



2024 Programs & Services

本小册子有 中文版本。

Este folleto está disponible en español.

5288 Joyce Street | Vancouver, BC | 604-435-0323

CNH Sites

Collingwood Neighbourhood House (CNH) offers programs and services at our main house on Joyce Street and at sites throughout Renfrew-Collingwood. Refer to the map and program descriptions for all CNH locations.



- 1. CNH Main House**
5288 Joyce St.
604-435-0323
- 2. CNH Annex**
3690 Vanness Ave.
604-428-9142
- 3. Terry Tayler**
Early Learning & Care Centre
2355 E. 30th Ave.
604-433-4459
- 4. Duke Street**
Early Learning & Care Centre
2708 Duke St.
604-434-5529
- 5. Sarah House**
Early Learning & Care Centre
5729 Wales St.
604-434-9496
- 6. Norquay School-Age Child Care**
4710 Slocan St.
604-713-5922
- 7. Renfrew School-Age Child Care**
3315 E. 22nd Ave.
604-431-6863
- 8. Grenfell School-Age Child Care**
3323 Wellington Ave.
604-434-9994
- 9. Graham Bruce School-Age Child Care**
3633 Tanner St.
604-713-5586
- 10. Collingwood School-Age Child Care**
3417 Euclid Ave.
604-713-4814
- 11. RISE Community Health Centre (CHC)**
5198 Joyce St.
604-558-8090

For garden sites, see page 20.



Please check our website for up-to-date information on programming, services, and events.

Website: cnh.bc.ca

Email: info@cnh.bc.ca

Phone: 604-435-0323

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A *Programs with this symbol take place at the CNH Annex*

A+ *Programs with this symbol take place at both locations*

General Information

Land Acknowledgment

Collingwood Neighbourhood House respects and honours x^wməθk^wəy^əm (Musqueam), Sk̓wx̓wú7mesh (Squamish), and Sə́lilwə́taʔ (Tsleil-Waututh) nations, on whose unceded traditional homelands we work and live.

Career Opportunities

CNH is an intercultural, flexible and family-oriented employer with a focus on hiring locally. Check our job postings at cnh.bc.ca/careers.

Volunteer Opportunities

Contribute to your community by volunteering. Opportunities are available through our events, projects and programs.

Contact: volunteering@cnh.bc.ca
or visit cnh.bc.ca/volunteer

Information & Referral

Need help? We have staff and volunteers to help you in many languages. For more information, call CNH at **604-435-0323** or the CNH Annex at **604-428-9142**.

Rental Opportunities

CNH Main Site (5288 Joyce St.)

Meeting rooms, a kitchen and a gym are available to rent for large and small functions. The multi-purpose rooms seat up to 100 people while the gym seats up to 200.

CNH Annex (3690 Vanness Ave.)

Multi-purpose rooms are available for parties, performances, meetings and more. They are available at 2,700, 1,700 and 1,000 square feet. The CNH Annex has a commercial-grade kitchen and an art studio for rent.

Free underground parking is available at both sites.

Contact: rentals@cnh.bc.ca or visit cnh.bc.ca/rentals





Recreation

CNH offers recreation and leisure programs for people of all ages and ability levels. We aim to provide a balance of activities that are inclusive and promote health and quality of life for local residents.

Please visit CNH's online registration portal at regportal.cnh.bc.ca to reserve your spot or register for a program.

For more information, visit cnh.bc.ca/recreation or call **604-435-0323**.

Registration & Fees

- Pre-registration is required to participate in all children's recreation programs
- Fees vary per activity
- Program passes are available for adults and seniors for additional savings
- A yearly CNH membership is required for those wishing to participate in any program
- We have established an Affordable Fun Program where community residents can apply for a reduction in program costs if they face financial challenges



Child Care

CNH operates high quality, early learning and care (daycare/preschool/school-age) programs serving children from 3 months to 12 years of age.

All programs are licensed through the Community Care Facilities Licensing department of Vancouver Coastal Health Authority and are designed to meet the varying needs of children and families in a diverse community.

CNH's child care programs provide learning experiences and opportunities using the emergent curriculum approach inspired by the Reggio Emilia philosophy and the Early Learning Framework (ELF). The ELF Guide for Families is available upon request.

