



Frog Hollow

NEIGHBOURHOOD HOUSE

Creating Our Community Together

PROGRAM GUIDE



PROGRAMS FOR...

YOUNG CHILDREN
SCHOOL-AGED KIDS
PRE-TEENS & YOUTH
FAMILIES
SENIORS



Hello Neighbours!

Welcome to Frog Hollow Neighbourhood House, a gathering place for our Vancouver east side community for over 35 years. We are a non-profit, volunteer driven organization working with you to create a better community through a wide variety of programs and services. We currently have 60 employees and 200 volunteers in our main facility and three off-site locations.

We value diversity. Frog Hollow is a place where families with young children come together for encouragement and to learn new skills. Pre-teen and high school youth meet new friends and receive support, and youth can connect with employment services. Seniors gather to stay connected and active. Everyone is encouraged to learn new ways of overcoming challenges and making our community a better place. We hope to see you soon!

FROG HOLLOW FEATURES	PROGRAMS FOR
Volunteer Opportunities	Young Children
Community Events	School Aged Kids
Supports for Newcomers and Immigrants	Pre-Teens & Youth
Reggio Emilia Childcare Philosophy	Families
Complimentary Computer Access	Seniors
Ethical Bean Coffee	

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The Story of Frog Hollow Neighbourhood House

The year was 1968. BC's population had just topped 2 million. Even then, East Vancouver was considered the more affordable area to live and was traditionally home to lower-income, working class families characterized by a diverse mix of cultures and lifestyles [1]. In 1968, the most notable building being developed on the “East Side” was the Pacific Coliseum where, that same year, musician Jimi Hendrix rocked the stage with his innovative rock/jazz sound in front of thousands of passionate Vancouver fans.

A few blocks away, another less musical sound was keeping people awake through the night. From a small bog near Skeena Terrace Housing Complex, large families of singing frogs were serenading one another. Their croaks were clear, strong, and undeniably irritating to the local residents, but paralleled the underlying struggles of the community.

A group of concerned citizens came together at Skeena Terrace to brainstorm an action plan that would raise funds for community programs, focusing on the support of local families and alleviating the challenges of day-to-day life. Driven by their grassroots spirit and a shared dream, this team successfully raised their voices and garnered support to get the Thunderbird Community Centre built. With inspiration from their local amphibian neighbours, they appropriately named themselves the “Frog Hollow Neighbourhood Group.”

Reference [1] WIKI <http://en.wikipedia.org/wiki/Hastings%E2%80%9393Sunrise>

Movement & Evolution

In 1977, Frog Hollow joined the Association of Neighbourhood Houses of Greater Vancouver. From their humble beginnings in the 60's, and congruent with the values of the original Frog Hollow Neighbourhood Group, the new "Frog Hollow Neighbourhood House" helped grow the vision by establishing public recreation programs, nurseries for working parents, English as a second language and adult literacy classes. It also introduced social workers to strengthen support for the community and participation in the programs flourished.

Separate & Distinct—Frog Hollow Builds a Home of its Own

In 1985, Frog Hollow completed construction of its current facility on Renfrew Street at 5th Avenue to meet the growing needs of the community. The new location introduced a preschool, after-school programming and a part-time Family Support Worker, building support for the surrounding community and laying the foundation for a space that would become an important part of people's lives. Small grants allowed for the addition of a community law office, youth services and self-run seniors programs. This was a time of significant contribution from the seniors community.

Under the leadership of Pak Lee, they developed a Seniors Lounge with many social and educational activities. Three self-run senior groups began and continue to this day.

In 1994, a small staff of approximately 12 welcomed Gary Dobbin as the new Executive Director. Frog Hollow grew rapidly over the next two years and began to expand its services to include a full-time youth worker, an off-site Daycare, ESL classes, a youth employment program and family support through the Community Action Program for Children (CAPC).

Growing Stronger, Growing Taller

Frog Hollow has grown through seasons of challenge in steady, incremental steps with the support of devoted staff and volunteers and through government funding, foundational grants and corporate partnerships. In 2001, Frog Hollow Neighbourhood House celebrated the opening of a second floor addition to their main facility. This increased their capacity for service to their neighbourhood by adding programs for family support, youth and childcare, and an expanded emphasis on building community capacity.





