

THE BUZZ



Burnaby Neighbourhood House Monthly Newsletter

April 2016

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 13th 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

In this issue

- April 10 to April 16, 2016 is National Volunteer Week
- Sharing Cultures Dinner- Thailand New Year
- Seniors Outreach Ambassador Training Program
- Sleep and Your Child's

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: info@burnabynh.ca

Address:

4460 Beresford Street, Burnaby
BC V5H 0B8
www.burnabynh.ca
[@SBurnabyNH](https://www.facebook.com/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](https://www.facebook.com/NorthBurnabyNH)



Sharing Cultures Committee presents...
Thailand New Year

TUE APR 19 2016
DINNER & ACTIVITIES
6 – 8 PM **Burnaby Neighbourhood House**
\$5 Adult **4460 Beresford St., Burnaby**
\$3 Child **(604) 431 0400**
Purchase tickets at the **Burnaby Neighbourhood House**

Happy Volunteer Week to all BNH volunteers

Thank you for your support



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.

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

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.