Each program:

- Attempts to reflect and enhance the cultural backgrounds and languages of the children enrolled in the program
- Encourages and supports the potential of children through an environment that provides optimal social and emotional growth, as well as physical, creative and intellectual skills
- Provides confidence and success through a wide range of age appropriate activities and opportunities
- 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.)
- Focuses on early learning with plenty of time for free play and friendship

If you are looking for child care, please submit a waitlist application form, available at cnh.bc.ca/childcare or CNH's reception desk. Our enrollment coordinator will contact you when space is available.

Costs may change. Parents are encouraged to apply for the Affordable Child Care Benefit, which can be applied toward child care fees (application available at bit.ly/BCACCB).

Please refer to site addresses on the inside front cover.

INFANTS: 3 – 18 MONTHS

- **CNH Main Site**
\$10-a-day Child Care BC program
Monday to Friday, 7:30 am – 6 pm

TODDLERS: 18 – 36 MONTHS / TWO LOCATIONS

- **CNH Main Site**
\$10-a-day Child Care BC program
- **Terry Tayler**

Monday to Friday, 7:30 am – 6 pm

EARLY LEARNING & CARE: 3 – 5 YEARS (FOUR LOCATIONS)

- **Collingwood Early Learning and Care Centre**
\$10-a-day Child Care BC program
- **Duke Street Early Learning and Care Centre**
- **Sarah House Early Learning and Care Centre**
- **Terry Tayler Early Learning and Care Centre**

Monday to Friday, 7:30 am – 6 pm

PRESCHOOL: 3 – 5 YEARS

- **CNH Preschool**
Monday to Friday, 9 am – 12 noon; or 1:15 – 4:15 pm

SCHOOL-AGE: 5 – 12 YEARS (FIVE LOCATIONS)

- **Collingwood School-Age Child Care**
- **Graham Bruce School-Age Child Care**
- **Grenfell School-Age Child Care**
- **Norquay School-Age Child Care**
- **Renfrew School-Age Child Care**

Monday to Friday, 7:30 – 9 am

Monday to Friday, 3 – 6 pm

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.



Youth

Youth Services offers programs, activities and resources for pre-teens and youth between the ages of 10-24. For more information, visit cnh.bc.ca/youth or call **604-435-0323**.

All Genders Group

Taking a spin on the idea of a traditional “Girl’s Group” and/or “Boys Group,” All Genders is a weekly youth group for gender diverse youth and their allies to come and learn about various topics in a safe and inclusive space. Each Tuesday, participants meet up and engage in activities and discussions on a wide range of topics via a 2SLGBTQ+ lens. Throughout the year, the group works on 2SLGBTQ+ projects in and around the CNH neighbourhood.

Indigenous Youth C.R.E.W.

C.R.E.W. (Culture, Recreation, Education and Work) offers Indigenous youth aged 10-24 opportunities to participate in supportive social activities and cultural exploration. This includes outdoor activities, canoe and water safety skills, leadership experience, increased cultural knowledge, and opportunities to socialize with Indigenous youth and adult role models.

Peer 2 Peer

Peer 2 Peer is a youth-guided program aimed at improving the health and wellness of youth in Renfrew-Collingwood. Through a peer education and mentorship model, participants explore a wide range of health and wellness topics through a social justice lens, and develop the skills needed to share what they have learned with their peers and larger community. We hope to equip youth with the information, resources, support, and tools needed to lead healthy and fulfilling lives.

Youth Centre (Ages 10 – 18)

The Youth Centre offers a variety of activities for participants on Friday and Saturday evenings. This includes gym time and sports, art and crafts, wellness activities, co-operative games and volunteer skill development workshops.

Youth Council

The CNH Youth Council offers youth an opportunity to be engaged leaders in their community. Members plan and organize community activities and projects and contribute to a community vision to support the health, well-being and development of youth.

Windermere Community Schools Team

Our team works with community partner organizations to provide out-of-school-time programs at Windermere Secondary and local feeder elementary schools (Graham Bruce, Collingwood, Grenfell, Nootka, Norquay, and Renfrew). Programs include but are not limited to sports, literacy, arts and culture, food and nutrition, social emotional skills, environmental stewardship, global citizenship and leadership development. Programs are low-cost, participation-based, and inclusive.