Deeply Rooted for Future Growth

Frog Hollow currently operates through nine sites with a staff of over 60 dedicated women and men. The strength of Frog Hollow's organizational culture promotes a sense of deep passion and purpose. People who know the Neighbourhood House believe Frog Hollow is an integral part of the fabric of the local community, and that by participating in Frog Hollow, they are making a positive impact in people's lives. One of the hallmarks of Frog Hollow is its welcoming of everyone in the community, people of all ages and cultural backgrounds. With a current budget of about \$3.2 million, Frog Hollow's consistent commitment to its diverse community with varying needs is making sure every penny is used wisely.

With a long history of service to the Hastings-Sunrise Neighbourhood, Frog Hollow is proud to celebrate its 43rd birthday this year! They are working hard to support local residents in developing skills and gaining the knowledge necessary to identify common issues and address those issues so their communities are better places to live. Times have changed yet Frog Hollow's goal within East Vancouver, to enable people to enhance their lives and strengthen their communities, remains strong and true.



Our Values



Diversity



Leadership



Innovation
& Creativity



Healthy
Communities



Environmental
Sustainability



Organizational
Excellence



Openness
& Accountability



Volunteerism





Childcare Programs

We believe having children and families participate in the childcare experience fosters a creative and supportive program filled with endless possibilities.

The fully licensed childcare and pre-school programs and services offered at Frog Hollow provide a safe and supportive environment where kids can create and express themselves through all aspects of learning.

Our facilities, staffed by fully qualified and certified child care professionals, embrace the world-renowned Reggio Emilia approach to childcare.

Program schedules are subject to change without notice. Please call to confirm times and availability, or visit our website for the most up-to-date information.

SATELLITE DAYCARE

AGE	18mo–3yrs & 3yrs–5yrs
LOCATION	3260 East Broadway, Vancouver
HOURS	Monday to Friday 7:30 am–5:30 pm
PHONE	Alexandra at 604. 252. 2918
EMAIL	alex@froghollow.bc.ca

The Frog Hollow Satellite Daycare Program follows a child-oriented, play based Reggio Emilia inspired philosophy. Programming incorporates various activities to stimulate growth in the social, emotional, physical, creative and cognitive development of each child. This innovative Daycare Program is designed for children between the ages of 18 months and 5 years.

TODDLER PROGRAM (18mo–3yrs)

DAYS OF THE WEEK	HOURS/DAY	MONTHLY FEE
Full Time: Monday to Friday	8	\$1180.00
Part Time: 3 days/week	8	\$790.00
Part Time: 2 days/week	8	\$560.00

**We offer various hours throughout the day, please call for information specific to your needs. Families are required to pay a deposit to secure their spot of half a month's fees. An additional \$30 non-refundable one time registration fee and \$5 membership fee is required.*

3–5 PROGRAM

DAYS OF THE WEEK	HOURS/DAY	MONTHLY FEE
Full Time: Monday to Friday	8	\$835.00
Part Time: 3 days/week	8	\$590.00
Part Time: 2 days/week	8	\$425.00

**Prices subject to change—please call to confirm current fees. An additional \$30 non-refundable registration fee and \$5 membership fee is required. Children must be fully toilettrained and 3 years of age by December. For more information please visit our website froghollow.bc.ca*





PRE—SCHOOL

AGE 3–5 years
LOCATION FHNH—2131 Renfrew Street
PHONE Nicoletta at 604. 251. 1225 Ext. 241
EMAIL nicoletta@froghollow.bc.ca

Embracing the Reggio Emilia approach, Frog Hollow has developed quality, innovative programs to enhance the childcare experience. Our licensed preschool only employs fully qualified early childhood educators who have a passion for their work and your children. Staff are here to support this important time of growth for your preschooler in a warm and nurturing environment.

FEE SCHEDULE

DAYS OF THE WEEK	TIME	MONTHLY FEE
Monday to Friday	9:15 am–1:15 pm	\$425.00
Monday, Wednesday, Friday	9:00 am–12:30 pm	\$300.00
Tuesday, Thursday	9:00 am–12:00 pm	\$200.00

**Prices subject to change—please call to confirm current fees.*

SCHOOL AGE CARE

From kindergarten through grade seven, children are growing in their knowledge and understanding of the world around them at a fast pace. Each day they're absorbing information, images and messages from a multitude of sources. They need time and space to process it and in a safe and supportive environment.

