Mount Pleasant Neighbourhood House

Program Guide
Winter 2020

updated January 2020
Funders & Donors

We gratefully acknowledge the many funders who support our programs and core activities:

- BC Association of Community Response Networks
- BC Children’s Hospital, Radiology Department
- Bosa Family Foundation
- Buy-Low Foods
- Canadian Diabetes Association
- Canadian Medical Association
- City of Vancouver
- Coast Capital
- Community Food Centres Canada
- Decoda Literacy Solutions
- Excellence in Literacy Foundation
- GVC Credit Union
- Habitat for Humanity
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- Ministry of Public Safety & Solicitor General, Gaming Policy & Enforcement Branch
- Ministry of Social Development and Poverty Reduction
- Mothers Matter Centre
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- Mount Pleasant War Memorial Community Cooperative Association
- Noodlebox
- North Growth Foundation
- Perkins & Will
- Portliving Real Estate Corp.
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- Projects in Place Society
- Public Health Agency of Canada
- Ralph’s Radio
- Royal Canadian Legion #179
- Service Canada, Canada Summer Jobs
- Strand Development
- Success by 6
- Tangerine
- Upcycle Vancouver
- Vancity
- Vancouver Coastal Health
- Vancouver Foundation
- Vancouver Native Health Society
- Whole Foods Market
- Zymeworks

Support Us: www.mpnh.org/donate

A heartfelt “Thank You” to our private donors! To donate please contact jhamel@mpnh.org or jvanenckevort@mpnh.org, phone us at 604.879.8208, or visit our donor page.
Directory | Dial 604.879.8208

Community Programs (continued from previous page)
Omnia El Shayeb, ext 112
   Seniors LEAP Programmer (Arabic, English) OELshayeb@mpnh.org
Daniela Gunn-Doerge, ext 232
   The Front Step Project Coordinator dgunndoerge@mpnh.org

Family Resource Programs
Nilda Borrino, ext 221
   Director Family Resource Program nborrino@mpnh.org
Carmen Contreras, ext 202
   Family Resource Programs Coordinator (English, Spanish) ccontreras@mpnh.org
Tracy Mclean, ext 209
   Vancouver Native Health Family Support Worker Tracy.IEY@vnhs.net
Jeven Bhullar, ext 323
   Program Coordinator - School Age & Preteen Programs jbhullar@mpnh.org
Irina Zozulya, ext 206 (English, Russian, Ukranian)
   Preschool Supervisor izozulya@mpnh.org
Lakshmi Ranasinghe, ext 121 (English, Sinhalese)
   Day Care Supervisor Lranasinghe@mpnh.org

Community Connections & Literacy Outreach
Vicky Li, ext 107
   Community Connections & Literacy Outreach Coordinator (Cantonese, English, Mandarin) vli@mpnh.org
Lamin Kassama, ext 223
   Community Connections Programmer (English, Mandarin, Wollof) Lkassama@mpnh.org
Jolene Andrew, ext 139
   Indigenous Community Developer jandrew@mpnh.org
Morie Ford, Family Literacy Coordinator, ext 232
   Family Literacy mford@mpnh.org
Millie Martinez, ext 232
   Community Connections Settlement Worker (English, Spanish) mmartinez@mpnh.org

Hello from Jocelyne Hamel, Executive Director

As the days grow longer, we’re looking forward to another wonderful year at our House, full of opportunities, community building, and fun events and programs for the whole family.

New highlights include:

- **Lunar New Year Celebration**
  Join us on Thursday, January 23 in an evening of fun, entertainment, and great food to celebrate the Year of the Rat!

- **Intergenerational Drop-In**
  The Front Step Project will be hosting weekly drop-in sessions for youth from care and older adults to come together to connect and create.

These are just a few of the highlights you can look forward to in the coming months, and details on these and other planned programs are provided in this guide.

Want to know what's happening next?
Sign up for our newsletter at [www.mpnh.org/newsletter](http://www.mpnh.org/newsletter)
About our House

Mount Pleasant Neighbourhood House (MPNH) is part of the Association of Neighbourhood Houses of British Columbia (ANHBC). We are a community-based, non-profit agency that provides quality services and programs for people of all ages in East Vancouver. We are a registered charity under the Income Tax Act of Canada. For more information about the Association, visit the website at www.anhbc.org. Please visit www.mpnh.org for the most up-to-date information as well as plenty of other information, photos, videos and more.

Membership

A current membership is required for all House programs. They are annual, from May 1 to April 30. You can purchase memberships at the front desk. Memberships are $6 for individuals and $8 for families. You can also get the optional ANHBC membership for only $2 if you wish to become a member of the ANHBC, which includes ANHBC voting privileges, see www.anhbc.org for more information.

Contact: Shirley Francisco, Front Desk, frontdesk@mpnh.org, 604.879.8208 (English, Ilocano, Tagalog)

Partnerships

Mount Pleasant Neighbourhood House is actively looking for proposals from people and groups who wish to provide programming or a service that reflects our mandate and mission. Please contact Jocelyne Hamel, Executive Director, at 604.879.8208 or execdir@mpnh.org.

Directory (dial 604.879.8208)

Core Programs

Jocelyne Hamel, ext 103
Executive Director (English, French) jhamel@mpnh.org
Michael Volker, ext 128
Director of Core Programs and Operations mvolker@mpnh.org
Jenni Sheppard (English, French, Spanish)
Communications & Marketing Assistant marketing@mpnh.org

Community Programs

Claudine Matlo, ext 138
Director of Community Programs cmatlo@mpnh.org
Thanh Lam, ext 302
Settlement & Youth Services Coordinator (English, French, Vietnamese) tlam@mpnh.org
Winnie Tam, ext 201
Family & Settlement Support Counsellor (Cantonese, English, Mandarin) wtam@mpnh.org
José Luis Aranda, ext 214
Job Search Trainer (English, Spanish) Jlaranda@mpnh.org
Jessie Huang, ext 105
Seniors Settlement & Better at Home Programmer (Cantonese, English, Mandarin), jhuang@mpnh.org
Sherifa Azzab, ext 203
Settlement Worker (Arabic, English, French) sazzab@mpnh.org
Dahlia Abdualkareem, 604.809.8202
Settlement Worker (Arabic, English) dabdualkareem@mpnh.org
Manuel Gamas, ext 318
Youth Settlement Programmer (English, Spanish) mgamas@mpnh.org
Iman Al-Sallal, ext 318
Youth Settlement Programmer (Arabic, English)aisalallal@mpnh.org
Shaeelee Gummer, ext 104
Better at Home Coordinator sgummer@mpnh.org
Elizabeth McIlfaterick ext 113
Volunteer Programmer, Better at Home (English, Spanish) emcillfaterick@mpnh.org
The Front Step Project is a community of people finding ways to create reciprocal and informal supports for both youth from care and older adults.

We want to hear from you!
- What are your experiences of different generations working together?
- How do you think people could work together across generations to address complex problems like housing and poverty in Vancouver?

If you're curious, join the conversation by emailing our coordinator Daniela or following us on Instagram, Twitter or Facebook! @thefrontstep

We want a community in which people are connected, valued and empowered to create the systemic change they would like to see in their community.

