Collingwood Neighbourhood House

Programs & Services

Main House
5288 Joyce Street
Vancouver, B.C. V5R 6C9
Telephone 604-435-0323
Facsimile 604-451-1191
Email info@cnh.bc.ca

Hours of Operation:
Monday to Friday, 8 am to 9 pm
Saturday, 9 am to 8 pm
Sunday, 10 am to 8 pm

Este folleto está disponible en español.
You can help!

Become active in Collingwood Neighbourhood House:

• Participate in our programs.
• Become a member. Members can vote at the Annual General Meeting, receive our mailings and participate in programs: Adults $3, Seniors $2, Youth $2, Family $7 or a Lifetime Membership $140. Membership is mandatory for program participation.
• Donate. CNH is a registered charity (#118868298RR0001) and can issue tax receipts. Contact us for more information or visit cnh.bc.ca/cnh-donation.
• Join one of our committees listed on page 21.

CNH Endowment Fund

The Collingwood Amenities Endowment Fund and the Collingwood Neighbourhood House Society Endowment Fund, both with the Vancouver Foundation, help fund CNH’s operations. Income from the Endowment funds is taken into revenue of the Society annually.

Financing for several of CNH’s programs and services and many equipment purchases is provided by its endowment funds. By making a donation or including a gift to Collingwood Neighbourhood House Society in your will or estate plan, you can continue to help those in need by supporting CNH. Collingwood Neighbourhood House Society is a registered charity. To learn more about supporting the endowment fund please contact us at 604-435-0323 and ask for Jennifer Gray-Grant.
General Information
Collingwood Neighbourhood House will be opening a new annex at Boundary Road and Vanness Street in 2018. This will provide us with a second site to provide local residents with additional programs, services, initiatives and other opportunities.

Career Opportunities
CNH is an intercultural, flexible and family oriented employer with a focus on hiring locally. Check our job postings onsite or at cnh.bc.ca.

Volunteer Opportunities
Contribute to your community by volunteering in the neighbourhood. Opportunities to connect and contribute to the neighbourhood are available through our community initiatives, projects and many of our programs. For volunteer opportunities with CNH, contact the Office and Volunteer Coordinator at 604-412-3707 or visit cnh.bc.ca. For neighbourhood volunteer opportunities see volunteersrc.com.

Information and Referral
Need help? Not sure where to get it? We have staff and volunteers to help you for free in many different languages.

Monday to Friday: 8 am – 9 pm
Saturday: 9 am – 8 pm
Sunday: 10 am – 8 pm

For details, call Jenny at 604-435-0323.
Rental Opportunities

CNH has meeting rooms, a kitchen and a gym available to rent for large and small functions. The multi-purpose rooms seat up to 100 people; the gym seats up to 300. Our children’s party package includes a leader and activities. Contact Teresa at tha@cnh.bc.ca or 604-435-0323 ext. 226 to book.

Computer Services

CNH Computer Services offer seasonal “on-demand” courses and workshops such as Computer Essentials, Microsoft Word & Excel, “Fix Your Own PC” and “PC Repair.” Interested? Leave your contact info at CNH or e-mail cnhsupport@cnh.bc.ca, subject line ‘Computer Course/Workshop Request.’

Résumé

Need to update or change your résumé? We can help. Bring in your old résumé or what you would like to have on your résumé and we will type it for you. For more information, contact Reception at 604-435-0323. Appointment required. 

Cost: $4/page.

Recreational Activities

CNH offers a wide range of recreation and leisure services for people of all ages and ability levels. We strive to provide a good balance of activities that are inclusive and promote good health and quality of life for community residents. We invite you to visit CNH and discover the many exciting leisure opportunities available to you.
Program Schedule

Pick up a Recreation Brochure at CNH to get all the details on our programs. The monthly *Renfrew-Collingwood Community News*, available at CNH, is another great source for community-based recreation opportunities. View up-to-date information on all activities and programs at [cnh.bc.ca](http://cnh.bc.ca).

Activities

Recreation participants must purchase a yearly CNH membership; Renfrew-Collingwood residents are given registration priority. People from other neighbourhoods are welcome to participate as space permits. These are the kinds of programs CNH offers:

**CHILDREN**
- Arts & Crafts
- Baton
- Basketball
- Beginner Guitar Lessons
- Creative Writing for Pre-Teens
- Floor Hockey
- Gymnastics
- Kids Hip Hop Class
- Little People’s Art
- Mini Hands
- Parent & Tot Activities
- Piano
- Pre-ballet and Creative Dance
- Rhythmic Gymnastics
- Summer Camps (Soccer, Floor Hockey, Gymnastics and more)
- Wushu

**ADULTS**
- Adult Sport Drop-ins: Badminton, Soccer, Volleyball
- Hatha Yoga
- Jazzercise
- Meditation
- Zumba
- Zumba Steps
- Zumbatoning

**SENIORS**
- Bo Jan Cho Exercise
- Chinese Classical Dance (Adults & Seniors)
- Coffee Social
- Drop-in Badminton
- Gentle Chair Yoga
- Karaoke
- Kundalini Yoga
- Monday Fun-Day Wellness Group (guest speakers, entertainment, trips)
- Seniors Advisory Group
- Strength & Stretch
- Tai Chi 24 & 48 Form
- Tai Chi Sword 32 Form
- Walking Club
- Zumba Gold

Affordable Fun

We strive to reduce barriers to participation in our programs. To help achieve this goal we have established an ‘Affordable Fun’ program where community residents can apply for a reduction in program costs if they are faced with financial difficulties. Ask our front desk receptionist or Recreation Coordinator for more information.
Summer Camps
Summer Camps information is available starting May 15; register in person at CNH. Our specialty camps for children ages 5 – 12 include Basketball, Soccer, Gymnastics, Drama, Visual Arts and more!

