



CONNECT

**ENGAGE** 

**BELONG** 

# **NOVEMBER & DECEMBER 2019**

Drop by anytime for a cup of coffee or to say hello.

Information and community connections are available at both our houses at North and South Burnaby.

### We are:

- a place where families and individuals can come to get support and services;
- a place where new immigrants become connected and can find information and resources that will help them settle into their new community;
- where seniors and youth can gather; and where all these groups can come together in activities and events that aim to link generations and cultures to create a stronger community.

# Everyone is welcome!



### Help us to support our program!

We are currently working with 750+ Volunteers. To apply please contact our Volunteer Coordinator at volunteer@burnabynh.ca or call 604-431-0400.

# Visit our website www.burnabynh.ca

# **North House**

Monday -Thursday 9:30am - 4:30pm Friday 9:30am - 3:30pm

4908 Hastings Street Burnaby BC V5B 1P6 **Phone 604-294-5444** 

Email: northinfo@burnabynh.ca

Facebook, Twitter and Instagram
@northbnh

# **South House**

Monday & Friday 9am-5pm Tuesday - Thursday 9am-8pm

4460 Beresford Street Burnaby BC V5H 0B8 **Phone 604-431-0400** 

Email: info@burnabynh.ca

Facebook, Twitter and Instagram

@SburnabyNH

Visit our social media and website where you will find information about all our programs and events.

@NORTHBNH @SBURNABYNH #weareneighbours

www.burnabynh.ca



# VOLUNTEERS WELCOME 大大大大大大大

# **Burnaby Neighbourhood House**

**FALL 2019** 

#### How to start

- 1. Fill out a volunteer application form. Please go to <a href="https://burnabynh.ca/get-involved-volunteer/">https://burnabynh.ca/get-involved-volunteer/</a>
- Informal Interview (10 minutes interview). Book a time and day to meet with Janice (either North or South House) <u>janiceh@burnabynh.ca</u> or with Shelly – South House (volunteer@burnabynh.ca).
- 3. Cleared criminal check. This is a free check for volunteers; a form will be given to applicants.
- 4. Reference check (from a friend, neighbour, classmate, or colleague)
- 5. Volunteer orientation (1 hour). Contact Janice or Shelly to find out the next Volunteer orientation dates.
- 6. Signed understanding of policies and procedures (completed at the orientation).
- 7. A photo for your volunteer file.
- 8. Additional training for some programs (Office, Translation, Taxes, Multilingual, Marketing, or working with kids).
- 9. Immunization record/or signed waiver (Childcare or Preschool programs).

WHAT WRAPPING GIFTS FOR SHOPPERS BY DONATION
WHEN NOVEMBER 29 - DECEMBER 24
WHERE
METROPOLIS

WHEN METROPOLIS AT METROTOWN
WHY GIVING BACK TO THE COMMUNITY BY HELPING TO FUND BNH SERVICES AND PROGRAMS
WHO VOLUNTEERS LIKE YOU!

For more info \$ to sign up, email:

giftwrap@burnabynh.ca
Phone: 604 4310400 #100-4460 Beresford \$1, Burnaby BC

The Burnaby Neighbourhood House is a Charitable Non-Profit Organization —a volunteerdriven, community-funded agency with a unique focus on neighbours supporting neighbours

Community building is a common theme of Neighbourhood Houses where neighbours help neighbours. Volunteers, therefore, are an integral part of our Neighbourhood House! Help us to create a great community for everyone!

# **VOLUNTEER POSITIONS OPEN!**

Giftwrap Supervisors and Wrappers

Computer/EAL Drop In Program Assistants

**Administration Assistants** 

Special event Assistants

Email: volunteer@burnabynh.ca

Call us today! Don't wait!

604-431-0400

# **VOLUNTEERING**

What does it mean?

- → new friends
- → new job connections
- → new skills
- → language improvement
- → becoming a part of Canadian society
- → job references
- → more confidence
- → no more loneliness



# YOUR SUPPORT MATTERS



# Be a good neighbour. Please give.

Every little bit counts. Did you know government resources only make up 30% of our budget? Many of our programs and services are supported by donors like you. There are different ways to donate:

# Make a secure online gift

Go to our website www.burnabynh.ca, and click on the Donate button. You have the option of making a one-time gift or becoming a monthly donor.

# By cheque or cash

Please mail your cheque or drop by in person at our office: Burnaby Neighbourhood House 4460 Beresford Street Burnaby, BC V5H 0B8

# By phone

Call 604-431-0400 and speak to a BNH staff.

