



South Vancouver Family and Friend Caregiver Supports

To recognize and support the caregivers, who help others and need help the most. If you are taking care of your elder parents, spouse, or friends, please contact us.

- **Caregivers Support Groups**
English group every 4th Tuesday
Mandarin group every 4th Thursday
- **One-On-One Support & Self-Care Plan**
- **Friendly Visitor**
- **Phone Buddy**
- **One-to-One Technology/Digital Literacy Support**

For more info or to volunteer, contact Ping, South Vancouver Neighbourhood House.

Phone: 604-324-6212 ext. 116

Email: ping.chen@southvan.org

Healthy Aging

by United Way At home. In community.



Family Caregivers
of British Columbia



SOUTH VANCOUVER
NEIGHBOURHOOD
HOUSE

