



LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE
NEIGHBOUR HELPING NEIGHBOUR

2023

PROGRAM GUIDE -Spring/Summer-





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: kathleenv@lmnhs.bc.ca

*forms also available at reception or our website.

OUR SERVICES

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We provide a safe happy, healthy environment for children, parents and staff. Our Child Care centres are all licensed with qualified staff who work to meet and comply with the Child Care Licensing Regulations set out by the Community Care and 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.

Childcare Staff

Geraldine
Child Care Manager
604.879.7104 ext 311
geraldinec@lmnhs.bc.ca

Janis
CDC Senior ECE Supervisor
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cdc@lmnhs.bc.ca

Geraldine
LMOSC Coordinator
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lmosc.coord@lmnhs.bc.ca

Jordan
MOSC Coordinator
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DAYCARE

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, and 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: \$486.00/ 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

Sunset Daycare - Affiliated Daycare

Where: 8054 Buscombe Street
Vancouver

Contact: Carlene Roberts
Senior ECE Supervisor

Phone: 604.325.3817
sunsetdaycare@telus.net

OUT OF SCHOOL CARE

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: \$462.00/ 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: Geraldine

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: \$536.00/ 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





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

EARLY YEARS PROGRAMS

Move and Make

Come and play with your child at Little Mountain Neighbourhood House! This program provides the opportunity for parents and caregivers and their young children (0 to 5 years old) to meet new friends, play, and sing together indoors.

Who: Parents/caregivers and children aged 0 to 5 years
 Where : Kensington Community Centre
 5175 Dumfries Street
 When: Wednesdays, Apr. 12 - May 31
 Time: 10:00 AM – 12:00 PM
 Cost: Free with LMNHS Family Membership (\$10.00 per year)
 Contact: Shalynn to register

Mother Goose @ Riley 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/Caregivers and infants 0-1.5 years
 When: Mondays, May 8 - July 28
 Cost: Free with LMNHS Family Membership (\$10.00 per year)
 Time: 10:00 - 11:30 AM

Contact Shalynn to register

Play 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 5 yrs. old) to meet new friends, play, and sing together outside.

Who: Parents/caregivers and children aged 0 to 5 years
 Where: Riley Park (Southeast Corner)
 When: Tuesdays *weather dependent
 Time: 9:30 – 11:30 AM
 Cost: Free with LMNHS Family Membership

Contact: Shalynn to register

Friday Family Drop-in

Come and play with your child at Little Mountain Neighbourhood House! This program provides the opportunity for parents and caregivers and their young children (0 to 5 years old) to meet new friends, play, and sing together indoors.

Who: Parents/Caregivers and infants 0-1.5 year.
 When: April 14 - July 28
 Where: LMNHS (3981 Main Street)
 Time: 9:30 - 11:30 AM and 1:30 - 3:30 PM
 Cost: Free with LMNHS FamilyMembership (\$10.00 per year)

Contact: Shalynn to register

Family Resource Staff

Maria
Manager of Family Resources
and Community Programs
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mariav@lmnhs.bc.ca

Shalynn
Early Years Coordinator
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Cell: 236.777.3347
shalynnk@lmnhs.bc.ca

Lynette
Family Support Worker
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Cell: 236.862.2903
lynettev@lmnhs.bc.ca

FAMILY SUPPORT PROGRAMS

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 (3981 Main Street) or online (Zoom)
Cost: Free *with LMNHS membership
Contact: Lynette or Shalynn

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 6:00 - 8:00 PM
Where: LMNH (3981 Main Street)
Cost: Free *with LMNHS membership
Contact: YWCA: 604-619-5276 or
singlemoms@ywcavan.org



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: lynettev@lmnhs.bc.ca

Who: anyone
When: Various days
Where: LMNHS or online
Cost: Free * with LMNHS 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.
Contact: Lynette
Call: 236.862.2903

Who: anyone
When: Various Days
Where: in-person at LMNHS (3981 Main Street)
or online via Zoom
Cost: Free * with LMNHS membership
Contact: Lynette
Cell: 236.862.2903
Email: lynettev@lmnhs.bc.ca

Children and Youth Services Staff

Andrea
Manager of Child and Youth
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Stephanie
Child and Youth Coordinator
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stephanief@lmnhs.bc.ca



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.

Children's Programs (6 - 12 years)

School's Out: Literacy Leaders

Starting: April - June 2023

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: This program is open to children at Brock and John Henderson Elementary Schools.

Contact: Stephanie

Brock Elementary

Who: Grades 1 - 3
When: Tuesdays until Jun. 6
Time: 3:00 - 4:30 PM
Where: Library
Cost: FREE

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

John Henderson Elementary

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

Childrens Programs (continued)

Pro D Camps

Children will engage in a variety of activities in art, science, and outdoor fun. Come join us on April 24 for a fun Pro-D day at Van Horne Elementary for a day of Comics, Comedy and Creativity!

