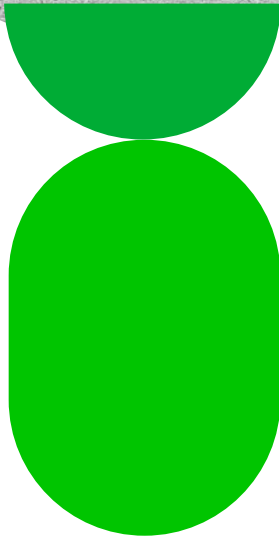




**Frog Hollow**  
NEIGHBOURHOOD HOUSE



**AGM  
2025**



[froghollow.bc.ca](http://froghollow.bc.ca)



**Frog Hollow**  
NEIGHBOURHOOD HOUSE

# TO OUR LAND:

First of all we will acknowledge the lands we are on and the many gifts we have always received from her; all the food, water, air, plants, and everything that the land has provided to all our ancestors since the beginning; and give thanks for all those gifts. And acknowledge that all the gifts that the land has extended to us, amounts to love from land, for every cell and molecule of our being. And then acknowledge the Musqueam and Squamish and Tsleil Waututh peoples who cared for these lands for at least 10,000 years, in such a perfect way that they were better than new when the explorers arrived, so that the forests and salmon runs, and wildlife were all the most abundant in the known universe. We express our gratitude for the gifts of the land and the responsible work of the first people so that we can also enjoy the gifts of these lands; with the hope and expectation that we also will leave it as good as, or better, than it was provided to us.

*All our relations*

**Norm Leech**

Executive Director at Frog Hollow  
Neighbourhood House

*Join Us*



[froghollow.bc.ca](http://froghollow.bc.ca)





# OUR YEAR, BY: **NORM**

Hello everyone,

We are nearing the halfway point for the 2020s. What a decade it has already been! We saw the rise of COVID, Trump, Putin, Musk, Taylor Swift, Crypto, AI, Gaza, wildfires, housing crisis, inflation, drones, and more... and Frog Hollow just keeps on helping as many people as possible in the friendliest way possible. Nothing gets Frogs down for long.

Our most resilient and friendliest Frogs are our volunteers. It is the volunteers that make Vancouver more livable than anything else. It is your volunteer spirit of helping your neighbours that really makes a community. From our seniors knitting the cutest little frogs to be adopted by donors, to the cooks and helpers for drop-in programs, or the teens and students helping with plant medicines, to the dance, yoga and tai chi instructors, or those helping seniors get more from their smartphones and devices.

You all make the Neighbourhood House hum with energy and love. You are the heart, soul, and lifeblood of the Frog Hollow Neighbourhood House.  
Thank you ALL!

As ever, we are committed to helping our neighbourhood in the ways that are needed, and it is the community that tells us how to do that. We hope you will continue to support our work and engage more deeply to help us reach and help more people in need and share what we have been able to achieve together. We will be recruiting more people and volunteers and donors to join our causes to help the people who really need it now, so please help us spread the word.

**Norm Leech**

Executive Director at Frog Hollow  
Neighbourhood House





OUR CULTURE HONOURS  
DIVERSITY AND HOLDS  
SPACE FOR EVERYONE  
TO THRIVE.

# NEIGHBOURHOOD HOUSES

We are community, *everyone* belongs here.

OVER  
**350 YEARS**

OF COLLECTIVE EXPERIENCE  
IN VANCOUVER



## ACCESSIBILITY

Inclusive, equity-informed, strengths-based, collaborative and multi-service approach to support participants in their individual journeys.

## ALL VOICES & LANGUAGES MATTER

50+ LANGUAGES ACROSS ALL HOUSES

## RECIPROCITY

INDIVIDUALS GROW WHEN THEY HAVE  
THE OPPORTUNITY TO GIVE AND RECEIVE.



## INCLUSION

DIVERSE

INTRINSIC VALUE



## CONTRIBUTION

BETTER ABLE TO USE THEIR SKILLS AND  
EXPERIENCE TO CONTRIBUTE TO THE WELL-BEING  
AND PROSPERITY OF THE COMMUNITY

## OUTCOMES



## CONNECTION

WELCOME, SUPPORT AND ENGAGE NEWCOMERS  
IN SHAPING HEALTHY COMMUNITIES.

