

## Contact Us

800 East Broadway

604.879.8208

info@mpnh.org

www.mpnh.org



**Mount Pleasant  
Neighbourhood House**

Mount Pleasant Neighbourhood House  
is located on the traditional, ancestral,  
and unceded territory of the Musqueam,  
Squamish, and Tsleil-Waututh peoples.

# Mount Pleasant Neighbourhood House

## Program Guide Winter 2020

updated January 2020



**MPNH**  
Mount Pleasant  
Neighbourhood House

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## Funders and Donors

### Funders & Donors

We gratefully acknowledge the many funders who support our programs and core activities:

- BC Association of Community Response Networks
  - BC Children’s Hospital, Radiology Department
  - Bosa Family Foundation
  - Buy-Low Foods
  - Canadian Diabetes Association
  - Canadian Medical Association
  - City of Vancouver
  - Coast Capital
  - Community Food Centres Canada
  - Decoda Literacy Solutions
  - Excellence in Literacy Foundation
  - GVC Credit Union
  - Habitat for Humanity
  - HIPPY Canada
  - Immigrant, Refugees and Citizenship Canada
  - Kebet Holdings
  - Kingsgate Mall
  - Microsoft
  - Ministry of Advanced Education, Skills & Training
  - Ministry of Children & Family Development
  - Ministry of Public Safety & Solicitor General, Gaming Policy & Enforcement Branch
  - Ministry of Social Development and Poverty Reduction
  - Mothers Matter Centre
  - Mount Pleasant Lions Club
  - Mount Pleasant War Memorial Community Cooperative Association
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  - Success by 6
  - Tangerine
  - Upcycle Vancouver
  - Vancity
  - Vancouver Coastal Health
  - Vancouver Foundation
  - Vancouver Native Health Society
  - Whole Foods Market
  - Zymeworks
- Support Us: [www.mpnh.org/donate](http://www.mpnh.org/donate)

A heartfelt “Thank You” to our private donors! To donate please contact [jhamel@mpnh.org](mailto:jhamel@mpnh.org) or [jvanenckevort@mpnh.org](mailto:jvanenckevort@mpnh.org), phone us at 604.879.8208, or visit our donor page.

### Directory | Dial 604.879.8208

#### Community Programs (continued from previous page)

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Seniors LEAP Programmer (Arabic, English) [OELshayeb@mpnh.org](mailto:OELshayeb@mpnh.org)

Daniela Gunn-Doerge, ext 232

The Front Step Project Coordinator [dgunndoerge@mpnh.org](mailto:dgunndoerge@mpnh.org)

#### Family Resource Programs

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Director Family Resource Program [nborrino@mpnh.org](mailto:nborrino@mpnh.org)

Carmen Contreras, ext 202

Family Resource Programs Coordinator (English, Spanish) [ccontreras@mpnh.org](mailto:ccontreras@mpnh.org)

Tracy Mclean, ext 209

Vancouver Native Health Family Support Worker [Tracy.IEY@vnhs.net](mailto:Tracy.IEY@vnhs.net)

Jeven Bhullar, ext 323

Program Coordinator - School Age & Preteen Programs [jbhullar@mpnh.org](mailto:jbhullar@mpnh.org)

Irina Zozulya, ext 206 (English, Russian, Ukrainian)

Preschool Supervisor [izozulya@mpnh.org](mailto:izozulya@mpnh.org)

Lakshmi Ranasinghe, ext 121 (English, Sinhalese)

Day Care Supervisor [Lranasinghe@mpnh.org](mailto:Lranasinghe@mpnh.org)

#### Community Connections & Literacy Outreach

Vicky Li, ext 107

Community Connections & Literacy Outreach Coordinator (Cantonese, English, Mandarin)

[vli@mpnh.org](mailto:vli@mpnh.org)

Lamin Kassama, ext 223

Community Connections Programmer (English, Mandinica, Wollof) [Lkassama@mpnh.org](mailto:Lkassama@mpnh.org)

Jolene Andrew, ext 139

Indigenous Community Developer [jandrew@mpnh.org](mailto:jandrew@mpnh.org)

Morie Ford, Family Literacy Coordinator, ext 232

Family Literacy [mford@mpnh.org](mailto:mford@mpnh.org)

Millie Martinez, ext 232

Community Connections Settlement Worker (English, Spanish) [mmartinez@mpnh.org](mailto:mmartinez@mpnh.org)



### Hello from Jocelyne Hamel, Executive Director

As the days grow longer, we're looking forward to another wonderful year at our House, full of opportunities, community building, and fun events and programs for the whole family.

New highlights include:

#### · Lunar New Year Celebration

Join us on Thursday, January 23 in an evening of fun, entertainment, and great food to celebrate the Year of the Rat!

#### · Intergenerational Drop-In

The Front Step Project will be hosting weekly drop-in sessions for youth from care and older adults to come together to connect and create.

These are just a few of the highlights you can look forward to in the coming months, and details on these and other planned programs are provided in this guide.

#### Want to know what's happening next?

Sign up for our newsletter at [www.mpnh.org/newsletter](http://www.mpnh.org/newsletter)

Jocelyne Hamel, Executive Director



## About our House

Mount Pleasant Neighbourhood House (MPNH) is part of the Association of Neighbourhood Houses of British Columbia (ANHBC). We are a community-based, non-profit agency that provides quality services and programs for people of all ages in East Vancouver. We are a registered charity under the Income Tax Act of Canada. For more information about the Association, visit the website at [www.anhbc.org](http://www.anhbc.org). Please visit [www.mpnh.org](http://www.mpnh.org) for the most up-to-date information as well as plenty of other information, photos, videos and more.

### Membership

A current membership is required for all House programs. They are annual, from May 1 to April 30. You can purchase memberships at the front desk. Memberships are \$6 for individuals and \$8 for families. You can also get the optional ANHBC membership for only \$2 if you wish to become a member of the ANHBC, which includes ANHBC voting privileges, see [www.anhbc.org](http://www.anhbc.org) for more information.

Contact: Shirley Francisco, Front Desk,  
[frontdesk@mpnh.org](mailto:frontdesk@mpnh.org), 604.879.8208 (English, Ilocano, Tagalog)

### Partnerships

Mount Pleasant Neighbourhood House is actively looking for proposals from people and groups who wish to provide programming or a service that reflects our mandate and mission. Please contact Jocelyne Hamel, Executive Director, at 604.879.8208 or [execdir@mpnh.org](mailto:execdir@mpnh.org).

## Directory (dial 604.879.8208)

### Core Programs

Jocelyne Hamel, ext 103

Executive Director (English, French) [jhamel@mpnh.org](mailto:jhamel@mpnh.org)

Michael Volker, ext 128

Director of Core Programs and Operations [mvolker@mpnh.org](mailto:mvolker@mpnh.org)

Jenni Sheppard (English, French, Spanish)

Communications & Marketing Assistant [marketing@mpnh.org](mailto:marketing@mpnh.org)

### Community Programs

Claudine Matlo, ext 138

Director of Community Programs [cmatlo@mpnh.org](mailto:cmatlo@mpnh.org)

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Settlement & Youth Services Coordinator (English, French, Vietnamese) [tlam@mpnh.org](mailto:tlam@mpnh.org)

Winnie Tam, ext 201

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José Luis Aranda, ext 214

Job Search Trainer (English, Spanish) [JLaranda@mpnh.org](mailto:JLaranda@mpnh.org)

Jessie Huang, ext 105

Seniors Settlement & Better at Home Programmer  
(Cantonese, English, Mandarin), [jhuang@mpnh.org](mailto:jhuang@mpnh.org)

Sherifa Azzab, ext 203

Settlement Worker (Arabic, English, French) [sazzab@mpnh.org](mailto:sazzab@mpnh.org)

Dahlia Abdualkareem, 604.809.8202

Settlement Worker (Arabic, English) [dabdualkareem@mpnh.org](mailto:dabdualkareem@mpnh.org)

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Youth Settlement Programmer (English, Spanish) [mgamas@mpnh.org](mailto:mgamas@mpnh.org)

Iman Al-Sallal, ext 318

Youth Settlement Programmer (Arabic, English) [ialsallal@mpnh.org](mailto:ialsallal@mpnh.org)

Shaelee Gummer, ext 104

Better at Home Coordinator [sgummer@mpnh.org](mailto:sgummer@mpnh.org)

Elizabeth McIlfaterick ext 113

Volunteer Programmer, Better at Home (English, Spanish) [emcillfaterick@mpnh.org](mailto:emcillfaterick@mpnh.org)

## The Front Step Project



The Front Step Project is a community of people finding ways to create reciprocal and informal supports for both youth from care and older adults.