Who: Ages 6-12

When: Monday April 24

Time: 9:00 AM - 4:00 PM

Where: van Horne Elementary

Cost: \$40.00/day

Limited spots available.

Contact: Stephanie

Summer Camps

STEAM activities, games, crafts, friends, sports, and most importantly FUN! Come join us for jam-packed weeks full of fun! Skilled day camp staff lead this exciting 5-day program for kids ages 6-12.

Who: Ages 6-12

Time: 9:00 PM - 4:00 PM

When: Weekly, July 4 - August 25

Where: LMNHS(3981 Main Street)

Cost: \$160.00/week

Limited spots available.

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
until June 8

Time: 5:15 PM – 7:15 PM

Where: LMNHS (3981 Main Street)
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

Contact: Stephanie

Youth Programs (12 - 18 years)

Beyond Education (BE)

Eric Hamber Secondary

A 6 week afterschool program that focuses on pre-employment, leadership and volunteering for students at Eric Hamber Secondary. This program will also develop essential career core competencies from students in grades 10-12. This program is in collaboration with Mount Pleasant Neighbourhood House.

18 spots available

Who: Grades 10 - 12

When: Mondays, until May 15, 2023

Time: 3:30 - 5:00 PM

Where: Eric Hamber
Multipurpose Room

Cost: Free

Contact: Stephanie or
Danielle
dverzosa@mpnh.org



Children and Youth with Support Needs Program

This program provides 1-1 and small group support for children/youth with exceptionalities and their families in collaboration with Integration Service Workers. This program is city wide and focuses on developing goals with the child and family, building strong relationships, enhancing connections to local resources and deepening integration into the community. Referrals and funding through Ministry of Children and Family Development.

Contact: Andrea

Homework Club

This program provides free tutoring, healthy snacks, mentorship, workshops and recreation activities to support the successful academic journey of youth attending Tupper Secondary School. Our goal is to nurture lifelong learning, academic success, career readiness and community building.

Contact: Stephanie

Tupper Secondary

Who: Grades 8 - 12

When: Tuesdays and Thursdays
until June 8

Where: Cafeteria

Cost: Free

Time: 3:00 - 5:00 PM

John Oliver Secondary

Who: Grades 8 - 12

When: Wednesdays until June 7

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



Programs for older adults at LMNHS are getting ready to launch for 2023! We are excited to announce the Strengthening Social connections project and the hiring of two new, part-time positions to support seniors' programs over the next year. We will begin by creating opportunities for older adults living in the community to share about what they want and need. We will collaborate with older adults to grow a more resilient community for all community members and explore long term solutions to mitigate the impacts of climate change and extreme climate events.

Over the next year, events and activities will include:

- Seniors Forum – an opportunity for older adults to share ideas, strengths, needs and dreams to make sure the Little Mountain/Riley Park community is a great place for older adults to live
- Train the trainer – opportunity for training and support to lead a wide range of self-run activities.
- Events, activities and local trips.
- Dialogue circles and planning groups to generate ideas to increase supports for older adults during extreme climate events.

If this sounds like something you would be interested in, please contact Annie.

Annie (安妮)
Chinese Settlement Worker
Phone: 604.879.7104 ext. 314
Cell: 236.862.0802
Email: anniey@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

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。

时间：逢周三及周五 上午 10:00-12:00
地点：Riley Park Plaza
(30th and Ontario Street)
莱丽公园广场
费用：免费

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: Wednesdays
Time: 9:30 AM - 11:00 AM
Cost: \$1/session
Contact: Annie

撑杆健行组

欢迎你参加这个最流行的户外撑杆健走活动，帮助更好地运动头部、颈部及肩部。

时间：逢周三 上午 9:30-11:00
地点：Riley Park Plaza
(30th and Ontario Street)
莱丽公园广场
费用：免费

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

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。这是新手课程，但级别较高的爱好者亦可参加练习。

时间：待定
地点：待定



LMNHS 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.

Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

Settlement Staff

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Settlement and Seniors
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linc.dl@lmnhs.bc.ca

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 end June 29, 2023
Contact: Rachel

LINC Schedule

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



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.