- ◆ \$50 supports a low income parent to participate in a community kitchen for one month.
- ◆ \$100 supports snacks for a child in our free after school programs for one year.
- ◆ \$500 provides leadership development for one youth.
- ◆ \$1,000 provide nutritious lunches to ten low income seniors for one year.
- ◆ \$1,500 provides four community dinners for 80 parents, children and seniors.

Charitable registration number: 87390 3090 RR0001

Tax receipts are issued for donations over \$15.



For every **\$1 donated** to Burnaby Neighbourhood House, **88 cents** go directly towards our programs and services.



#### **OUR MEMBERSHIP FEE**

\$5 single person/year \$10 family/year











North House 4908 Hastings St. Burnaby, BC 604 -294 -5444

Monday to Thursday 9:30am - 4:30pm Friday 9:30am - 3:30pm

Email: northinfo@burnabynh.ca

# **Family Drop-in**

Tuesdays 9:30am - 11:30am & Thursdays 9:30am - 11:30am

Provides an opportunity for families with children aged 0-5 to socialize, to have a safe and fun place to play and learn and to get parenting information.

CAMERAY parent support Fridays 10 - 12 am.

# Free Computer Drop-In

Mondays 10:00am - 12:00pm & Tuesdays 1:00pm - 3:00pm

Learn basic computer skills - how to surf the internet, create an email account, or type simple documents. Volunteers will assist you with your digital questions.

# Seniors Mondays

Mondays 9:30am - 11:30 am

Join us for coffee, tea, and snacks. Light lunch (Soup & a bun - \$2) 11:30 am to 1:00 pm. Drop by and meet your neighbours, have a conversation with coffee or tea.

### **Mother Goose**

Wednesdays 10:00am - 11:30am during October 2nd to December 4th, 2019 A group experience for parents and their children aged three and under, focused on the pleasure and power of using rhymes, songs and stories together.

# Line Dancing

Mondays 9:30am - 11:30am (Intermediate) and 12:15pm - 1:45pm (Beginners), Saturdays 9:00am - 12:00pm (Intermediate)

Have fun in sharing and practicing various line dance pieces with new friends in a friendly atmosphere. Limited spaces. Please call to confirm spots. Everyone welcome.

# Tai Chi

Tuesdays 2:00pm - 3:00pm

Come and learn an internal Chinese martial art practiced for both its body training, its health benefits and meditation. Feel free to join us.

# Qi Gong

Mondays 2:00pm - 3:00pm

Discover some basic concepts of qi (vital life force energy) to enhance your own awareness about energy. Learn gentle movement routines that can add to anyone's repertoire for health, stress management and fitness.

# Yoga Class (Beginners)

Mondays 3:15pm - 4:15pm , Thursdays 1:00pm - 2:00pm

Come and join us for a beginner Yoga class. Certified Yoga teachers who will be practicing Pranayama, Asanas, Kundalini and Meditation. Please bring your own mat. Welcome all ages!

# **EAL Conversation Group**

Wednesdays 12:45pm - 2:45pm (Beginners), Fridays 1:30pm - 3:30p (Intermediate) Designed for participants from non-English speaking backgrounds, this course will improve your skills in reading, writing, speaking and listening.

# **Community Kitchens** (September—June)

Lower income participants come together at Gilmore Community School and cook low-cost, healthy meals to take home. Participants contribute \$5 per week. For more information, please call Lynn at **604-431-0400** or email **kitchens@burnabynh.ca**.

# **NORTH HOUSE**



**Burnaby Neighbourhood House** 

**FALL 2019** 

# Tax Clinic (March - October)

Volunteers will assist low income individuals with their income tax returns during the year. All tax services are provided to BNH Members (Burnaby residents ONLY) For a **donation of \$5** or more to offset administrative costs. (cash or cheque only). Call 604-294-5444 to book an appointment.

# **Employment Services And Community Connections For New Immigrants by ISS of BC**

For an appointment, please call 604-395-8000 (ext 1276). Wednesday from 9 am - 4:30 pm there will be community connections for newcomers. For more information contact **Fatou Niane at** <u>fatoumata.niane@issbc.org</u> or 604-395-8000 (ext. 1633).

# **Math Mentoring**

Wednesdays 4 - 5:30 pm from October 23 - December 11, 2019

In partnership with Big Brothers and SFU this free afterschool program is for girls and boys grade 3-7 who are struggling in math. Children are matched with a mentor to help with their math skills.

# **Crocheting with Shirley**

Mondays 2:30 - 4:30 pm. From September 9 - December 9, 2019.

Learn how to transform clean plastic bags to all types of crocheting goods ex. Blankets, purse, etc.