Key Principles:
- Honesty, about what we are thinking, seeing and/or feeling
- Transparency, around our organizational cultures, competencies, needs, and processes, etc., as well as learning within the project
- Curiosity, about everything, because this is about learning
- Reflective/self-reflective, and being willing to interrogate our own/our organizational assumptions, values, practices and norms
- Humility, because none of us/our organizations have “figured it out” and because pride/ego will only get in the way
- Openness to change and growth

Contact: Daniela Gunn-Doerge, The Front Step Project coordinator (English, French)
604.879.8208 ext 225, dugnndoerge@mpnh.org
www.mpnh.org/thefrontstep

Mount Pleasant Neighbourhood House Community Board
Want to be involved in creating a better neighbourhood? Interested in being involved in leadership and participating in community development, board governance, and fundraising? If you have a passion for being a steward of Mount Pleasant Neighbourhood House and helping MPNH achieve our vision and mission, consider joining MPNH’s Community Board. Learn more about how you can be involved in leadership and sustainability activities by contacting Jocelyne Hamel, Executive Director, at 604.879.8208 or execdir@mpnh.org.

Food Services
Our kitchen can provide delicious, freshly made appetizers, pastries and full meals for activities held at MPNH, on an event-by-event basis.
Contact: Mike Volker, Director of Core Programs and Operations
mvolker@mpnh.org, 604.879.8208 ext 128

Room Rentals
We have a variety of spaces catering from 1-100 available. Please contact the front desk or check www.mpnh.org/rentals for more details.
Contact: Askar Baudun, Front Desk
rentals@mpnh.org, 604.879.8208

Special Events & Newsletter
Let us keep you posted on upcoming events! Check out our website to subscribe to our newsletter at www.mpnh.org/newsletter

Social Media
Share, follow, like and tag us on social media!
Instagram @mountpleasantnh
Flickr flickr.com/mountpleasantnh
Facebook Mount Pleasant Neighbourhood House
Twitter @mountpleasantnh
**Indigenous Gatherings**

### Indigenous Family Gatherings

**Circle of Nations & Family Dinner Night: Mount Pleasant Cultural Sharing Night**

Circle of Nations culture sharing night is a time where Indigenous families and community members come together over a small meal and learn from one another. Registration required.

**Schedule:** Mondays, 5:30 – 7:30 p.m.

**Contact:** Tracy Mclean, Family Support Worker, Indigenous Early Years  
Tracy.IEY@vnhs.net, 604.879.8208 ext 209  
Jolene Andrew, Indigenous Community Developer  
jandrew@mpnh.org, 604.879.8208 ext 139

### Seasonal Daytime Programming

Parenting, traditional arts and crafts, Bringing Tradition Home, and Four Directions sessions.

**Contact:** Tracy Mclean, Family Support Worker, Indigenous Early Years  
Tracy.IEY@vnhs.net, 604.879.8208 ext 209  
Carmen Contreras, Family Resource Programs Coordinator  
ccontreras@mpnh.org, 604.879.8208 ext 202 (English, Spanish)

See page 9 & 10 for more gatherings and activities for families.

### Indigenous Community Development

**Resurfacing History: Land and Lives in Mount Pleasant**

This project focuses on developing a community process for promoting understanding between cultural value systems, and to build capacity for Indigenous people to preserve culture, explore knowledge and integrate actionable steps that can make social ecosystems and infrastructure work for the urban Indigenous families and community members.

**Date:** 2020 dates will be announced in January

**Contact:** Jolene Andrew, Indigenous Community Developer  
jandrew@mpnh.org, 604.879.8208 ext 139

See page 9 & 10 for more gatherings and activities for families.

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**Volunteering**

### Volunteer Opportunities

We are a volunteer-driven organization with many opportunities available, during the day or in the evenings. From helping in the kitchen to supporting programs or assisting with administrative activities, we invite you to have fun, meet new people, connect with other community members, build your skills and give back to the community.

Contact Elizabeth McIllfaterick to apply: emcillfaterick@mpnh.org, 604.879.8208 ext 113, or visit our website at [www.mpnh.org/volunteer](http://www.mpnh.org/volunteer)

#### Seniors Supper Club Helpers

Help set up, serve meals, clean up and do dishes on the third Thursday of the month.

#### Family Literacy Outreach Tutors

We are always looking for volunteer tutors and families to learn. Please contact Morie if you know a volunteer who would like to tutor: mford@mpnh.org, 604.879.8208 ext 232

#### Prosperity Committee

We’re accepting applications for our fund development committee. Use your fund development experience to help us raise funds to make our House a financially-resilient home away from home where everyone feels welcome.

**Contact:** Claudine Mato, Director of Community Programs  
cmato@mpnh.org, 604.879.8208, ext 138

#### Neighbourly Together

An outreach initiative that connects seniors to support services in Vancouver. We are looking for seniors to help reach out to other fellow seniors who are vulnerable and isolated, and who may face income, language, health, or cultural barriers. Training will be provided.

**Contact:** Elizabeth McIllfaterick at emcillfaterick@mpnh.org, 604.879.8208 ext 113

#### Seniors English Conversational Class Teacher

We are looking for a volunteer to teach new immigrant seniors an English conversation class from May to August, 2020. The class schedule will be 1-3 p.m. on Thursdays.

**Contact:** Elizabeth McIllfaterick at emcillfaterick@mpnh.org, 604.879.8208 ext 113

#### Lunar New Year Celebration Helpers

We are looking for volunteers to help at our Lunar New Year Celebration. The event takes place on Thursday, January 23, 2020, 4:30-7 p.m.

**Contact:** Elizabeth McIllfaterick at emcillfaterick@mpnh.org, 604.879.8208 ext 113  
Jessie Huang, jhuang@mpnh.org, 604.879.8208 ext 105
Senior Settlement programs

Seniors English Conversation Club
Nancy is returning to teach the English Conversation Club! Master daily conversational English used in diverse scenarios, and meet new friends in an age-friendly environment.
Schedule: Thursdays, 1-3 p.m. | January 9-April 30 (except February 6, March 5, April 2)
Contact: Jessie Huang, jhuang@mpnh.org, 604.879.8208 ext 105 (Cantonese, English, Mandarin)
Service provided in Cantonese, English, French, Mandarin, Spanish, Vietnamese

Peer Support Group for Seniors
Participants will build their skills in self-care, including stress management, illness prevention and positive and healthy living. Self-care is about identifying your own needs and finding effective means of meeting those needs. The Seniors Peers Support Group also provides a safe space and environment to share your own unique knowledge and experiences. Each session is two hours long, with a one-hour workshop and a one-hour discussion and story-sharing. Participants are encouraged to become volunteers with our Better at Home program, and support peers with knowledge gained in the support group.
Contact: Jessie Huang | jhuang@mpnh.org, 604.879.8208 ext 105

Digital Workshops for Seniors
Learn about handy devices, like tablets and smartphones, with Chuck Wright, a Digital Literacy Facilitator from the YMCA.
Schedule: Thursdays, January 9-April 30 | 10 a.m.-12 p.m.
Contact: Jessie Huang, jhuang@mpnh.org, 604.879.8208 ext 105 (Cantonese, English, Mandarin)

Children & Family Programs

Licensed Childcare Programs (Ages 30 months–12 years)
We offer a range of safe, quality childcare options in which children are encouraged to explore their own abilities while participating in a variety of learning activities. Our licensed childcare staff are thoroughly trained in all aspects of childcare and safety. Several of our staff are multilingual and speak a range of languages.

