



# THE BUZZ

South Burnaby Neighbourhood House [www.sbnh.ca](http://www.sbnh.ca)

Fall-2013

South Burnaby Neighbourhood House: 4845 Imperial Street, Burnaby, BC V5J 1C5 Phone: 604-431-0400 Fax: 604-431-9499

## International Neighbourhood House Youth Worker Exchange in Berlin

By Marleen Eberding

Who doesn't dream of going to Europe during summer? This summer I got to do exactly that- as a part of my work! Barely back at office, I sit here and reflect on the incredible experience that I had the privilege of participating in.

In the last week of August, Youth Workers from New York, Minneapolis, Toronto, Vancouver and Berlin met together at the UfaFabrik Neighbourhood Center in Berlin Germany-for a week of sharing best practices, struggles and accomplishments. Over the course of the week we had the opportunity to learn from each other and about how each country, more specifically each city does Youth Work.

We presented workshops to each other, and shared our unique techniques and approaches to empower youth. Some connect to youth through theater programs, others through transition to work or university preparation programs. Life skill development and education for new comer youth was another common theme. Some programs provide essential life saving programs for youth, such as a youth-run-hotlines providing access to shelters for inner city youth needing protection from the cold streets.

Each workshop had its own unique desired outcome, but conversations would be inspired and would continue throughout the day. The four of us from the Vancouver area would find ourselves late at night continuing the conversations and discussing the systemic realities of oppression and racism that are faced by the youth that we work with. We shared stories and shed tears, realizing how important these realities are to the work that we do.

Our jam packed schedule took us from workshops to excursions. We visited many youth centers, family centres, & community gardens, where an emphasis was on green space and sustainability was very evident. After visiting a number of community gardens locations, it was difficult not to notice the

use of solar panels and green energy. In a desire to create extra income some of the community gardens had small restaurants, while others had animal farms for children and families to use as a class room area; these included bee hive area, and a bug garden. Other highlights of "green" things were the unique gardening techniques from a hot house built from an old RV where seedlings were grown, rain-water systems, recycled material, a public washroom built from old container boxes, a medicine garden area & a mini book store.



All members of the community were welcome to support and use the gardens as a recreational area, so on any given day you would see families and friends gather at picnic tables or individuals just hanging out in the hammocks. But that if that's not enough...you could also buy the vegetables that are grown in these gardens! Other excursions took us to theater programs, child care facilities, youth centres with recording studios, and to important historical educational tours of German parliament and government buildings.

Being in a city such as Berlin, with so much history, and seeing it's ability to show such incredible resiliency, was a testament of the capacity for humanity's ability to overcome and be adaptable. It is also a reminder that we need each other, and that community development and social service work like what SBNH does- is key to bridging, assisting in healing, and creating a sense of community. This is happening throughout Neighbourhood Houses and youth programs all over the world- all with the same common goal.

Across the board, you could feel the heart of these 40 youth workers. Each of these people, in their own way, is trying to enrich the lives of the youth they work with. Youth in each neighbourhood are unique. To share different ideas with each other as people working with these youth, we are able to take away each others energy so that we can implement new techniques back in our home countries. I love to travel, but traveling also makes you appreciate home. I am happy to be home. Thank you SBNH for this opportunity!

**Attention All Members**  
**South Burnaby Neighbourhood House Society**

**Annual General Meeting**  
**And Volunteer Recognition Night**

**Tuesday November 12, 2013 at 5:30pm**  
**Burnaby Firefighters Club- 6515 Bonsor Avenue**

**RSVP by e-mail: [info@sbnh.ca](mailto:info@sbnh.ca) or call: 604-431-0400**  
**by Friday November 8**

### Winter Break Camp 2013

Is your child looking for something to do over the winter break?

Why not send them to daycamp?

South Burnaby Neighbourhood House will be running daycamp from 9:00am-3:00pm over the winter break.