### We want to hear from you!

- What are your experiences of different generations working together?
- How do you think people could work together across generations to address complex problems like housing and poverty in Vancouver?

If you're curious, join the conversation by emailing our coordinator Daniela or following us on Instagram, Twitter or Facebook! [@thefrontstep](https://www.instagram.com/thefrontstep)

We want a community in which people are connected, valued and empowered to create the systemic change they would like to see in their community.

### Key Principles:

- Honesty, about what we are thinking, seeing and/or feeling
- Transparency, around our organizational cultures, competencies, needs, and processes, etc., as well as learning within the project
- Curiosity, about everything, because this is about learning
- Reflective/self-reflective, and being willing to interrogate our own/our organizational assumptions, values, practices and norms
- Humility, because none of us/our organizations have “figured it out” and because pride/ego will only get in the way
- Openness to change and growth

**Contact:** Daniela Gunn-Doerge, The Front Step Project coordinator (English, French)  
604.879.8208 ext 225, [dgunndoerge@mpnh.org](mailto:dgunndoerge@mpnh.org)  
[www.mpnh.org/thefrontstep](http://www.mpnh.org/thefrontstep)

vancouver  
foundation

## About our House



### Mount Pleasant Neighbourhood House Community Board

Want to be involved in creating a better neighbourhood? Interested in being involved in leadership and participating in community development, board governance, and fundraising? If you have a passion for being a steward of Mount Pleasant Neighbourhood House and helping MPNH achieve our vision and mission, consider joining MPNH's Community Board. Learn more about how you can be involved in leadership and sustainability activities by contacting Jocelyne Hamel, Executive Director, at 604.879.8208 or [execdir@mpnh.org](mailto:execdir@mpnh.org).

### Food Services

Our kitchen can provide delicious, freshly made appetizers, pastries and full meals for activities held at MPNH, on an event-by-event basis.

Contact: Mike Volker, Director of Core Programs and Operations  
[mvolker@mpnh.org](mailto:mvolker@mpnh.org), 604.879.8208 ext 128

### Room Rentals

We have a variety of spaces catering from 1-100 available. Please contact the front desk or check [www.mpnh.org/rentals](http://www.mpnh.org/rentals) for more details.

Contact: Askar Baudun, Front Desk  
[rentals@mpnh.org](mailto:rentals@mpnh.org), 604.879.8208

### Special Events & Newsletter

Let us keep you posted on upcoming events! Check out our website to subscribe to our newsletter at [www.mpnh.org/newsletter](http://www.mpnh.org/newsletter)

### Social Media

Share, follow, like and tag us on social media!

Instagram [@mountpleasantnh](https://www.instagram.com/mountpleasantnh)

Flickr [flickr.com/mountpleasantnh](https://www.flickr.com/photos/mountpleasantnh/)

Facebook [Mount Pleasant Neighbourhood House](https://www.facebook.com/MountPleasantNeighbourhoodHouse/)

Twitter [@mountpleasantnh](https://twitter.com/mountpleasantnh)

## Indigenous Gatherings

### Indigenous Gatherings

#### Indigenous Family Gatherings

##### Circle of Nations & Family Dinner Night: Mount Pleasant Cultural Sharing Night

Circle of Nations culture sharing night is a time where Indigenous families and community members come together over a small meal and learn from one another. Registration required.

Schedule: Mondays, 5:30–7:30 p.m.

Contact: Tracy Mclean, Family Support Worker, Indigenous Early Years

[Tracy.IEY@vnhs.net](mailto:Tracy.IEY@vnhs.net), 604.879.8208 ext 209

Jolene Andrew, Indigenous Community Developer

[jandrew@mpnh.org](mailto:jandrew@mpnh.org), 604.879.8208 ext 139

##### Seasonal Daytime Programming

Parenting, traditional arts and crafts, Bringing Tradition Home, and Four Directions sessions.

Contact: Tracy Mclean, Family Support Worker, Indigenous Early Years

[Tracy.IEY@vnhs.net](mailto:Tracy.IEY@vnhs.net), 604.879.8208 ext 209

Carmen Contreras, Family Resource Programs Coordinator

[ccontreras@mpnh.org](mailto:ccontreras@mpnh.org), 604.879.8208 ext 202 (English, Spanish)

*See page 9 & 10 for more gatherings and activities for families.*

#### Indigenous Community Development

##### Resurfacing History: Land and Lives in Mount Pleasant



This project focuses on developing a community process for promoting understanding between cultural value systems, and to build capacity for Indigenous people to preserve culture, explore knowledge and integrate actionable steps that can make social ecosystems and infrastructure work

for the urban Indigenous families and community members.

Date: 2020 dates will be announced in January

Contact: Jolene Andrew, Indigenous Community Developer

[jandrew@mpnh.org](mailto:jandrew@mpnh.org), 604.879.8208 ext 139

*See page 9 & 10 for more gatherings and activities for families.*



## Volunteering

### Volunteer Opportunities

We are a volunteer-driven organization with many opportunities available, during the day or in the evenings. From helping in the kitchen to supporting programs or assisting with administrative activities, we invite you to have fun, meet new people, connect with other community members, build your skills and give back to the community.

Contact Elizabeth McIlffaterick to apply: [emcillfaterick@mpnh.org](mailto:emcillfaterick@mpnh.org), 604.879.8208 ext 113, or visit our website at [www.mpnh.org/volunteer](http://www.mpnh.org/volunteer)

#### Seniors Supper Club Helpers

Help set up, serve meals, clean up and do dishes on the third Thursday of the month.

#### Family Literacy Outreach Tutors

We are always looking for volunteer tutors and families to learn. Please contact Morie if you know a volunteer who would like to tutor: [mford@mpnh.org](mailto:mford@mpnh.org), 604.879.8208 ext 232

#### Prosperity Committee

We're accepting applications for our fund development committee. Use your fund development experience to help us raise funds to make our House a financially-resilient home away from home where everyone feels welcome.

Contact: Claudine Matlo, Director of Community Programs

[cmatlo@mpnh.org](mailto:cmatlo@mpnh.org), 604.879.8208, ext 138

#### Neighbourly Together

An outreach initiative that connects seniors to support services in Vancouver. We are looking for seniors to help reach out to other fellow seniors who are vulnerable and isolated, and who may face income, language, health, or cultural barriers. Training will be provided.

Contact: Elizabeth McIlffaterick at [emcillfaterick@mpnh.org](mailto:emcillfaterick@mpnh.org), 604.879.8208 ext 113

#### Seniors English Conversational Class Teacher

We are looking for a volunteer to teach new immigrant seniors an English conversation class from May to August, 2020. The class schedule will be 1-3 p.m. on Thursdays.

Contact: Elizabeth McIlffaterick at [emcillfaterick@mpnh.org](mailto:emcillfaterick@mpnh.org), 604.879.8208 ext 113

#### Lunar New Year Celebration Helpers

We are looking for volunteers to help at our Lunar New Year Celebration. The event takes place on Thursday, January 23, 2020, 4:30-7 p.m.

Contact: Elizabeth McIlffaterick at [emcillfaterick@mpnh.org](mailto:emcillfaterick@mpnh.org), 604.879.8208 ext 113

Jessie Huang, [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105

## Seniors & Older Adults Programs (55+)



### Senior Settlement programs

#### Seniors English Conversation Club

Nancy is returning to teach the English Conversation Club! Master daily conversational English used in diverse scenarios, and meet new friends in an age-friendly environment.