KIDS WORLD

AGE Grade 1–7
LOCATION FHNH—2131 Renfrew Street
Schools Serviced—Maquinna Annex, Maquinna Main, Garibaldi, Begbie and Laura Secord
HOURS School Days Monday to Friday
 7:30–9:00 am, 3:00–6:00 pm
PHONE Frankie at 604. 251. 1225 Ext. 248
EMAIL frankie@froghollow.bc.ca

Frog Hollow's Kids World is an interactive program that engages school aged children in a supportive atmosphere. At the beginning and end of each school day they are given the opportunity to play, interact with friends and receive encouragement.

NOOTKA SCHOOL AGE CARE

AGE Grade 1–7
LOCATION Nootka School, 3375 Nootka Street
HOURS School Days Monday to Friday
 7:30–9:00 am, 3:00–6:00 pm
PHONE Maryam at 604. 657. 7276
EMAIL maryam@froghollow.bc.ca

The Nootka program offers an encouraging and healthy place to begin and end each school day. After school children are welcome to build, create and play in a warm, fun environment. Our bright and cheery spaces offer enough room and equipment to explore through creative play.

FEE SCHEDULE

MONDAY TO FRIDAY	TIME	MONTHLY FEE
Mornings	7:30–9:00 am	\$340.00
Afternoons	3:00–6:00 pm	
3 days/week	"	\$258.00
2 days/week	"	\$196.00
Afternoons Only	3:00–6:00 pm	\$320.00
3 days/week	"	\$246.00
2 days/week	"	\$188.00

* There is an extra \$20 daily charge for Spring and Winter Breaks and no extra charge for Professional days if registered full-time.

Our School Age Care Summer Program runs in July and August. Priority is given to current children in all three of our School Age Programs and then participants of any of the other Frog Hollow programs. Any remaining spots will be open to the general public. Please call Frankie at 604. 251. 1225 ext.248 for more information or email frankie@froghollow.bc.ca.

KINDERCARE

AGE Kindergarten
LOCATION FHNH—2131 Renfrew Street
Schools Serviced—Nootka, Maquinna Annex, Garibaldi, Begbie and Laura Secord
HOURS School Days Monday to Friday, September–June
PHONE Anisha at 604. 251. 1225 Ext. 231
EMAIL anisha@froghollow.bc.ca

Frog Hollow’s Kinder Care Program follows a child oriented, play based philosophy inspired by the Reggio Emilia approach.

FEE SCHEDULE

MONDAY TO FRIDAY	TIME	MONTHLY FEE
Mornings & Afternoons	7:30–9:00 am 3:00–6:00 pm	\$400.00
Afternoons Only	3:00–6:00 pm	\$370.00

* Prices subject to change—please call to confirm current fees.





The Reggio Approach

Our dedicated staff continues their journey of discovering, absorbing and embracing the world-renowned Reggio Emilia approach to childcare. This critically acclaimed method, founded in the Romagna region of Italy, in the city of Reggio Emilia, offers a holistic, child-centered program for children between 18 months and 12 years of age.

Following the interests of both the child and the adult, learning and teaching happen simultaneously in an inspiring and dynamic environment. A less structured approach and a focus on building positive relationships, art, children's curiosity in developing the curriculum and documenting through photographs and videos allows for a rich and ever-changing, spontaneous process to develop. Families are encouraged to participate fully and are kept up to date of the many activities and projects the children engage in.





Family Programs

Our Family Programs provide a supportive and relaxing atmosphere where children and parents or caregivers can meet and socialize. They are designed to provide positive child development, promote school readiness skills, and introduce families to the resources and supports in their community.

We believe that children learn best through play. Children and their caregivers are encouraged to engage in new activities, such as learning songs and rhymes, and listening to stories.

Program schedules are subject to change without notice. Please call to confirm times and availability, or visit our website for the most up-to-date information.

