

800 East Broadway (at Prince Albert Street), Vancouver, Unceded Coast Salish Territories, V5T 1Y1

Monday		Tuesday		Wednesday		Thursday		Friday	
3	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only	4	Wellness Workshop: Nutrition & Healthy Food Food Challenge 4-5 p.m. Online. Contact Dianne for link.	5	Tupper Welcome Club 2-3 p.m. Online. Tupper Students only	6	Social Group 4-5:30 p.m. In person following health protocols. By referral only.	7	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only
10	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only	11	Wellness Workshop: Let's Get Physical – Group Fitness! 4-5 p.m. Online. Contact Dianne for link.	12	Tupper Welcome Club 2-3 p.m. Online. Tupper Students only.	13	Social Group 4-5:30 p.m. In person following health protocols. By referral only.	14	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only
17	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only	18	Wellness Workshop: Destress with Art! 4-6 p.m. In person. Contact Dianne for info!	19	Tupper Welcome Club 2-3 p.m. Online. Tupper Students only. Newcomer Youth Leadership 4-5:30 p.m. In person. Contact Manny to register.	20	Social Group 4-5:30 p.m. In person following health protocols. By referral only.	21	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only
26	No Program – Stat Holiday	25	Wellness Workshop: Destress with Art! 4-6 p.m. In person. Contact Dianne for info!	26	Tupper Welcome Club 2-3 p.m. Online. Tupper Students only.	27	Social Group 4-5:30 p.m. In person following health protocols. By referral only.	28	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only

To register or for more information, please contact:

Manuel @ 604.879.8208 ext 318 | mgamas@mpnh.org | Facebook: Manny MPNH

Dianne @ 778-938-8208 | dsankey@mpnh.org



June 2021

800 East Broadway (at Prince Albert Street), Vancouver, Unceded Coast Salish Territories, V5T 1Y1

Monday		Tuesday		Wednesday		Thursday		Friday	
	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only	1	Wellness Workshop: Destress with Art! 4-5:30 p.m. In person. Contact Dianne for info!	2	Tupper Welcome Club 2-3 p.m. Online. Tupper Students only	3	Social Group 4-5:30 p.m. In person following health protocols. By referral only.	4	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only
7	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only	8	Wellness Workshop: Community Art Attack! 4-5:30 p.m. Online. Contact Dianne for link.	9	Tupper Welcome Club 2-3 p.m. Online. Tupper Students only.	10	Social Group 4-5:30 p.m. In person following health protocols. By referral only.	11	Newcomer Youth Leadership: NSG 4-5:30 p.m. In person. Contact Manny to register.
14	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only	15	Wellness Workshop: False Creek Walk 4-5:30 p.m. In person. Contact Manny to register.	16	No program	17	Social Group 4-5:30 p.m. In person following health protocols. By referral only.	18	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only
21	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only	22	Wellness Workshop: Seawall and Picnic 4-5:30 p.m. In person. Contact Manny to register.	23	No program	24	Social Group 4-5:30 p.m. In person following health protocols. By referral only.	25	Tupper Welcome Club 3-4 p.m. In-person. Tupper Students only

To register or for more information, please contact:

Manuel @ 604.879.8208 ext 318 | mgamas@mpnh.org | Facebook: Manny MPNH

Dianne @ 778-938-8208 | dsankey@mpnh.org

800 East Broadway (at Prince Albert Street), Vancouver, Unceded Coast Salish Territories, V5T 1Y1

Intergenerational (Youth & Seniors)

The Front Step Project hosts weekly drop-in sessions for youth from care and older adults to come together to connect and create online. Contact Daniela for more information.

Indigenous Youth + Friends

Among Us is a program for Indigenous youth (ages 13-24), and their friends to hang out, have fun and connect to culture and community in-person, with health protocols in place. Contact jaye for more information.

Volunteering

Youth Action Committee is a program for all youth (ages 13-19) focused on youth-led community project. This program is ideal for youth seeking volunteer hours with Mount Pleasant Neighbourhood House.

Newcomer Youth Leadership

Newcomer Youth Leadership is a training program for newcomer youth (ages 13-24), to develop their leadership and organizational skills as they navigate life in their new communities. Contact Iman for more information.

Just Hanging Out

The Spot is a fun, Friday evening drop-in program that includes hanging out, board games, movie nights, cooking, video games, and whatever the youth want to do! Ages 13 to 19. Online and in-person on Fridays, from 4-5 pm, with health protocols in place. Contact Manny for information.

Mental Health

The **Wellness Workshops** is for youth and young adults, ages 13 to 24, to connect to resources to support their wellbeing during Covid-19. Resources include workshops, peer support groups, and referrals to counselling. Online and in-person, with health protocols in place. Contact Dianne for information.

Newcomer Youth + Friends

Welcome Club allows newcomer youth, ages 13-19, to connect with their peers through topical workshops to develop cross-cultural interaction, community engagement, and personal development. In-person, with health protocols in place. Contact Iman for information.

Employment

The RISE Program is an employment training and placement program for Indigenous, immigrant, and refugee youth and young adults (ages 15 to 24) to seek and obtain work experience in the social enterprise and community services sector. Contact Iman for more information.

Literacy

The Youth Homework Club is for youth to connect with a tutor for individualized academic support. Contact Morie at mford@mpnh.org for more information.

The Literacy for Life Skills Program is for youth 13 to 24 wanting to enhance their literacy skills - digital, financial, social-emotional, and physical to be better equipped in whatever they seek to pursue in school, work, and community.



Youth Staff Guide

800 East Broadway (at Prince Albert Street), Vancouver, Unceded Coast Salish Territories, V5T 1Y1



Thanh Lam (she/they)
Youth & Settlement Services Coordinator
Likes: Food, joking around, and social justice
Fun Fact: I have still not yet seen the movie Avatar.



Dianne Sankey (she/her/hers)
Youth & Family Mental Health Coordinator
Likes: Family, travelling, running, yoga
Fun Fact: I love sushi so much I wish I could eat it every day!



Manuel Gamas (he/his/him)
Youth Worker
Likes: Eat, sleep and play any sports or game you can think of.
Fun Fact: I have many stories to tell!



jaye simpson (they/them/theirs)
Indigenous Youth Programmer
Likes: Reading books, writing, visual arts and disrupting to status quo, #LandBack
Fun Fact: Is friends with someone who wrote for Brooklyn 99, Broadcity and several other shows.

Thanh @ 604-879-8202 ext 302 | tlam@mpnh.org

Manuel @ 604-879-8208 ext 318 | mgamas@mpnh.org

jaye | jsimpson@mpnh.org

Dianne @ 778-938-8208 | dsankey@mpnh.org