

VOLUNTEERS WELCOME

Burnaby Neighbourhood House

FALL 2020



How to start

1) **Volunteer application form**

Fill out the fillable application form on the computer (including signature). Save it as a PDF file under your name and send back the attachment.

2) **Informal interview** (10 minute interview)

Online interviews are conducted and booked once your volunteer application is received.

3) **Cleared criminal check**

When you completed Step #1-2 the crim check link will be sent to you.

4) **Volunteer orientation** (30 minutes): When you complete steps #1-2 a link will be sent to you to sign up for the online orientation.

5) Signed understanding of **policies and procedures**.

6) **Reference check**: We will contact your reference (friend, neighbour, classmate, or colleague) listed in your application. If possible, please provide their email.

7) A **photo** for your volunteer file.

8) Additional training for some programs (Office, Translation, Taxes, Multilingual, Marketing, or working with kids).

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!



CURRENT VOLUNTEER OPPORTUNITIES:

Computer Instruction Technician Assistants

Office Administrators

Food Distribution/Food Bank Volunteers

Virtual Community Program Instructors

To apply visit www.burnabynh.ca/get-involved-volunteer/
or call 604-294-5444.

VOLUNTEERING

What does it mean?

- new friends
- new job connections
- new skills
- language improvement
- becoming a part of Canadian society
- job references
- more confidence

North HOUSE



North Burnaby Neighbourhood House

4908 Hastings St.

FALL 2020

Programs & Activities

Food Hub

Every Tuesday from 1pm- 4pm and Thursday from 10am - 4pm; by appointment Only.



Free Computer Support

Mondays: 10am—12pm; (In-Person; by appointment only) and Mondays: 10 am—12 pm & Thursdays: 3pm—5pm (Online). Assist you with your computer learning needs & your questions.

Virtual Qi Gong

Mondays: 2pm – 3pm. Discover some basic concepts of Qi (vital life force energy). Qi Gong focuses on breath and movement to open up the energy flow in the body.

Virtual Yoga

Mondays: 3:30 pm– 4:30pm and Wednesdays: 10am – 11am

Certified Yoga teacher, Mayra Chavez, will practice Pranayama (breaths), Asanas (poses), and Meditation. Try yoga to increase your balance, strength, flexibility & capacity to focus.

Virtual Family Place

Tuesdays and Thursdays: 10am—11:30am (English) and 2:30pm—4pm (Spanish). An opportunity for families with children aged 0-5 to socialize, to have a safe and fun place to play, learn and to get parenting information.

Virtual EAL Conversation Group

Mondays and Thursdays: 1pm—2pm. Our online EAL classes are a fun way to practice conversation, make new friends and try learning online!

Virtual Mother Goose Program

Tuesdays: 11:00 am – 12:00 pm. Join us in a fun group experience that introduces parents and their toddlers (aged two and under) to the joy of rhymes, songs & stories together.

Virtual Newcomer Learning Club

Tuesdays (Grade 2-4) & Thursday (Grade 5-7): 5:30pm –6:30pm. It is a free online program for newcomer elementary students in Grades 2–7 who may need additional support.

Virtual Lynn's Cooking Connection

Fridays: 10am–11:30 am. We all cook together, but all in our own homes! Enjoy some simple recipes and good conversation with each other.

Mentoring with Math (In-person: register at (www.bigbrothersvancouver.com))

Wednesdays: 4pm –5:30 pm. This is a program, starting Oct 21-Dec 9, for children in grade 3-7 who need additional support with math by using JUMP Math numeracy principles.

Game on! (In-person: register at (www.bigbrothersvancouver.com))

Thursdays: 4pm-5:30pm. It is a group mentoring program that teaches boys about physical, mental & emotional health through active play and engage conversation with others.

****IN LIGHT OF COVID-19,
REGISTRATIONS ARE REQUIRED
FOR ALL PROGRAMS****

North House Hours

Monday - Thursday

9:30am - 4:30pm

Friday 9:00am -3:30pm

4908 Hastings St.

Burnaby BC V5B 1P6

Tel. 604-294-5444

northinfo@burnabynh.ca

Twitter, Facebook, Instagram
[@northbnh](#)

www.burnabynh.ca



Questions? Write us an email
at northinfo@burnabynh.ca or
give us a call at **604-294-5444**.