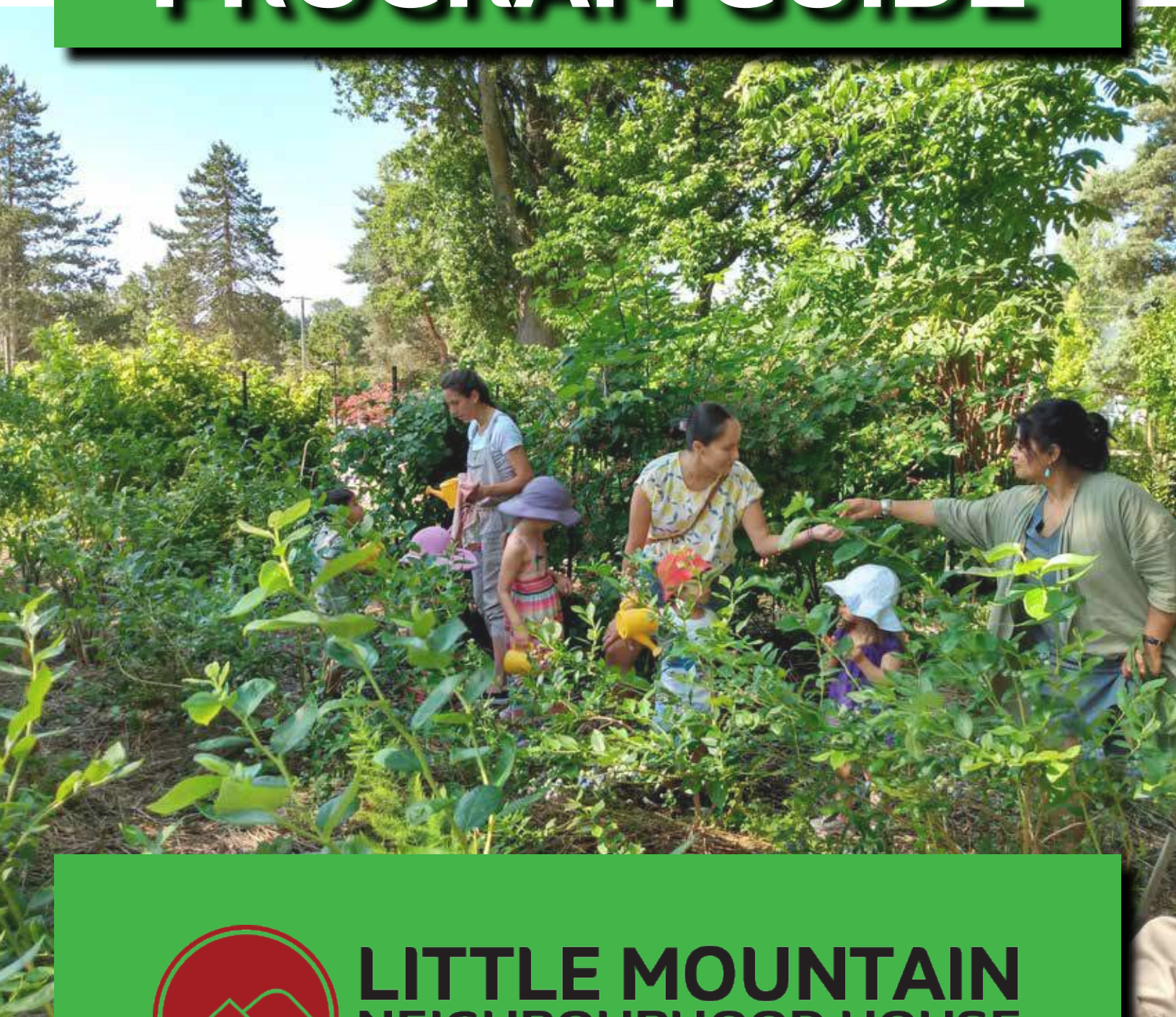


Spring/Summer 2022

# PROGRAM GUIDE



**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 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](mailto: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  
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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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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: 6 - 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

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

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

Joseph Litman  
Mens Group Facilitator  
604.879.7104  
mensgroup@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

### Father's/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: Thursdays  
Time: 7:00 PM - 9:00 PM  
Cost: \$5 fee and membership  
Contact: Joseph

# 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](mailto:shahiras@lmnhs.bc.ca)

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

Where : Riley Park

Southwest Corner

When: Tuesdays and Thursdays,  
Rain or shine

Time: 9:30 – 11:30 AM

Cost: \* with membership  
\$25.00/month

Contact: Shahira

## Mindful Movement

Starts March 30th!! Sign up now!

