## THE BUZZ

Burnaby Neighbourhood House Monthly Newsletter

#### April 10 to April 16, 2016 is National Volunteer Week

In anticipation of National Volunteer Week the message of Volunteer Canada says: "Volunteers are the roots of strong communities. Just like roots are essential for trees to bloom, volunteers are essential for communities to boom. Thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community, much like tree rings that appear over time."

"April 10 to April 16, 2016 is National Volunteer Week (NVW), a time to celebrate and thank Canada's 12.7 million volunteers. This year marks the 13<sup>th</sup> consecutive year that Volunteer Canada and Investors Group have partnered to deliver the NVW campaign." The Burnaby Neighbourhood House (BNH) relies on the involvement of community members to volunteer and contribute their time, energy and skills to our programs and services to reach out and help their neighbours. Volunteering is one way that individuals can help out and become involved in building a healthy community.

The BNH volunteer is an individual who understands the value of commitment and giving and therefore has signed up to help the Neighbourhood House in a role they see suitable for themselves. Volunteers are attracted to the idea of working together with other motivated individual volunteers and BNH staff. The BNH volunteer chooses to play a crucial role in providing specific service that can be truly rewarding to BNH as an organization and to the community at large. National Volunteer Week is an excellent occasion to say "Thank You" to all our wonderful volunteers.



Janice, Victor and Jerry our Seniors Together Program Volunteers



#### April 2016

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  Week
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- Seniors Outreach Ambassador Training Program
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#### Contact Us:

Burnaby Neighbourhood House Mon - Thu | 9:00am - 8:00pm Friday 9:00am - 5:00pm Phone: (604) 431-0400 Fax: (604) 431-9499 Email: <u>info@burnabynh.ca</u>

Address:

4460 Beresford Street, Burnaby BC V5H 0B8 www.burnabynh.ca

#### @SBurnabyNH

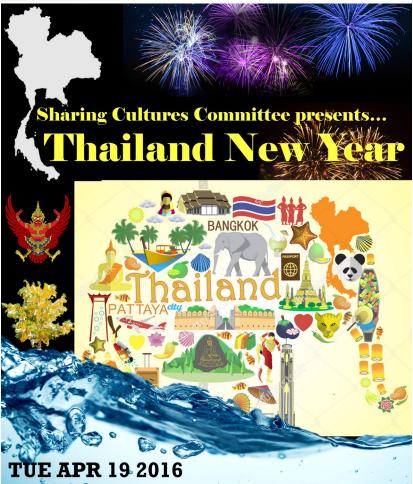
Burnaby Neighbourhood House - North Mon - Thur | 9:30am - 4:30pm 604-294-5444 janiceh@burnabynh.ca

Address:

4463 Hastings St. Burnaby BC V5C 2K1

@NorthBurnabyNH

THE BUZZ



TUE APR 19 2016DINNER & ACTIVITIES6 - 8 PMBurnaby Neighbourhood House\$5 Adult4460 Beresford St., Burnaby\$3 Child(604) 431 0400Purchase tickets at the Burnaby Neighbourhood House

#### Sleep and Your Child's Energy

April 14, 2016, 6:00 – 7:30pm

Burnaby Neighbourhood House

4460 Beresford Street, Burnaby, BC

Dr. Wendy Hall, UBC School of Nursing, will provide information on sleep and how it plays an important role in development of children from babies to 12 years old. Get practical tips and have an opportunity to ask questions.

Tea and coffee available

To register for this free event, please contact: The Burnaby Public Library at 604-436-5420 or by registering online at bpl.bc.ca/events. For more information contact Kamala Sproule at kamalasproule@gmail.com Happy Volunteer Week to all BNH volunteers

Thank you for your support

# THANKYOUVolunteers!

#### Seniors Outreach Ambassador Training Program

Are you 55 and over? Burnaby Neighbourhood House needs your help in connecting isolated seniors with community programs and services. The role of the Ambassadors is to connect seniors to community programs and services with the goal to reduce social isolation.

Date & Times: April 18 to May 11, 2016

Every Mon and Wed from 1:00 - 4:00pm

Location: 4460 Beresford Street, Burnaby, BC

For more information and to register, please contact Elizabeth at 604 431-0400, or email: seniorsoutreach@burnabynh.ca

Deadline for registration: Friday, April 7.

#### Show your support of the

### Burnaby Neighbourhood House by becoming a member.

Members receive monthly newsletters and are able to participate in all our community programs.

The membership fee for families is 5\$ per year and for individuals is 2\$ per year.

To become a member check our website at www.burnabynh.ca/get involved, or ask the reception for a membership form.