Registration begins Nov. 25th, 2013



For more information call Wana at (604) 431-0400

**When:** Dec 23, 2013-Jan 3, 2014 (Closed Dec 25-26 & Jan 1)

**Time:** 9:00 am—3:00 pm,

**Cost:** \$40 per day, **Age:** Grades 1—7

**Locations:** Clinton, Douglas Road, Gilpin, Lochdale, Marlborough, Maywood, Stride Avenue, Suncrest, Twelfth Avenue.

**Activities:** The children will take part in a variety of activities such as gym games, crafts, cooking, and field trips.

### Attention All Members- SBNH Membership Renewal

We would like to thank you all for your membership and support during the 2012/2013 year, as it was another great year for South Burnaby Neighbourhood House! We continued to grow; provided many programs for the community and we held many successful and enjoyed events. It is now time to renew your membership for the 2013/2014 year, if you haven't already done so. Your membership helps SBNH provide its much-needed services to the community. It also grants you access to our programs and you will receive updates on all SBNH's happenings and upcoming events throughout the year in our newsletter, "The Buzz".

Download the membership form from our website [www.sbnh.ca/get-involved/](http://www.sbnh.ca/get-involved/)

The completed membership forms can be mailed to us, or handed over to our staff at a centre closest to you.



## Rotary Coats for Kids

Help children and youth in Burnaby by donating new or "gently" used coats.

**Drop off at:**

**South Burnaby Neighbourhood House  
(9:00am-4:30pm)**

**Donations will be gratefully accepted  
till end of December 2013**

### Neighbourhood Small Grants

Neighbourhood Small Grants once again were offered in Burnaby thanks to the generous funding from the Vancouver Foundation. This year 63 grants were allocated for projects that brought neighbours together.

The projects included: art and photography workshops, cooking for teens, drug awareness workshops, youth soccer, neighbourhood parties and picnics, community cleanups, and many more. For more information about projects and ways to be involved, please call Mackenzie at 604-431-0400, or e-mail: [mackenzie@sbnh.ca](mailto:mackenzie@sbnh.ca)

### Safe Harbour- Diversity Training for Businesses

Safe Harbour Program is an initiative of Affiliation of Multicultural Societies and Service Agencies of BC, that aims to create more inclusive environments that welcome diversity.



**SAFE HARBOUR**  
respect for all



As a Safe Harbour Community Organizer for South Burnaby, we offer free orientation sessions and diversity training for businesses and organizations. To register for a Safe Harbour training please contact Branka at 604-431-0400, or e-mail: [branka@sbnh.ca](mailto:branka@sbnh.ca)

### Building Welcoming and Inclusive Neighbourhoods

Our Neighbourhood House is pleased to welcome newcomers and celebrate our community's diversity. To find out more about our events such as monthly sharing cultures dinners, welcoming new neighbours events, parents gatherings, and volunteer opportunities contact Maheen at 604-431-0400.

We welcome everyone's involvement. Join a Neighbourhood House planning committee today!

### Volunteers Needed for Gift Wrapping

SBNH is looking for volunteers to supervise shifts at our Christmas Wrapping booth at Metropolis at Metrotown from Nov. 29-Dec. 24. The Christmas Wrapping booth is a fundraiser for our youth leadership program and will help support the development of leadership skills for youth in our community.



Volunteers will be working in our booth at Metrotown Mall once a week for shift of 3 hours on regular basis for 4 weeks. If you are interested contact Kayvon at 604-431-0400, or [giftwrap@sbnh.ca](mailto:giftwrap@sbnh.ca).

For more information please visit our website at [www.sbnh.ca](http://www.sbnh.ca)

**Help Raise Funds for Youth Leadership Program!**

# Programs & Services

## Storefront Drop-in

Information and referral service is available at the Neighbourhood House. *Mon - Fri 9:00am-4:30pm.*

## Licensed Child Care

SBNH runs licensed child care all year for children kindergarten to grade 7.

**Days/Time:** Mon-Fri 7-9am and 3-6pm

**Cost:** \$393-430 (Depending on location)

Some subsidies are available. For more information contact the Provincial Government Child Care Branch at 1-888-338-6622.