Contact: Alyse Alaouze, 604-713-5885
or aalaouze@vsb.bc.ca

Youth Settlement Services

NEWCOMER AFTER-SCHOOL PRE-TEENS MENTORSHIP (AGES 10-14)

Through engaging activities and dedicated mentors, this program fosters participants' sense of belonging, while it promotes diversity and inclusivity. Program leaders create a safe, fun, and engaging environment where preteens not only excel academically but also build lifelong friendships



and gain invaluable life skills. We're not just a program; we're a family, a place where every teen can thrive, learn and embark on an exciting journey of personal growth.

- **CNH Main Site**
Thursdays, 3:30 – 5 pm
- **Renfrew Elementary School**
Tuesdays, 3 – 4:30 pm
- **Sir Wilfred Grenfell Elementary School**
Wednesdays, 3 – 4:30 pm

(Funded by the Settlement Program– Immigration, Refugees & Citizenship Canada)

LEVEL UP LEADERSHIP & PRE-EMPLOYMENT MENTORING

Pre-employment training for youth allows them to participate in volunteer opportunities, build life skills, and get support with resumes, cover letters and employment planning.

(Funded by the Settlement Program– Immigration, Refugees & Citizenship Canada)

NEIGHBOURHOOD SPORTS

Activities are provided in collaboration with the Youth Centre and led by the Youth Settlement team. It's a fun and learning opportunity to play basketball and volleyball together with mainstream youth. Leadership and mentorship skills are gained through the experiences of sportsmanship, teamwork, appreciation for cultural differences.

(Funded by the Settlement Program– Immigration, Refugees & Citizenship Canada)

Newcomers & Immigrants

We provide essential services to immigrants, including adult English classes, parenting support for students, and one-on-one and group support in English, Mandarin, Tagalog and Spanish.

We help immigrants understand and identify their needs in areas such as immigration, health, housing, English skills, employment and career development. We also help to develop community connections and networks.

For more information, visit cnh.bc.ca/settlement or call **604-435-0323**.

Language Instruction for Newcomers to Canada (LINC)

LINC offers free English classes for newcomers aged 19+. Students learn from certified and experienced teachers in a supportive environment. Free preschool provided for children (30 months to 5 years-old) of LINC students attending in-person classes. Contact for requirements and eligibility.

- **LINC levels 3, 4, 5 and 6**
Monday to Friday, 9 am – 12:15 pm
Classes delivered in-person
- **LINC levels 6 and 7**
Monday to Thursday, 6 – 8 pm
Classes delivered online

Contact: 604-366-9142 or linc@cnh.bc.ca

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

Settlement Services

English, Chinese, Spanish, Tagalog and other languages; settlement workers are available for online and in-person help, including:

- Navigating social services
- Finding employment resources
- Referrals for English language training and support
- Life skills training and group workshops on topics such as housing, health, education, citizenship and legal information

- Digital literacy skills training on different programs and computer/phone applications

(Funded by the Settlement Program– Immigration, Refugees & Citizenship Canada)

Immigrant Women Leadership Development

This program supports immigrant women to develop leadership skills and career and personal planning. This program also provides an opportunity for participants to work with a mentor to support their integration in Canada.

(Funded by the Settlement Program– Immigration, Refugees & Citizenship Canada)

BC Settlement & Integration Services (BCSIS)

Supporting Temporary Foreign Workers (TFW), Refugee Claimants, Provincial Nominees (PNP), International Students and Naturalized Citizens

To support the social and economic integration of these newcomers, we offer orientation (online and available one-to-one or with a group), information-and-referral services, topical workshops, and help with navigating immigration and work permit applications.

(Funded by the Government of British Columbia)

Employment Program for Newcomers

Settlement workers are available to help newcomers with resumes, interview skills, employment resources, and referrals. They also offer group employment sessions on topics such as job finding and resume building.

