



BNH PROGRAMS – FALL 2020

In light of COVID-19, registrations are required for all programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Place 10:00-12:00 (BNH South House - English)	Family Place 10:00-12:00 (Online - English)	Mindfulness 9:30-10:30 (Online)	Family Place 10:00-12:00 (Online - English)	Family Place 10:00-12:00 (BNH South House - English)	Arts & Crafts 11:00-12:00 (Online)
Computer Support 10:00-12:00 (BNH North House)	Mother Goose 11:00-12:00 (Online)	Family Place 10:00-12:00 (BNH South House - English)	Lynn's Cooking 10:00-12:00 (Online)	Lynn's Cooking 10:00-11:30 (Online)	
Seniors Group Chat 11:00-12:00 (Online)	Family Place 2:30-4:00 (Online - Spanish)	Yoga 10:00-11:00 (Online)	English Conversation 1:00-2:00 (Online)	Photography 6:00-7:00 (Online)	
Computer Support 12:00-2:00 (BNH South House & Online)	Basic Sewing 5:00-6:00 (Online)	Choose to Move 2:00-3:00 (Online)	Family Place & Parenting program 2:30-4:30 (Online - Spanish)		
English Conversation 1:00-2:00 (Online)	Learning Club 5:30-6:30 (Online – Grade 2-4)	Mentoring With Math 4:00-5:30 (BNH North House)	Computer Support 3:00-5:00 (BNH South House & Online)		
Qi Gong 2:00-3:00 (Online)	Future Leaders 4:00-6:00 (BNH South House)	Youth Circle 4:00-5:00 (Online)	Game On! 4:00-5:30 (BNH North House)		
Yoga 3:30-4:30 (Online)	Beginner EAL Class 6:00-7:00 (Online)	Leadership Foundations 4:00-6:00 (BNH South House)	Learning Club 5:30-6:30 (Online – Grade 5-7)		
Leadership Foundations 4:00-6:00 (BNH South House)					

Our Mission is to make neighbourhoods better places to live.



BABIES, KIDS, AND YOUTHS

□ FAMILY PLACE

English: Mondays, Wednesdays and Fridays: 10:00 am - 12:00 pm (BNH South House)

Register at info@burnabynh.ca or call 604-431-0400

English: Tuesdays and Thursdays: 10:00 am - 12:00 pm (Online)

Registration Link: <https://bit.ly/2MEFdkh>

Spanish: Tuesdays and Thursdays: 2:30 pm - 4:30 pm (Online)

Registration Link: <https://bit.ly/2Angi2p>

Families have an opportunity to connect and support each other in our community. With the same nursery rhymes, storytime, and a wide variety of children activities that support your child's development, our goal is to make our families feel like they're right back at our in-person sessions – but in the comfort of your own home! Information on community resources and parenting support is also available. All families with children aged 0-5 years are welcome.

□ MOTHER GOOSE PROGRAM

Tuesdays: 11:00 am – 12:00 pm (Online)

Registration Link: <https://bit.ly/3jJu4hy>

Join us in a fun group experience that introduces parents and their babies and toddlers (aged two and under) to the joy and developmental benefits of performing rhymes, songs, and stories together. The program focuses on helping young children with their social, cognitive, and emotional development alongside other peers and playmates online. Parents and caregivers can gain the skills and confidence to enable them to create positive family environments during their children's crucial early years.

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□ THE NEWCOMER LEARNING CLUB

Tuesdays: 5:30 pm – 6:30 pm for Grade 2 – 4 (Online)

Registration Link: <https://bit.ly/3cx18pQ>

Thursday: 5:30 pm – 6:30 pm for Grade 5 – 7 (Online)

Registration Link: <https://bit.ly/2Hqi4Xx>

The Learning Club is a free online program for newcomer elementary students in Grades 2–7 who may need additional tutoring support. This program provides assistance with fun literacy activities and academic support to help children reach their full potential (in education and life). Come join us each week to learn, experiment and grow!

□ MENTORING WITH MATH (In Partnership with Big Brothers of Greater Vancouver)

Wednesdays: 4:00 pm – 5:30 pm, starting October 21 – December 9, 2020 (BNH North House)

Fill an application online by visiting the following website at www.bigbrothersvancouver.com

This is an after-school 8-week program for children in grade 3-7 who need additional support with math. Children are matched with mentors who help make math fun and achievable. Each session is based on the principles of the JUMP Math numeracy program to encourage an understanding and love of math. The second part of each session consists of interacting with one another through games and activities.

□ NEWCOMER YOUTH CIRCLE

Wednesdays: 4:00 pm – 5:00 pm, starting September 23 – December 9, 2020 (Online)

Registration Link: <https://bit.ly/30eRTpo>

Are you a newcomer interested in sharing your ideas and experiences with others? Are you between the ages of 15-18? Maybe the Youth Circle is the place for you! Join us on Wednesdays with Shaza, a UBC student and a newcomer youth herself! Passionate about community integration, she enjoys supporting and engaging newcomer youth with a wide variety of relevant topics and workshops. Please contact amalb@burnabynh.ca or text 236-877-2517 for more info.

