 2021, we developed a new partnership with the Vancouver Community Fridge Project. Our new community fridge and pantry provide a low-barrier space for community members to take what they need and leave what they can. They are both located outside of Little Mountain Neighbourhood House and are accessible 24/7.

Contact: Lynette

www.lmnhs.bc.ca

Music and More on Main

An open stage of friendly, encouraging folks sharing songs, poems and stories. Whether you are a proficient player or a novice you are welcome.

Open to anyone who enjoys singing songs or listening to live music.

When: Thursdays

Where: (online via Zoom and in-person on the 2nd Thursday of the month)

Time: 7:00 PM - 9:30 PM

Cost: by donation

Contact: reception 604.879.7104
or

Tim Mar - Music Facilitator
timmarsongs@gmail.com

Gleaning Project

The Gleaning Project, in collaboration with the Vancouver Fruit Tree Project, gathers fruit from local trees for sharing in our Food Distribution program. Our goals include contributing to neighbourhood food security, reducing food waste and creating volunteer opportunities.

If you have a fruit tree in your home that requires harvesting, may have surplus vegetables, or if you are interested in joining the gleaning team, please contact us.

Contact: lmnhgleaningbuds@gmail.com

Self Defense Class

Self-defense is a counter-measure that involves defending the health and well-being of oneself from harm. Register at Front Desk.

Who: Adults and Children 10+

When: TBA

Time: 4:00 - 6:00 PM

Contact: Kathleen
604.879.7104

no childminding available

Mayoral All Candidates Event Oct. 3rd - Cancelled

We regret to announce that the Vancouver Neighbourhood Houses Mayoral All Candidates Meeting on Monday, October 3rd will be cancelled due to a conflict with other events.

We encourage you all to visit the candidates' websites to learn more about their parties' platforms, and encourage you all to get out and vote on October 15, or at the advance polls. Follow this link to see where some of the publicly advertised All Candidates Meetings/Debates are happening at:

<https://vancouversun.com/news/local-news/election-2022-debates-list>

Or, contact your local Neighbourhood House for information.

Cedar Cottage Neighbourhood House:	604.874.4231
Collingwood Neighbourhood House:	604.435.0323
Downtown Eastside Neighbourhood House:	604.215.2030
Frog Hollow Neighbourhood House:	604.251.1225
Kiwassa Neighbourhood House:	604.254.5401
Mount Pleasant Neighbourhood House:	604.879.8208
Marpole Neighbourhood House:	604.628.5663
Kitsilano Neighbourhood House:	604.736.3588
South Van Neighbourhood House:	604.324.6201
Little Mountain Neighbourhood House:	604.879.7104

Sounds of Fall



Car Free Days 2022 September 18th

Since 2008, Car Free Vancouver Society has hosted Car Free Days along Commercial Drive, Main Street, and the West End to nurture and grow the car free culture. By blocking off major thoroughfares, Car Free Days gave people the chance to experience what cities could be like with more space for pedestrians, not cars.

In 2020, the pandemic forced Car Free Days to pivot to an online format, where we held virtual concerts, scavenger hunts, and audio tours. In 2021, we safely engaged with our supporters and partners to foster the community that is so important to us by holding a month-long festival that included a series of small events.

This year the 'car free' vision will continue to work with partners that have supported us in previous years, provide more accessibility, and foster relationships within our community.



3981 Main Street
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V5V 3P3
604.879.7104

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