FAMILY DROP-IN & RESOURCE PROGRAM

LOCATION FHNH—2131 Renfrew Street, Room #1
HOURS Tuesday to Thursday 9:30–11:30 am
CONTACT Lea at 604. 251. 1225

Participants enjoy early literacy activities such as stories and songs, as well as playtime, arts and crafts. A nutritious lunch is included. The maximum limit for this drop in program is 25 children for safety reasons. Once the limit is reached, the program doors close, although new families are always welcomed.

KIDS IN THE KITCHEN

LOCATION FHNH—2131 Renfrew Street
HOURS Tuesday 10:00–11:00 am

A group of 5 children and caregivers can help Carrie in the kitchen to prepare lunch. To join in, please see Carrie during Tuesday's drop-in.

COOKING WITH CARRIE

LOCATION FHNH—2131 Renfrew Street
HOURS TBD
CONTACT Carrie at 604. 251. 1255 Ext. 237

Families will learn to cook a delicious and healthy lunch and then enjoy it with the group.

SETTLEMENT PROGRAMS

Frog Hollow Neighbourhood House offers free settlement programs for the whole family. We offer workshops, volunteer experience, and information about community resources, employment, education, financial literacy, and food support.

ONE-ON-ONE SERVICES

HOURS By appointment
CONTACT Diane Chan at 604. 251. 1225

TUESDAY COMMUNICATION CONNECTIONS

HOURS Tuesday 9:30–11:30am
CONTACT Eva at 604. 251. 1255

A 10-week program with childminding and a healthy snack.

SATURDAY PROGRAM

HOURS Saturday 12:30–3:00pm
CONTACT Diane Chan at 604. 251. 1225

6-week program with childminding and light lunch.





GROUPS AT FROG HOLLOW FAMILY ROOM

Parent-led Programs

Frog Hollow Neighbourhood House offers space for parent and children groups to gather for free play, stories, games, snacks and other fun activities.

CANTONESE—SPEAKING FAMILIES

HOURS Tuesday 1:00–3:00 pm

CONTACT Manda at 604. 251. 1225

SPANISH—SPEAKING FAMILIES

HOURS Wednesday 10:00 am–12:00 pm

CONTACT Eva at 604. 251. 1225

JAPANESE—SPEAKING FAMILIES

HOURS Thursday 10:00 am–12:00 pm

CONTACT Eva at 604. 251. 1225

MANDARIN—SPEAKING FAMILIES

HOURS TBD

CONTACT Jessica at 604. 251. 1225

MULTICULTURAL GROUP

HOURS TBD

CONTACT Eva at 604. 251. 1225



PARENTING SUPPORT AND WOMEN'S LEADERSHIP

NOBODY'S PERFECT PARENTING CLASS

LOCATION FHNH—2131 Renfrew Street

HOURS TBD

CONTACT Lea or Eva at 604. 251. 1225

Explore parenting topics from understanding your child better to health, safety and behaviour. Parents share their own ideas and experiences. Childcare is available.

SENIORS & GRAND—PARENTING

LOCATION FHNH—2131 Renfrew Street

HOURS TBD

CONTACT Manda at 604. 251. 1225

This program supports grandparents raising their grandchildren. Participants are encouraged to enrich their lives, learn new skills and connect with other grandparents.

PATHWAYS TO LEADERSHIP

LOCATION FHNH—2131 Renfrew Street

HOURS TBD

CONTACT Eva at 604. 251. 1225

The Pathways to Leadership program is a 16-week training course that meets once a week for 3 hours. This course will help you to increase your knowledge about community, employment, education and training resources in the Vancouver area.

It will build skills to address problems you may experience in gaining access to training and employment services. It will help you build a pathway toward a job with a decent wage.

ENGLISH CLUB

LOCATION FHNH—2131 Renfrew Street
HOURS Monday 6:15–7:45 pm
CONTACT Manda at 604. 251. 1225

Come and practice your English, discuss interesting topics and make new friends. For intermediate to advanced.

COMMUNITY RESOURCES

LOCATION FHNH—2131 Renfrew Street
CONTACT Eva at 604. 251. 1225

Frog Hollow keeps up-to-date resource and referral information for people in the neighbourhood to access. Information is available in a number of languages regarding important topics such as, health & wellness, raising a family, community activities and social services.