**Locations:** Clinton Elementary School, Douglas Road Elementary School, Marlborough Elementary School, Maywood Community School, Stride Ave. Community School, Gilpin Elementary School, Lochdale Elementary School, Suncrest Elementary School, Twelfth Ave. Elementary School. To register call Wana at (604) 431-0400.

## Kids Out of the Rain

The "Kids Out of the Rain" Program is an alternative program for students in grade 2 to 5. The program includes recreational activities for children through which they will be encouraged to interact with other students in the school. The program is offered at Maywood Community School throughout the school year.

## Friendship Club

Friendship Club is a free after school program offered for children in grades 2 to 7. The focus of the program is on providing a safe and caring environment for the participants to engage in social and recreational activities. The program is offered at Edmonds Community School, and Douglas Rd Elementary School throughout the school year.

## Preschool Program

The Preschool Program is a licensed learn-through-play program for children 2.5-5 years old. We offer 4 hour (9:30am-1:30pm) and 2 hour (9:30-11:30am, or 12-2pm) classes at the following locations:

Clinton Preschool: 5858 Clinton St. (*Tue and Thu*)

Marlborough Preschool: 6060A Marlborough Ave.

(*Mon, Wed, Fri*)

Gilpin Preschool: 5490 Eglinton St.

(coming Jan. 2014- register now).

For inquiries contact Annette at 604-431-0400, or [annetteb@sbnh.ca](mailto:annetteb@sbnh.ca)

## Youth Leadership

We offer 3 levels of Youth Leadership:

**Foundations in Leadership-** A leadership program designed for younger youth in grades 8 and 9.

On-going registration is available for this program.

**Leadership 1-** A community leadership training program developed for local high school youth that focuses on skill development working with children.

Leadership 1 is offered September to April and January to August each year.

**Leadership 2-** The focus of this level is on being a *change agent* within the community by project planning and fundraising for the immediate and long-term needs of the community. Leadership 2 starts October and runs through to May each year. Call Marleen at 604-431-0400 for more info.

## Sharing Cultures Community Dinners

A great place to relax, meet your neighbours and learn about different cultures. Cost is \$3 for adults, \$1 for children. Enjoy food, children's activities and entertainment for all. Next dinner will be African Night on Oct. 25th. 6-8pm. Call us to reserve your tickets.

## Family Place Drop-in Program

We offer a number of Family Drop-in programs throughout the community for parents/caregivers with children age 0-5. Family drop-ins provide a variety of opportunities for families to socialize, to have a safe and fun place to play and learn and to get parenting information.

Call Maheen at 604-431-0400 for more info.

## SBNH Family Place- 4845 Imperial Street

*Mon-Thu 9:30am-11:30am.* We offer a hot lunch program the last Tuesday of the month.

## Brentwood Family Place- 4430 Halifax Street

*Wed and Fri 9:30-11:30am*

## Clinton Family Place- 5858 Clinton St.

*Mon and Wed 9:30-11:30am*

## Neighbourhood Outreach

Family Outreach workers are available to support parents with young children (under 5) who need help meeting other parents and making community connections to local family resource programs. Call 604-431-0400 and ask for Margaret.

## Community Kitchens

*Tue and Wed 10:30am-1:00pm.* The Community Kitchen is a weekly program at Maywood Community School and Edmonds Neighbourhood Resource Centre for families and individuals with limited income to come together and prepare healthy meals to take home. We always use everyone's favourite family recipes and include many kid-friendly foods. Contact Lynn at 604-431-0400

## ESL Classes

*Mon and Thur 1-3pm.* Volunteer-led ESL classes are available throughout the year for beginner students.

## Free Law Clinics: Tue 12:15pm - 2:15pm

Provided to individuals who cannot access help from Legal Aid and who are low income and cannot afford a lawyer. Half hour appointments can be booked with a qualified volunteer lawyer who will provide step by step advice for dispute resolution. Lawyers do not appear in court, but can assist clients in court prepara-

tion. Call **604-878-7400** to book an appointment. Provided in partnership with the Western Canada Society to Access Justice.