Daycare Program (Ages 30 months–5 years)
The daycare program offers a variety of art activities which include: music and movement activities, circle time, stories, and games for the children to stimulate growth and development. Teachers model and teach skills such as turn-taking, problem-solving techniques, communication, language development, hygiene and self-help skills. This program nurtures children's health and well-being, and develops Kindergarten-readiness.
Schedule: Ongoing, 8 a.m.–5:30 p.m.
Fee: Membership required, please inquire. For an additional fee families can opt into our nutrition program that provides healthy snacks and lunch daily
Contact: Lakshmi Ranasinghe, Daycare Supervisor, Lransasinghe@mpnh.org, 604.879.8208 ext 121 (English, Sinhalese)

Preschool Program (Ages 3–5 years)
MPNH preschool is an emergent curriculum-based program that is inspired and based on the approaches of Reggio Emilia. We honour the unique culture of each class by supporting the strengths of each group. Teachers and children’s interests are intertwined and together we discover ways to satisfy our curiosity around learning.
Schedule: Ongoing, 9:15 a.m.–12:15 p.m. (2, 3 or 5 days/week)
Fee: Membership required. Please inquire.
Contact: Irina Zozulya, Preschool Supervisor izozulya@mpnh.org, 604.879.8208 ext 206 (English, Russian, Ukranian)
Children & Family Programs

Before & After School Care Program (Kindergarten–Grade 6)

Before and after School Care (BAC) is an out-of-school care program based at Florence Nightingale Elementary School, run by Mount Pleasant Neighbourhood staff. This licensed care program provides a stimulating environment for children’s behavioural, cognitive, and social needs. Our program offers service to two different age groups: Kindergarten to Grade 1, and Grade 2 through Grade 6. Our daily program provides a variety of age-appropriate activities that are designed to support the growth and development of children socially, emotionally, intellectually, physically, and creatively.

Location: Florence Nightingale Elementary School (2740 Guelph Street)
Fee: Membership required. Please inquire.
Contact: Nilda Borrino, Director of Family Resources Programs
Jeven Bhullar, Program Coordinator - School Age & Preteen Programs
604.879.8208, bac@mpnh.org

Kids Peak (Ages 5–6)

Licensed after school care program that provides quality care and service to its child participants and their families. Staff pick up children from Florence Nightingale Elementary and transport them by bus to Mount Pleasant Neighbourhood House, where they are provided with a healthy snack and have the opportunity to participate in many activities! Staff are dedicated to developing nurturing relationships with the children and supporting their healthy development through encouraging physical activity, literacy, cooperative play and social skills, emotional regulation, and providing opportunities to get creative through arts and crafts, games, and dramatic play. The children also have the opportunity to have outdoor playtime on our playground! The program is offered to children attending Florence Nightingale Elementary.

Fee: Membership required. Please inquire.
Contact: Nilda Borrino, Director of Family Resources Programs
Jeven Bhullar, Program Coordinator - School Age & Preteen Programs
604.879.8208, bac@mpnh.org

Family Resource Programs (Children under 6, and ages 7–12)

Family resource programs at Mount Pleasant Neighbourhood House follow the guidelines set by the B.C. Association of Family Resource Programs. Those guidelines include:

- Providing family-focused programs for children under six years old, and ages 7-12
- Ensuring programs are of general interest
- Recognizing the unique strengths and needs of each family

Family Resource Programs are grateful for support from:

Mount Pleasant Better at Home Program

The Mount Pleasant Better at Home program aims to offer non-medical home support services for seniors in our community. This service offers housekeeping, grocery shopping, volunteer visitors, and handyman services to seniors living in the Mount Pleasant area.

Contact: Shaelee Gummer, Monday-Friday: sgummer@mpnh.org, 604 879 8208 ext 104
Jessie Huang, Fridays: jhuang@mpnh.org, 604 879 8208 ext 105
(Cantonese, English, Mandarin)
Elizabeth McIlfaterick, Wednesday & Thursday: emcillfaterick@mpnh.org, 604 879 8208 ext 113

AnJel Shop: Free grocery delivery for seniors

Need help with grocery delivery? Anjel Shop can help you! anjel.ca is a web application that will help you to get free delivery services for groceries by engaging volunteers from our neighbourhood. Contact us for more information, or to sign up.

Contact: Claudine Matlo, Director of Community Programs
cmatlo@mpnh.org, 604.879.8208 ext 138

NOSH Soup Project: Nourishing our Seniors at Home

Need help with cooking? Order delicious, nutritious, vegetarian soups made by skilled seniors at our House, and delivered to seniors at home. Enjoy affordable, tasty soups with free home delivery on Tuesdays and Thursdays.

Contact: Omnia El Shayeb, OELShayeb@mpnh.org, 604.879.8208 ext 112 (Arabic, English)

Mount Pleasant Community Shuttle Bus for Seniors

Join our community lunch and other activities at Mount Pleasant Neighbourhood House with the Community Shuttle Bus. $6 round trip, or purchase a 5-trip punch card and the 6th trip is free.

Contact: Jessie Huang, jhuang@mpnh.org, 604.879.8208 ext 105 (Cantonese, English, Mandarin)
Seniors & Older Adults Programs (55+)

Seniors Lunch & Bingo
Enjoy the company of friends and a nutritious lunch and dessert or chef's surprise, as well as bingo after the lunch. Celebrate birthdays the last Tuesday of each month. Let Omnia know if you are celebrating a birthday this month.

Schedule: Tuesdays, starting January 7 | 12 p.m. for lunch. Bingo, 1–2 p.m.
Cost: $5 per person for lunch or $20 for 5 lunches (with pre-purchased punch card)
   (free bingo participation with lunch purchase)
   Bingo (without lunch purchase): $25 member or $30 non-member for 10 sessions
   Drop in $3.50 for members. Drop in $5 for non-members.

Contact: Omnia El Shayeb, OELShayeb@mpnh.org, 604.879.8208 ext 112

Mah Jong Drop-in
Join us for Mah Jong, a traditional Chinese game that involves skill, strategy and calculations as well as a certain degree of luck. Players range from novices to experts. Everyone is welcome! No formal instruction is offered.

Schedule: Tuesdays & Fridays, starting January 7 | 9:30–11:30 a.m.
Cost: $25 member or $30 non-member for 10 sessions.
   Drop in $3.50 for members. Drop in $5 for non-members.

Contact: Omnia El Shayeb OELShayeb@mpnh.org, 604.879.8208 ext 112

Digital Workshops for Seniors
Learn about handy devices, like tablets and smartphones, with Chuck Wright, a Digital Literacy Facilitator from the YMCA.