Family & Community

Some of these programs are free of charge; some require pre-registration.

Families Branching Out (CAPC Program)
This program is for parents, grandparents, and caregivers of families with children 0 – 6 years old. The focus is on the health, nutrition and well-being of young children, their families and their relationship to their community. Children and parents make new friends, learn positive ways to support each other and share resources, parenting skills and childminding. We recognize that parents and children have many talents to offer, so please join us and let us know what special abilities you have to share.

Some of the activities are:
• All Nations/Multicultural Family Night for parents, caregivers, children 0 – 6. Every Monday evening dinner is cooked by parents and youth and served to Families Branching Out members. The setting is informal, however all parents are expected to help with food preparation, clean up, or craft activities. Dinner preparation begins at 3:30 pm with dinner served at 6 pm, children’s drop-in/childminding program is from 4:45 – 8:15 pm (for children 0 – 6), supervised gym time is from 7 – 8 pm (for older siblings). Families Branching Out activities vary and include
informal planning meetings, workshops and guest speakers, and traditional arts and craft activities.

- We host many celebrations throughout the year such as Lunar New Year, Valentine’s Day, Mother’s Day and Father’s Day, Thanksgiving, Halloween, Christmas, and Aboriginal Day. One thing for sure, we always share a laugh – join us!

Cost: Free

Amlat’si Family Place Drop-In: A House to Learn and Play

An Aboriginal-focused program for children 0 – 6 years old and their extended family. Program includes child literacy and development activities with an Aboriginal focus, crafts, storytelling and lots of play. Light snack included. We welcome everyone, especially young parents, to join us for a friendly, creative, comfortable and supportive place to socialize and learn about other community services. An Aboriginal Family Support Worker attends the program weekly. Families are also welcome and encouraged to stay for the Families Branching Out Monday dinner program. This program is funded by the SMART Fund. Call Ana at 604-435-0323 ext. 231 for details.

Mondays, 3:30 – 5:30 pm. Cost: Free

Aboriginal Young Parents’ Family Circles

Sharing circle is facilitated in a way that supports and empowers parents to use traditional and holistic teachings with their families. Parents can feel safe sharing ideas and will learn positive parenting skills and connect more to the community and the resources available to them. Call Ana at 604-435-0323 ext. 231 for more information.

Mondays, 5 – 6 pm. Cost: Free

Nobody’s Perfect Parent Education and Support Groups

This program is for parents who have children aged 5 or younger. Parents can learn more about caring for children and can learn effective parenting skills. Groups operate in different languages and run in the Spring and the Fall. For details, call Satinder at 604-435-0323 ext. 241.

Cost: Free

Collingwood Family Place

A program for parents and caregivers of children newborn to 6, to meet others while enjoying a cup of coffee and conversation. There are arts and crafts for children plus story time, circle time, nutritious snacks, and many fun toys to play
Five days a week at CNH Family Place. 
Cost: $3.25 drop-in fee, or buy a Family Place pass

Morning Star Program
Participants share a hot nutritious breakfast and are offered information and support, if requested, in housing, advocacy, health care and counseling. Showers and clothing are also available. Call 604-435-0323 for details.
Saturdays: showers & clothing 7 – 8 am, 
breakfast 8 – 9:30 am. Cost: Free

Housing Outreach
Our outreach workers are available for assistance with housing applications, advocacy and referrals for counselling. 
If you know of someone who is homeless or at risk of homelessness and in need of support and services, contact Maryanne or Chris at 778-886-4448. They can help people get on income assistance, be connected to medical services and direct people to possible housing options, including non-profit and social housing applications and basic tenancy information (Note: we do not manage any housing). 
Cost: Free

SAFE in Collingwood
The Sex work Awareness For Everyone (SAFE) in Collingwood initiative works to address safety issues (for sex workers, residents and businesses) related to the local sex trade and sexual exploitation. Visit safeincollingwood.ca for more information.

Youth

Youth Information and Assistance
Need information, assistance or support? Want to learn about the programs and volunteer opportunities available to you in this community? Contact Youth Services Coordinator Sanjeev at 604-412-3844 or skarwal@cnh.bc.ca to make an appointment or drop in anytime during Youth Centre hours. 
Cost: Free

Youth Centre (Ages 10 – 18)
Drop in to enjoy a variety of recreational, support and educational services. Activities and services include: table tennis, foosball, video games, computer lab, gym games and

Family & Community
sports, cooking classes, homework club and space just to hang out and relax. Contact Sanjeev at 604-412-3844 or skarwal@cnh.bc.ca for details.