# **SOUTH HOUSE**



**Burnaby Neighbourhood House** 

**Adults & Seniors** 

**FALL 2019** 

# 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. Trained volunteer tutors support adults in their learning. Contact Rajeeta if you are interested in becoming a volunteer tutor or referring someone to the program.

Contact Rajeeta at literacy@burnabynh.ca

# **EAL Classes (English as Additional Language)**

Volunteer-led EAL classes are available throughout the year for beginner to intermediate level students. Mondays, 1-3pm and 6:30-7:30pm, Tuesdays 6:30-7:30pm, Wednesdays 1-3pm, Thursdays 1-3pm and 5-7pm, Fridays 9:15-10:45am. Contact Rajeeta at **literacy@burnabynh.ca** 

# Free Computer Drop-In

Wednesdays and Thursdays, 3- 5pm, Fridays 1:00pm-3:00pm (Seniors only) Learn basic computer skills - how to surf the internet, create an email account, or type simple documents. Volunteers will assist you with your digital questions. Feel free to bring your own devices.

# **Free Law Clinics**

Available 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 preparation. Tuesdays, 12:15pm - 2:15pm. Call **604-878-7400** to book an appointment. Provided in partnership with the Western Canada Society to Access Justice.

# **Seniors Together Program**

A senior—led group that focuses on welcoming and involving seniors in a variety of different activities. Activities include Yoga, Qi Gong, Tai Chi, Line Dancing, Light Lunches, karaoke, fitness and more! Ask Kathy at **seniors@burnabynh.ca** OR ask for a printed schedule at the reception.

### **Seniors Outreach Ambassadors**

Support is offered to help seniors to make valuable and enduring community connections to citywide resource programs/services. Trained volunteer outreach ambassadors assist in supporting vulnerable, low-income, at-risk, isolated seniors to help them build relationships in their neighborhoods and live healthy and fulfilled lives. Outreach Ambassadors also seek to raise awareness of the issues affecting isolated seniors while working with them to determine and achieve their aspirations and needs. Contact Kathy at seniorsoutreach@burnabynh.ca

# **Family Place Drop-in Program**

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







**Activities for All Ages!** 

South House 4460 Beresford Street Tel: 604-431-0400

Monday & Friday 9:00am-5:00pm Tuesday to Thursday 9:00am-8:00pm

Email: info@burnabynh.ca











The 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.

# **Burnaby Neighbourhood House**

# Families & Youth

# **South House Family Place**

Mondays, Tuesdays (Grandparents only) & Thursdays, from 9:30am-11:30am

# Burnaby Family Life drop in

Mondays from 12:30-2:30pm, Tuesdays from 3:30pm-5:30pm, Wednesdays from 9:30-11:30am and Fridays from 9:30-11:30am & 12:30-2:30pm

# **Rumble Hall Family Drop-In**

Mondays & Wednesdays, 9:30–11:30 am at 5024 Rumble Street

# **Neighbourhood Outreach**

Family Outreach workers are available to support parents with children up to 12 years old who need help meeting other parents and making community connections. We can help parents with finding resources for themselves and their children.

# Youth Leadership

We offer three levels of Leadership, each with a different community focus. All programs have components of problem solving, social interaction, communication, group work as well as individual initiative. (Subsidies available)

# Foundations of Leadership: Youth in grades 8-9

The focus is on gaining a stronger sense of appreciation and belonging for the community. This is done through various volunteering opportunities, learning sessions and some out-trips. (Subsidies available) **Volunteer Hours:** 120 (incl. summer), Wednesdays 3:45pm - 6:00pm.

# Leadership 1: Grades 10 & 11

This group offers youth the skills to work with children in recreational settings; planning games and activities for kids and being strong mentors. Youth are trained and then volunteer in our School Aged Child Care licensed facilities. This program is also a way for youth to complete the required Career Preparations hours for High School graduation. **Volunteer Hours:** 90 Tuesdays 4:00pm - 6:00 pm.

### Leadership 2: Youth in grades 11-12

Leadership 2 emphasizes leadership through one of: fundraising, mentorship of Grade 7's by the youth volunteers or event planning & facilitation. Youth will also gain leadership and employment readiness skills which will be beneficial to many areas of their futures such as post-secondary/scholarship applications and job placement. **Volunteer Hours:** 60, Mondays 4:00 - 6:00pm.

# Youth Employment Program

We offer a free 20-week program for unemployed youth ages 15 - 30. 8 weeks in-class + 12 weeks work placement. We provide support in career planning, employment counselling, job search strategies, certificates and training. To qualify for this program, you must be a Canadian citizen, permanent resident or protected person legally eligible to work in Canada and not participating in another federally funded job program. For more information, contact Blenn at employment@burnabynh.ca.