Join Shahira and Lynette 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 you would like some time for yourself to take care of your mental and physical well-being.

When: Wednesdays

March 30th - May 18th

Time: 10:00 - 11:30 AM

Where: MPNH (800 E. Broadway)

What to Bring: yoga mat, towel,  
water

Cost: Free with  
LMNHS membership

Shahira: [shahira@lmnhs.bc.ca](mailto:shahira@lmnhs.bc.ca)

Lynette:

[lvonoelffen@lmnhs.bc.ca](mailto:lvonoelffen@lmnhs.bc.ca)  
or 236.862.2903

[www.lmnhs.bc.ca](http://www.lmnhs.bc.ca)

## 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: May - July

Weather permitting

Cost: \* with membership,  
\$25.00/month

Time: 12:30 - 2:00 PM

Contact: [shahiras@lmnhs.bc.ca](mailto:shahiras@lmnhs.bc.ca)

## Papa's Playtime in the Park

Created for male caregivers ~ enjoy this immersive outdoor play program with your child at Riley Park! This program provides the opportunity for parents/caregivers and their children (1 to 45 yrs old ~ lovely to have all three generations) to meet new friends, play, and sing together - outside. To register, contact: [shahiras@lmnhs.bc.ca](mailto:shahiras@lmnhs.bc.ca)

Who: Papas/male caregivers and children aged 1 to 45 ; )

Where: Riley Park

When: Tuesdays  
starting May 17th

Time: 5:00 – 6:30 PM

Cost: \* with membership,  
\$25.00 for the month

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](mailto: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](mailto:lvonoelffen@lmnhs.bc.ca)

## Move and Make

This program is designed for the unique needs of neurodiverse families, including the autism spectrum, ADD, ADHD, etc.

When: Wednesdays Apr.13-

June 29 10:00 AM - 12:00 PM

Where: Kensington Community  
Centre - 5175 Dumphries Street

Cost: Free

Contact: Shahira

Email: [shahiras@lmnhs.bc.ca](mailto:shahiras@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, Spring break and Summer 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, Soong Ching Ling Children's Foundation, Click, Vancity, Coast Capital Savings, MCFD, BC Housing, Canada Summer Jobs, Odd Fellows, Vancouver School Board, Telus, Tupper Secondary, Community Schools Partnerships, and the City of Vancouver.

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tanya\_findlater@lmnhs.bc.ca

Stephanie Feng  
Child and Youth Coordinator  
604.879.7104 ext 410  
stephanie\_feng@lmnhs.bc.ca

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

#### School's Out: Literacy Leaders

Starting: April to June

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 three schools listed. (Brock, Van Horne, and Henderson Elementary Schools)

Contact: Stephanie





# Children and Youth Programs

## School's Out (continued)

### Brock Elementary

Who: Grades 2 – 3  
When: Monday and Wednesdays  
Where: Building A - Basement  
(Girls Side)  
Cost: FREE - 10 weeks  
Time: 3:00 PM - 4:30 PM

### Van Horne Elementary

Who: Grades 5 – 7  
When: Monday and Wednesdays  
Time: school lunchtime  
Where: computer lab  
Cost: FREE - 10 weeks  
and  
Who: grades 5 - 7  
When: Fridays  
Time: 3:00 - 4:30 PM  
Where: School Gym  
Cost: FREE -10 weeks

### Henderson Elementary

Who: Grades 1 – 3  
When: Tuesday and Fridays  
Where: School Gym  
Cost: FREE  
Time: 3:00 PM - 4:30 PM

Who: Grades 5 -7  
When: Tuesday and Fridays  
Time: Lunch  
Where: steph will send it  
Cost: FREE

## 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 Thursdays  
Time: 5:30 PM – 7:30 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

## 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.

## Youth Programs (12 - 18 years)

### 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 5:30 - 7:30 PM  
Contact: Stephanie

## Beyond Education (BE)

### Eric Hamber Secondary School

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

When: Mondays  
Time: 3:00 PM - 5:00 PM  
Where: Eric Hamber multipurpose room  
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: 3:00 - 5:00 PM

