



# North House

4908 Hastings Street  
Burnaby, BC V5B 1P6  
604 294 5444  
northinfo@burnabynh.ca

Programs Guide for Summer 2017

### Family Drop-in

Provides an opportunity for families with children aged 0- 5 to socialize, to have a safe and fun place to play and learn and to get parenting information.

North House—Tuesdays, 9:30-11:30am  
Thursdays, 9:30-11:30am (starting in August)

### Digital Café

Learn basic computer skills - how to surf the internet, create an email account, or type simple documents. Volunteers will assist you with your digital questions. Mondays 10 am - 12 pm

### Seniors Programs

Join us for coffee, tea, and snacks on Mondays 9:30-12pm. There will also be special workshops and events planned throughout the summer. Drop by to ask about upcoming programs.

### Beginner Line Dancing

Have fun in sharing and practicing various line dance pieces with new friends in a friendly atmosphere. Limited spaces. Please call to confirm spots. Everyone welcome. Thursdays, 11:45am - 1:15pm

### Qi Gong

Discover some basic concepts of qi (vital life force energy) to enhance your own awareness about energy. Learn gentle movement routines that can add to anyone's repertoire for health, stress management and fitness. Mondays 2 - 3pm

### Family Yoga Class

Come join us for our summer Family Yoga class. A certified Yoga teacher will be doing an interactive class that will get you and your kids stretching and moving. Please bring your own mat. All ages welcome! Mondays, 3:15 - 4:15pm from July 10—August 14 (No class August 7)

### ESL Conversation Group

Volunteer-led ESL classes are available throughout the year for beginner to intermediate level students. Wednesdays, 1 :30- 3:30 pm (Beginner), Thursdays 2 - 4 pm (Beginner) and Fridays, 1 - 3 pm (Intermediate)

### Community Kitchens (September—June)

Lower income participants come together at Gilmore Community School and cook low-cost, healthy meals to take home. Participants contribute \$5 per week. For more information, please call Lynn at 604-431-0400 or email [kitchens@burnabynh.ca](mailto:kitchens@burnabynh.ca).

### Tax Clinic

Volunteers will assist low income individuals with their income tax returns during the year. All tax services are free of charge to BNH members. You have the option to donate \$5 or more to offset administrative costs. (cash or cheque only). Call 604-294-5444 to book an appointment.

### COMMUNITY YOUTH LEADERSHIP PROGRAM (CYLP)

CYLP has been created to develop the capacity and confidence in young people, equipping them with life-skills to build an understanding of their personal leadership qualities, giving them opportunities to be engaged in their community and while making a positive impact. The CYL is program will include, workshops, trainings, team building exercises, leadership development, personal development, and community engagement activities.

The youth participants will gain a specific knowledge about the community's emerging needs; to take action in their neighbourhoods and schools through hands-on activities and real-life leadership experiences. Application is required.

Open to youth grades 8-9. Program runs from July 5-August 3. (Every Wednesday from 1-4pm)

For more information please contact our youth staff: Stephanie or Justin (Supervisor) at 604-294-5444, or [youthnorth@burnabynh.ca](mailto:youthnorth@burnabynh.ca)



### EMPLOYMENT SERVICES AND COMMUNITY CONNECTIONS FOR NEW IMMIGRANTS BY ISS OF BC

Once a month there will be free help with resume, cover letter writing, interview preparation, job search assistance, career planning resources and referrals. We help naturalized Canadian citizens, temporary foreign workers, provincial nominees, PRs, and those of refugee status. For an appointment call 604-395-8000 (ext 1276). Thursdays from 9:30-4:30pm there will be community connections for newcomers. For more information contact Akiko Tainaka at [akiko.tainaka@issbc.org](mailto:akiko.tainaka@issbc.org) or 604-395-8000 (ext. 1633).