Schedule: Thursdays, January 9-April 30 | 10 a.m.-12 p.m.
Contact: Jessie Huang, jhuang@mpnh.org, 604.879.8208 ext 105 (Cantonese, English, Mandarin)

Children & Family Programs

Mount Pleasant Neighbourhood House family resource programs promote a multicultural learning environment that supports children and families from all cultural groups. We believe that children learn through play and that they have the right to be in an environment that is safe, healthy, and free from discrimination and abuse. We have an open door policy and encourage parents to visit, give feedback and participate within the program.

Family resource programs cover five core service areas:
1. Family Support
2. Play-based Learning
3. Early learning and Literacy
4. Parent Education and Learning
5. Information and Referrals

Contact: Carmen Contreras, Family Resource Programs Coordinator 604.879.8208 ext 202 | ccontreras@mpnh.org (English, Spanish)

Circle of Nations & Family Dinner Night: Mount Pleasant Cultural Sharing Night
Circle of Nations culture sharing night is a time where Indigenous families and community members come together over a small meal and learn from one another. Registration required.

Schedule: Mondays, 5:30–7:30 p.m.
Contact: Tracy Mclean, Family Support Worker, Indigenous Early Years Tracy.IEY@vnhs.net, 604.879.8208 ext 209
   Jolene Andrew, Indigenous Community Developer jandrew@mpnh.org, 604.879.8208 ext 139
Parent Support Circle for Parents, Grandparents, Caregivers: Vancouver Spanish Evening Circle
Schedule: 1st and 3rd Monday of the month
Contact: Call Daniela at Parent Support Services to register: 604.669.1616
Latin-American Family Drop-In " Oruguitas Latinas"
For Spanish-speaking families with children under five years old. Come play and interact with other families, in Spanish!
Schedule: 2nd & 4th Saturday of the month, from January 11 | 11 a.m.-1 p.m.
Fee: Suggested donation of $2 per child
Contact: Lina Arias, larias@mpnh.org, 604.879.8208 ext 202 (English, Spanish)

YWCA Single Moms Support Group
In partnership with YWCA, we offer a Single Moms Support Group at Mount Pleasant Neighbourhood House. Meet other single mothers to share knowledge and resources. Childcare and snacks are available. Registration is required.
Schedule: Fridays, from January 10 | 10:30 a.m.-12:30 p.m.
To register, call 604.895.5849

West Village Family Drop-In
For families with children under six years old. This is a play-based program where children and caregivers will have an opportunity to socialize, create art, sing songs and read stories in circle time. This program is a collaboration with the Vancouver Society of Children’s Centres.
Schedule: Saturdays from January 11 | 10 a.m.-12 p.m (except long weekends)
Location: West Village Children’s Centre (131 West 2nd Avenue)
Fee: Suggested donation of $2 per child
Contact: Carolyn Major, cmajor@mpnh.org

Creekside Baby Time Drop-In
For families with children up to 12 months old. Featuring: nursery rhymes and songs, exploration of parenting issues, information about infant development, and connection to community resources. By donation. No registration required.
Date: Fridays from January 10 | 9:30-11 a.m.
Location: Creekside Community Centre (1 Athletes Way)
Contact: Carmen, ccontreras@mpnh.org, 604.879.8208 ext 202

Seniors Gentle Yoga
Taught by a certified instructor, these gentle yet effective stretches and exercises focus on improving mobility, decreasing physical and mental signs of ageing, and strengthening body muscles. Members: $30/12 classes, $3.50 for drop-in / Non-members: $34/12 classes, $5 drop-in
Schedule: Wednesdays, January 15, 2020-March 18, 2020 | 10:30-11:45 a.m.
Contact: Shaelee Gummer, Better at Home Coordinator sgummer@mpnh.org 604.879.8208 ext 104

Seniors Line Dancing
Staying active was never so much fun! Choreographed dances moves designed for all skill levels.
Schedule: Mondays & Fridays, starting January 3, 2020 | 1:30–3:30 p.m.
(No class on Monday, February 17, 2020)
Cost: $25/member, $30/non-member (10 sessions) Drop in $3.50/member, $5/non-members.
Contact: Mondays: Omnia El Shayeb, OELShayeb@mpnh.org, 604.879.8208 ext 112
Fridays: Shaelee Gummer, sgummer@mpnh.org, 604.879.8208 ext 104

Seniors Supper Club
Enjoy socializing in a casual setting with friends over a nutritious dinner. Advance registration required. Veggie option available by pre-request. Free line dancing or Mah J o ng with dinner purchase.
Date: 3rd Thursday of the month, starting January 16
Time: 3–5 p.m. for line dancing or Mah J o ng | 5–6 p.m. for dinner
Cost: $6 per person (for members)
$20 for 4 dinners (for members with pre-purchased punch card)
$8 per person (non-members)
Contact: Omnia El Shayeb, OELShayeb@mpnh.org, 604.879.8208 ext 112
Multicultural Circles Dancing & Performance
Join us for fun! Learn and develop your dancing skills to great, lively music. Multicultural dances include Chinese classical dance, Chinese folk dance, Indian dance, Vietnamese dance, Hawaiian dance, Spanish dance, and more. Dancing is a great way to get fit and stay fit, and to be happy and healthy.
Cost: Dancing costs $20/member or $30/non-member (10 sessions) | Drop in $2.50/member, $4/non-members.
Schedule: Thursdays, from January 9 | 1-3 p.m. | Free on the 2nd Thursday of each month
Contact: Omnia El Shayeb, oelshayeb@mpnh.org, 604.879.8208 ext 112

Intergenerational Drop-In
The Front Step Project (see p.36) will be hosting weekly drop-in sessions for youth from care and older adults to come together to connect and create.
Date: Mondays, January 6 - March 2 | 4-6 p.m. (no sessions on stat holidays)
Contact: Daniela Gunn-Doerge, dgunndoerge@mpnh.org, 604.879.8208 ext 225 (English, French)

Neighbourly Together: Volunteer to be a block captain!
Neighbourly Together is a community outreach project to connect seniors with needed information and supports. Trained volunteers are the bridge to help isolated seniors in our community have a sense of connect and belonging. Please contact us for more information.
Are you 55 years or older? Are you connected to seniors on your block? Do you have or want to develop your leadership skills? Neighbourly Together trains block captains to reach out to isolated seniors in our community. Be the link between Mount Pleasant Neighbourhood House and your block!
Contact: Claudine Matlo, Director of Community Programs cmatlo@mpnh.org, 604.879.8208 ext 138

Engage & PLAY! Drop-In
For families with children 0-5 years. Join us for a fun, hands-on play-based program where children and parents will enjoy activities and a reading and singing circle time.
Date: Fridays from January 10 | 10 a.m.-12 p.m.
Contact: Carmen Contreras, Family Resource Programs Coordinator ccontreras@mpnh.org, 604.879.8208 ext 202 (English, Spanish)

Parenting Matters Workshops
Date: Upcoming in March 2020
Contact: Carmen Contreras, Family Resource Programs Coordinator ccontreras@mpnh.org, 604.879.8208 ext 202 (English, Spanish)