Contact: Stephanie

\* John Oliver:

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

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

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Filipino Settlement Worker  
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LINC Coordinator  
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Mentorship and Employment  
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Mental Health Navigator  
604.879.7104  
Cell: 236.862.2903  
lvonoelffen@lmnhs.bc.ca

James Huang  
LINC Digital Literacy Worker  
604.879.7104  
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 Jan. 4, 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 9:15am-12:15pm	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 1:15-12:15pm	Online (Zoom)
6 (am)	Mon-Thurs 9:15am-12:15pm	Fountain Alliance Church

### 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: Arely, Mandarin: Annie, Arabic: Silva)

#### • Citizenship Test Preparation Classes

(English: Alma Spanish Arely, 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).

#### • Digital Literacy Computer Labs

(Mondays and Wednesdays 4:15-6:00 PM, (contact James)

# 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)

- \*申請更新楓葉卡，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

### 新移民家庭活動日

小山鄰舍中心將在6月至8月為新移民家庭安排一系列室內外家庭活動。

時間/日期: 2022年6-8月  
地點: Riley Park  
萊利公園 或小山鄰舍中心  
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

### 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

Little Mountain Neighbourhood House

### 「绘画心声」

艺术治疗小组  
GROUP ART THERAPY

这一年多我们都有许多方面的挑战和压力，你是否有过力不从心、有苦难言的感觉？  
如果你想知道如何应对压力，学会自我关怀与调节情绪，来参加我们为周4节的艺术治疗小组吧！我们会有专业的艺术治疗师带领大家以手代口，借着画笔和图像表达自己的感受，并和其他的参加者分享心声，互相打气。

時間/日期: 2022年6-8月  
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: Thursdays June - July  
Time: 4:30 - 6:30 PM

z3981 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: Saturdays  
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 anunciara 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 mas información.  
Cuando: Lunes a Jueves  
Diferente horario  
Para información en español,  
Contacto: Arely

## Alfabetización Digital

Aprenda las habilidades necesarias para vivir, aprender, y trabajar en una sociedad donde la comunicación y el acceso a la información crece cada día más con la tecnología digital. Aprenda las diferentes plataformas de Internet como las educativas y bancarias, los medios sociales como facebook, y también aprenda a usar efectivamente los diferentes dispositivos móviles como teléfonos y tablets. Las cuatro sesiones serán en Zoom.

Cuando: Se anunciara la fecha  
Lugar: LMNH  
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

## Aprenda A Administrar Sus Finanzas

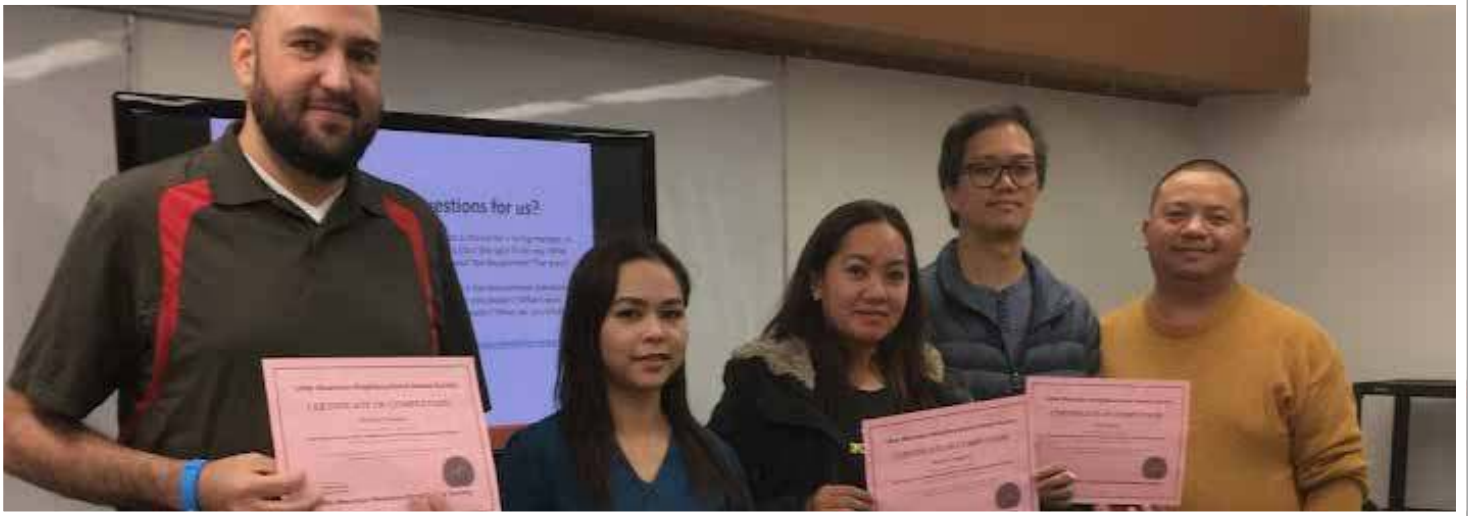
En este taller conocerá los beneficios que el Gobierno de Canada ofrece cuando los padres ahorran para la educación de sus hijos en RESP, cuando Ud ahorra para su pensión en RRSP, y cuando Ud ahorra en TFSA. Ud verá sus ahorros crecer cuando haga inversiones informadas. Las dos sesiones serán en Zoom

