



CONNECT

ENGAGE

BELONG

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](#)

WINTER 2020

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

[@NORTBNH](#)
[@SBURNABYNH](#)
[#weareneighbours](#)

www.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.

VOLUNTEERS WELCOME



Burnaby Neighbourhood House

WINTER 2020

How to start

1. Fill out a volunteer application form. Please go to <https://burnabynh.ca/get-involved-volunteer/>
2. Informal Interview (10 minutes interview). Book a time and day to meet with Janice (either North or South House) janiceh@burnabynh.ca 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).

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.



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

- ◆ \$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.



OUR MEMBERSHIP FEE

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

What are you waiting for?





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 1:00pm - 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) *** **NO CLASSES from Nov 14-Dec 5** ***

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

WINTER 2020

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 fatoumata.niane@issbc.org 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.

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.

WHO ARE WE?
We're a social enterprise aiming to provide **parties and events** for children, using fun and engaging activities.

WHAT TO DO?
Choose your date
Select your package
Let us take care of the rest!

WHY WE DO IT?
All profits generated by the Neighbourlies go directly into funding youth programs and initiatives of the Burnaby Neighbourhood House, a charitable non-profit organization!

CONTACT US
www.neighbourlies.com
604-431-0400
4460 Beresford St
Burnaby, BC
V5H 0B8

NEIGHBOURLIES
PARTIES & EVENTS

SOUTH HOUSE



Burnaby Neighbourhood House

Adults & Seniors

WINTER 2020

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, 1:00pm-3:00pm and 6:30pm-7:30pm, Tuesdays 6:30pm-7:30pm, Wednesdays 1:00pm-3:00pm, Thursdays 1:00pm-3:00pm and 5:00pm-7:00pm, 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

WINTER 2020

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 learn-through-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

WINTER 2020

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 environment 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 expanded from 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



@sburnabynh



@sburnabynh



@SBurnabyNH



www.burnabynh.ca



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

— Anonymous

Locations & Contact Info

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

MONTHLY PROGRAM FEES

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

Gilpin Preschool		2 Days	3 Days	5 Days
	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



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

(Children must be toilet trained.)

EVENTS /WHAT'S NEW



Burnaby Neighbourhood House

WINTER 2020

MARCH 7, 2020

HAVANA

Nights

2020

DIAMOND BALL GALA
Annual Fundraiser Event

TICKETS AVAILABLE ONLINE: WWW.BURNABYNH.CA

Doors Open : 6PM

- 6:00 PM Cocktails
- 7:00 PM Dinner & Show
- 9:30 PM Live Music

\$110 Per Person • \$1000 Per Table

- Call 604.431.0400

Venue:
Firefighters Banquet & Conference Centre
6515 Bonsor Ave,
Burnaby

LIVE AUCTION!
LIVE MUSIC!
DANCING!

Performance by
Cuban Dance Group,
Rueda W.

PRESENTED BY


Burnaby
NEIGHBOURHOOD HOUSE

JOIN US FOR
THE FIRST
THURSDAY
OF EVERY MONTH

**BURNABY
NEIGHBOURHOOD
HOUSE**

OPEN MIC

open for everyone to come and watch,
open to all types of performers

**DOORS OPEN
AT 6:45 PM
5024 RUMBLE ST
BNH COMMUNITY
HALL**

INFO at 604-431-0400
Refreshments available
Admission by donation

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.

supported by

BUY-LOW FOODS
GUITAR SHOP
SUBWAY



You're invited!

COMMUNITY DINNER

**TACO NIGHT
SAT.
FEB. 22, 2020
SOUTH BNH
4460 BERESFORD ST.
BURNABY**

**4-5 PM GAMES
5-6 PM DINNER**

**ADULTS \$5
KIDS (4-12) \$3
(0-3) FREE**

Tickets can be purchased in person at the South BNH
For more information, contact
604 431 0400 | info@burnabynh.ca

Presented by:

**District 5040
Rotaract**
Rotary Club Partner

**Burnaby
NEIGHBOURHOOD HOUSE**



Upcoming Events at the North House

Mother Goose Program January 8 – March 11, 2020, 10:00am to 11:30am

This is a free program for BNH members with children aged three and under. Parents will learn skills to create positive family patterns using rhymes, songs, and stories, during their children's crucial early years. Only 5 spots left. For more information and/or to register, please email northinfo@burnabynh.ca.

Fatherhood, a journey Program Jan 15 – March 4, 2020 6:30pm—8:30pm

Come and meet other fathers to learn about raising children in today's society. You will be able to offer and receive support from other fathers that are experiencing the same struggles as you. This FREE program is an 8 week interactive fatherhood program. To register, please call 604.294.5444 or email us at northinfo@burnabynh.ca.

Only five spots available.

FREE Dental Clinic

BNH in partnership with Fraser Health Authority offers a FREE dental clinic for children age 0-5 years old for February 25 (Full), April 28 (Full) and June 23, 2020 from 9:30 am to 12:30 pm at BNH North House (4908 Hastings St.) We accept only 6 children per visit. Contact Burnaby North House to book an appointment for your child.



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
PrimelImage 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