COMMUNITY SERVICES

FOOD SECURITY

LOCATION FHNH—2131 Renfrew Street
HOURS TBD
CONTACT Eva at 604. 251. 1225

Everyone needs safe and healthy food. The food security program brings people together to discuss why access to safe food is important, and to learn new skills. Have fun learning to grow a garden, improve your cooking skills or learn about food issues. Families needing information about free or low cost food please contact Eva.

SPECIAL EVENTS

LOCATION FHNH—2131 Renfrew Street
HOURS TBD
CONTACT Lea at 604. 251. 1225

Throughout the year Family Programs host special events like a community health fair, harvest festival, flu shot clinic, breakfast with Santa and Chinese New Year. For more information about these and other special events, please contact Lea at 604. 251. 1225.





Pre-teen and Youth Programs

Youth today bring energy and a creative approach to life. Frog Hollow Pre-Teen and Youth Services offer support, guidance and a safe environment to help them discover their unique contribution in the community.

In collaboration with students, youth leaders, and youth groups we plan programs that empower and connect youth to the things they care about; the things that make a difference in their lives and the communities they live in. Programs and services for pre-teens from 10–14 years and youth aged 15–30 are offered in a safe and engaging environment.

Program schedules are subject to change without notice. Please call to confirm times and availability, or visit our website for the most up-to-date information.

PRE-TEEN PROGRAM

AGE 10–14 years
LOCATION FHNH—2131 Renfrew Street
HOURS Wednesday & Thursday 3:30–6:00 pm
Friday 3:30–7:00 pm
CONTACT Maria at 604. 251. 1225 Ext. 247
EMAIL mariaef@froghollow.bc.ca

The Frog Hollow Pre-teen program works to engage students in a social environment by offering fun and supportive activities to gain life skills, social skills and self respect.

After school drop-in offers:

- + Engaging workshops that deal with everyday life
- + Internet access
- + Video games
- + Homework help and tutoring
- + Volunteer opportunities
- + High School transition
- + Diversity, culture and gender awareness

YOUTH CONNECTION NEWCOMER PROGRAM

AGE 10–18 years
LOCATION FHNH—2131 Renfrew Street
Vancouver Technical (VT) Secondary School
—2600 East Broadway
HOURS Tuesday 3:30–5pm @ VT
Thursday & Friday lunch @ VT
Saturday (time varies) @ FHNH
CONTACT Joyce Lin & Maria Escolan at 604. 251. 1225 Ext. 247
EMAIL joyce@froghollow.bc.ca
mariaef@froghollow.bc.ca

The Youth Connection Program offers youth who are new to Canada a safe place to learn about Canadian Culture, their community, and practice their English. Some activities include:

- + Skill development & other workshops on various topics
- + Engaged workshops that deal with everyday life
- + Top Chef culinary activities
- + Support services for post–secondary and career planning
- + Activities Social Emotional Wellbeing
- + Homework Support
- + Volunteer opportunities
- + Internet Access
- + Out–trips

For scheduled program information please see our website:

<http://preteenyouthconnections.wordpress.com>





B.A.S.E. — BUILDING A SAFER ENVIRONMENT

AGE 14–18 years
LOCATION Vancouver Technical Secondary School
 —2600 East Broadway
HOURS Tuesday through Thursday at lunch
Workshops—Mondays after school, 3:30–5:00 pm
PHONE Molina at 604. 251. 1225 Ext. 247
EMAIL molina@froghollow.bc.ca

The BASE program addresses bullying, harassment and discrimination in high school through mentoring, workshops and events throughout the school year. Each school year, forty grade 11 and 12 students are trained as mentors and leaders then assigned to a grade eight homeroom. Through positive relationships between younger and older kids, the school climate is transformed into a safe and respectful space for all students.

COMPASSION ONLINE INITIATIVE

The website is now launched at www.compassiononline.ca
 The site will be maintained by youth in our community hosting upcoming contests, projects, and events.



