

Canadian landscapes photography through Newcomer eyes

The objective of this workshop is to learn and explore the Canadian culture by exploring the towns in Metro-Vancouver and having discussions on places, displacement, migration recollections; towards self identification and belonging as new immigrants in Canada.

Facilitator: Elva Rodriguez, Settlement Coordinator/Case Manager



Format: Via Zoom

Duration: 1 hour

Suggested age: All ages

Language: English/Spanish

Participants: 20 per session

Date: Every Friday from 6pm to 7pm.

Materials: Phone or Camera

Starting Sep 25th to Dec 18th,
2020

Pre-registration is required!

Please contact Elva at

Elvar@burnabynh.ca

236 833 6515

To get the link for the Zoom Workshop



Burnaby Neighbourhood House
4460 Beresford Street
Burnaby, BC V5H0B8



Funded by:

Immigration, Refugees
and Citizenship Canada

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Canadian Geography and People as entwined by Newcomers' Arts and Crafts

The objective of this workshops is to learn about Canadian geography and people by using art and crafts combined with fun and interactive activities among newcomer children and families of all age groups.

These repeated series are organized based on successful sessions during this summer.

Facilitator: Damian Oriak, Fourth-year student of Emily Carr University



Format: Via Zoom

Duration: 1 hour

Suggested age: 6-9yrs old

Language: English/Spanish

Participants: 20 per session

Date: Every Saturday from 11am to 12pm

Starting Sep 26th to Dec 19th, 2020

Required materials will be sent 24 hours prior to class to your email.

Pre-registration is required!

Please contact Elva at

Elvar@burnabynh.ca

236 833 6515

To get the link for the Zoom Workshop



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Reduce Stress through Mindfulness

Research has show that mindfulness helps us reduce anxiety and depression and teaches us how to response to stress with awareness of 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.

Facilitator: Sandra Benassini, Psychologist, Homeopathic Practitioner and Mindfulness Teacher for Stress Reduction

Format: Via Zoom

Duration: 1 hour

Suggested age: All ages

Language: English/Spanish

Participants: 20 per session

Date: Oct 7th - 14th - 21st and 28th, 2020

From 9:30 am to 10:30 am.



Pre-registration is required!

Please contact Elva at

Elvar@burnabynh.ca

236 833 6515

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Learning about Canadian Heritage through Basic Sewing

The objective of this workshop is to get basic sewing skills combined conversation and discussions about Canadian culture and history with focus on the importance of sewing and tapestry through generations of Indigenous Nations, the first settler and new immigrants as it is shaping Canada. This workshop is recommended for new immigrants and refugees.



Facilitator: Ana Lawrence, Fourth-year student of Emily Carr University

Format: Via Zoom

Duration: 1 hour

Suggested age: 18±

Language: English/Spanish

Participants: 20 per session

Date: Every Tuesday 5pm to 6:00pm

Starting Sep 22nd to Dec 15th, 2020

Required materials will be sent 24 hours prior to class to your email.

Pre-registration is required!

Please contact Elva at

Elvar@burnabynh.ca

236 833 6515

To get the link for the Zoom Workshop



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Burnaby, BC V5H0B8



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