Dads at Play! Drop-in Program
A play-based program where children and fathers enjoy activities and dad discussions.
Schedule: Saturdays from January 18 | 10 a.m.-12 p.m.
Contact: Carmen Contreras, ccontreras@mpnh.org, 604.879.8208 ext 202 (English, Spanish)

Nobody's Perfect Parenting Program for parents with children 0-5 years old
Schedule: Thursdays, February 20-March 26 | 5:30-7:30 p.m.
Contact: Carmen Contreras, ccontreras@mpnh.org, 604.879.8208 ext 202 (English, Spanish)
Settlement Services & Community Connections

Settlement Services
Mount Pleasant Neighbourhood House provides settlement services for newcomers during their initial settlement in British Columbia and empowers families to become independent in Canada. Services are available in English, French, Arabic, Cantonese, Mandarin, Mandinica, Spanish, Vietnamese and Wolof. Registration and membership are required for all settlement programs. First year of membership is free for settlement participants. Childcare and bus tickets are available for eligible families. Childcare is available for children 18 months to 5 years for designated programs. Registration is required.

One-on-One Support and Settlement Counselling
Provides support counselling and settlement services to empower families and newcomers during their initial settlement in Vancouver. Participants will receive support with information, resources, and referrals to help them when settling in a new city.

Contact:
- Winnie Tam, Family & Settlement Support Counsellor
  wtam@mpnh.org, 604.879.8208 ext 201 (Cantonese, English, Mandarin)
- Sherifa Azzab, Arabic Settlement Worker
  sazzab@mpnh.org, 604.879.8208 ext 203 (Arabic, English, French)
- Dahlia Abdualkareem, Arabic Settlement Worker
  dabdualkareem@mpnh.org, 604.809.8202 (Arabic, English)

Winter Citizenship Workshops
This workshop series is for immigrants with permanent resident status seeking citizenship status. Learn how to apply for citizenship, and how to study and prepare for the citizenship test. Bus tickets provided and childcare available upon request. Please note that participants are expected to come to every session because each session prepares you for the next session. No drop-ins allowed and registration is required.

The deadline to register is January 8, 2020.
Schedule: Wednesdays, from January 22, 2020 - February 19, 2020 | 6-8 p.m.
Location: Eric Hamber, Charles Tupper and Gladstone Secondary Schools
Contact: Thanh Lam, tlam@mpnh.org, 604.879.8208 ext 302

Senior Leadership, Education, Activity and Participation (LEAP) program
Leadership, education, activity and participation, supported by volunteers, outreach and social workshops takes physical activities, walking clubs and seniors peer support programs to the next level. Offered in multiple locations to increase independence, promote social networks, and active aging. This program is funded by United Way and delivered by MPNH.

LEAP Nordic Pole Walking Club at Mount Pleasant Community Centre (Chinese Speaking Seniors)
Join us for an hour-long walk in our beautiful neighbourhood from Mount Pleasant Community Centre to Science World.
Schedule: Mondays, starting January 13, 2020 | 10–11:30 a.m.
Location: Mount Pleasant Community Centre (1 Kingsway)
Fee: Free for MPNH members. $1 for non-members. Poles provided.
Contact: Jessie Huang, Seniors Settlement Programmer, jhuang@mpnh.org, 604.879.8208 ext 105 (Cantonese, English, Mandarin)

LEAP Nordic Pole Walking Club at Mount Pleasant Neighbourhood House
Join us for an hour-long walk in our beautiful neighbourhood starting from Mount Pleasant Neighbourhood House.
Fee: Free for MPNH members. $1 for non-members. Poles provided.
Schedule: Tuesdays, January 7 | 10–11 a.m.
Contact: Omnia El-Shayeb, OELshayeb@mpnh.org, 604.879.8208 ext 112 (Arabic, English)

Olympic Village Walking Club
Join us for our free weekly walking group, and make new friends!
Schedule: Fridays, starting January 10 | 10-11:30 a.m.
Contact: Omnia El Shaye, Seniors Programmer oelshayeb@mpnh.org | 604.879.8208 ext 112

Funded by / Financé par:
Seniors & Older Adults Programs (55+)

Our seniors program is a welcoming space for all seniors to encompass diversity, independence and inclusion. A safe and vibrant place to learn, grow and gather.

Seniors Hub & Seniors Hub Council
The goal of the Seniors Hub is to implement a collaborative community-based model that supports seniors' independence and active participation in the community. The Hub is a network. It brings together individuals and groups with the common goal to engage and serve seniors. The Hub is driven by and for seniors. Seniors lead, govern, identify needs, and organize activities to meet those needs. **We need your voice!**

**Seniors Hub Council Meetings**
2020 dates to be announced in January.
Free. Meal is included.
Contact: Claudine Matlo, Director of Community Programs
cmatlo@mpnh.org, 604.879.8208 ext 138

**Seniors’ Wellness Programs**

**Caregiver Support Group**
A Caregiver Support Group provides a safe environment where people who providing care for an adult family member/friend can mutually support one another by sharing their experiences, concerns, questions and coping strategies in a non-judgmental and inclusive atmosphere.

Schedule: Contact us for dates and times.
Contact: Shaelee Gummer, sgummer@mpnh.org, 604.879.8208 ext 104

**Mount Pleasant Community Response Network (CRN)**
The Mount Pleasant CRN Vision: We are a network that is productive, visible and diverse, driven by the voices of older adults in Mount Pleasant. We are committed to creating a neighbourhood where older adults are empowered, living healthy, safe and fulfilling lives. To be a member of the MPNH CRN Planning committee please contact Shaelee.

Contact: Shaelee Gummer, Better at Home Coordinator
sgummer@mpnh.org 604.879.8208 ext 104

**Settlement Programs for Women & Families**

**Health and Wellness Multicultural Group for Immigrant Women (Arabic)**
An ongoing theme-based program to help and support immigrant women with permanent resident or GARs status to adjust their new lives in Canada. Immigrant women are invited to come meet new friends, share their experiences, knowledge, skills, cultural and resources. Registration and membership are required. Childcare and bus tickets are available.
Schedule: 1st & 3rd Friday of each month, starting January 3, 2020 | 12:30–2:30 p.m. at MPNH
Contact: Sherifa Azzab, sazzab@mpnh.org, 604.879.8208 ext 203 (Arabic, English, French)

**Topical Workshops for Immigrant Women (Arabic)**
This program provides a space for newly landed Syrian refugee and Arabic speaking immigrant women to meet, share stories of experiences, and learn essential social, communication and life skills to help them lead a new life in Vancouver.
Schedule: 2nd and 4th Friday of each month, starting January 3, 2020 | 12:30–2:30 p.m.
Location: ISS of BC Welcome Centre (Victoria Drive)
Contact: Sherifa Azzab, Arabic Settlement Worker
sazzab@mpnh.org, 604.879.8208 ext 203 (Arabic, English, French)
Dahlia Abdualkareem, Arabic Settlement Worker
dabdualkareem@mpnh.org, 604.809.8202 (Arabic, English)
Healthy Living Support Group for Immigrant Women (Mandarin)
A free ongoing theme-based monthly program to help and support Chinese-speaking immigrant women to adjust to their new lives in Canada. Immigrant women are invited to come meet new friends, share their experiences, knowledge, skills, culture, and resources. Childcare and transportation are available for eligible families. Registration and membership are required.