YOUTH VOLUNTEER SKILLS DEVELOPMENT

AGE Grades 9–12
LOCATION Vancouver Technical Secondary School
 We accept outside workshop requests for youth
CONTACT Molina at 604. 251. 1225 Ext. 227
EMAIL molina@froghollow.bc.ca

The Youth Volunteer Skills Development program at Frog Hollow runs three times per year and gives opportunity to:

- + Learn resume writing and interview skills
- + Get hands on training in one of our programs
- + Workshops on communication, professionalism, & conflict resolution
- + Complete service hours

PROGRAM SCHEDULE

SEMESTER	APP. DEADLINE	WORKSHOPS
Fall October to December	September 15	Wednesday after school
Winter February to April	January 15	Wednesday after school
Summer July to August	June 15	August

YOUTH ADVISORY COMMITTEE (YAC)

AGE Grades 9–12+ Alumni
LOCATION FHNH—2131 Renfrew Street
HOURS Tuesday Evenings 6–8pm, Bi-weekly
Workshops—Various events
CONTACT Molina at 604. 251. 1225 Ext. 227
EMAIL molina@froghollow.bc.ca

The Youth Advisory Committee is formed by youth in various youth programs in the community to advise, plan, lead events and projects for the youth in the community, as well as, create the best project possible with the support of Frog Hollow Youth program staff. The committee provides young people a forum to voice their needs and gives them an opportunity to make a difference in their community. Projects vary from fundraising ideas to supporting social issues in the community.

DRIVE YOUTH EMPLOYMENT SERVICES (DYES)

AGE 16–30 years old
LOCATION Drive Youth Employment Services
—2106 Commercial Drive
HOURS Monday to Friday 10:00 am–4:30 pm
Closed daily for lunch 12:00–1:00 pm
CONTACT Shawna at 604. 253. 9675
EMAIL shawna@froghollow.bc.ca

Drive Youth Employment Services is an offsite program of Frog Hollow Neighbourhood House and satellite of Work BC Vancouver Northeast. We support youth ages 16–30 on their path to sustainable employment by providing resource room and case management services. Learn more at www.d-yes.ca

FRAMES FILM PROJECT

AGE 16–30 years
LOCATION Drive Youth Employment Services
—2106 Commercial Drive
HOURS TBA
CONTACT Amanda Schellenberg at 250. 878. 2405
EMAIL amandarose@froghollow.bc.ca

Frames is a film based pre–employment program for multi-barriered youth ages 16–30. Each 12 week program includes 15–20 youth and 2 staff. Youth meet weekly to provide peer support, build life and employment skills, and film stories for community change.

Films, program start dates, and applications are available online: www.framesfilmproject.com





Seniors Programs

The seniors programs at Frog Hollow Neighbourhood House bring together good friends for great conversation and fun activities.

In a warm and supportive atmosphere, this active group has created engaging programs that are meaningful to them and suit the needs of seniors in our community.

Program schedules are subject to change without notice. Please call to confirm times and availability, or visit our website for the most up-to-date information.

SENIORS PROGRAMS

PHONE 604. 251. 1225

For more information about our Seniors Programs please contact Manda or Rosa.

MULTICULTURAL SENIOR ADVISORY GROUP

HOURS 9:30–11:30 am once a month

Seniors community members get together once a month to share interest, participate in classes, and discuss future programming.

KIN HON SENIORS GROUP

HOURS Monday 12:30–2:00 pm

Whether it's tea and conversation, bingo, arts and crafts or line dancing, this active group of Cantonese & Mandarin speaking seniors meets every Monday. Drop ins are welcome.

LOK KWAN SENIORS CLUB

HOURS Tuesday 12:30–2:00 pm

Eating lunch and playing bingo is a great way to spend an afternoon. This group of Cantonese and Mandarin speaking seniors meets most Tuesdays. Please call ahead to confirm.

TAI CHI

HOURS Monday to Thursday 8:00–9:15 am

COST \$5 annually

Tai Chi is a fluid and soothing form of exercise that is easy on the joints and great for improved health. Drop-ins are welcome to join the classes.

FROG HOPPERS GOLDEN AGE GROUP

HOURS Thursday 12:30–3:00 pm

CONTACT Manda at 604. 251. 1225

Tea-time and arts & crafts bring this English speaking group together each week. Occasional outings happen throughout the year.