Cuando: Se anunciara la fecha  
Lugar: LMNH  
Costo: Gratuito  
Contacto: Arely 604.879.7104



# 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

### **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 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: TBD

Time: TBD

Dates: TBD

Cost: Free

\* Child minding provided

Contact: TBA

# 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

Brianna Thompson  
Yard 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: Sarah

#### Music & More on Main

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

When: Thursdays

Time: 7:30 PM - 9:30 PM

Cost: by donation

Contact: reception 604.879.7104

Tim Mar

Music Facilitator

Contact: Reception

604.879.7104

#### Self Defense Class

It's back again! This time there will be 3 sessions of 2 hours each. Self-defense is a counter-measure that involves defending the health and well-being of oneself from harm.

Register at Front Desk.

Who: Adults  
Children 10+

When: May 25

Time: 4:00 - 6:00 PM

Contact: Kathleen  
604.879.7104

\*no childminding available\*



# Volunteer Opportunity – Apply Now!

## Little Mountain Neighbourhood Houser Society Board of Directors



# RECRUITING!

## MEMBERS FOR BOARD OF DIRECTORS

HOW TO APPLY:  
Submit your resume to: [boardrecruitment@lmnhs.bc.ca](mailto:boardrecruitment@lmnhs.bc.ca)

TERM IF ELECTED:  
June 20, 2022- June 17, 2024

Are you passionate about community? Do you seek to make a difference in the life of Vancouver? Little Mountain Neighbourhood House Society is seeking candidates for its board of directors. LMNHS is a neighbourhood-based organization at 24th Avenue and Main Street in Vancouver. With 25 program locations, we provide a wide array of programs to thousands of people in all their diversity. Our diverse 12 member board guides our established award-winning organization and provides leadership support to our 100+ FT and PT staff members. Meetings are held 10 times a year (currently the last Monday evening of the month). Board work in our organization provides a great opportunity for personal growth and skills development, and for making a meaningful contribution to your community.

### Board Responsibilities:

- Knowledgeable and skilled (or willing to learn) in areas of board governance, non-profits, finance, human resources, information technology, advocacy, or fund development;
- Attendance at monthly board meetings;
- Support of special events;
- Promote LMNHS in the community;

### Skills the Board is currently seeking:

- Accounting/Financial Planning;
- Planning/Strategic Planning;
- Government Relations

### General Skills:

- Ability to work as part of a team;
- Knowledge or interest in learning about LMNHS and the neighbourhood house movement.

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## LMNHS Annual General Meeting

When: Monday June 20, 2022  
Time: 7:00 PM

Find out everything LMNHS accomplished this past year including our new Strategic Plan, Redevelopment Update and more! To be eligible to vote, purchase your 2022 membership now. Look for more details to follow on our website.

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Please contact Executive Director Joel Bronstein to find out more 604.879.7104 and/or send your CV with cover letter why you want to join the board to: [joel\\_bronstein@lmnhs.bc.ca](mailto:joel_bronstein@lmnhs.bc.ca). The Nomination Committee will screen prospective board in advance of the June AGM.



3981 Main Street  
Vancouver, BC  
V5V 3P3  
604.879.7104

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