**Fridays, 4 – 9 pm and Saturdays, 4 – 8 pm**
**Cost: Youth Centre membership ($10 yearly fee)**

**Open Gym (Ages 10 – 18)**
Drop in to play basketball, volleyball or other sports. Activities and times may vary.
**Fridays, 4 – 6 pm and 7:15 – 8:30 pm; Saturdays, 4 – 6 pm**
**Cost: Youth Centre membership**

**Computer Lab (Ages 10 – 18)**
Youth can use the computer lab for Internet access and word processing.
**Fridays, 4 – 9 pm and Saturdays, 4 – 8 pm**
**Cost: Youth Centre membership**

**Kids’ Kitchen (Ages 10 – 18)**
Learn to make healthy meals and develop your skills in the kitchen.
**Fridays, 5 – 7 pm. Cost: Youth Centre membership**

**Homework Club (Ages 10 – 18)**
Get help with your homework. Volunteers will help with difficult problems and strengthening concepts.
**Fridays, 4 – 5:30 pm. Cost: Youth Centre membership**

**Summer Youth Drop-In (Ages 10 – 18)**
Take part in fun activities all summer long. Activities include group games, arts and crafts, gym games, BBQs and field trips. Contact Sanjeev at 604-412-3844 or skarwal@cnh.bc.ca for details.
**Tuesday – Saturday, 4 – 9 pm (July – August)**
**Cost: Youth Centre membership (field trips extra)**

**Drop-In Basketball (Ages 16+)**
Half-Court or Full-Court recreational level drop-in. Contact Sanjeev at 604-412-3844 or skarwal@cnh.bc.ca for details.
**Fridays, 8:30 – 10 pm. Cost: $2.50 per drop-in**

**Drop-In Badminton (Ages 14 – 24)**
Singles, doubles or just for fun. Open to all levels of play with 4 available courts. Contact Sanjeev at 604-412-3844 or skarwal@cnh.bc.ca for details.
**Thursdays, 5 – 6:45 pm. Cost: $1.50 per drop-in**
Youth Community Connections (Ages 9 – 17)
These programs are for immigrant youth. Program sites include Bruce, Grenfell and Renfrew Elementary Schools, Windermere Secondary and Collingwood Neighbourhood House.

Mentorship Program for Newcomer Pre-teens
Pre-teens receive mentoring from volunteer, older teens who offer high school tours, host newcomers in class during special occasions throughout the school year and generally mentor newcomer pre-teens and early teens through the transition to secondary school. Volunteers receive leadership training and volunteer experience. Contact Robert at 604-412-3844/604-767-8198 or rmoya@cnh.bc.ca.

Cost: Free
(This program is funded by the National Settlement Program – Immigration, Refugees & Citizenship Canada)

Community Connections Lunch Program
This program is delivered at Windermere Secondary School. Youth facilitators conduct activities and lead group games with immigrant students during lunch hour to build English language skills in a social setting and allow newcomers to meet others and participate in events, etc. Contact Robert at 604-412-3844/604-767-8198 or rmoya@cnh.bc.ca.

Cost: Free
(This program is funded by the National Settlement Program – Immigration, Refugees & Citizenship Canada)

Pre-Employment Youth Mentoring Group
Pre-employment training for youth who are then offered various volunteer work experience opportunities through community connections activities and partner organizations. Contact Robert at 604-412-3844/604-767-8198 or rmoya@cnh.bc.ca.

Cost: Free
(This program is funded by the National Settlement Program – Immigration, Refugees & Citizenship Canada)

Saturday Fun Group (Ages 9 – 16; Grades 4 – 10)
Every Saturday a group of new immigrant children (Grades 4 – 7) and youth (Grades 8 – 10) gather for an afternoon of fun, conversations, positive interactions, recreation, arts, cooking and other educational activities as the “Saturday Fun Group.” Immigrant parents are welcome to bring their kids to join. Contact Robert at 604-412-3844/604-767-8198 or rmoya@cnh.bc.ca.

Saturdays, 12:30 – 4 pm. Cost: Free
(This program is funded by the National Settlement Program – Immigration, Refugees & Citizenship Canada)
Collingwood Aboriginal Youth C.R.E.W.

The Renfrew Collingwood Aboriginal Youth C.R.E.W (Culture, Recreation, Education and Work) Club is a youth led program that offers Aboriginal youth opportunities to participate in traditional canoeing in the large Northern Dancer canoes. The program offers healthy, outdoor activities, building canoe and water safety skills, increasing cultural knowledge and canoe protocols as well as socializing positively with Aboriginal youth and adult role models. Through these activities the focus is on Aboriginal youth between the ages of 12 to 29, to learn new skills, enhance their leadership roles, encourage them to lead program activities and become more involved in community life. Contact Vive at 604-435-0323 or vwong@cnh.bc.ca.

Cost: Free

Peer Education Program: I Can Choose – We Can Choose

The Peer Education program works in conjunction with Windermere Secondary School and its family of elementary schools. This is a peer preventative education program that works with youth on topics such as drug- and-alcohol misuse, bullying, homelessness and sexual exploitation. The program focuses on involving peers teaching peers about such issues and providing information and tools to help them make healthy decisions. Youth will gain presentation and leadership skills as well as awareness of social issues. For more information visit cnheerdegree.wordpress.com. Contact Vive at 604-435-0323 or vwong@cnh.bc.ca. for details.

Cost: Free

Windermere Community Schools Team

The team works with schools in the Windermere Family of Schools in partnership with Collingwood Neighbourhood House, Renfrew Park Community Centre and other community partners to provide programs in and outside of school time. Programs are focused on improving literacy, enhancing social responsibility and providing opportunities for community engagement. Contact the Community Schools Coordinator at Windermere Secondary, 604-713-8180 for details.
Child Care (Daycare)

We encourage and support the potential of children through an environment that provides optimal social and emotional growth, as well as physical, creative and intellectual skills. Feelings of confidence and success are promoted through a wide range of age-appropriate activities and opportunities.

