Mount Pleasant Neighbourhood House

February 2021

Visit our website!
www.mpnh.org/youth

800 East Broadway (at Prince Albert Street), Vancouver, Unceded Coast Salish Territories, V5T 1Y1

Monday		Tuesday		Wednesday		Thursday		Friday	
1	**Intergenerational Drop-In** 5-6 p.m. Online. Contact Daniela for link.	2	**Wellness Workshop: Isolation** 4-5 p.m. Online. Contact Dianne for link.	3	**Tupper Welcome Club** 2-3 p.m. Online. Tupper Students only.	4	**No Program**	5	**The Spot Drop-In: Food Fit!** 4-5 p.m. Online. Contact Manny/Iman for link.
8	**Intergenerational Drop-In** 5-6 p.m. Online. Contact Daniela for link.	9	**Wellness Workshop: Personal Boundaries & Healthy Relationships** 4-5 p.m. Online. Contact Dianne for link.	10	**Tupper Welcome Club** 2-3 p.m. Online. Tupper Students only.	11	**RISE Workshop** 4-5:30 p.m. Online. Contact Iman for link.	12	**The Spot Drop-In: Lunar New Year Celebration!** 4-5:30 p.m. Online. Contact Manny/Iman for link.
15	**No program**	16	**Wellness Workshop: Purpose** 4-5 p.m. Online. Contact Dianne for link.	17	**Tupper Welcome Club** 2-3 p.m. Online. Tupper Students only. **Black History Month: Youth Dialogue** 4-5:30 p.m. Online. Contact Iman for link.	18	**RISE Workshop** 4-5:30 p.m. Online. Contact Iman for link.	19	**The Spot Drop-In!** 4-5 p.m. Online. Contact Manny/Iman for link.
22	**Intergenerational Drop-In** 5-6 p.m. Online. Contact Daniela for link.	23	**Wellness Workshop: Relationships with Family** 4-5 p.m. Online. Contact Dianne for link.	24	**Tupper Welcome Club** 2-3 p.m. Online. Tupper Students only.	25	**RISE Workshop** 4-5:30 p.m. Online. Contact Iman for link.	26	**The Spot Drop-In!** 4-5 p.m. Online. Contact Manny/Iman for link.

To register or for more information, please contact:

Daniela | dgunndoerge@mpnh.org
Dianne @ 778-938-8208 | dsankey@mpnh.org
jaye simpson | jsimpson@mpnh.org

Manuel @ 604.879.8208 ext 318 | mgamas@mpnh.org | Facebook: Manny MPNH
Iman @ 604-879-8208 ext 318 | ialsallal@mpnh.org | Facebook: Iman MPNH
Thanh @ 604-879-8208 ext 302 | tlam@mpnh.org

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Youth Programs Guide

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Intergenerational (Youth & Seniors)

The Front Step Project hosts weekly drop-in sessions for youth from care and older adults to come together to connect and create online. Contact Daniela for more information.

Indigenous Youth + Friends

Among Us is a program for Indigenous youth (ages 13-24), and their friends to hang out, have fun and connect to culture and community in-person, with health protocols in place. Contact jaye for more information.

Volunteering

Youth Action Committee is a program for all youth (ages 13-19) focused on youth-led community project. This program is ideal for youth seeking volunteer hours with Mount Pleasant Neighbourhood House.

Newcomer Youth Leadership

Newcomer Youth Leadership is a training program for newcomer youth (ages 13-24), to develop their leadership and organizational skills as they navigate life in their new communities. Contact Iman for more information.

Just Hanging Out - No Cap!

The Spot is a fun, Friday evening drop-in program that includes hanging out, board games, move nights, cooking, video games, and whatever the youth want to do! Ages 13 to 19. Online and in-person on Fridays, from 4-5 pm, with health protocols in place. Contact Manny for information.

Mental Health

The Young Minds Project is for youth and young adults, ages 13 to 24, to connect to resources to support their wellbeing during Covid-19. Resources include workshops, peer support groups, and referrals to counselling. Online and in-person, with health protocols in place. Contact Dianne for information.

Newcomer Youth + Friends

Welcome Club allows newcomer youth, ages 13-24, to connect with their peers through topical workshops to develop cross-cultural interaction, community engagement, and personal development. In-person, with health protocols in place. Contact Iman for information.

Newcomer Young Adults

Link Up! is a program for newcomer young adults, ages 19-24, to connect with our youth settlement staff for information, peer support, and other community resources. Contact Manny and Iman for more information!

Employment

The RISE Program is an employment training and placement program for Indigenous, immigrant, and refugee youth and young adults (ages 15 to 24) to seek and obtain work experience in the social enterprise and community services sector. Contact Iman for more information.

Literacy

The Youth Homework Club is for youth to connect with a tutor for individualized academic support. Contact Morie at mford@mpnh.org for more information.

The Literacy for Life Skills Program is for youth 13 to 24 wanting to enhance their literacy skills - digital, financial, social-emotional, and physical to be better equipped in whatever they seek to pursue in school, work, and community. Contact Iman for more information.

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Youth Staff Guide

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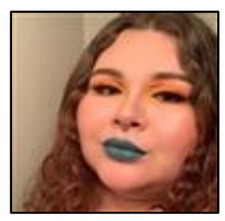
Thanh Lam (she/they)
Youth & Settlement Services Coordinator
Likes: Food, joking around, and social justice
Fun Fact: I have still not yet seen the movie Avatar.

Daniela Dunn-George (she/her/hers)
Front Step Coordinator
Likes: Biking, dancing, learning about people's passions
Fun Fact: I was in a choir that sang for Nelson Mandela when he was granted an honorary Canadian citizenship!

Manuel Gamas (he/his/him)
Youth Worker
Likes: Eat, sleep and play any sports or game you can think of.
Fun Fact: I have many stories to tell!

Dianne Sankey (she/her/hers)
Youth Mental Health Coordinator
Likes: Family, travelling, running, yoga
Fun Fact: I love sushi so much I wish I could eat it every day!

Iman Al-Sallal (she/her/hers)
Youth Worker
Likes: Art, baking, travel, and coffee shops
Fun Fact: My grandpa was the first president of Yemen and I am working on sharing his story and Yemeni history to the world!



jaye simpson (they/them/theirs)
Indigenous Youth Programmer
Likes: Reading books, writing, visual arts and disrupting to status quo, #LandBack
Fun Fact: Is friends with someone who wrote for Brooklyn 99, Broadcity and several other shows.

Thanh @ 604-879-8202 ext 302 | tlam@mpnh.org
Manuel @ 604-879-8208 ext 318 | mgamas@mpnh.org
Iman **@ 604-879-8208 ext 318 | ialsallal@mpnh.org**

jaye | jsimpson@mpnh.org
Dianne @ 778-938-8208 | dsankey@mpnh.org
Daniela (Intergenerational Drop-In) | dgunndoerge@mpnh.org