Schedule: Saturdays January 4, February 1, and March 7, 2020 | 10:30 a.m.-12:30 p.m.
Contact: Winnie Tam, Family & Settlement Support Counsellor
wtam@mpnh.org, 604.879.8208 ext 201 (Cantonese, English, Mandarin)

Settlement Services for Newcomer Preteen Support
Newcomer Preteens (8-12)
Thanh Lam is available for individual settlement support for newcomer preteens who need assistance connecting with the community.
Contact: Thanh Lam, Settlement & Youth Services Coordinator
tlam@mpnh.org, 604.879.8208 ext 302 (English, French, Vietnamese)

Settlement Services for Newcomer Youth
Newcomer Youth Leadership (Ages 13-19)
A leadership training program for newcomer youth to develop their leadership and organizational skills as they plan and implement their own programming for fellow immigrant peers.
Schedule: 2020 dates to be announced in January.
Contact: Manuel Gamas, mgamas@mpnh.org, 604.879.8208 ext 318 (English, Spanish)
Iman Al-Sallal, ialsalial@mpnh.org, 604.879.8208 ext 318 (Arabic, English)

English Conversation Club: Youth Homework Club
Free homework help for newcomer youth with permanent resident status in Canada. One-on-one and small group tutoring with trained literacy tutors, covering the full spectrum of academic subjects taught in BC schools. Registration required, bus tickets and snacks provided.
Date: Saturdays, January 11-March 28 | 11 a.m.-1 p.m.
Contact: Elizabeth McIlfaterick, EMCilfaterick@mpnh.org, 604.879.8208 ext 110 (English, Spanish)
Newcomer Youth Literacy Workshops

These workshops are designed to provide foundational literacy teaching and support to newcomer youth so that they can understand and critically analyze information, in its various forms in mainstream and social media, as well as practicing intercultural communication skills in today’s diverse society. Topics include: media literacy, physical literacy, financial literacy, digital literacy, and enhanced English literacy support.

Date: 2020 dates to be announced in January.
Contact: Thanh Lam, tlam@mpnh.org, 604.879.8208 ext 302 (English, French, Vietnamese)

Newcomer Youth Leadership (Ages 13-19)

A leadership training program for newcomer youth to develop their leadership and organizational skills as they plan and implement their own programming for the neighbourhood house and community.

Schedule: 2020 dates to be announced in January.
Contact: Manuel Gamas, mgamas@mpnh.org, 604.879.8208 ext 318 (English, Spanish)
Iman Al-Salil, ialsallal@mpnh.org, 604.879.8208 ext 318 (Arabic, English)

Bring on the HEAT: Healthy Eating & Attitude for Teens

Do you love food? Do you love FREE food? Do you like cooking or want to learn? Do you want to share your skills and earn honoraria/volunteer hours? Our Bring on the HEAT (Healthy Eating & Attitude for Teens) program will provide a fun, engaged, and hands-on learning experience for diverse youth, ages 13 to 19.

Dates: 2020 dates to be announced in January.
Contact: Manuel Gamas, mgamas@mpnh.org, 604.879.8208 ext 318 (English, Spanish)
Iman Al-Salil, ialsallal@mpnh.org, 604.879.8208 ext 318 (Arabic, English)

In-School Newcomer Programs (Ages 13-19)

We provide in-class and on site programming that allow newcomer youth to connect with their peers through topical workshops to develop cross-cultural interaction, community engagement, and personal development. Contact us for specific times and dates for each school

Location: Eric Hamber, Charles Tupper and Gladstone Secondary Schools
Contact: Thanh Lam, tlam@mpnh.org, 604.879.8208 ext 302

Newcomer Youth Literacy Workshops

These workshops are designed to provide foundational literacy teaching and support to newcomer youth so that they can understand and critically analyze information, in its various forms in mainstream and social media, as well as practicing intercultural communication skills in today’s diverse society. Topics include: media literacy, physical literacy, financial literacy, digital literacy, and enhanced English literacy support.

Date: 2020 dates to be announced in January.
Contact: Thanh Lam, tlam@mpnh.org, 604.879.8208 ext 302

ECC Youth Homework Club

Free homework help for newcomer youth with permanent resident status in Canada. One-on-one and small group tutoring with trained literacy tutors, covering the full spectrum of academic subjects taught in BC schools. Registration required, bus tickets and snacks provided.

Date: Saturdays, January 11-March 28 | 11 a.m.-1 p.m.
Contact: Elizabeth McIlfaterick, EMcIlfaterick@mpnh.org, 604.879.8208 ext 110 (English, Spanish)

Seniors Settlement Programs

Service provided in Cantonese, English, French, Mandarin, Spanish, Vietnamese

Seniors English Conversation Club

Nancy is returning to teach the English Conversation Club! Master daily conversational English used in diverse scenarios, and meet new friends in an age-friendly environment.

Schedule: Thursdays, January 9-April 30 (except February 6, March 5, April 2) | 1-3 p.m.
Contact: Jessie Huang, Seniors Settlement & Better at Home Programmer
jhuang@mpnh.org, 604.879.8208 ext 105 (Cantonese, English, Mandarin)
Settlement Services & Community Connections

Digital Workshops for Seniors
Learn about handy devices, like tablets and smartphones, with Chuck Wright, a Digital Literacy Facilitator from the YMCA.
Schedule: Thursdays, January 9-April 30 | 10 a.m.-12 p.m.
Contact: Jessie Huang, jhuang@mpnh.org, 604.879.8208 ext 105 (Cantonese, English, Mandarin)

Peer Support Group for Seniors
Participants will build their skills in self-care, including stress management, illness prevention and positive and healthy living. Self-care is about identifying your own needs and finding effective means of meeting those needs. The group also provides a safe environment to share your own unique knowledge and experiences. Each session is two hours long, with a one-hour workshop and a one-hour discussion and story-sharing. Participants are encouraged to become volunteers with our Better at Home program, and support their peers.
Contact: Jessie Huang | jhuang@mpnh.org, 604.879.8208 ext 105

Community Connections for Newcomers & Immigrants
Community Connections include programs for adults, families, seniors and youth. Programs and activities help newcomers foster the skills and know-how to successfully engage and participate in community. We also facilitate connections between newcomers and long term Canadians.

English Conversation Club, for Beginner and Intermediate-Level Speakers
Newcomers and immigrant families are welcome. Childcare is available for children 18 months to 5 years. In both groups, participants get to learn about Canadian culture and traditions to improve their settlement and integration by building relationships with others and community attachment. Registration is required for adults and children.

