

For more information or to get involved, contact:

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“Welcoming Spaces Project”

Are you feeling welcomed in your community?

The Welcoming Spaces Project works to enhance services and accessibility for seniors. Trained outreach volunteers help connect seniors to community spaces that are actively working to remove barriers to participation.



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South — 4460 Beresford St.
Phone: 604-431-0400

North — 4908 Hastings St.
Phone 604-294-5444

The Neighbourhood House offers many other services & programs of interest to seniors, including:

- Support Calls
- Social & Wellness Activities
- Outings
- Computer Classes
- ESL Classes
- Income Tax Services
- Multicultural Events
- Yoga, Line Dancing...

The Seniors Together Program

welcomes all seniors to fun activities planned and led by seniors. Participate and build new friendships while enjoying meals together and a variety of social activities!



SENIORS OUTREACH PROGRAM



Burnaby Neighbourhood House is a charitable, non-profit organization. We are a volunteer driven community-funded agency with a unique focus on neighbours supporting neighbours.

WHAT WE DO . . .

Initially developed in partnership with **Voices of Burnaby Seniors**, and currently funded by *New Horizons Seniors Grants*. The **Outreach Ambassador Program** offers free services to help vulnerable and isolated seniors to build relationships in their local neighbourhoods and live healthy and fulfilled lives.

The outreach services include:

- ◆ Information and referral
- ◆ Guidance and connection to community resources
- ◆ Home visit assessments
- ◆ Community engagement
- ◆ Transportation to BNH events
- ◆ Community engagement opportunities
- ◆ Educational dialogues

OUTREACH AMBASSADORS

In partnership with agencies in Vancouver and Lower Mainland, Burnaby Neighbourhood House is training individuals (40+) to become Seniors Outreach Ambassadors.

Trained volunteers help to raise awareness of the issues affecting isolated seniors; as well they help seniors to identify and achieve their life aspirations and needs.

We offer FREE Outreach Training where participants will learn:

- ◆ Causes of Isolation!
- ◆ Effective Communication
- ◆ Active Listening Skills
- ◆ Diversity & Intercultural Communication
- ◆ Ethics of Helping Others
- ◆ Health & Social Issues
- ◆ Community Resources & Referrals

OUR MISSION

The more seniors are visible and engaged in their neighbourhoods, the more likely it is that they will receive help before a problem escalates to a crisis.

Our programs and services support and enhance the lives of seniors and actively promote participation in all aspects of community life.



Join us at BNH gatherings!