Schedule: Thursdays, 1-3 p.m. | January 9-April 30 (except February 6, March 5, April 2)

Contact: Jessie Huang, [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105 (Cantonese, English, Mandarin)  
Service provided in Cantonese, English, French, Mandarin, Spanish, Vietnamese

#### Peer Support Group for Seniors

Participants will build their skills in self-care, including stress management, illness prevention and positive and healthy living. Self-care is about identifying your own needs and finding effective means of meeting those needs. The Seniors Peers Support Group also provides a safe space and environment to share your own unique knowledge and experiences. Each session is two hours long, with a one-hour workshop and a one-hour discussion and story-sharing. Participants are encouraged to become volunteers with our Better at Home program, and support peers with knowledge gained in the support group.

Contact: Jessie Huang | [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105

#### Digital Workshops for Seniors

Learn about handy devices, like tablets and smartphones, with Chuck Wright, a Digital Literacy Facilitator from the YMCA.

Schedule: Thursdays, January 9-April 30 | 10 a.m.-12 p.m.

Contact: Jessie Huang, [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105  
(Cantonese, English, Mandarin)

## Children & Family Programs



### Children & Family Programs

#### Licensed Childcare Programs (Ages 30 months–12 years)

We offer a range of safe, quality childcare options in which children are encouraged to explore their own abilities while participating in a variety of learning activities. Our licensed childcare staff are thoroughly trained in all aspects of childcare and safety. Several of our staff are multilingual and speak a range of languages.

##### Daycare Program (Ages 30 months–5 years)

The daycare program offers a variety of art activities which include: music and movement activities, circle time, stories, and games for the children to stimulate growth and development. Teachers model and teach skills such as turn-taking, problem-solving techniques, communication, language development, hygiene and self-help skills. **This program nurtures children's health and wellbeing, and develops Kindergarten-readiness.**

Schedule: Ongoing, 8 a.m.–5:30 p.m.

Fee: Membership required, please inquire. For an additional fee families can opt into our nutrition program that provides healthy snacks and lunch daily

Contact: Lakshmi Ranasinghe, Daycare Supervisor,  
[Lransasinghe@mpnh.org](mailto:Lransasinghe@mpnh.org), 604.879.8208 ext 121 (English, Sinhalese)

##### Preschool Program (Ages 3–5 years)

MPNH preschool is an emergent curriculum-based program that is inspired and based on the approaches of Reggio Emilia. We honour the unique culture of each class by supporting the **strengths of each group**. Teachers and children's interests are intertwined and together we discover ways to satisfy our curiosity around learning.

Schedule: Ongoing, 9:15 a.m.–12:15 p.m. (2, 3 or 5 days/week)

Fee: Membership required. Please inquire.

Contact: Irina Zozulya, Preschool Supervisor  
[izozulya@mpnh.org](mailto:izozulya@mpnh.org), 604.879.8208 ext 206 (English, Russian, Ukrainian)

Funded by / Financé par :



WelcomeBC



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

## Children & Family Programs

### Before & After School Care Program (Kindergarten–Grade 6)

Before and after School Care (BAC) is an out-of-school care program based at Florence Nightingale Elementary School, run by Mount Pleasant Neighbourhood staff. This licensed care program provides a stimulating environment for children's behavioural, cognitive, and social needs. Our program offers service to two different age groups: Kindergarten to Grade 1, and Grade 2 through Grade 6. Our daily program provides a variety of age-appropriate activities that are designed to support the growth and development of children socially, emotionally, intellectually, physically, and creatively.

Location: Florence Nightingale Elementary School (2740 Guelph Street)

Fee: Membership required. Please inquire.

Contact: Nilda Borrino, Director of Family Resources Programs  
Jeven Bhullar, Program Coordinator - School Age & Preteen Programs  
604.879.8208, [bac@mpnh.org](mailto:bac@mpnh.org)

### Kids Peak (Ages 5–6)

Licensed after school care program that provides quality care and service to its child participants and their families. Staff pick up children from Florence Nightingale Elementary and transport them by bus to Mount Pleasant Neighbourhood House, where they are provided with a healthy snack and have the opportunity to participate in many activities! Staff are dedicated to developing nurturing relationships with the children and supporting their healthy development through encouraging physical activity, literacy, cooperative play and social skills, emotional regulation, and providing opportunities to get creative through arts and crafts, games, and dramatic play. The children also have the opportunity to have outdoor playtime on our playground! The program is offered to children attending Florence Nightingale Elementary.

Fee: Membership required. Please inquire.

Contact: Nilda Borrino, Director of Family Resources Programs  
Jeven Bhullar, Program Coordinator - School Age & Preteen Programs  
604.879.8208, [bac@mpnh.org](mailto:bac@mpnh.org)

## Family Resource Programs (Children under 6, and ages 7–12)

Family resource programs at Mount Pleasant Neighbourhood House follow the guidelines set by the B.C. Association of Family Resource Programs. Those guidelines include:

- Providing family-focused programs for children under six years old, and ages 7-12
- Ensuring programs are of general interest
- Recognizing the unique strengths and needs of each family

Family Resource Programs are grateful for support from:



## Seniors & Older Adults Programs (55+)

### Mount Pleasant Better at Home Program

The Mount Pleasant Better at Home program aims to offer non-medical home support services for seniors in our community. This service offers housekeeping, grocery shopping, volunteer visitors, and handyman services to seniors living in the Mount Pleasant area.

Contact: Shaelee Gummer, Monday-Friday: [sgummer@mpnh.org](mailto:sgummer@mpnh.org), 604 879 8208 ext 104

Jessie Huang, Fridays: [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604 879 8208 ext 105  
(Cantonese, English, Mandarin)

Elizabeth McIlfaterick, Wednesday & Thursday: [emcillfaterick@mpnh.org](mailto:emcillfaterick@mpnh.org), 604 879 8208 ext 113

### AnJel Shop: Free grocery delivery for seniors

Need help with grocery delivery? AnJel Shop can help you! [anjel.ca](http://anjel.ca) is a web application that will help you to get free delivery services for groceries by engaging volunteers from our neighbourhood. Contact us for more information, or to sign up.

Contact: Claudine Matlo, Director of Community Programs

[cmatlo@mpnh.org](mailto:cmatlo@mpnh.org), 604.879.8208 ext 138

### NOSH Soup Project: Nourishing our Seniors at Home

Need help with cooking? Order delicious, nutritious, vegetarian soups made by skilled seniors at our House, and delivered to seniors at home. Enjoy affordable, tasty soups with free home delivery on Tuesdays and Thursdays.

Contact: Omnia El Shayeb, [OELShayeb@mpnh.org](mailto:OELShayeb@mpnh.org), 604.879.8208 ext 112 (Arabic, English)

### Mount Pleasant Community Shuttle Bus for Seniors

Join our community lunch and other activities at Mount Pleasant Neighbourhood House with the Community Shuttle Bus. \$6 round trip, or purchase a 5-trip punch card and the 6th trip is free.

Contact: Jessie Huang, [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105 (Cantonese, English, Mandarin)



## Seniors & Older Adults Programs (55+)



### Seniors Lunch & Bingo

Enjoy the company of friends and a nutritious lunch and dessert or chef's surprise, as well as bingo after the lunch. Celebrate birthdays the last Tuesday of each month. Let Omnia know if you are celebrating a birthday this month.

Schedule: Tuesdays, starting January 7 | 12 p.m. for lunch. Bingo, 1–2 p.m.

Cost: \$5 per person for lunch or \$20 for 5 lunches (with pre-purchased punch card) (free bingo participation with lunch purchase)

Bingo (without lunch purchase): \$25 member or \$30 non-member for 10 sessions

Drop in \$3.50 for members. Drop in \$5 for non-members.

Contact: Omnia El Shayeb, [OELShayeb@mpnh.org](mailto:OELShayeb@mpnh.org), 604.879.8208 ext 112

### Mah Jong Drop-in

Join us for Mah Jong, a traditional Chinese game that involves skill, strategy and calculations as well as a certain degree of luck. Players range from novices to experts. Everyone is welcome! No formal instruction is offered.

Schedule: Tuesdays & Fridays, starting January 7 | 9:30–11:30 a.m.