Each day includes a variety of activities such as creative arts and crafts, music and movement, literacy skills, drama, indoor/outdoor play for fine and gross motor development, community outings (walks, library trips, etc.), all with a focus on early learning with plenty of time for free play and friendship. Waiting list forms available to register your children.

Part-time spaces may be available. Costs may change.

**Infants: 3 – 18 months**

CNH 5288 Joyce Street – Phone 604-435-0323 ext. 253

*Monday to Friday, 7:30 am to 6 pm*

*Cost: $1292 per month*

**Toddlers: 18 – 36 months**

Two Locations:

CNH 5288 Joyce Street – Phone 604-435-0323 ext. 253

Terry Tayler 2355 East 30th Ave – Phone 604-433-4459

*Monday to Friday, 7:30 am to 6 pm*

*Cost: $1292 per month*

**Early Learning and Care: 3 – 5 years**

Four Locations:

Collingwood Early Learning and Care Centre

5288 Joyce Street – Phone 604-435-0323 ext. 250
Sarah House Early Learning and Care Centre
5729 Wales Street – Phone 604-434-9496

Duke Street Early Learning and Care Centre
2708 Duke Street – Phone 604-434-5529

Terry Tayler Early Learning and Care Centre
2355 East 30th Ave – Phone 604-433-4459

*Monday to Friday, 7:30 am to 6 pm
Cost: $885 per month*

Preschool: 3 – 5 years

CNH 5288 Joyce Street – Phone 604-435-0323 ext. 250

*Monday to Friday, 9 am to 12 noon; or 1:15 pm to 4:15 pm
Cost: 2 days a week – $180 per month
  3 days a week – $252 per month
  5 days a week – $432 per month*

School-Age: 5 – 12 years

Grenfell School-Age Child Care
3323 Wellington Ave. – Phone 604-434-9994

Norquay School-Age Child Care
4710 Slocan Street – Phone 604-713-5922

Graham Bruce School-Age Child Care
3633 Tanner Street – Phone 604-713-5586

Renfrew School-Age Child Care
3315 E. 22nd Ave. – Phone 604-431-6863

Collingwood School-Age Child Care
3417 Euclid Ave. – Phone 604-713-4814

*5 days per week
Monday to Friday, 7:30 am – 9 am
Monday to Friday, 3 pm – 6 pm
Cost: Before & after school $380 per month
  Morning care only $230 per month
  Cost for Grenfell: $385 per month
  Cost for Collingwood: $390 per month
  After school only $355 per month
  Summer care $190 per week
  Cost for Grenfell $360 per month
  Cost for Collingwood $365 per month*

Note: School-age centres operate as weekly programs during July and August. Programs for school-age children generally operate full days on school professional days and holidays.
Adults

Language Instruction for Newcomers to Canada (LINC) Program

The LINC Program offers English classes for new immigrants. These classes are for adults 19 years and up. Students learn English with certified and experienced teachers in a supportive environment. During LINC classes, on-site, licensed childcare is available for students with children 18 months to five years old.

When: Monday to Friday

Where: First Lutheran Church, 5745 Wales Street, Vancouver, BC. Telephone: 604-451-8321


Cost: Free
(This program is funded by the National Settlement Program – Immigration, Refugees & Citizenship Canada)

Basic English Skills for Women - PIRS

A program at CNH for women to learn the basic reading, writing and numeracy skills needed for everyday life in Canada. Multilingual support in Kurdish, Farsi, Cantonese and Mandarin. Orientation to health care, banking, transportation and other community services. Concurrent learn and play program for participants’ preschool children to prepare them for a successful start in school. For more information, please call the PIRS Program Coordinator at 604-298-5888.

Cost: Free

Peer Seniors English Class

Learn English in a supportive environment every Friday at 10:30 am. Classes focus on conversation skills. Develop relationships with other seniors. Call CNH at 604-435-0323 for more information. In Chinese, call 604-412-3705, Spanish 604-412-3706, or Tagalog 604-435-0323 ext. 263.

Cost: Free
(This program is funded by the Government of British Columbia.)

Literacy Outreach

Seniors Literacy and Conversation Group

The Seniors Literacy and Conversation group meets on Thursday from 10 – 11 am. Guided by a volunteer, seniors can work on basic reading skills. Participants learning the alphabet, phonics and how to read short passages. Contact literacyrc@cnh.bc.ca.

Cost: Free
Adults

Reading Circle
The Reading Circle meets every Friday from 10 am to 11:15 am. Through reading simplified English novels, adults and seniors improve their vocabulary and speaking and listening skills in a friendly and welcoming environment. Contact literacyrc@cnh.bc.ca.

Cost: Free

English Corner
Practical conversational English classes every Sunday from 6 – 8 pm. Registration preferred but drop-ins welcome. Please contact Jenny at 604-435-0323 ext. 288 or jshen@cnh.bc.ca.

Cost: Free

Volunteer Connections – ISSofBC
This program provides settlement mentor volunteers that are matched with newcomers that need help adjusting to their new life in Canada and their community. A Community Connections Facilitator from Immigrant Services Society of BC is at CNH every other Friday. Contact Dorcas at 604-684-7498 ext. 1632 or dorcas.mendez@issbc.org.