Beginners Club
This group works on learning foundational vocabulary and practicing simple conversations for work or fun activities.
Schedule: Mondays, starting January 6, 2020 | 12:30–2:30 p.m. (No class on February 17)

Intermediate Club
This group works on more advance conversations such as setting learning goals, employment skills, and games to improve speaking skills and community connections.
Schedule: Wednesdays, starting January 8, 2020 | 10:30 a.m.–12:30 p.m.
Contact: Lamin Kassama (English, Wolof and Mandinka) lkassama@mpnh.org, 604.879.8208 ext 223
Millie Martinez (English, Spanish) mmartinez@mpnh.org, 604.879.8208 ext 232

Preteen, Youth, & Young Adult Programs

Mount Pleasant Youth Social Group (Ages 13-18)
A program designed to support youth living with Asperger's by connecting them to peer to peer support, fun and accessible activities, and community engagement opportunities. This is an MCDF funded program and is by referral only from a MCDF social worker.
Schedule: 2020 dates to be announced in January.
Contact: Manuel Gamas, Youth Settlement Programmer, mgamas@mpnh.org, 604.879.8208 ext 318 (English, Spanish)

Youth Action Committee (YAC) (Ages 13-19)
A leadership training program for youth from ages 13-19 focused on helping them learn how to create, develop, and implement community projects at Mount Pleasant Neighbourhood House. This program is ideal for youth interested in gaining the confidence and skills necessary for their professional and/or educational goals. The youth will also participate in a monthly neighbourhood cleanup as part of the KeepVancouver Spectacular/Greenest City initiative by the City of Vancouver. Youth seeking volunteer hours with Mount Pleasant Neighbourhood House are encouraged to apply.
Schedule: 2020 dates to be announced in January.
Contact: Manuel Gamas, Youth Settlement Programmer,
Contact: Manuel Gamas, mgamas@mpnh.org, 604.879.8208 ext 318 (English, Spanish)
Iman Al-Sallal, ialsallal@mpnh.org, 604.879.8208 ext 318 (Arabic, English)

Intergenerational Drop-In
The Front Step Project (see p.36) will be hosting weekly drop-in sessions for youth from care and older adults to come together to connect and create.
Date: Mondays, January 6-March 2 | 4-6 p.m. (no sessions on stat holidays)
Contact: Daniela Gunn-Doerge, dgunndoerge@mpnh.org, 604.879.8208 ext 225 (English, French)
Preteen, Youth, & Young Adult Programs

Preteen & Youth Programs

Newcomer Preteens (8-12)
Thanh Lam is available for individual settlement support for newcomer preteens who need assistance connecting to the community.
Contact: Thanh Lam, Settlement & Youth Services Coordinator, tlam@mpnh.org, 604.879.8208 ext 302 (English, French, Vietnamese)

Youth & Young Adult Programs

Program costs and membership fees are free for newcomer youth and families. For more information or any questions on the youth programs, please feel free to contact Thanh.
Contact: Thanh Lam, Settlement & Youth Services Coordinator, tlam@mpnh.org, 604.879.8208 ext 302 (English, French, Vietnamese)

We provide lunch time and afterschool programming for newcomer youth to connect with their peers through topical workshops designed to develop intercultural interaction, community engagement, and personal development. Contact us for specific times and dates for each school.
Location: Eric Hamber, Charles Tupper and Gladstone Secondary Schools
Contact: Manuel Gamas, mgamas@mpnh.org, 604.879.8208 ext 318 (English, Spanish)
Iman Al-Sallal, ialsallal@mpnh.org, 604.879.8208 ext 318 (Arabic, English)

The Spot! (Ages 13-19)
A fun, Friday evening drop-in program that includes homework help, cooking activities, movie nights, games, activities and other outings for all youth.
Schedule: 2020 dates to be announced in January.
Contact: Manuel Gamas, mgamas@mpnh.org, 604.879.8208 ext 318 (English, Spanish)
Iman Al-Sallal, ialsallal@mpnh.org, 604.879.8208 ext 318 (Arabic, English)

Soccer Drop-in Program (Ages 13-18)
For Sir Charles Tupper High School Students only. A fun, welcoming soccer drop-in program for youth to develop life skills while playing soccer in a supportive environment.
Schedule: 2020 dates to be announced in January.
Contact: Manuel Gamas, mgamas@mpnh.org, 604.879.8208 ext 318 (English, Spanish)

Settlement Services & Community Connections

Between Women!
A bi-weekly program that provides a safe and friendly space for newcomers and immigrant Spanish-speaking women to increase self-awareness, self-care, and community connection. Activities build skills and knowledge to cope with everyday stresses of settlement and integration through making crafts, mindfulness exercises, emotional literacy, and alternative ways to support wellness. Participants make connections, meet guest speakers, learn about community and employment resources, and explore opportunities for personal and professional development. Registration is required and childcare is available.
Schedule: Every other Wednesday, from January 15, 2020 to March 11, 2020 | 6-8 p.m.
Contact: Millie Martinez, mmartinez@mpnh.org, 604.879.8208 ext 232 (English, Spanish)

Impact Mentorship
For newcomers with foreign community and social service experience, you will learn about Canadian systems, gain confidence in public speaking and conversation, develop communication and language skills, and improve job prospects and networking opportunities.
Schedule: Fridays, February 14-March 27 | 10 a.m.-2 p.m.
Contact: Lamin Kassama (English, Wollof and Mandinka) Lkassama@mpnh.org, 604.879.8208 ext 223
Millie Martinez (English, Spanish) mmartinez@mpnh.org, 604.879.8208 ext 232

Multicultural Cooking Club
Come and learn hands-on skills by helping to prepare a dinner from a different country every month. Make new friends and connect with neighbors while learning about diverse cultural traditions. Childcare is available. Registration is required. Suggested contribution: $5 for adults and $2.50 children (5-12 years). Subsidies offered to eligible families new to Canada.
Schedule: Saturdays, on January 25, February 29, and March 28, 2020 | 3-7:30 p.m.
Contact: Lamin Kassama, Lkassama@mpnh.org, 604.879.8208 ext 223 (English, Wollof and Mandinka)
Millie Martinez, MMartinez@mpnh.org, 604.879.8208 ext 232 (English, Spanish)
Newcomer Literacy Programs

We recognize that literacy enriches the lives of individuals and families, facilitating opportunities for neighbours to fully participate in their community. At the same time, literacy opens doors for skill- and career-development and employment options, and empowers community members to connect to meaningful resources—making them more capable and resilient.

Mount Pleasant Neighbourhood House serves as a steward for community literacy outreach by strengthening resources and connections among local partners, helping community members contribute positively to society.

Contact: Vicky Li, Community Connections & Literacy Outreach Coordinator
vli@mpnh.org, 604.879.8208 ext 107 (Cantonese, English, Mandarin)

Newcomer Youth Literacy Workshops

These workshops are designed to provide foundational literacy teaching and support to newcomer youth so that they can understand and critically analyze information, in its various forms in mainstream and social media, as well as practicing intercultural communication skills in today’s diverse society.

Date: 2020 dates to be announced in January.
Contact: Thanh Lam, tlam@mpnh.org, 604.879.8208 ext 301 (English, French, Vietnamese)

ECC Youth Homework Club

Free homework help for newcomer youth with permanent resident status in Canada. One-on-one and small group tutoring with trained literacy tutors, covering the full spectrum of academic subjects taught in BC schools. Registration required, bus tickets and snacks provided.