Cost: \$25 member or \$30 non-member for 10 sessions.

Drop in \$3.50 for members. Drop in \$5 for non-members.

Contact: Omnia El Shayeb  
[OELShayeb@mpnh.org](mailto:OELShayeb@mpnh.org), 604.879.8208 ext 112

### Digital Workshops for Seniors

Learn about handy devices, like tablets and smartphones, with Chuck Wright, a Digital Literacy Facilitator from the YMCA.

Schedule: Thursdays, January 9–April 30 | 10 a.m.–12 p.m.

Contact: Jessie Huang, [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105 (Cantonese, English, Mandarin)



## Children & Family Programs



- Engaging in positive interactions on an individual level
- Maintaining confidentiality and ethical practices

**Mount Pleasant Neighbourhood House family resource programs** promote a multicultural learning environment that supports children and families from all cultural groups. We believe that children learn through play and that they have the right to be in an environment that is safe, healthy, and free from discrimination and abuse. We have an open door policy and encourage parents to visit, give feedback and participate within the program.

Family resource programs cover **five core service areas**:

1. Family Support
2. Play-based Learning
3. Early learning and Literacy
4. Parent Education and Learning
5. Information and Referrals

Contact: Carmen Contreras, Family Resource Programs Coordinator  
604.879.8208 ext 202 | [ccontreras@mpnh.org](mailto:ccontreras@mpnh.org) (English, Spanish)

### Circle of Nations & Family Dinner Night: Mount Pleasant Cultural Sharing Night

Circle of Nations culture sharing night is a time where Indigenous families and community members come together over a small meal and learn from one another. Registration required.

Schedule: Mondays, 5:30–7:30 p.m.

Contact: Tracy Mclean, Family Support Worker, Indigenous Early Years  
[Tracy.IEY@vnhs.net](mailto:Tracy.IEY@vnhs.net), 604.879.8208 ext 209

Jolene Andrew, Indigenous Community Developer  
[jandrew@mpnh.org](mailto:jandrew@mpnh.org), 604.879.8208 ext 139



Vancouver Native  
Health Society  
Indigenous Early Years

## Children & Family Programs

### Parent Support Circle for Parents, Grandparents, Caregivers: Vancouver Spanish Evening Circle

Schedule: 1st and 3rd Monday of the month

Contact: Call Daniela at Parent Support Services to register: 604.669.1616

### Latin-American Family Drop-In "Oruguitas Latinas"

For Spanish-speaking families with children under five years old. Come play and interact with other families, in Spanish!

Schedule: 2nd & 4th Saturday of the month, from January 11 | 11 a.m.-1 p.m.

Fee: Suggested donation of \$2 per child

Contact: Lina Arias, [larias@mpnh.org](mailto:larias@mpnh.org), 604.879.8208 ext 202 (English, Spanish)

### YWCA Single Moms Support Group



In partnership with YWCA, we offer a Single Moms Support Group at Mount Pleasant Neighbourhood House. Meet other single mothers to share knowledge and resources. Childcare and snacks are available. Registration is required.

Schedule: Fridays, from January 10 | 10:30 a.m.-12:30 p.m.

To register, call 604.895.5849

### West Village Family Drop-In

For families with children under six years old. This is a play-based program where children and caregivers will have an opportunity to socialize, create art, sing songs and read stories in circle time. This program is a collaboration with the Vancouver Society of Children's Centres.

Schedule: Saturdays from January 11 | 10 a.m.-12 p.m (except long weekends)

Location: West Village Children's Centre (131 West 2nd Avenue)

Fee: Suggested donation of \$2 per child

Contact: Carolyn Major, [cmajor@mpnh.org](mailto:cmajor@mpnh.org)

### Creekside Baby Time Drop-In

For families with children up to 12 months old. Featuring: nursery rhymes and songs, exploration of parenting issues, information about infant development, and connection to community resources. By donation. No registration required.

Date: Fridays from January 10 | 9:30-11 a.m.

Location: Creekside Community Centre (1 Athletes Way)

Contact: Carmen, [ccontreras@mpnh.org](mailto:ccontreras@mpnh.org), 604.879.8208 ext 202



## Seniors & Older Adults Programs (55+)



### Seniors Gentle Yoga

Taught by a certified instructor, these gentle yet effective stretches and exercises focus on improving mobility, decreasing physical and mental signs of ageing, and strengthening body muscles. Members: \$30/12 classes, \$3.50 for drop-in / Non-members: \$34/12 classes, \$5 drop-in

Schedule: Wednesdays, January 15, 2020-March 18, 2020 | 10:30-11:45 a.m.

Contact: Shaelee Gummer, Better at Home Coordinator  
[sgummer@mpnh.org](mailto:sgummer@mpnh.org) 604.879.8208 ext 104

### Seniors Line Dancing

Staying active was never so much fun! Choreographed dances moves designed for all skill levels.

Schedule: Mondays & Fridays, starting January 3, 2020 | 1:30-3:30 p.m.  
(No class on Monday, February 17, 2020)

Cost: \$25/member, \$30/non-member (10 sessions) Drop in \$3.50/member, \$5/non-members.

Contact: Mondays: Omnia El Shayeb, [OELShayeb@mpnh.org](mailto:OELShayeb@mpnh.org), 604.879.8208 ext 112  
Fridays: Shaelee Gummer, [sgummer@mpnh.org](mailto:sgummer@mpnh.org), 604.879.8208 ext 104

### Seniors Supper Club

Enjoy socializing in a casual setting with friends over a nutritious dinner. Advance registration required. Veggie option available by pre-request. Free line dancing or Mah Jong with dinner purchase.

Date: 3rd Thursday of the month, starting January 16

Time: 3-5 p.m. for line dancing or Mah Jong | 5-6 p.m. for dinner

Cost: \$6 per person (for members)

\$20 for 4 dinners (for members with pre-purchased punch card)

\$8 per person (non-members)

Contact: Omnia El Shayeb, [OELShayeb@mpnh.org](mailto:OELShayeb@mpnh.org), 604.879.8208 ext 112

## Seniors & Older Adults Programs (55+)



### Multicultural Circles Dancing & Performance

Join us for fun! Learn and develop your dancing skills to great, lively music. Multicultural dances include Chinese classical dance, Chinese folk dance, Indian dance, Vietnamese dance, Hawaiian dance, Spanish dance, and more. Dancing is a great way to get fit and stay fit, and to be happy and healthy.

Cost: Dancing costs \$20/member or \$30/non-member (10 sessions) | Drop in \$2.50/member, \$4/non-members.

Schedule: Thursdays, from January 9 | 1-3 p.m. | Free on the 2nd Thursday of each month

Contact: Omnia El Shayeb, [oeslhayeb@mpnh.org](mailto:oeslhayeb@mpnh.org), 604.879.8208 ext 112

### Intergenerational Drop-In

The Front Step Project (see p.36) will be hosting weekly drop-in sessions for youth from care and older adults to come together to connect and create.

Date: Mondays, January 6-March 2 | 4-6 p.m. (no sessions on stat holidays)

Contact: Daniela Gunn-Doerge, [dgunndoerge@mpnh.org](mailto:dgunndoerge@mpnh.org), 604.879.8208 ext 225 (English, French)

### Neighbourly Together: Volunteer to be a block captain!

Neighbourly Together is a community outreach project to connect seniors with needed information and supports. Trained volunteers are the bridge to help isolated seniors in our community have a sense of connect and belonging. Please contact us for more information.



**Are you 55 years or older? Are you connected to seniors on your block? Do you have or want to develop your leadership skills?** Neighbourly Together trains block captains to reach out to isolated seniors in our community. Be the link between Mount Pleasant Neighbourhood House and your block!

Contact: Claudine Matlo, Director of Community Programs  
[cmatlo@mpnh.org](mailto:cmatlo@mpnh.org), 604.879.8208 ext 138

## Children & Family Programs



### Engage & PLAY! Drop-In

For families with children 0-5 years. Join us for a fun, hands-on play-based program where children and parents will enjoy activities and a reading and singing circle time.

Date: Fridays from January 10 | 10 a.m.–12 p.m.