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□ SPANISH: CIRCLE TIME & INTERACTIVE PARENTING PROGRAM (In Partnership with Information Children)

Thursdays: 2:30 pm – 4:30 pm, starting October 15 – November 19, 2020 (Online)

Register at northinfo@burnabynh.ca or call 604-294-5444

In partnership with Information Children, this interactive online program is designed for Spanish-speaking families with children aged 0-5 years old. Join and meet other families through circle time, peer support, and a new topical parenting workshop each week.

This program provides tips and advice around children's behaviour & development, parenting and positive discipline styles, how to deal with feelings, and more. Parents will increase their knowledge and gain insight into their children so that they can evaluate and improve their strategies based on their children's needs.

□ GAME ON! (In Partnership with Big Brothers of Greater Vancouver)

Thursdays: 4:00 pm – 5:30 pm, starting October 22 – December 3, 2020 (BNH North House)

Register at rayhaan.khan@bigbrothersbigsisters.ca or visit www.BigBrothersVancouver.com

Game On! is a group mentoring program that teaches boys about physical, mental, and emotional health. Each session of this after-school 7-week program consists of facilitated active play to help get heart rates up by trained Mentors. These Mentors will also encourage students to interact with one another through conversations about important topics that affect youth, including healthy eating, self-esteem, online safety, and more.

□ CANADIAN GEOGRAPHY AND PEOPLE AS ENTWINED BY NEWCOMERS' ARTS AND CRAFTS

Saturdays: 11:00 am – 12:00 pm, starting September 26 – December 19, 2020 (Online)

Registration Link: <https://bit.ly/3cwDGsM>, or contact Elva at elvar@burnabynh.ca or call 236-833-6515

Let's learn about Canadian geography and people through arts and crafts, combined with fun and interactive activities with other newcomer families and children of all age groups. Give your child a chance to embrace their artistic side for a fun-filled hour session.

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□ FOUNDATIONS OF LEADERSHIP (GRADE 8-9)

Wednesdays: 4:00 pm – 6:00 pm, starting November 2, 2020 – June 16, 2021 (BNH South House)

Registration at: youth@burnabynh.ca, or call 604-431-0400.

Foundations provide the opportunity to meet and join the team as we explore and learn how to make life an adventure. It aims to support you on a journey of self-discovery and belonging. Explore what leadership is, how to engage in your community, become an everyday hero. We will create a safe space to grow your skills, identify and develop strengths, all while being supported in expressing who you are as an individual in your community. Plus fun activities and snacks! 120 Volunteer Hours (including summer). The cost is \$40 for the school year (subsidies available).

□ FUTURE LEADERS (GRADE 10-12)

Tuesdays: 4:00 pm – 6:00 pm, starting November, February and May (BNH South House)

Registration at: youth@burnabynh.ca, or call 604-431-0400.

Future Leaders is the next step in becoming an ambassador in your community! By exploring personal, social and global responsibility, we aim to support you in discovering and developing meaningful opportunities for community engagement and volunteering. What talents, skills and passions do you have that you can bring to your community? What kind of change do you want to bring to the world? This program is also a way for you to complete the required 'Career Prep' hours for High School graduation. 70 Volunteer Hours ~30 hours of training (including a Saturday training session). The cost is \$100 for a school year (subsidies available). Please visit our website (www.burnabynh.ca) for the next session start date.

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ADULTS AND SENIORS 55+

□ LEARNING ABOUT CANADIAN HERITAGE THROUGH BASIC SEWING

Tuesdays: 5:00 pm – 6:00 pm, starting September 22 – December 15, 2020 (Online)

Registration Link: <https://bit.ly/366XMZr> or contact Elva at elvar@burnabynh.ca or call 236-833-6515

Learn basic sewing skills, conversation skills, and Canadian culture and history! This online class focuses on the importance of sewing and tapestry in shaping Canada through generations of Indigenous Nations, settlers, and immigration. We will meet every Tuesday at 5:00 pm for a fun-filled hour with up to 20 participants. This workshop is recommended for new immigrants and refugees.

□ COMPUTER SUPPORT

Mondays: 10:00 am – 12:00 pm (BNH North House)

Register at literacy@burnabynh.ca or call Rajeeta at 604-431-0400

Mondays: 12:00 pm – 2:00 pm & Thursdays: 3:00 pm – 5:00 pm (BNH South House)

Register at literacy@burnabynh.ca or call Rajeeta at 604-431-0400

Mondays: 12:00 pm – 2:00 pm & Thursdays: 3:00 pm – 5:00 pm (Online)

Register at literacy@burnabynh.ca or call Rajeeta at 604-431-0400

Would you like to learn how to email, search the Internet, create files and documents, or explore video conferencing programs like Zoom, Jitsi, Callbridge, and more? Our Volunteer Computer Instructors are available to help you with your computer learning needs, answer your questions, and even assist with filling out online application forms. Come get more comfortable using your computer with us!