# Youth Leadership Fee:

Foundations —\$15/Month

Leadership 1—\$75/Month

Leadership 2 —\$15/Month

For youth in Grades 8-12 in South and North Burnaby. All Leadership Programs contain employment opportunities, volunteer requirements for school & graduation, references for outside employment, supporting letters and documents for scholarship.

General Information & Inquiry 604-431-0400

Youth Coordinator Youth Leadership Program Marleen Eberding youth@burnabynh.ca

Youth Employment Program

Blenn Dioces

employment @burnabynh.ca

Neighbourhood Outreach Alba 236-889-5212 Maggie 778-918-0189 Margaret 604-307-2940

Seniors Together Program Kathy Bobicki seniors@burnabynh.ca

Seniors Outreach Program Kathy Bobicki seniorsoutreach@ burnabynh.ca

Community Kitchen(s) Lynn Leong 604-431-0400 kitchens@burnabynh.ca

Community Adult Literacy & Digital Literacy Program Rajeeta Samala literacy@burnabynh.ca

CONNECT ENGAGE BELONG

# School Age Child Care



# **Burnaby Neighbourhood House**

**FALL 2019** 

# **Licensed School-Age Childcare for Children**

- ⇒ For Kindergarten
- ⇒ For Primary Age (Grade 1 to Grade 3)
- ⇒ For Intermediate Age (Grade 4 to Grade 7)

# **Hours of Operation:**

Monday to Friday

7-9 am & 2:45-6 pm (all day on school breaks)



School Age Childcare program is a learnthrough-play program that attempts to reflect and enhance the cultural backgrounds and languages of the children.



NOTE: We are closed on all Statutory Holidays and for two days in June.



"A person's a person, no matter how small."

Dr. Seuss

Fostering Imagination in Children since 2000

# **Locations & Contact info:**

# **Southeast Hub:**

- Stride Avenue Community School (services also Taylor Park Elementary School)
- Clinton Elementary School (Services also Nelson and Glenwood Elementary School)
- 12th Ave Elementary School

Contact Stasi Larson (604) 431-0400 and/or stasil@burnabynh.ca

# **Southwest Hub:**

- Maywood Community School
- Marlborough Elementary School
- Suncrest Elementary School

Contact Scott Burgess (604) 431-0400 and/or scottb@burnabynh.ca

# **Northeast Hub:**

- Gilpin Elementary School
- Douglas Road Elementary School
- Lochdale Community School (Services also Westridge Elementary School)

Contact Stasi Larson (604) 431-0400 and/or stasil@burnabynh.ca

Our program encourages and supports the potential of children through an environment that provides optimal social and emotional growth, and physical and intellectual skills.

Feeling of confidence and success are promoted through a wide range of child appropriate activities and opportunities.

Each day will include a variety of activities, such as arts and crafts, indoor and outdoor play, group games, cooking & baking, drama, and time for free play!



# **Program Fees:**

Gilpin Elementary School: \$475 per month

Suncrest: \$470 per month

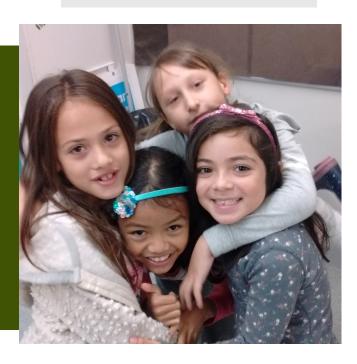
All other Centres: \$460 per month

Plus

\$100 Deposit \$12 T-Shirt Fee \$54 Transportation Fee

Our centres remain open on:

Early Dismissal Days, Professional Days and School Breaks



# **PRESCHOOL**



**Burnaby Neighbourhood House** 

**FALL 2019** 

# **Program Description & Philosophy:**

The Burnaby Neighbourhood House (BNH) Preschool Program is a learn-through-play program that attempts to reflect and enhance the cultural backgrounds and languages of the children.

Our program encourages and supports the potential of children through an environmental that provides optimal social & emotional growth, and physical & intellectual skills.

Each day will include a variety of activities, such as arts and crafts, circle time, indoor and outdoor play, music, drama, community outings (walks, library trips etc.) and plenty of time for free play.

# Clinton Preschool has expandedfrom 3 days to 5 days:

Mon/Wed/Fri Tues / Thurs Mon thru Fri

Program time will be the same.

# Self-Help Skills:

Children are encouraged to try things on their own. Children assist in clean-up to foster cooperation.