Contact: Carmen Contreras, Family Resource Programs Coordinator  
[ccontreras@mpnh.org](mailto:ccontreras@mpnh.org), 604.879.8208 ext 202 (English, Spanish)

### Parenting Matters Workshops

Date: Upcoming in March 2020

Contact: Carmen Contreras, Family Resource Programs Coordinator  
[ccontreras@mpnh.org](mailto:ccontreras@mpnh.org), 604.879.8208 ext 202 (English, Spanish)

### Dads at Play! Drop-In Program

A play-based program where children and fathers enjoy activities and dad discussions.

Schedule: Saturdays from January 18 | 10 a.m.-12 p.m.

Contact: Carmen Contreras, [ccontreras@mpnh.org](mailto:ccontreras@mpnh.org), 604.879.8208 ext 202 (English, Spanish)

### Nobody's Perfect Parenting Program for parents with children 0-5 years old

Schedule: Thursdays, February 20-March 26 | 5:30-7:30 p.m.

Contact: Carmen Contreras, [ccontreras@mpnh.org](mailto:ccontreras@mpnh.org), 604.879.8208 ext 202 (English, Spanish)

### Settlement Services & Community Connections

#### Settlement Services

Mount Pleasant Neighbourhood House provides settlement services for newcomers during their initial settlement in British Columbia and empowers families to become independent in Canada. Services are available in English, French, Arabic, Cantonese, Mandarin, Mandinica, Spanish, Vietnamese and Wollof. Registration and membership are required for all settlement programs. First year of membership is free for settlement participants. Childcare and bus tickets are available for eligible families. Childcare is available for children 18 months to 5 years for designated programs. Registration is required.

#### One-on-One Support and Settlement Counselling

Provides support counselling and settlement services to empower families and newcomers during their initial settlement in Vancouver. Participants will receive support with information, resources, and referrals to help them when settling in a new city.

Contact: Winnie Tam, Family & Settlement Support Counsellor  
[wtam@mpnh.org](mailto:wtam@mpnh.org), 604.879.8208 ext 201 (Cantonese, English, Mandarin)  
Sherifa Azzab, Arabic Settlement Worker  
[sazzab@mpnh.org](mailto:sazzab@mpnh.org), 604.879.8208 ext 203 (Arabic, English, French)  
Dahlia Abdulkareem, Arabic Settlement Worker  
[dabdulkareem@mpnh.org](mailto:dabdulkareem@mpnh.org), 604.809.8202 (Arabic, English)

#### Winter Citizenship Workshops

This workshop series is for immigrants with permanent resident status seeking citizenship status. Learn how to apply for citizenship, and how to study and prepare for the citizenship test. Bus tickets provided and childcare available upon request. Please note that participants are expected to come to every session because each session prepares you for the next session. No drop-ins allowed and registration is required.

The deadline to register is January 8, 2020.

Schedule: Wednesdays, from January 22, 2020-February 19, 2020 | 6–8 p.m.

Location: Eric Hamber, Charles Tupper and Gladstone Secondary Schools

Contact: Thanh Lam, [tlam@mpnh.org](mailto:tlam@mpnh.org), 604.879.8208 ext 302



#### Senior Leadership, Education, Activity and Participation (LEAP) program

Leadership, education, activity and participation, supported by volunteers, outreach and social workshops takes physical activities, walking clubs and seniors peer support programs to the next level. Offered in multiple locations to increase independence, promote social networks, and active aging. This program is funded by United Way and delivered by MPNH.

#### LEAP Nordic Pole Walking Club at Mount Pleasant Community Centre (Chinese Speaking Seniors)

Join us for an hour-long walk in our beautiful neighbourhood from Mount Pleasant Community Centre to Science World.

Schedule: Mondays, starting January 13, 2020 | 10–11:30 a.m.

Location: Mount Pleasant Community Centre (1 Kingsway)

Fee: Free for MPNH members. \$1 for non-members. Poles provided.

Contact: Jessie Huang, Seniors Settlement Programmer,  
[jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105 (Cantonese, English, Mandarin)

#### LEAP Nordic Pole Walking Club at Mount Pleasant Neighbourhood House

Join us for an hour-long walk in our beautiful neighbourhood starting from Mount Pleasant Neighbourhood House.

Fee: Free for MPNH members. \$1 for non-members. Poles provided.

Schedule: Tuesdays, January 7 | 10–11 a.m.

Contact: Omnia El-Shayeb, [OELshayeb@mpnh.org](mailto:OELshayeb@mpnh.org), 604.879.8208 ext 112 (Arabic, English)

#### Olympic Village Walking Club

Join us for our free weekly walking group, and make new friends!

Schedule: Fridays, starting January 10 | 10–11:30 a.m.

Contact: Omnia El Shayeb, Seniors Programmer  
[oeslhayeb@mpnh.org](mailto:oeslhayeb@mpnh.org) | 604.879.8208 ext 112

## Seniors & Older Adults Programs (55+)

### Seniors & Older Adults Programs (55+)

Our seniors program is a welcoming space for all seniors to encompass diversity, independence and inclusion. A safe and vibrant place to learn, grow and gather.

#### Seniors Hub & Seniors Hub Council

The goal of the Seniors Hub is to implement a collaborative community-based model that supports seniors' independence and active participation in the community. The Hub is a network. It brings together individuals and groups with the common goal to engage and serve seniors. The Hub is driven by and for seniors. Seniors lead, govern, identify needs, and organize activities to meet those needs. **We need your voice!**

#### Seniors Hub Council Meetings

2020 dates to be announced in January.

Free. Meal is included.

Contact: Claudine Matlo, Director of Community Programs

[cmatlo@mpnh.org](mailto:cmatlo@mpnh.org), 604.879.8208 ext 138

### Seniors' Wellness Programs

#### Caregiver Support Group

A Caregiver Support Group provides a safe environment where people who providing care for an adult family member/friend can mutually support one another by sharing their experiences, concerns, questions and coping strategies in a non-judgmental and inclusive atmosphere.

Schedule: Contact us for dates and times.

Contact: Shaelee Gummer, [sgummer@mpnh.org](mailto:sgummer@mpnh.org), 604.879.8208 ext 104

#### Mount Pleasant Community Response Network (CRN)

The Mount Pleasant CRN Vision: We are a network that is productive, visible and diverse, driven by the voices of older adults in Mount Pleasant. We are committed to creating a neighbourhood where older adults are empowered, living healthy, safe and fulfilling lives. To be a member of the MPNH CRN Planning committee please contact Shaelee.

Contact: Shaelee Gummer, Better at Home Coordinator

[sgummer@mpnh.org](mailto:sgummer@mpnh.org) 604.879.8208 ext 104



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## Settlement Services & Community Connections



### Settlement Programs for Women & Families

#### Health and Wellness Multicultural Group for Immigrant Women (Arabic)

An ongoing theme-based program to help and support immigrant women with permanent resident or GARs status to adjust their new lives in Canada. Immigrant women are invited to come meet new friends, share their experiences, knowledge, skills, cultural and resources. Registration and membership are required. Childcare and bus tickets are available.

Schedule: 1st & 3rd Friday of each month, starting January 3, 2020 | 12:30–2:30 p.m. at MPNH

Contact: Sherifa Azzab, [sazzab@mpnh.org](mailto:sazzab@mpnh.org),

604.879.8208 ext 203 (Arabic, English, French)

#### Topical Workshops for Immigrant Women (Arabic)

This program provides a space for newly landed Syrian refugee and Arabic speaking immigrant women to meet, share stories of experiences, and learn essential social, communication and life skills to help them lead a new life in Vancouver.

Schedule: 2nd and 4th Friday of each month, starting January 3, 2020 | 12:30–2:30 p.m.