Cost: Free

Settlement Assistance for Newcomers

English, Chinese, Spanish, Tagalog and Other Languages
Settlement workers are available to provide individual help and information in a variety of languages to newcomers to Canada for information and referral, assistance with form-filling and employment resources, etc. Group workshops on topics such as housing, health information, education, citizenship and legal information are also offered. Parenting programs with child care are offered in Cantonese, Mandarin, Spanish, Tagalog and other languages. Call or drop by CNH to book an appointment. For more information, contact our Settlement Workers at 604-435-0323, Helen Su ext. 222, Maria Alpirez ext. 247 or Karen Cagquoa ext. 263. We have cultural connectors working in the community in the following languages: English, Spanish, Punjabi, Hindi, Tagalog, Cantonese and Mandarin.

Cost: Free

(This program is funded by the National Settlement Program – Immigration, Refugees & Citizenship Canada)

Settlement Assistance for Temporary Foreign Workers (TFW) and Naturalized Citizens
Settlement workers are available to provide individual help and information in a variety of languages to Temporary

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Foreign Workers and Naturalized Citizens in Canada for information and referral, assistance with form-filling, etc. Group workshops on topics such as housing, health information, education, citizenship and legal information are also offered. For more information, contact the Settlement Workers at 604-435-0323 Jenny ext. 288 and Helen ext. 222.

**Cost: Free**
(This program is funded by the Government of British Columbia)

**Employment Program for New Immigrants**

Settlement employment counselors are available to help immigrants with their résumé, employment resources and referrals. They also offer group employment sessions including topics such as job finding strategies, résumé building. Please contact CNH at 604-435-0323.

**Cost: Free**
(This program is funded by National Settlement Program – Immigration, Refugees & Citizenship Canada)

**Intercultural Community Development**

We are dedicated to creating a healthy, connected and inspired neighbourhood in which all community members thrive, learn and have a place to contribute.

Interculturalism means understanding and respecting cultural diversity, connecting diversity and finding commonalities and working together to create something new in the neighbourhood.

If you are a resident of Renfrew-Collingwood and have ideas on ways to improve your community, want to work with others to build a better neighbourhood, or are passionate about individual and community issues, we can help with:

- Information on local opportunities and initiatives.
- Links to others who may share your interests.
- Intercultural leadership and skill development opportunities.
- Support and assistance with available community resources.

For more information call CNH at 604-435-0323.

Current projects in Renfrew-Collingwood include:

**Renfrew-Collingwood INTERactive: Interculturalism through Physical Activity**

Our goal is to increase and deepen relationships between people different from each other, increase physical activity
Intercultural Community Development

and build connections between neighbours, residents, and workers in Renfrew-Collingwood. For more information: cnh.bc.ca/rcinteractive, rcinteractive@cnh.bc.ca or call CNH at 604-435-0323.

You Count in Renfrew-Collingwood
We all have gifts and passions, You Count is a way to connect with each other in informal, fun, and caring ways. By knocking on doors on our own street, apartment building, workplace, or other local spaces, we can reduce isolation and build an inclusive and welcoming neighbourhood for all. Volunteers of different ages, backgrounds, and abilities connect block-by-block to identify the skills, talents, and interests of our Renfrew-Collingwood neighbours. If you are interested in mapping the skills and interests of your neighbours contact Lisa at lisa@livingincommunity.ca.

Arts and Community Cultural Development
There are many opportunities in Renfrew-Collingwood to be creative, beautify your surroundings and become more involved in your neighbourhood. Make new friends and get involved in cultural initiatives such as:

Artist Café
Join local artists and art lovers. For further information contact Andrea at aberneckas@cnh.bc.ca. 1st Tuesday of every month at 7pm at the Italian Cultural Centre, Il Museo, 3075 Slocan St., Vancouver.

Renfrew Conversation Cafés
Join neighbours for lively discussions on current events, prepared topics or anything on your mind. For topics and other information contact Rob at: rtatools@gmail.com. Renfrew Skytrain area.

Community Café
Join neighbours for lively discussions on current events, prepared topics or anything on your mind. For topics and other information, please contact Robert at rtatools@gmail.com or Andrea at aberneckas@cnh.bc.ca. Third Tuesday of every month at 7pm at Collingwood Library, 2985 Kingsway and Rupert.

Intercultural Gatherings
A variety of intercultural gatherings take place throughout the year. It is a time to meet neighbours, share gifts and ideas and co-create activities that improve and add to the neighbourhood. To see what’s happening please check: cnh.bc.ca/neighbourhood-stuff-to-do/.
Neighbourhood Small Grants
Have a great idea for the community? Small grants sponsored by the Vancouver Foundation are available to support neighbourhood projects that help build community and strengthen connections between neighbours. For more information, please contact Sheri at sparke01@shaw.ca or neighbourhoodsmallgrants.ca/communities/south-vancouver-collingwood.

Public Art
Renfrew-Collingwood artists work together with neighbours to beautify the community by creating banners, mosaics, murals and other creative projects that build community. If you are an artist and want to know more about getting involved in community projects please contact January at jwolodarsky@cnh.bc.ca or Yoko at ytomita@cnh.bc.ca.

Renfrew-Collingwood Artists Network (RCAN)
A diversity of local creative people of all ages and backgrounds share their artistic and cultural talents with each other and the neighbourhood. For more information on artist gatherings, getting involved or sharing your skills, please contact Yoko at ytomita@cnh.bc.ca. Follow “Renfrew Collingwood Multicultural Artist Network” on Facebook.