Date: Saturdays, January 11 - March 28 | 11 a.m.-1 p.m.
Contact: Elizabeth McIlfaterick, EMcIlfaterick@mpnh.org, 604.879.8208 ext 110 (English, Spanish)

See page 24 for more youth programs.

Employment Services

Appointments

Contact: For more information and to book appointments, contact
José Luis Aranda, Job Search Trainer, Jlaranda@mpnh.org, 604.879.8208 ext 214 (English, Spanish)

Work at a Neighbourhood House

A part of the Association of Neighbourhood Houses of British Columbia (ANHBC), Mount Pleasant Neighbourhood House values a diverse workforce and encourages qualified candidates from all communities to apply. Please refer to the specific contact and application instructions in each posting at www.mpnh.org/careers

Discover more opportunities with the Association of Neighbourhood Houses of BC: www.anhbc.org/careers.
Employment Services

Employment Support for Newcomers

In partnership with WelcomeBC, MPNH is pleased to offer employment programming for newcomers. If you meet the eligibility criteria, you may benefit from this program.

The program offers settlement and integration services to support the social and economic integration of newcomers who are not eligible to receive immigrant support services under the federally funded program. This program focuses on the needs of temporary residents who are working in B.C. and have the intent to stay, as well as naturalized citizens who are looking to be more fully engaged in the labour market. We provide the following services:

- One on one information, orientation and referral services.
- Impact Mentorship Program
- Weekly employment orientations onsite at MPNH.
- Labour market attachment workshop series, including:
  - Intro to volunteering and placement support
  - Community connections to support your network
  - Resume and cover letter skills
  - Getting the most from informational interviews
  - How to work a job fair
  - Career prospects in the current job market
- Monthly topical workshops on labour market and employment covering:
  - Workplace rights and responsibilities
  - Work safety
  - Workplace culture and probation
  - Awareness of social benefits (EI, income tax and child tax, CPP)
  - Employment standards and employment relations

Program Eligibility

- Temporary foreign workers
- Provincial nominees who are not yet approved for permanent residency
- Post-secondary international students who are eligible to work in Canada
- Refugee claimants
- Naturalized citizens

Newcomer Literacy Programs

Family Literacy Outreach Program

This program matches newcomer immigrants and their children with volunteer tutors. Volunteer tutors will support families in small group in community settings and homes. Participants will upgrade their English and literacy skills by doing fun and interactive activities together.

Tutors also connect these families to community resources and support them in exploring their community and neighbourhood. Volunteer tutors receive training to successfully support the participants learning needs. This program is in partnership with Vancouver Community College and sponsored by the Ministry of Advanced Education. We are always looking for volunteer tutors and families for this program. Please contact Morie If you know of a family who would benefit, or a volunteer who would like to be a tutor.

Contact: Morie Ford, Family Literacy Coordinator mford@mpnh.org, 604.879.8208 ext 232
Food Programs: www.mpnh.org/food

Mount Pleasant Food Network (MPFN)
Mount Pleasant Neighbourhood House launched the Mount Pleasant Food Network in 2014. MPFN supports the health and wellbeing of all residents living in Mount Pleasant and nearby neighbourhoods by promoting an accessible, just and sustainable food system for our community.
Contact: Jolene Andrew, Indigenous Community Developer & Food Network Coordinator  jandrew@mpnh.org, 604.879.8208 ext 139

NOSH: Nourishing our Seniors at Home
Nutrient-rich vegetarian soups made by skilled seniors at our House, and delivered to seniors at home. We make deliveries on Tuesdays and Thursdays to seniors living in Vancouver—from 41st Ave to Great Northern Way (4th/6th/2nd Ave), between Granville Street and Victoria Drive. Order ahead to stock up on nourishing meals, with bread included. No minimum order required.
Cost: $4/serve | $10 for 3 Bowls | $12 for 4 Bowls
Contact: Omnia El Shayeb, OELShayeb@mpnh.org, 604.879.8208 ext 112

Seniors Lunch & Bingo
Enjoy the company of friends and a nutritious lunch and dessert or chef's surprise, as well as Bingo after the lunch. Celebrate birthdays the last Tuesday of each month. Let Omnia know if you are celebrating a birthday this month. $5 per person for lunch or $20 for 5 lunches (with punch card)
Schedule: Tuesdays, from January 7 | 12 p.m.
Contact: Omnia El Shayeb, OELShayeb@mpnh.org, 604.879.8208 ext 112

In Pleasant Company Community Lunch
We invite community members to join us for a healthy multigenerational social lunch in the East Hall. Please notify us in advance if you have special dietary needs. $5 per person for lunch or $20 for 5 lunches (with punch card).
Schedule: Fridays, starting January 10 | 12 p.m.
Contact: Phil Dunlop, Food Services Coordinator, pdunlop@mpnh.org

AnJel Shop: Free grocery delivery for seniors
Need help with grocery delivery? AnJel Shop can help you! anjel.ca is a web application that will help you to get free delivery services for groceries by engaging neighbourhood volunteers. For more information, or to sign up, contact: Claudine Matlo, Director of Community Programs at cmatlo@mpnh.org, 604.879.8208 ext 138

Better health one step at a time with FoodFit
Be your best! Learn to cook healthy meals, get moving, and make new friends. This free 12-week health and wellness training includes cooking, walking, a free weekly lunch, and a free cookbook.
Schedule: Thursdays, January 2 – April 2, 2020 | 12-3 p.m.

Lunar New Year Celebration
Join us in an evening of fun, entertainment, and great food to celebrate the Year of the Rat!
Date: Thursday, January 23, 2020 | 4:30-7 p.m.
Tickets: $6 for Adults / $3 for kids (6-12 years) / Free for kids under 5 years old.
Contact: Jessie at jhuang@mpnh.org, 604.879.8208 ext 105 (English, Cantonese, Mandarin)

Prosperity Committee Volunteers Needed!
We're accepting applications for our fund development committee. Use your fund development experience to help us raise funds to make our House a financially-resilient home away from home where everyone feels welcome.
Contact: Claudine Matlo, Director of Community Programs cmatlo@mpnh.org, 604.879.8208, ext 138

NOSH: Nourishing our Seniors at Home
Soup Delivery Project
We make deliveries to seniors living in Vancouver, from 41st Ave Great Northern Way (4th/6th/2nd Ave), between Granville & Victoria Drive.
$4/bowl | $10 for 3 bowls | $12 for 4 bowls
Contact Omnia 604.879.8208 ext 112

Seniors & Better at Home Community Shuttle Bus
Tuesdays & Fridays
Join our community lunch and other fun activities in the house with the Community Shuttle Bus. $6 round trip. Potential trips to Oakridge Mall and local grocery stores.
Contact: Jessie to sign up: 604.879.8208 ext 105 | jhuang@mpnh.org

A free grocery delivery service for seniors—for prices you find in store!
Contact Claudine for more information, and to sign up: 604.819.8208 | cmatlo@mpnh.org