(Funded by the Settlement Program– Immigration, Refugees & Citizenship Canada)

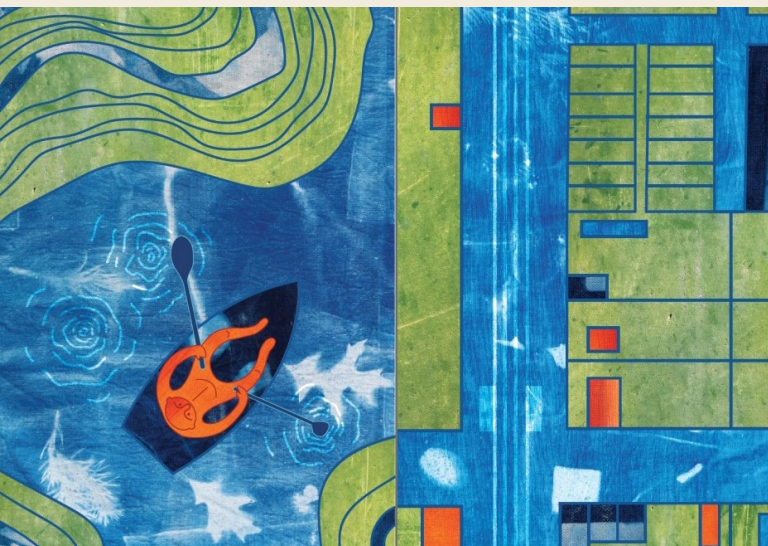
Art Classes for Newcomers

Newcomers who are interested in meeting new people, practicing English, and learning new skills in the arts, can sign up for free art classes. These are facilitated art classes in sewing, water colour painting, card making and more.

Community Kitchen for Newcomers

Explore collective cooking, learn from neighbours and share food traditions through this monthly program. Registration required and priority is given to newcomers to Canada (received Permanent Resident status within the last 5 years).

For Youth Settlement Services, see pages 7-8.



Community Outreach

In our work to support our neighbourhood, we embrace the value of social justice and equitable access to quality resources.

For more information, visit cnh.bc.ca/outreach or call **604-435-0323**.

Housing Outreach

Our outreach workers are available to help with housing applications, advocacy and referrals for counselling. They can help people apply for income assistance, get 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).

Morning Star Program

Participants share a hot, nutritious breakfast and can access information and support in housing, advocacy, health care and counselling. Showers and clothing are also available.

Saturdays, CNH Main Site

Showers and clothing: 7 – 8 am

Breakfast served: 8 – 8:30 am

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 local sex work and sexual exploitation.



Health Care

RISE Community Health Centre

RISE (Resilient, Integrative, Socially Just and Equitable) Community Health Centre strives to support the health and well-being of Renfrew-Collingwood residents.

For more information, visit cnh.bc.ca/RISE or call **604-558-8090**.

PRIMARY CARE CLINIC

- Primary care services for Renfrew-Collingwood residents prioritizing: Indigenous, newcomers, youth, seniors, LGBTQ2S+, those with financial challenges, mild- moderate mental health needs and substance use
- A team of family physicians, nurse practitioners, community health workers, nurses, medical office assistants, dietitians, physiotherapists, counsellors, social workers, pharmacists, occupational therapists and more

If you or someone you know would benefit from primary medical care at RISE, fill out a referral form on our website or give us a call.

Hours of Operation

Monday to Friday, 9:30 am – 6:30 pm

Saturdays, 9 am – 5 pm

Closed on statutory holidays

Note: Individual occupational therapist, counselling, dietitian, and physiotherapy services are only available for RISE primary care clients by referral from a RISE primary care provider



COMMUNITY DEVELOPMENT & HEALTH PROMOTION

Health promotion programs, events, and advocacy within Renfrew-Collingwood, including:

- Collaboration with, and outreach to, local housing sites and organizations
- Health-related education and support groups
- A community advisory committee to inform RISE's services
- Information booths at community events and more

HARM REDUCTION SERVICES

- Harm reduction supplies and naloxone kits are available for pick-up during office hours (naloxone training can be requested)
- Nurse practitioners and physicians at RISE prescribe medical therapies used to treat addictions, including Opiate Agonist Therapy, for RISE primary care clients

PHARMACY

- Prescription drop-off, pick-up, and/or delivery (for three or more prescriptions in one delivery) are available to the public
- Pharmacists can provide immunizations and minor ailments prescribing
- Patients can request blister packing and medication reviews with our pharmacists

Hours of Operation

Monday to Friday, 10 am – 4 pm

Closed on statutory holidays



Family

Our family programs and services have a focus on health and well-being. We believe all children in our community deserve to have a healthy start in life. We offer a safe and welcoming environment to all families and provide programs and services that support children in reaching their full potential.