Renfrew-Collingwood Community News
The Renfrew-Collingwood Community News is a monthly, non-profit newspaper serving Renfrew-Collingwood and distributed free of charge through local organizations and businesses. Renfrew-Collingwood residents submit articles, photos and artwork on local issues, people and events. Advertising rates are reasonable and many local businesses run continuing ads in the newspaper, to reach residents. Visit: renfrewcollingwoodcommunitynews.com.

Renfrew-Collingwood Online Artists’ Gallery (RCAG)
Are you an Artist living in Renfrew-Collingwood? Promote your work through the RCAG Gallery, find out about other artists in the community and how to connect with them. It’s easy, just go to this link and sign up: artistsrc.com
Are you looking for an artist? You can find a diverse array of talent nearby! Check out the Renfrew-Collingwood Online Artists’ Gallery: artistsrc.com

Social Culture Club
Join CNH’s Social Culture Club: come create hand-made items, and share skills in sewing, knitting, craft making, and more! For more information, contact Yoko at ytomita@cnh.bc.ca

Time: 10 am – 12 noon. Location: CNH. Cost: Free
Spread the Paint
Youth volunteers remove graffiti vandalism from private property in Renfrew-Collingwood. If you want to help, or need help removing graffiti on your property contact Robert at 604-767-8198 or rmoya@cnh.bc.ca

Community Celebrations
Join neighbours in sharing new and old traditions. Celebrate the rich, colorful diversity and history of our neighbourhood through cultural and seasonal celebrations for the whole family. To learn more, participate in planning, share your talents, or volunteer in local festivals and celebrations contact Andrea at CNH at 604-435-0323 ext. 223, aberneckas@cnh.bc.ca.

Co-op Radio, 100.5FM – A Voice for the Community
Every Wednesday at 8 – 9 am
The radio show is an opportunity for the Renfrew Collingwood community to share stories, music and ideas. If you are interested in being interviewed, performing or promoting an event please contact Andrea at 604-435-0323, aberneckas@cnh.bc.ca.

14th Annual Collingwood Days Celebrations
May 20 – 27, 2017
A week of art, festivities, and performances celebrating the creative diversity of the people of Renfrew-Collingwood. Local artists share their talents and culture with their neighbours through performances, art shows, storytelling and cultural historic presentations of all kinds. Follow “Collingwood Days” on Facebook or visit collingwooddays.com for updates and details.

Collingwood Days Festival Day
Saturday, May 27, 2017
A fun-filled day of music, dance and food. This lively celebration is a collaboration between Collingwood Business Improvement Association, Collingwood Community Policing Center, Collingwood Neighbourhood House, MOSAIC, and Renfrew Community Centre, joining together with local artists, performers and volunteers. To participate or volunteer at Collingwood Days contact Andrea at 604-435-0323 or aberneckas@cnh.bc.ca.

Youth Celebrate Canada Day
July 1, 2017
Renfrew-Collingwood youth invite everyone to celebrate Canada Day with them at Renfrew Park Community Centre.
Intercultural Community Development

Renfrew Ravine Moon Festival and Harvest Fair
Celebrate the Harvest Moon in September 2017. For details visit Still Moon Arts at stillmoon.org/moon-festival-2/ and follow ‘Still Moon Arts Society’ on Facebook for updates.

Pumpkin Festival
Celebrate Halloween early by bringing your family to CNH’s Pumpkin Festival. Kids welcome! Design and carve your own unique pumpkin. Pumpkins, carving tools provided. Cost is by donation. Location is CNH lobby. For more information and dates for 2017, contact Yoko at yтомita@cnh.bc.ca or 604-435-0323 ext. 224.

Collingwood Village Artisans’ Market
Do you like local, handcrafted items? Are you looking for a gift for the holidays? Visit the 8th annual Collingwood Village Artisans’ Market in December. There are over 25 local artisans, musicians, and performers with unique talents. Everyone is welcome and admission is FREE. Tasty snack food and surprise raffle prizes. For more information, contact rcmancraftfair@gmail.com, www.cnh.bc.ca/event/ or call 604.435.0323.
1. Rooftop Garden, 5288 Joyce St.
2. Collingwood Community Garden, 3500 Vanness Ave.
3. Cheyenne Avenue Community Garden, 2755 Cheyenne Avenue.
5. Still Creek Community Garden, 4410 Kaslo St.

Community Gardens and Orchards

**Rooftop Garden** – The Collingwood Neighbourhood House Rooftop Garden was imagined in 2004 and became a reality in 2008 by the Food Security Institute and a team of dedicated volunteers. It features raised beds (with a community designed and assembled mosaic) growing vegetables, fruit and herbs. The garden is maintained by volunteers – come out and garden on Wednesdays from 5 – 7 pm! Rooftop garden program runs April through October.

**Orchard** – The Community Orchard located at 2732 Horley Street was created by local residents and neighbourhood associations to demonstrate sustainable, organic and innovative growing methods. We have a wide variety of fruit-bearing plants and trees that are native to British Columbia’s
west coast. We host monthly sessions in the Orchard – join us to learn more about the trees and plants of the orchard and help maintain the space.

