

North House Programs and Services (Fall 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.

Tuesdays and Thursdays, 9:30-11:30am

Parent Tips and Advice for dealing with 0-5 year olds

Each week a facilitator explores different topics to help you parent your 0-5 year old. Child minder is available. Please email simoneb@burnabynh.ca for more information or to register. Fridays 10-12pm

Mentoring with Math—This math mentoring program is designed for elementary students from grades 3-7 with volunteer mentors from SFU. Contact simoneb@burnabynh.ca for more information.

Tuesdays from 3:30 – 5:30 pm starting October 10th

Coming to the North House this fall!

* Art at the House—Each month free art sessions will be offered by local artists for children and adults. Call to inquire about sessions.

* Tumbling Sessions - After school at Gilmore Elementary

* Book club and Knitting and Crochet Clubs—dates to be announced

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. Drop by to ask about upcoming programs.

Digital Storytelling Sessions— Students will work one on one with Seniors to add your photographs into a digital form to tell your stories. These sessions will start in late October—contact North House for more information or to register..

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. Mondays, 12:15-1:45pm (Intermediate) and Thursdays, 12:15am - 1:45pm (Beginner)

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 (No classes Sept 18/29/Oct 2 & 9)

Beginners Yoga—Come join us for a beginners Yoga with a certified Yoga leader who will be practicing Pranayama, Asanas, Kundalini and Meditation. Please bring your own mat. All ages welcome! Mondays, 3:15-4:15pm

ESL Conversation Circle

Volunteer-led English conversation circles are available throughout the year for beginner to intermediate levels.

Wednesdays, 1- 3 pm (Beginner) and Fridays, 1:30- 3:30pm (Intermediate).

Community Kitchens (October —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. Tentative start date of Thursday October 5th

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 8-11.

For more information please contact our youth staff: Stephanie or Justin at 604-294-5444, or 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 or 604-395-8000 (ext. 1633).

COMMUNITY EVENTS

Come join us in some fun in the community. There will be activities for everyone. We will be at the following events:

Sharing Cultures Dinner

Come join us at our next Sharing Cultures dinners on Wednesday, September 20th (Vietnamese) and November 22 from 5:30-8pm (Indian). Doors open at 5:30pm and dinner is served from 6-6:30pm. There will be food and entertainment for everyone! Cost: \$5/Adult \$3/child Under 3/Free
Location: Brentwood Alliance Church (1410 Delta Ave, Burnaby) Limited seating available.
For more information call 604-294-5444.

North House 4908 Hastings St. Burnaby BC 604-294-5444 email: northinfo@burnabynh.ca