For more information, visit cnh.bc.ca/family or call **604-435-0323**.

Amlat'si Indigenous Family Drop-In

This program is for parents, grandparents, and caregivers with Indigenous children 0 – 6 years old. The focus is on creating a sense of belonging and community for young Indigenous children, their families and for developing their relationships to their community.

Children and parents make new friends, learn positive ways to support each other and learn new Indigenous-focused crafts, stories and games. Activities include playing, outings, workshops, guest speakers and traditional arts-and-craft activities.

Collingwood Family Place

This is an interactive program for parents, grandparents and caregivers of children newborn to 5 years old. We provide a safe and fun semi-structured space for babies, toddlers and preschoolers to play together, and for parents and caregivers to have the opportunity to build skills, network, and learn from each other while they engage with their children with the support of on-site early childhood facilitators. We offer arts and crafts, music and movement, story-telling, yoga, circle time, and many more activities.

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 relationships to their community.

Children and parents make new friends, learn positive ways to support each other and share resources. Activities include informal planning meetings, outings, workshops, guest speakers and traditional arts and craft activities.

Literacy

CNH supports literacy programs and initiatives in the community through the literacy outreach program.

For more information, visit cnh.bc.ca/literacy or call **604-435-0323**.

Reading Circle

Through reading simplified English novels and having meaningful conversations, adults and seniors improve their vocabulary and speaking and listening skills. Participants meet and connect with other community members, build healthy relationships, learn from one another, exchange book ideas and enhance their diverse literacy skills.

Seniors' E.A.L. (English as an Additional Language) Conversation Group

Guided by volunteers, this program provides a place and time for older adults/seniors to work on basic reading skills, learn everyday conversation skills and have fun grasping the English language in an enjoyable setting. Participants learn the alphabet, pronunciation, and how to read short passages.



Community Development

We are dedicated to creating a neighbourhood where all community members are supported to be healthy and to thrive in relationships of reciprocity, creativity, and equity. If you live in Renfrew-Collingwood and have ideas on how to strengthen your community, we can help with:

- Information on local opportunities and initiatives
- Connections to neighbours who share your interests
- Leadership and skill development

For more information, visit cnh.bc.ca/community-development or call **604-435-0323**.

Arts, Culture & Celebrations

Celebrate the rich diversity and history of our neighbourhood through arts initiatives, including dance, visual art, short films, storytelling, crafts etc. We also organize cultural and seasonal celebrations for the whole family and neighbours.

COLLINGWOOD DAYS **JULY 12-21, 2024**

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 various performances, art shows, storytelling and cultural-historic presentations to celebrate our neighbourhood!

Website: collingwooddays.com

A MAKE YOUR MARK: SKETCHING & SKILL SHARING

In this free drop-in program participants access the Annex Art Studio to work on their own projects, and learn from and share skills with other artists. Teaching tips and supplies provided for sketching, watercolour painting, acrylic painting, embroidery, simple sewing, craft making and more.

See *Newcomers & Immigrants for Art Classes for Newcomers* program on page 10.

Community Amenities Planning

Arts, cultural and social amenity priorities have been identified by neighbours through a series of community discussions. CNH continues to participate in discussions about community development.

Neighbourhood Small Grants

Sponsored by the Vancouver Foundation, grants of up to \$500 are available to support projects that build community and strengthen connections between neighbours.

Website: neighbourhoodsmallgrants.ca

Renfrew-Collingwood Community News

The *Renfrew-Collingwood Community News* is a free, monthly, non-profit newspaper serving Renfrew-Collingwood and distributed through local organizations and businesses. Neighbours can 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.

Website: renfrewcollingwoodcommunitynews.com

Systems Change

Systems Change brings communities together by taking action to solve the root causes of complex social problems. This means challenging ideas, beliefs, and behaviours of individuals, communities, organizations, and institutions. Through Systems Change, neighbours have the power to advocate and lead justice in the communities and places they care about and live in. We accomplish this through initiatives focused on anti-racism, equity, and justice.

RESILIENCE BC ANTI-RACISM NETWORK

On behalf of the Resilience BC Anti-Racism Network, CNH staff work on anti-racism, anti-hate and equity initiatives within the Renfrew-Collingwood neighbourhood.