**Location:** ISS of BC Welcome Centre (Victoria Drive)

Contact: Sherifa Azzab, Arabic Settlement Worker

[sazzab@mpnh.org](mailto:sazzab@mpnh.org), 604.879.8208 ext 203 (Arabic, English, French)

Dahlia Abdualkareem, Arabic Settlement Worker

[dabdualkareem@mpnh.org](mailto:dabdualkareem@mpnh.org), 604.809.8202 (Arabic, English)

Funded by :



BC Association of  
Community Response  
Networks



Ministry of Public Safety  
and Solicitor General



## Settlement Services & Community Connections



### Healthy Living Support Group for Immigrant Women (Mandarin)

A free ongoing theme-based monthly program to help and support Chinese-speaking immigrant women to adjust to their new lives in Canada. Immigrant women are invited to come meet new friends, share their experiences, knowledge, skills, culture, and resources. Childcare and transportation are available for eligible families. Registration and membership are required.

Schedule: Saturdays January 4, February 1, and March 7, 2020 | 10:30 a.m.-12:30 p.m.

Contact: Winnie Tam, Family & Settlement Support Counsellor  
[wtam@mpnh.org](mailto:wtam@mpnh.org), 604.879.8208 ext 201 (Cantonese, English, Mandarin)

## Settlement Services for Newcomer Preteen Support

### Newcomer Preteens (8-12)

Thanh Lam is available for individual settlement support for newcomer preteens who need assistance connecting with the community.

Contact: Thanh Lam, Settlement & Youth Services Coordinator  
[tlam@mpnh.org](mailto:tlam@mpnh.org), 604.879.8208 ext 302 (English, French, Vietnamese)

## Settlement Services for Newcomer Youth

### Newcomer Youth Leadership (Ages 13-19)

A leadership training program for newcomer youth to develop their leadership and organizational skills as they plan and implement their own programming for fellow immigrant peers.

Schedule: 2020 dates to be announced in January.

Contact: Manuel Gamas, [mgamas@mpnh.org](mailto:mgamas@mpnh.org), 604.879.8208 ext 318 (English, Spanish)  
Iman Al-Sallal, [ialsallal@mpnh.org](mailto:ialsallal@mpnh.org), 604.879.8208 ext 318 (Arabic, English)

## Preteen, Youth, & Young Adult Programs



### English Conversation Club: Youth Homework Club

Free homework help for newcomer youth with permanent resident status in Canada. One-on-one and small group tutoring with trained literacy tutors, covering the full spectrum of academic subjects taught in BC schools. Registration required, bus tickets and snacks provided.

Date: Saturdays, January 11-March 28 | 11 a.m.-1 p.m.

Contact: Elizabeth McIlfaterick, [EMcIlfaterick@mpnh.org](mailto:EMcIlfaterick@mpnh.org), 604.879.8208 ext 110 (English, Spanish)

Decoda

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LITERACY SOLUTIONS

## Preteen, Youth, & Young Adult Programs



### Newcomer Youth Literacy Workshops

These workshops are designed to provide foundational literacy teaching and support to newcomer youth so that they can understand and critically analyze information, in its various forms in **mainstream and social media, as well as practicing intercultural communication skills in today's** diverse society. Topics include: media literacy, physical literacy, financial literacy, digital literacy, and enhanced English literacy support.

Date: 2020 dates to be announced in January.

Contact: Thanh Lam, [tlam@mpnh.org](mailto:tlam@mpnh.org), 604.879.8208 ext 302 (English, French, Vietnamese)

### Newcomer Youth Leadership (Ages 13-19)

A leadership training program for newcomer youth to develop their leadership and organizational skills as they plan and implement their own programming for the neighbourhood house and community.

Schedule: 2020 dates to be announced in January.

Contact: Manuel Gamas, [mgamas@mpnh.org](mailto:mgamas@mpnh.org), 604.879.8208 ext 318 (English, Spanish)  
Iman Al-Sallal, [ialsallal@mpnh.org](mailto:ialsallal@mpnh.org), 604.879.8208 ext 318 (Arabic, English)

### Bring on the HEAT: Healthy Eating & Attitude for Teens

Do you love food? Do you love FREE food? Do you like cooking or want to learn? Do you want to share your skills and earn honoraria/volunteer hours? Our Bring on the HEAT (Healthy Eating & Attitude for Teens) program will provide a fun, engaged, and hands-on learning experience for diverse youth, ages 13 to 19.

Dates: 2020 dates to be announced in January.

Contact: Manuel Gamas, [mgamas@mpnh.org](mailto:mgamas@mpnh.org), 604.879.8208 ext 318 (English, Spanish)  
Iman Al-Sallal, [ialsallal@mpnh.org](mailto:ialsallal@mpnh.org), 604.879.8208 ext 318 (Arabic, English)

## Settlement Services & Community Connections

### In-School Newcomer Programs (Ages 13-19)

We provide in-class and on site programming that allow newcomer youth to connect with their peers through topical workshops to develop cross-cultural interaction, community engagement, and personal development. Contact us for specific times and dates for each school

**Location:** Eric Hamber, Charles Tupper and Gladstone Secondary Schools

Contact: Thanh Lam, [tlam@mpnh.org](mailto:tlam@mpnh.org), 604.879.8208 ext 302

### Newcomer Youth Literacy Workshops

These workshops are designed to provide foundational literacy teaching and support to newcomer youth so that they can understand and critically analyze information, in its various forms in **mainstream and social media, as well as practicing intercultural communication skills in today's** diverse society. Topics include: media literacy, physical literacy, financial literacy, digital literacy, and enhanced English literacy support.

Date: 2020 dates to be announced in January.

Contact: Thanh Lam, [tlam@mpnh.org](mailto:tlam@mpnh.org), 604.879.8208 ext 301 (English, French, Vietnamese)

### ECC Youth Homework Club

Free homework help for newcomer youth with permanent resident status in Canada. One-on-one and small group tutoring with trained literacy tutors, covering the full spectrum of academic subjects taught in BC schools. Registration required, bus tickets and snacks provided.

Date: Saturdays, January 11-March 28 | 11 a.m.-1 p.m.

Contact: Elizabeth McIlfaterick, [EMcIlfaterick@mpnh.org](mailto:EMcIlfaterick@mpnh.org), 604.879.8208 ext 110 (English, Spanish)

*See page 24 for more youth programs.*

## Seniors Settlement Programs

Service provided in Cantonese, English, French, Mandarin, Spanish, Vietnamese

### Seniors English Conversation Club

Nancy is returning to teach the English Conversation Club! Master daily conversational English used in diverse scenarios, and meet new friends in an age-friendly environment.

Schedule: Thursdays, January 9-April 30 (except February 6, March 5, April 2) | 1-3 p.m.

Contact: Jessie Huang, Seniors Settlement & Better at Home Programmer  
[jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105 (Cantonese, English, Mandarin)

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LITERACY SOLUTIONS

# Settlement Services & Community Connections

## Digital Workshops for Seniors

Learn about handy devices, like tablets and smartphones, with Chuck Wright, a Digital Literacy Facilitator from the YMCA.

Schedule: Thursdays, January 9-April 30 | 10 a.m.-12 p.m.

Contact: Jessie Huang, [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105  
(Cantonese, English, Mandarin)



## Peer Support Group for Seniors

Participants will build their skills in self-care, including stress management, illness prevention and positive and healthy living. Self-care is about identifying your own needs and finding effective means of meeting those needs. The group also provides a safe environment to share your own unique knowledge and experiences. Each session is two hours long, with a one-hour workshop and a one-hour discussion and story-sharing. Participants are encouraged to become volunteers with our Better at Home program, and support their peers.

Contact: Jessie Huang | [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105

## Community Connections for Newcomers & Immigrants

Community Connections include programs for adults, families, seniors and youth. Programs and activities help newcomers foster the skills and know-how to successfully engage and participate in community. We also facilitate connections between newcomers and long term Canadians.

### English Conversation Club, for Beginner and Intermediate-Level Speakers

Newcomers and immigrant families are welcome. Childcare is available for children 18 months to 5 years. In both groups, participants get to learn about Canadian culture and traditions to improve their settlement and integration by building relationships with others and community attachment. Registration is required for adults and children.

**Beginners Club** This group works on learning foundational vocabulary and practicing simple conversations for work or fun activities.

Schedule: Mondays, starting January 6, 2020 | 12:30–2:30 p.m. (No class on February 17)

**Intermediate Club** This group works on more advance conversations such as setting learning goals, employment skills, and games to improve speaking skills and community connections.