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 12 different languages including English, French, Cantonese, Mandarin, Tagalog, Vietnamese, Ukrainian, Russian, 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, Ukrainian: Tetiana

• 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, Vietnamese and Ukrainian



Ongoing Programs:

• Community Kitchens for Newcomers

Saturdays, 11:30 AM - 1:30 PM, contact Tetiana

• 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 (Beginners)

Weds. 10:00 AM 12:00 PM
Apr. 26 - June 14 (8 classes)
Contact James to register

• Digital Literacy (Beginners)

Tues. and Thurs. 4:00 - 6:00 PM
Apr. 20 - May 25 (11 classes)
Contact James to register

• Digital Literacy (Intermediate)

Tues. and Thurs. 4:00 - 6:00 PM
May 30 - Jun. 15 (6 classes)
Contact James to register



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務資源。

詳情請聯繫：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)

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

詳情請詳情請聯繫

Annie 604.879.7104 分機314

電郵：anniey@lmnhs.bc.ca

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

詳情請詳情請聯繫：Annie 604.879.7104 分機314

電郵：anniey@lmnhs.bc.ca



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
604.879.7104 | 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)

Hướng dẫn, thông tin, giới thiệu và tư vấn

Xin liên lạc với Kim ở số 236.862.6695

Hướng dẫn tìm việc, làm resume

Xin liên lạc với Kim ở số 236.862.6695

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 TBA
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 sửa, xin tiền phụ cấp gửi con, v.v...

Xin liên lạc với Kim ở số 604.879.7104
chị Kim 236.862.6695

Lớp thi quốc tịch

Giúp điền đơn xin thi. Lớp Citizenship bao gồm 6 buổi học miễn phí.

When: Fridays TBA
Time: 6:00 - 8:00 PM

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

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.

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,

Terapia De Arte Para Mujeres

Terapia de Arte es una profesion dentro de la Salud Mental que combina el proceso de la expresion creativa del arte con modelos de consejeria y psicoterapia para realzar la salud emocional y fisica. 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 basicos. La Terapia de Arte facilita la expresion de emociones a travez de una variedad de actividades artisticas. Las cuatro sesiones seran facilitadas por una experta en la materia.

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 Administrar Sus Finanzas

En este taller conocera los beneficios que el Gobierno de Canada ofrece cuando los padres ahorran para la educacion de sus hijos en RESP, cuando Ud ahorra para su pension en RRSP, y cuando Ud ahorra n TFSA. Ud vera sus ahorros crecer cuando haga inversiones informadas. Las dos sesiones seran en Zoom

Cuando: Se anunciara la fecha

Lugar: LMNHS

Costo: Gratuito

Contacto: Arely 604.879.7104

Clases de Ciudadania Udadania Canadiense en Zoom

Preparese para su examen de Ciudadania Canadiense. Tendremos seis sesiones de estudio en Ingles basadas en la guía DiscoverCanada y materiales adicionales emitidos por IRCC. Resolveremos cuestionarios al finalde 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: Se anunciara la fecha

Hora: 6:00-8:00 PM

Via: Zoom

Costo: Gratuitozz

Contacto: Arely 236..862.3486

Community Connections Programs

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

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

Community Connections Staff

Stephen
Mentorship and Employment
Program Facilitator
stephena@lmnhs.bc.ca

Wen
Settlement Services Supervisor
604.879.7104
wenr@lmnhs.bc.ca

New Comer to New Leader:

Leadership and 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

Community Kitchens for Newcomers*

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: Saturdays 11:30 AM - 1:30 PM
Dates: April 22 - June 24
Cost: Free

* Child minding provided
Contact: Tetiana

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.

Be a Mentor or Mentee

When: Mentorships ongoing.
Contact: Stephen



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.

Food Hub Staff

Joanne
Community Engagement
Coordinator
joannem@lmnhs.bc.ca

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

Breagha
Yard Garden
Harvest Coordinator
ygc@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
fooddistribution@lmnhs.bc.ca.

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 Breagha.



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 setup at the market where shoppers donate funds to support the food distribution program and vendors donate produce to support the LMNH food literacy programs.

When: the 1st Saturday of each month
Contact: Joanne

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 and 4th 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

Community Fridge and Pantry

In partnership with the Vancouver Community Fridge project, our community fridge and pantry provide a low barrier access to food.

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

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: April 17, May 29

Time: 4:00 - 6:00 PM

Contact: Kathleen 604.879.7104

no childminding available





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.

Thank you for your interest in joining LMNHS's Board of Directors.

Candidates are provided the following information:

- LMNHS Overview (how our society came to be)
- Latest Annual Report.
- Current Strategic Plan (where we want to go).
- Director Duties and Responsibilities.
- Recruitment FAQ (what is expected of you).

Want to Learn More?

Don't hesitate to reach out to any one of us below:

- Joel Bronstein, Executive Director: joelb@lmnhs.bc.ca
- Eduardo Aragon, Board President: eduardo.aragon558@gmail.com
- Mary Nguyen, Chair of Governance Committee: marynguyen@shaw.ca

The Nomination Committee will screen prospective board members in advance of the June AGM.

Interested in Joining US?

The Nominee Application form can be downloaded from our website, here:

lmnhs.bc.ca/lmnhs-board-of-directors-recruitment-2023/

LMNHS Annual General Meeting

When: Monday June 19, 2023
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 2023 membership now. Look for more details to follow on our website.



**LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE**
NEIGHBOUR HELPING NEIGHBOUR

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