# Hands on Experience:

Children are involved in a variety of experiences. These experiences are designed to promote self-discovery, language development, and problem solving.

# Special Plans:

Off site field trips as well as on site special days will be planned occasionally.

# **Class Options:**

- 2 days
- 3 days
- 5 days

#### Times:

# 4 Hours

• 9:30am-1:30pm

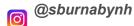
# 2 Hours

- 9:30am-11:30am
- 12:00pm –2:00 pm



Fostering Imagination in Children











"Children are great imitators. So give them something great to imitate."

**CONNECT** 

- Anonymous

# **MONTHLY PROGRAM FEES**

(Please note that fee is dependent on number of days/week and hours. All fees quoted below is per month.)

		2 Days	3 Days	5 Days
Gilpin Preschool	2 Hours	\$130	\$179.65	\$309.65
	4 Hours	\$260	\$359.30	\$619.30

Clinton and/or Marlborough Preschool		2 Days	3 Days	5 Days
	2 Hours	\$120	\$168	\$288
	4 Hours	\$240	\$336	\$576



**Marlborough Preschool** 

6060 Marlborough Ave. Susy Ong

**Clinton Preschool** 

5858 Clinton St. Jae-Oak Fouquette

**Gilpin Preschool** 

5433 Ivar Place Jina Park

For more information or to register please contact Preschool Hub Coordinator: Wana Sei (604) 431-0400 wanas@burnabynh.ca







Licensed Preschool care for children 2.5-5 years of age.

(Children must be toilet trained.)

# **EVENTS /WHAT'S NEW**



**Burnaby Neighbourhood House** 

**FALL 2019** 

# Giving Tuesday and the BNH "Keep the Lights On" Campaign

Imagine a day after Black Friday and Cyber Monday dedicated to giving back or volunteering around the world, across Canada, and in our communities.

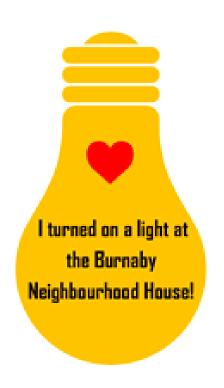
This global movement on December 3 is called Giving Tuesday. Burnaby Neighbourhood House will be using this day to kickstart a month of stories about kindness and helpfulness from our volunteers and participants. Donate or share the stories of kindness of your neighbours or communities.

Join us starting December 3 until December 31. Every donation turns on a light at the Burnaby Neighbourhood House. Our goal? 10,000 bulbs to be filled at both South House and North House! Want to give? Donate \$2 or more\* and a light bulb will turn on!

\*Donate at reception, online, or by phone.

\*Donations \$15 and up will receive a charitable tax receipt.

Follow us: @SBurnabyNH #GivingTuesday #WeAreNeighbours



# 50+ SENIORS OUTREACH AMBASSADOR TRAINING



November 14, 21, 28 and December 7, 2019

1:00pm- 4:00pm at North House 4908 Hastings St.

Help reach isolated older adults in your neighbourhood and learn how to connect them to health and wellness programs and other resources.









In partnership with

SFU

With funding from

Canadä



FOR MORE DETAILS, EMPLOYMENT@BURNABYNH.CA OR CALL 604-431-0400 NEXT SESSION STARTS OCTOBER 21, 2019







Thank you to all our donors and supporters! We gratefully acknowledge our Funders for their support to our programs and services this past

Adera Development Corporation BC Gaming and Enforcement Branch

Belford Properties

BlueShore Financial

Burnaby Firefighters Charitable Society

Coast Capital Savings

Chartwell Carlton Retirement Residence

Choices Markets City of Burnaby

Edith Lando Charitable Foundation

Fairhall, Zhang and Associates

**G&F** Financial Group

Gateway Casinos & Entertainment Ltd

Government of Canada's New Horizons for Seniors

Hamber Foundation

Human Resources Development Canada

Intracorp

**Investors Group** 

Metropolis at Metrotown

Metrotown Mazda

Ministry for Children and Family Development

Ministry for Advanced Education and

Labour Market Development

Mulberry PARC

North West International Insurance Brokers

NutritionLink Services Society

PrimeImage Technologies

**RBC** Foundation

Rotary Club of Burnaby

Rotary Club of Burnaby Metrotown

Scotiabank

StreetSide Developments

TD Bank Group

The Beedie Foundation

The Lohn Foundation

The Province Empty Stocking Fund

United Way of Lower Mainland

Vancity

Vancouver Foundation

Walmart

Wesgroup Properties

Whole Foods Market