**Community Gardens** – RCFSI supports three local community gardens: Collingwood Community Garden under Joyce Skytrain Station, Cheyenne Community Garden on Cheyenne Avenue and Still Creek Community garden at 29th Avenue station. Plots are rented out to local residents in the neighbourhood and gardens act as community gathering spaces to further foster community food security.

**Food**

**Community Kitchen** – Join us every month on the second Friday and last Wednesday for Community Kitchen! Cook with fresh ingredients alongside your neighbours and enjoy a healthy meal together. This program is open to everyone but please register ahead of time because space is limited. RSVP at CNH Front Desk – 604.435.0323 *Free childminding available upon request*

**Food Skills Workshops** – We offer several canning and food skills workshops. Learn how to make jam, pickles, preserves and more! Check our monthly activity schedule for dates and locations.

**Community Lunch** – Enjoy our popular low-cost, nutritious, delicious lunches. An opportunity to visit with friends, try new foods, and meet people of all ages. Tuesday and Thursday, 12 noon – 1 pm at CNH. Find the monthly menu in the Renfrew Collingwood Community News, on the CNH website, or on our Facebook page – Collingwood Neighbourhood House (Official). All proceeds support the Seniors’ Wellness Program.


Find more information and the latest schedule at the following sites:

Collingwood Neighbourhood House –
[cnh.bc.ca/neighbourhood-stuff-to-do/foodsecurity/](http://cnh.bc.ca/neighbourhood-stuff-to-do/foodsecurity/)

Facebook – Follow “Renfrew-Collingwood Food Security Institute”

Blog – [rcfood@wordpress.com](http://rcfood@wordpress.com)

Questions? Comments? Suggestions? Please get in contact with:

Elise Barber – ebarber@cnh.bc.ca Ext. 237
Cassandra Ly – cly@cnh.bc.ca Ext. 225

Or visit us in the community development office on the 2nd floor.
Other Initiatives

Community Social and Cultural Amenities Planning

Neighbourhood growth and development, arts, cultural and social amenity priorities have been identified through a series of community discussions and ideas cafés. We continue to participate in discussions about development in the neighbourhood and advocate with neighbours for a welcoming, healthy, safe, and creative living environment in Renfrew-Collingwood for all. If you are interested in our urban surroundings please contact Jennifer at 604-412-3835.

Local Committees

Collingwood Days Steering Committee
Collingwood Neighbourhood House
Seniors Advisory Group
Intercultural Neighbourhood Development Steering Committee
Renfrew-Collingwood Area Services Network
Renfrew-Collingwood Better at Home Advisory
Renfrew-Collingwood Community News
Renfrew-Collingwood Food Security Institute Committee
Renfrew-Collingwood Home and SAFE Committee
Renfrew-Collingwood INTERactive, You Count and Circles of Engagement
Renfrew-Collingwood Literacy Committee
Renfrew-Collingwood Artists Network
Renfrew-Collingwood Neighbourhood Small Grants Selection Committees
Renfrew-Collingwood Social and Cultural Amenity Planning Committee
Seniors

Renfrew-Collingwood Better at Home
A project that helps seniors in Renfrew-Collingwood live independently in their home for as long as possible. Services are offered on a sliding-fee scale based on income. The following programs and services are offered:

- Friendly Visiting
- Light Housekeeping and Yardwork
- Seniors’ Shuttle Service, Tuesdays, Wednesdays and Thursdays, 9:30 am – 4 pm
- Walking Club – Free! Meet at CNH. Mondays and Wednesdays, 10:30 am

For more information call 604-435-0375, or visit: cnh.bc.ca/programs/renfrew-collingwood-better-at-home/

Birthdays and Bingo
Join the Monday Fun-Day group every first Monday of the month from 1:15 pm – 3 pm for bingo and cake to celebrate monthly birthdays. Note that we are closed on statutory holidays, in which case this program will run the following Monday.

Cost: $2 or a small prize

Coffee and Chat
Join us for coffee, snacks and great conversation. We encourage people to bring a craft they enjoy, such as knitting, drawing, painting or beadwork, to share and learn from others.

Thursdays, 10:30 am – 12 noon. Cost: $1 drop-in.
Free every first Thursday of the month!
Karaoke
Come to sing, come to listen, come to dance and have fun! We have access to a wide variety of music in different languages.

**Every third Thursday of the month, 1:30 – 3 pm.**
**Cost: $2.50**

Monday Fun-Day
Meets weekly for a variety of activities, talks focused on seniors’ health and well-being, bus trips, entertainment and fun! Open to adults of all ages.

**Mondays, 1:15 – 3 pm. Cost: $2.50 *drop-in* **
*Unless noted differently in the monthly schedule (available at CNH reception).*

Walking Club
Get some exercise and meet new people! Dress for the weather and bring an umbrella. The monthly schedule is posted on the Seniors Bulletin Board and copies can be picked up at reception. Meet in the CNH lobby.

**Mondays and Wednesdays at 10:30 am unless otherwise noted. Cost: Free** *(Must pay own public transit fees when applicable)*

Seniors Fitness

The following fitness programs are available for a drop-in fee of $2.50* per session. For convenience and economy, a 12-session $25* seniors fitness pass is available. *(Cost is subject to change)*

24 Form Simplified Tai Chi for Seniors
Integrate mind, body and qi (energy); keep blood and energy circulation smooth in the entire body to prevent disease.