Schedule: Wednesdays, starting January 8, 2020 | 10:30 a.m.–12:30 p.m.

Contact: Lamin Kassama (English, Wolof and Mandinka)  
[Lkassama@mpnh.org](mailto:Lkassama@mpnh.org), 604.879.8208 ext 223  
Millie Martinez (English, Spanish)  
[mmartinez@mpnh.org](mailto:mmartinez@mpnh.org), 604.879.8208 ext 232

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and Citizenship Canada

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et Citoyenneté Canada

# Preteen, Youth, & Young Adult Programs



## Mount Pleasant Youth Social Group (Ages 13-18)

A program designed to support youth living with Asperger's by connecting them to peer to peer support, fun and accessible activities, and community engagement opportunities. This is an MCFD funded program and is by referral only from a MCFD social worker.

Schedule: 2020 dates to be announced in January.

Contact: Manuel Gamas, Youth Settlement Programmer,  
[mgamas@mpnh.org](mailto:mgamas@mpnh.org), 604.879.8208 ext 318  
(English, Spanish)



## Youth Action Committee (YAC) (Ages 13-19)

A leadership training program for youth from ages 13-19 focused on helping them learn how to create, develop, and implement community projects at Mount Pleasant Neighbourhood House. This program is ideal for youth interested in gaining the confidence and skills necessary for their professional and/or educational goals. The youth will also participate in a monthly neighbourhood cleanup as part of the KeepVancouver Spectacular/Greenest City initiative by the City of Vancouver. Youth seeking volunteer hours with Mount Pleasant Neighbourhood House are encouraged to apply.

Schedule: 2020 dates to be announced in January.

Contact: Manuel Gamas, Youth Settlement Programmer,

Contact: Manuel Gamas, [mgamas@mpnh.org](mailto:mgamas@mpnh.org), 604.879.8208 ext 318 (English, Spanish)  
Iman Al-Sallal, [ialsallal@mpnh.org](mailto:ialsallal@mpnh.org), 604.879.8208 ext 318 (Arabic, English)

## Intergenerational Drop-In

The Front Step Project (see p.36) will be hosting weekly drop-in sessions for youth from care and older adults to come together to connect and create.

Date: Mondays, January 6-March 2 | 4-6 p.m. (no sessions on stat holidays)

Contact: Daniela Gunn-Doerge, [dgunndoerge@mpnh.org](mailto:dgunndoerge@mpnh.org), 604.879.8208 ext 225  
(English, French)

## Preteen, Youth, & Young Adult Programs

### Preteen & Youth Programs

#### Newcomer Preteens (8-12)

Thanh Lam is available for individual settlement support for newcomer preteens who need assistance connecting to the community.

Contact: Thanh Lam, Settlement & Youth Services Coordinator,  
[tlam@mpnh.org](mailto:tlam@mpnh.org), 604.879.8208 ext 302 (English, French, Vietnamese)

### Youth & Young Adult Programs

Program costs and membership fees are free for newcomer youth and families. For more information or any questions on the youth programs, please feel free to contact Thanh.

Contact: Thanh Lam, Settlement & Youth Services Coordinator  
[tlam@mpnh.org](mailto:tlam@mpnh.org), 604.879.8208 ext 302 (English, French, Vietnamese)

#### Welcome Clubs for Newcomer Youth: Eric Hamber, Charles Tupper & Gladstone Secondary Schools (Ages 13-18)

We provide lunch time and afterschool programming for newcomer youth to connect with their peers through topical workshops designed to develop intercultural interaction, community engagement, and personal development. Contact us for specific times and dates for each school.

Location: Eric Hamber, Charles Tupper and Gladstone Secondary Schools  
Contact: Manuel Gamas, [mgamas@mpnh.org](mailto:mgamas@mpnh.org), 604.879.8208 ext 318 (English, Spanish)  
Iman Al-Sallal, [ialsallal@mpnh.org](mailto:ialsallal@mpnh.org), 604.879.8208 ext 318 (Arabic, English)

#### The Spot! (Ages 13-19)

A fun, Friday evening drop-in program that includes homework help, cooking activities, movie nights, games, activities and other outings for all youth.

Schedule: 2020 dates to be announced in January.  
Contact: Manuel Gamas, [mgamas@mpnh.org](mailto:mgamas@mpnh.org), 604.879.8208 ext 318 (English, Spanish)  
Iman Al-Sallal, [ialsallal@mpnh.org](mailto:ialsallal@mpnh.org), 604.879.8208 ext 318 (Arabic, English)

#### Soccer Drop-in Program (Ages 13-18)

For Sir Charles Tupper High School Students only. A fun, welcoming soccer drop-in program for youth to develop life skills while playing soccer in a supportive environment.

Schedule: 2020 dates to be announced in January.  
Contact: Manuel Gamas, [mgamas@mpnh.org](mailto:mgamas@mpnh.org), 604.879.8208 ext 318 (English, Spanish)

## Settlement Services & Community Connections



#### Between Women!

A bi-weekly program that provides a safe and friendly space for newcomers and immigrant Spanish-speaking women to increase self-awareness, self-care, and community connection. Activities build skills and knowledge to cope with everyday stresses of settlement and integration through making crafts, mindfulness exercises, emotional literacy, and alternative ways to support wellness. Participants make connections, meet guest speakers, learn about community and employment resources, and explore opportunities for personal and professional development. Registration is required and childcare is available.

Schedule: Every other Wednesday, from January 15, 2020 to March 11, 2020 | 6-8 p.m.  
Contact: Millie Martinez, [mmartinez@mpnh.org](mailto:mmartinez@mpnh.org), 604.879.8208 ext 232 (English, Spanish)

#### Impact Mentorship

For newcomers with foreign community and social service experience, you will learn about Canadian systems, gain confidence in public speaking and conversation, develop communication and language skills, and improve job prospects and networking opportunities.

Schedule: Fridays, February 14-March 27 | 10 a.m.-2 p.m.  
Contact: Lamin Kassama (English, Wolof and Mandinka)  
[Lkassama@mpnh.org](mailto:Lkassama@mpnh.org), 604.879.8208 ext 223  
Millie Martinez (English, Spanish)  
[mmartinez@mpnh.org](mailto:mmartinez@mpnh.org), 604.879.8208 ext 232

#### Multicultural Cooking Club

Come and learn hands-on skills by helping to prepare a dinner from a different country every month. Make new friends and connect with neighbors while learning about diverse cultural traditions. Childcare is available. Registration is required. Suggested contribution: \$5 for adults and \$2.50 children (5-12 years). Subsidies offered to eligible families new to Canada.

Schedule: Saturdays, on January 25, February 29, and March 28, 2020 | 3-7:30 p.m.

Contact: Lamin Kassama, [Lkassama@mpnh.org](mailto:Lkassama@mpnh.org)  
604.879.8208 ext 223 (English, Wolof and Mandinka)  
Millie Martinez, [MMartinez@mpnh.org](mailto:MMartinez@mpnh.org)  
604.879.8208 ext 232 (English, Spanish)

## Newcomer Literacy Programs

### Newcomer Literacy Programs

We recognize that literacy enriches the lives of individuals and families, facilitating opportunities for neighbours to fully participate in their community. At the same time, literacy opens doors for skill- and career-development and employment options, and empowers community members to connect to meaningful resources—making them more capable and resilient.

Mount Pleasant Neighbourhood House serves as a steward for community literacy outreach by strengthening resources and connections among local partners, helping community members contribute positively to society.

Contact: Vicky Li, Community Connections & Literacy Outreach Coordinator  
[vli@mpnh.org](mailto:vli@mpnh.org), 604.879.8208 ext 107 (Cantonese, English, Mandarin)

### Newcomer Youth Literacy Workshops

These workshops are designed to provide foundational literacy teaching and support to newcomer youth so that they can understand and critically analyze information, in its various forms in mainstream and social media, as well as practicing intercultural communication skills in today's diverse society.

Date: 2020 dates to be announced in January.