## Free Legal Advice Program

Appointments are required and can be made by calling the UBC Law Students' Legal Advice Program at 604-822-5791 ext. 0. The students are supervised by a practicing lawyer and are able to assist low income individuals with legal matters such as minor criminal offences, small claims, landlord/tenant disputes and basic wills/estates.

## Income Tax Clinic

Volunteers are available year-round to assist individuals with their income tax returns. Service is offered to those with limited income and we request a \$5 donation per return.

## Seniors Together Program

A senior led group that focuses on welcoming and involving seniors in a variety of different activities. Fri from 9:30am-1:00pm.

*Beginners ESL: 9:30-10:30am.*

*Activities: Info sessions/guest speakers.*

*Light lunch: 10:30am-1:00pm*

Wednesdays from 12:00-3:00pm

*Activities: Games, conversation, etc.*

*Beginners ESL: 1:00-2:00pm.*

For more information contact Kathryn at

604-431-0400, or [seniors@sbnh.ca](mailto:seniors@sbnh.ca)

## Seniors Outreach Ambassadors Program

Seniors Outreach support is available to help seniors to make community connections to various resource programs. Trained volunteer ambassadors assist in supporting vulnerable, low-income, at-risk isolated seniors to access resources and make connections. To participate in the Seniors Ambassador Program, or to make a referral contact Elizabeth at 604 431-0400, or [seniorsoutreach@sbnh.ca](mailto:seniorsoutreach@sbnh.ca)

## Community Adult Literacy Program (CALP)

The CALP is a free program offered in Burnaby for English speaking adults who face challenges in their reading and writing skills. Trained volunteer tutors will support them in their learning. Tutoring sessions take place once a week where learners acquire basic reading and writing skills. For more information contact Rajeeta at 6040-431-0400, or [rajeeta@sbnh.ca](mailto:rajeeta@sbnh.ca)

## Computer Class

*Wed 3-5pm.* With the help of a volunteer instructor learn basic computer programs to learn how to surf the internet, create email account, and type simple texts. (Computers are available for public use: *Weekdays 3-5pm (call in advance to confirm).*

**BUSINESS NAME**

**South Burnaby Neighbourhood House**

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 Lochdale Care Supervisor ..... Paul Lam  
 Gilpin Care Coordinator ..... Nazanin Ashjai  
 12<sup>th</sup> Ave Care Supervisor ..... Arlette Akayezu  
 Suncrest Care Supervisor ..... Kathy Bobicki  
 Youth Leadership Coordinator ..... Marleen Eberding  
 After School Program Coordinator ..... Jelena Kocmaruk  
 After School Program Supervisor ..... Jason Chen  
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**Staff:**

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 Childcare Program Manager ..... Wana Sei  
 Family Programs Manager ..... Maheen Khorram  
 Volunteer Program Coordinator ..... Abdul Salehzai

*10th Anniversary*  
**DIAMOND BALL**  
*Gala*  
**FUND RAISER EVENT**  
 Those interested in sponsorship opportunities for this event, please contact  
 Antonia Beck 604.431.0400.  
**February 15, 2014 – SAVE THE DATE**

**We would like to acknowledge our funders for their support to SBNH programs and services**  
 United Way of the Lower Mainland, Ministry of Advanced Education and Labour Market Development, Royal Bank of Canada, G& F Financial Group, Scotiabank, Burnaby Firefighters, New Horizons, Vancouver Province's Empty Stocking Fund, BC Gaming and Enforcement Branch, Ministry for Children & Family Development, HRDC, Rotary Club -Burnaby Metrotown, Vancouver Foundation, Investor's Group, The Beedie Foundation, Jack Gin Foundation.

**Yes! I would like to support the South Burnaby Neighbourhood House:**

Please accept my donation of: \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ Other \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Cheque enclosed     Mastercard     Visa

Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Tax Receipts issued for donations over \$15