**Mondays, 10:30 am – 11:30 am; Fridays, 9:30 am – 10:30 am**

32 Form Tai Chi Sword
Tai Chi Sword is a weaponry form of Tai Chi Chuan in which the sword is considered an extension of the body. The integration helps direct body energy through the sword; movements are smooth and graceful. Must buy own sword.

**Wednesdays, 11:15 am – 12:15 pm; 12:30 – 1:30 pm. Cost: $3.50 drop-in. Discount passes are available.**
42 Form Tai Chi for Seniors
42 Tai Chi condensed version of the 48 Form Tai Chi embracing four major styles namely Chen, Yang, Wu, and Sun as the official competition routine for international tournaments. This form enhances body balance, relaxation, concentration and nurturing good health.

Mondays 11:45 am – 12:45 pm
Cost: $3.50 drop-in. Discount passes are available.

48 Form Tai Chi for Seniors
Build your knowledge from 24 Form Tai Chi to further enhance your skills and promote overall health and fitness through a combination of graceful and harmonious movement and breathing techniques.

Fridays, 10:30 – 11:30 am;
Cost: $3 drop-in. Discount passes are available.

Gentle Chair Yoga
Enjoy safe, slow-moving exercises for increased joint range of motion, relaxation, improved stamina and muscular strength. Suitable for people with all forms of arthritis and various ability levels.

Wednesdays, 1:45 – 2:45 pm. Cost: $3 drop-in.

Seniors’ Kundalini Yoga
Relax, renew and rejuvenate through breathing, exercises, stretching and meditation. Mats provided.

Mondays and Thursdays, 9 – 10 am.
Second Thursday of the month 8:45 – 9:45 am
Cost: $3 drop-in.

Strength and Stretch
Improve your muscle strength and endurance using light resistance equipment. These exercises may be done in seated, standing or floor positions.

Wednesdays, 11 am – 12 noon
and Fridays, 11:30 am – 12:30 pm
Cost: $3 drop-in.

Zumba Gold
Combines catchy Latin tunes with choreography for an aerobic workout that feels like a dance party. For beginners, seniors or anyone needing modifications in their exercise routines.

Tuesdays 2:15 – 3:15 pm
Thursdays, 1:15 – 2:15 pm
Fridays 12:40 – 1:40 pm
Chinese Classical Dance
for Adults and Seniors
These dances are a good way for those of all cultural back-
grounds to exercise and maintain an energetic lifestyle while
learning new skills.
*Wednesdays, 9:30 – 11 am and Fridays, 12 – 1:30 pm. Cost: $54 for 12 sessions (pre-register) or drop-in $5.25.*

Seniors’ Badminton Drop-in
Bring your own racket. No instruction provided.
*Saturdays, 2:30 – 4:15 pm
Cost: $3.50*

Chinese Calligraphy for Beginners
This program is meant for seniors who are interested in the
art of Chinese Calligraphy. It contains a brief history of
Chinese calligraphy and introduces the basic elements of
the standard Chinese Calligraphy script known as “Kaishu”,
with step by step instructions for each of the 8 basic strokes.
Practicing Chinese calligraphy can help with emotional
stability, stress relief, concentration, and cognition. This class
is taught in English.
*Thursdays, 2 – 3:30 pm.
Cost: $60 for 10 sessions. Pre-registration is required.*
Mission

To promote the well-being of the Collingwood community by providing leadership and working collaboratively with individuals, families, agencies and other groups to develop and support inclusive, innovative, sustainable initiatives and services that respond to the community’s social, educational, economic, health, cultural and recreational needs.

Values

In our work to support our neighbourhood, Collingwood Neighbourhood House embraces the following values:

- Our neighbourhood as a place of connection, belonging and inclusion
- Individual strengths and gifts as the foundation of relationships
- Interculturalism and appreciation of our collective diversity
- Co-operation and mutual respect
- Participatory decision-making as a vehicle for empowerment and self-realization
- Social justice and equitable access to a full range of quality community resources
- Integration, partnerships and collaborations with other organizations
You can help!

Become active in Collingwood Neighbourhood House:
• Participate in our programs.
• Become a member. Members can vote at the Annual General Meeting, receive our mailings and participate in programs: Adults $3, Seniors $2, Youth $2, Family $7 or a Lifetime Membership $140. Membership is mandatory for program participation.
• Donate. CNH is a registered charity (#118868298RR0001) and can issue tax receipts. Contact us for more information or visit cnh.bc.ca/cnh-donation.
• Join one of our committees listed on page 21.

CNH Endowment Fund

The Collingwood Amenities Endowment Fund and the Collingwood Neighbourhood House Society Endowment Fund, both with the Vancouver Foundation, help fund CNH’s operations. Income from the Endowment funds is taken into revenue of the Society annually.

Financing for several of CNH’s programs and services and many equipment purchases is provided by its endowment funds. By making a donation or including a gift to Collingwood Neighbourhood House Society in your will or estate plan, you can continue to help those in need by supporting CNH. Collingwood Neighbourhood House Society is a registered charity. To learn more about supporting the endowment fund please contact us at 604-435-0323 and ask for Jennifer Gray-Grant.
Main House
5288 Joyce Street
Vancouver, B.C. V5R 6C9
Telephone 604-435-0323
Facsimile 604-451-1191
Email info@cnh.bc.ca

Hours of Operation:
Monday to Friday, 8 am to 9 pm
Saturday, 9 am to 8 pm
Sunday, 10 am to 8 pm

www.cnh.bc.ca
“A place to belong, a place to grow.”