Contact: Thanh Lam, [tlam@mpnh.org](mailto:tlam@mpnh.org), 604.879.8208 ext 301 (English, French, Vietnamese)

### ECC Youth Homework Club

Free homework help for newcomer youth with permanent resident status in Canada. One-on-one and small group tutoring with trained literacy tutors, covering the full spectrum of academic subjects taught in BC schools. Registration required, bus tickets and snacks provided.

Date: Saturdays, January 11-March 28 | 11 a.m.-1 p.m.

Contact: Elizabeth McIlffaterick, [EMcIlffaterick@mpnh.org](mailto:EMcIlffaterick@mpnh.org), 604.879.8208 ext 110 (English, Spanish)

**See page 24 for more youth programs.**

## Employment Services



### Appointments

Contact: For more information and to book appointments, contact  
José Luis Aranda, Job Search Trainer,  
[JLaranda@mpnh.org](mailto:JLaranda@mpnh.org), 604.879.8208 ext 214 (English, Spanish)

### Work at a Neighbourhood House

A part of the Association of Neighbourhood Houses of British Columbia (ANHBC), Mount Pleasant Neighbourhood House values a diverse workforce and encourages qualified candidates from all communities to apply. Please refer to the specific contact and application instructions in each posting at [www.mpnh.org/careers](http://www.mpnh.org/careers)

Discover more opportunities with the Association of Neighbourhood Houses of BC:  
[www.anhbc.org/careers](http://www.anhbc.org/careers).

Funded by / Financé par :

### Employment Services

#### Employment Support for Newcomers

In partnership with WelcomeBC, MPNH is pleased to offer employment programming for newcomers. If you meet the eligibility criteria, you may benefit from this program.

The program offers settlement and integration services to support the social and economic integration of newcomers who are not eligible to receive immigrant support services under the federally funded program. This program focuses on the needs of temporary residents who are working in B.C. and have the intent to stay, as well as naturalized citizens who are looking to be more fully engaged in the labour market. We provide the following services:

- One on one information, orientation and referral services.
- Impact Mentorship Program
- Weekly employment orientations onsite at MPNH.
- Labour market attachment workshop series, including:
  - Intro to volunteering and placement support
  - Community connections to support your network
  - Resume and cover letter skills
  - Getting the most from informational interviews
  - How to work a job fair
  - Career prospects in the current job market
- Monthly topical workshops on labour market and employment covering:
  - Workplace rights and responsibilities
  - Work safety
  - Workplace culture and probation
  - Awareness of social benefits (EI, income tax and child tax, CPP)
  - Employment standards and employment relations

#### Program Eligibility

- Temporary foreign workers
- Provincial nominees who are not yet approved for permanent residency
- Post-secondary international students who are eligible to work in Canada
- Refugee claimants
- Naturalized citizens

#### Family Literacy Outreach Program

This program matches newcomer immigrants and their children with volunteer tutors. Volunteer tutors will support families in small group in community settings and homes. Participants will upgrade their English and literacy skills by doing fun and interactive activities together.

Tutors also connect these families to community resources and support them in exploring their community and neighbourhood. Volunteer tutors receive training to successfully support the participants learning needs. This program is in partnership with Vancouver Community College and sponsored by the Ministry of Advanced Education. We are always looking for volunteer tutors and families for this program. Please contact Morie If you know of a family who would benefit, or a volunteer who would like to be a tutor.

Contact: Morie Ford, Family Literacy Coordinator [mford@mpnh.org](mailto:mford@mpnh.org), 604.879.8208 ext 232

## Food Programs

### Food Programs: [www.mpnh.org/food](http://www.mpnh.org/food)

#### Mount Pleasant Food Network (MPFN)

Mount Pleasant Neighbourhood House launched the Mount Pleasant Food Network in 2014. MPFN supports the health and wellbeing of all residents living in Mount Pleasant and nearby neighbourhoods by promoting an accessible, just and sustainable food system for our community.

Contact: Jolene Andrew, Indigenous Community Developer & Food Network Coordinator  
[jandrew@mpnh.org](mailto:jandrew@mpnh.org), 604.879.8208 ext 139

#### NOSH: Nourishing our Seniors at Home

Nutrient-rich vegetarian soups made by skilled seniors at our House, and delivered to seniors at home. We make deliveries on Tuesdays and Thursdays to seniors living in Vancouver—from 41st Ave to Great Northern Way (4th/6th/2nd Ave), between Granville Street and Victoria Drive. Order ahead to stock up on nourishing meals, with bread included. No minimum order required.

Cost: \$4/serving | \$10 for 3 Bowls | \$12 for 4 Bowls

Contact: Omnia El Shayeb, [OELShayeb@mpnh.org](mailto:OELShayeb@mpnh.org), 604.879.8208 ext 112

#### Seniors Lunch & Bingo

Enjoy the company of friends and a nutritious lunch and dessert or chef's surprise, as well as Bingo after the lunch. Celebrate birthdays the last Tuesday of each month. Let Omnia know if you are celebrating a birthday this month. \$5 per person for lunch or \$20 for 5 lunches (with punch card)

Schedule: Tuesdays, from January 7 | 12 p.m.

Contact: Omnia El Shayeb, [OELShayeb@mpnh.org](mailto:OELShayeb@mpnh.org), 604.879.8208 ext 112

#### In Pleasant Company Community Lunch

We invite community members to join us for a healthy multigenerational social lunch in the East Hall. Please notify us in advance if you have special dietary needs. \$5 per person for lunch or \$20 for 5 lunches (with punch card).

Schedule: Fridays, starting January 10 | 12 p.m.

Contact: Phil Dunlop, Food Services Coordinator, [pdunlop@mpnh.org](mailto:pdunlop@mpnh.org)

#### AnJel Shop: Free grocery delivery for seniors

Need help with grocery delivery? AnJel Shop can help you! [anjel.ca](http://anjel.ca) is a web application that will help you to get free delivery services for groceries by engaging neighbourhood volunteers. For more information, or to sign up, contact: Claudine Matlo, Director of Community Programs at [cmatlo@mpnh.org](mailto:cmatlo@mpnh.org), 604.879.8208 ext 138

#### Better health one step at a time with FoodFit

Be your best! Learn to cook healthy meals, get moving, and make new friends. This free 12-week health and wellness training includes cooking, walking, a free weekly lunch, and a free cookbook.

Schedule: Thursdays, January 9-April 2, 2020 | 12-3 p.m.



## Community Development & Special Events

### Lunar New Year Celebration

Join us in an evening of fun, entertainment, and great food to celebrate the Year of the Rat!

Date: Thursday, January 23, 2020 | 4:30-7 p.m.

Tickets: \$6 for Adults / \$3 for kids (6-12 years) / Free for kids under 5 years old.

Contact: Jessie at [jhuang@mpnh.org](mailto:jhuang@mpnh.org), 604.879.8208 ext 105 (English, Cantonese, Mandarin)

### Prosperity Committee Volunteers Needed!

We're accepting applications for our fund development committee. Use your fund development experience to help us raise funds to make our House a financially-resilient home away from home where everyone feels welcome.

Contact: Claudine Matlo, Director of Community Programs

[cmatlo@mpnh.org](mailto:cmatlo@mpnh.org), 604.879.8208, ext 138



NOSH: Nourishing our Seniors at Home  
Soup Delivery Project

We make deliveries to seniors living in Vancouver, from 41st Ave Great Northern Way (4th/6th/2nd Ave), between Granville & Victoria Drive.

\$4/bowl | \$10 for 3 bowls | \$12 for 4 bowls

Contact Omnia 604.879.8208 ext 112

### Seniors & Better at Home Community Shuttle Bus

Tuesdays & Fridays

Join our community lunch and other fun activities in the house with the Community Shuttle Bus. \$6 round trip. Potential trips to Oakridge Mall and local grocery stores.

Contact Jessie to sign up:

604.879.8208 ext 105 | [jhuang@mpnh.org](mailto:jhuang@mpnh.org)



*Connecting people  
with the right people*

A free grocery delivery service for seniors—for prices you find in store!

Contact Claudine for more information, and to sign up:  
604.819.8208 | [cmatlo@mpnh.org](mailto:cmatlo@mpnh.org)