Community Projects

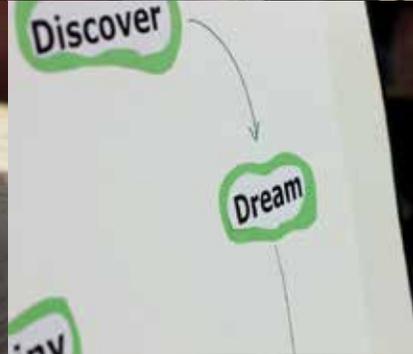
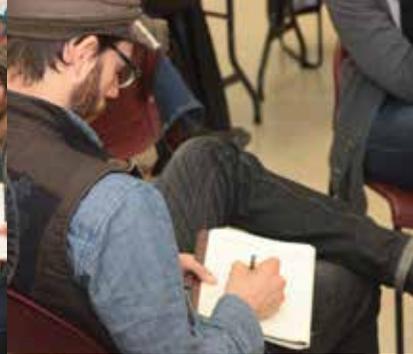
Just like a family, a community becomes more healthy and vibrant if we actively attend to the needs and talents of its members. Through community projects, Frog Hollow helps residents to get involved and make this neighbourhood an even better place to live. If you have ideas for community improvement please call Diane Wilmann at 604. 251.1225

How Can You Participate?

If you are a senior or youth interested in building connections in our community, you can participate in a number of ways:

- + **VOLUNTEER.** Help create one of the intergenerational projects we are launching in our community
- + **OUT-TRIPS.** Join one of our seniors and youth out-trips and participate in fun and interesting cultural activities.
- + **WORKSHOPS.** Participate in an upcoming workshop to learn more about our multicultural community.
- + **CITIZENSHIP MENTORS.** Become a Citizenship Mentor and learn more about community development.

Interested Youths and Seniors, please contact Diane Wilmann at diane@froghollow.bc.ca



Caring for Your Neighbourhood

Frog Hollow Neighbourhood House provides a continuum of care allowing growing children and their families to transition between programs at the neighbourhood house. Moving from childcare programs to pre-teen services to youth initiatives allows everyone to stay closely connected to the community.

Frog Hollow is a place where people get together to discuss issues and ideas. Together we can find solutions to challenges in the neighbourhood and make our community a better place to live. We welcome your feedback, suggestions and concerns.

To book meeting space please contact Gladis at gladis@froghollow.bc.ca or 604. 251. 1225. To volunteer or share ideas for programming please contact Anna at annac@froghollow.bc.ca or 604. 251. 1225.

Thank You to Our Supporters!

Public Health Agency of Canada
United Way of the Lower Mainland
City of Vancouver
Ministry of Family & Child Development
Ministry for Jobs, Tourism & Innovation
Immigration, Refugee and Citizenship Canada
BC Ministry for Settlement and Integration
New Horizons for Seniors Program
Dalai Lama Centre for Peace & Education
Vancouver School Board
Family Resource Association of Canada
Margaret Mitchell Fund
Service Canada
CKNW
Coast Capital

Vancouver Foundation/YPC
BC Gaming
TELUS
BC Centre for Ability—SCD
Vancouver Technical Secondary (VSB)
MOSAIC
Westcoast Child Care Resource Centre
Intercity Packers
Ethical Bean
Herman Miller
Vancity Credit Union
Kids Up Front
Donald's Market
Environmental Youth Alliance
Caring Hearts

Gippanda Greenhouses
Uprising Bakery
Van Whole Produce
Carnival Band
Donald's Market
VCH
Live Nation
RONA
Food Bank
Xentell
Starbucks
Farmers Market
Recreation Foundation

A final thank you to many community donors who have given resources, funds and precious time!







Frog Hollow

NEIGHBOURHOOD HOUSE

Creating Our Community Together

2131 Renfrew Street
Vancouver, BC V5M 4M5

Phone: 604. 251. 1225

Fax: 604. 254. 3764

Email: contact@froghollow.bc.ca

Join us anytime for an Ethical Bean coffee!

Monday to Friday: 9:00am–5:00pm

Saturday & Sunday: Specific Programs



ASSOCIATION OF
NEIGHBOURHOOD HOUSES BC

www.froghollow.bc.ca