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□ ENGLISH CONVERSATION

Mondays: 1:00 pm - 2:00 pm (Online)

Registration Link: <https://bit.ly/334qurN>

Tuesdays: 6:00 pm - 7:00 pm, starting October 20 – December 15, 2020 (Online)

Registration Link: <https://bit.ly/3diqtUF>

Thursdays: 1:00 pm - 2:00 pm (Online)

Registration Link: <https://bit.ly/343HnIW>

Our online EAL classes are for people who would like to continue their learning during these challenging times. These classes are a fun way to practice conversation, make new friends, and try learning online! All our classes are held on Zoom. Don't worry if you are new to Zoom – we will help you.

□ QI GONG

Mondays: 2:00 pm – 3:00 pm (Online)

Registration Link: <https://bit.ly/2MBqUwL>

Discover the basic concepts of Qi (vital life force energy). Qi Gong focuses on slow-flowing movement and rhythmic breathing to promote relaxation and health. This gentle practice can add to anyone's repertoire for health, stress management, and fitness. These routines promote joint mobility and blood oxygen flow through movement, and lowers blood pressure through relaxation. Join us in enhancing your own awareness of your energy!

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□ YOGA

Mondays: 3:30 pm – 4:30 pm and Wednesdays: 10:00 am - 11:00 am (Online)

Register at northinfo@burnabynh.ca or call 604-294-5444

Join us for our Yoga class via Zoom. Certified Yoga teacher, Mayra Chavez, will practice Pranayama (breaths), Asanas (poses), and meditation. Try yoga to increase your balance, strength, flexibility, and capacity to focus. You will discover many wonderful yoga poses to incorporate into your daily practice to release your stress and physical tensions. Everyone is welcome!

□ SENIORS GROUP CHAT

Mondays: 11:00 am – 12:00 pm (Online)

Register at northinfo@burnabynh.ca or call 604-294-5444

The coronavirus is changing how we live our everyday lives. Being inside the house may be difficult for some people who are used to going out to stay active. With many places closed and some events called off for the foreseeable future, it also highlights how much we all need social connections. That's why we're doing the best we can to help seniors stay connected. Please join us for a virtual group chat via Zoom to meet new friends and keep the mind active! The chat room can serve as a portal to meet new people, share interests, and remain social.

□ REDUCE STRESS THROUGH MINDFULNESS

Wednesdays: 9:30 am – 10:30 am, starting October 7 – 28, 2020 (Online)

Registration Link: <https://bit.ly/3j6a8oc>

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We all deal with stress on a daily basis, whether we're young or old. Whether it's the stress that comes with having too much work to do in too little time, sometimes you may find yourself losing your connection with the present moment. Research has shown that mindfulness helps us reduce anxiety and depression and teaches us how to respond to stress with awareness to what is happening in the present moment. This workshop will provide tools and ways to become more aware of our thoughts, the needs of our body, and the emotions of others. Come try mindfulness to bring more calmness, focus, and happiness into your everyday life. For more info, please contact Elva at elvar@burnabynh.ca or call 236-833-6515.

☐ CHOOSE TO MOVE AT HOME

Every other Wednesday: 2:00 pm – 3:00 pm, starting October 14 – December 23, 2020 (Online)

Registration at TapsCoord@burnabynh.ca or call 604-431-0400

Being active is one of the most important things seniors can do to maintain their overall health. Being active can help them feel better, look better and live longer. Choose to Move at Home is a new initiative from the Active Aging Society to help older adults stay active and socially connected while staying at home during the COVID-19 Pandemic. This free program is great for anyone age 65 years and older who wants to become active. It changes the way they live for the better! It's about making choices and building habits!

☐ LYNN'S COOKING CONNECTION

Thursdays: 10:00 am – 12:00 pm and Fridays: 10:00 am – 11:30 am (Online)

Register at kitchens@burnabynh.ca or elvar@burnabynh.ca or call 604-431-0400

Rediscover the joy of cooking and dining with others. We all cook together, but in our own homes! Learn to make new food –including healthy Canadian dishes, meet new friends, and have a good conversation with each other. We have two delicious recipes for each session. This workshop is recommended for new immigrants and refugees. If you have any questions, please email Lynn at kitchens@burnabynh.ca or Elva at elvar@burnabynh.ca.

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□ CANADIAN LANDSCAPES PHOTOGRAPHY THROUGH NEWCOMERS' EYES

Fridays: 6:00 pm – 7:00 pm, starting September 25 – December 18, 2020 (Online)

Registration Link: <https://bit.ly/366XrWJ> or contact Elva at Elvar@burnabynh.ca or call 236 833 6515

Explore and learn about Canadian culture through discovering different neighbourhoods throughout Metro Vancouver through photography and discussions about places, displacement, and migration recollections. Meet others who are also new to the journey in self-identification and belonging as new immigrants in Canada.

We want to inspire you with helpful tips and instruction –no matter your level of comfort with photography. Everyone is welcome regardless of age or skill level! All you need is a camera or smartphone and the desire to learn.

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