Food & Community Gardens

Led by the Renfrew-Collingwood Food Justice (RCFJ) team, CNH aims to bring the neighbourhood together through gardening, cooking, and sharing sustenance. We strive to promote learning and leadership around sustainable growing, local food, multicultural food traditions, and healthy eating.

For information, visit cnh.bc.ca/rcfj or call **604-435-0323**.

Food Hub

Renfrew-Collingwood Food Hub is a part of United Way Food Hubs. We offer programs that support community members to access low-cost food options and increase food knowledge, while supporting small businesses and farmers.

COMMUNITY CARE HARVEST BOX & MARKET

The Community Care Harvest Box is a subscription to a local farm's harvests from spring to fall. The cost of a harvest box helps to subsidize subscriptions for low-income participants. Additionally, we host a small market with a pay-what-you-can table for individuals who have not subscribed to the harvest box.

COMMUNITY FRIDGE

We have an outdoor community fridge and pantry to



offer accessible, free and healthy food to all community members. The fridge is located outside the front entrance of CNH Main Site. There is no judgment or policing of community members because the food is for everyone!

FREE FOOD PROGRAM

Every week, we host the Thursday food drop program. This initiative is designed to assist local residents who require food support. This is a no-cost program, with no registration or ID required.

FARMERS MARKET NUTRITION COUPONS

The Farmers' Market Nutrition Coupon Program is a healthy eating initiative that supports farmers' markets and strengthens food security across British Columbia. CNH participates by providing coupons to lower income families, pregnant people and seniors. Coupons can be spent at BC Farmers' Markets that participate in the coupon program, and can be used to purchase vegetables, fruits, nuts, eggs, dairy, herbs, vegetable and fruit plants, honey, meat and fish.

Food Literacy & Connections

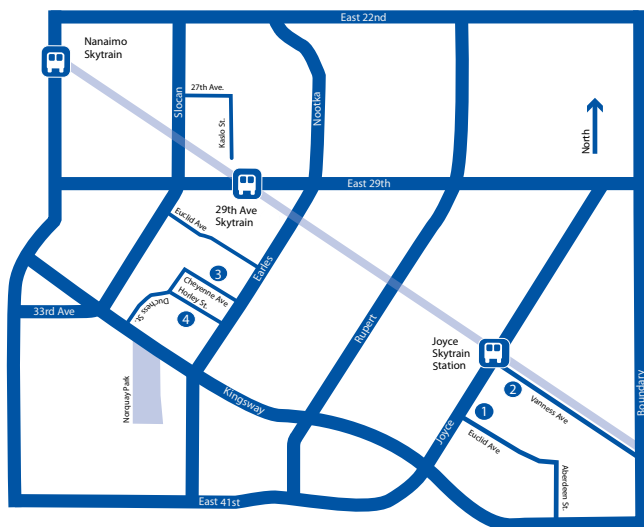
FOOD SKILLS WORKSHOPS

We offer a variety of food skills workshops throughout the year. Learn how to make pickles and preserves, kimchi, fresh bread and more! Workshop dates and costs vary.

See *Newcomers & Immigrants for Community Kitchen for Newcomers* program on page 10.

Food Lands

GARDEN SITES



1 CNH Rooftop Garden, 5288 Joyce St.

Embellished with a community mosaic and is home to raised beds growing a variety of vegetables, fruit, native plants and herbs. Many of these vegetables and herbs are used in community lunch and sold at the pay-what-you-can table during our summer market.

2 Collingwood Community Garden, 3500 Vanness Ave.

Collingwood Garden and Cheyenne Community Garden (#3) plots are rented out to local residents in the neighbourhood. These gardens act as community gathering spaces, learning spaces, and foster neighbourhood food security through access to green spaces.

3 Cheyenne Avenue Community Garden, 2755 Cheyenne Ave.

4 Norquay Community Food Forest, 2732 Horley St.

A peaceful, hidden gem nestled between single-family and multi-family homes on Horley Street. The forest is home to a variety of fruit-bearing, edible, and medicinal native plants as well as a composter, a swing, and a seating area for events and workshops.



Seniors

CNH offers social and recreational programs and services for older adults and seniors that support their mental, social, and physical well-being. From nutritious meals to housekeeping and in-person and online meet-ups, there is something for everyone. New participants are always welcome.

For more information, visit cnh.bc.ca/seniors or call **604-435-0323**.

Better at Home

Better at Home programs help seniors stay independent in their homes longer through the following:

- Low-cost light housekeeping
- Low-cost group shuttle and bus trips
- Free grocery delivery
- Frozen meals program
- Walking Club – Free!

Birthday & Bingo

On the first Monday of the month at 1:30 pm (except statutory holidays), seniors can come to the CNH main house to celebrate birthdays with delicious cakes and then play bingo games led by volunteers.

Choose to Move

This free and flexible research-based program provides participants with the motivation and support to become more active. Choose to Move can help you to integrate activity into daily routines, meet new friends, and make a positive change!

Coffee Social

Each week, seniors are welcome to meet their neighbours in a relaxed social setting at the CNH main house. Seniors form close ties with each other and develop a sense of belonging. Some refreshments are provided.

Information & Referral

One-to-one information, referral and personal advocacy support for older adults in:

- Navigating public systems (i.e. federal or provincial benefits, housing, transportation, finances, legal, income tax, health, employment, etc.)
- Form filling services (i.e., OAS, GIS, CPP, SAFER, MSP, BC Bus Program for Seniors, BC Housing, etc.)
- Accessing community-based services
- Raising awareness of, and advocating for, available community-based resources and health services

By appointment only.

Karaoke

Older adults build connections through music. They gather to sing karaoke songs in any language. Participants may bring their own music or a volunteer host can help them to find music online.

One-on-One Tech Support

For seniors who need help with any of their devices, such as smartphones, tablets, laptops, or desktop computers, our friendly volunteer specialists are happy to provide easy-to-follow, step-by-step instructions. *By appointment only.*

Recreation

CNH provides a wide range of affordable, high or low-intensity recreational programs for seniors. A senior's fitness pass or pre-registration is required to participate in the programs.

See Recreation on page 3.



Social Club

The CNH 55+ Social Club offers older adults a place to play and to connect on the last Monday of each month. Games and puzzles keep minds sharp. Workshops and guided activities offer fun opportunities to learn. Arts and crafts materials provide a creative outlet. With a little music and some refreshments, seniors can find a warm, welcoming place to forge a solid social network.

Social Prescribing

Social Prescribing is a structured way of bridging between health and social services by supporting adults aged 55+ in Renfrew-Collingwood to local, non-clinical services to holistically address their needs. CNH staff work close with each senior to develop and implement a wellness plan, based on the senior's needs and goals, and by connecting them to local supports.

Walking Club

Seniors meet in the lobby of the CNH main house on Monday and Wednesday mornings. Monday is for a short walk nearby, and Wednesday is for longer walks/day trips by public transit. Dress for the weather and bring a packed lunch with you when needed. For details about the walking routes, please see the monthly calendar in the CNH lobby.

World Café

Guided by a volunteer host, seniors discuss current topics and exchange ideas and stories.

Mission

To promote the well-being of the Renfrew-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, CNH 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

Community Guidelines

For our participants, volunteers and staff:

1. CNH is all of us! Participants, families and staff
2. A place for care, connection, belonging and growth. We work together to make CNH a place where community members can feel safe, welcomed, appreciated and whole.
3. We all have the right to be treated with respect, compassion and dignity. Communicate with respect and expect respect in return.
4. We are in this together! We can offer thanks when things go well and give feedback about how to improve. When we solve problems together, we help make things better.

You can help!

Become active at
Collingwood Neighbourhood House:

1. Participate or **volunteer** in our programs.

2. Become a member. Members can vote at the Annual General Meeting, receive our mailings and participate in programs. Annual membership fees are: Adults \$3, Seniors \$2, Youth \$2, Family \$7 or a Lifetime Membership \$140. Membership is mandatory for program participation.

3. Donate. CNH is a registered charity (#118868298RR0001) and can issue tax receipts. Contact us for more information or visit cnh.bc.ca/donate.

4. Join one of our committees. Visit cnh.bc.ca/committees to see the list of committees. Committee members advise on the direction, actions and issues affecting CNH and the programs and services we provide to the community.



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 CNH's executive director at **604-412-3835**.



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Please call for current opening hours.



*"A place to belong,
a place to grow."*

www.cnh.bc.ca