## INTEGRATION

ACHIEVE STRONGER SOCIAL AND ECONOMIC  
INTEGRATION ACROSS VANCOUVER.



NH MODEL



ASSOCIATION OF  
**NEIGHBOURHOOD HOUSES BC**

The Association of Neighbourhood Houses of B.C. (ANHBC) oversees eight neighbourhood houses and an outdoor centre, through which we operate more than 500 community-based programs and services for diverse participants.

Frog Hollow is proudly one of the Neighbourhood Houses in the organization, which supports our commitment to

*Creating Our Community Together*



# FROG HOLLOW



Our welcoming and inclusive community is located on the traditional, unceded and stolen territories of the Skwxwú7mesh (Squamish), Səlilwətaʔ/Selilwitulh (Tsleil-Waututh), and xʷməθkwəy̓əm (Musqueam) Nations.

At Frog Hollow, we are committed to fostering dialogue on decolonization and the vital importance of connecting with the land through a variety of programs and initiatives.

We are dedicated to empowering local residents in Hastings-Sunrise to come together and make a positive impact on our community. Through our various programs and initiatives, we strive to create a supportive and inclusive environment where everyone can thrive.

## Frog Hollow Neighbourhood House

2131 Renfrew St

## Drive Youth Employment Services

2106 Commercial Drive

## The Village Childcare

1355 Garden Drive

## Satellite Daycare

3260 East Broadway

## Nootka School Age Care

3375 Nootka St

## Sunrise Welcome Place

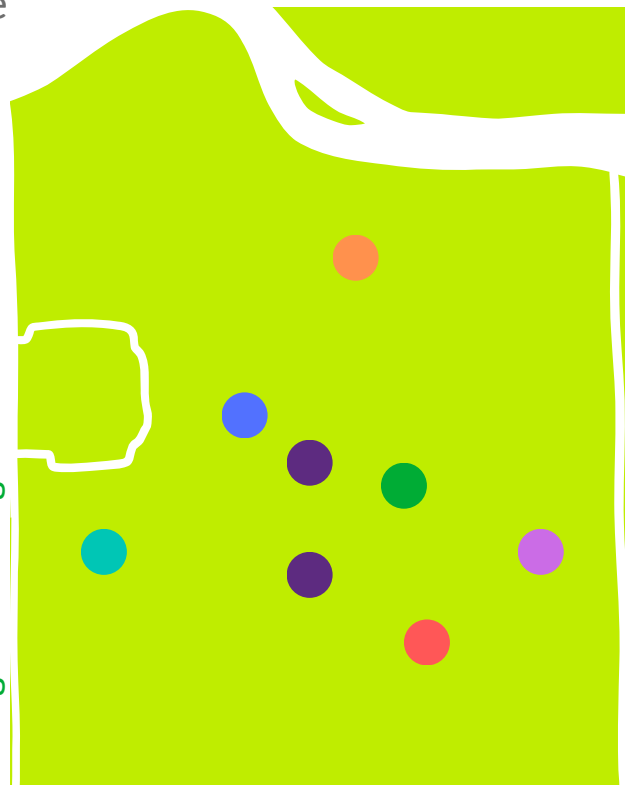
2728 East Hasting St

## Community Partner Spaces

2600 East Broadway

2684 2nd Ave E

Hastings-Sunrise Neighbourhood



## *Our Vision*

Frog Hollow is the house for community healing and transformation for all.

## *Our Mission*

Frog Hollow Neighbourhood House plays a leadership role in creating our community together by connecting people and strengthening their capacity to create change.



### **Secure Financial Freedom**

Our House can thrive only when we have adequate resources to support our work and the community's needs. We strive to secure our financial freedom by attracting donors, shifting to an enterprising model in programming, and diversifying our funding sources.

### **Create a Healthy and Supported Team**

Our House is created by the people who work in it. Our people design and run our programs, support community members, and create our success. We strive to build and support a healthy team of people by providing competitive wages and benefits, meaningful opportunities for learning and growth, and a comfortable and appropriate workspace.

### **Lead and Convene Meaningful Conversations in the Community**

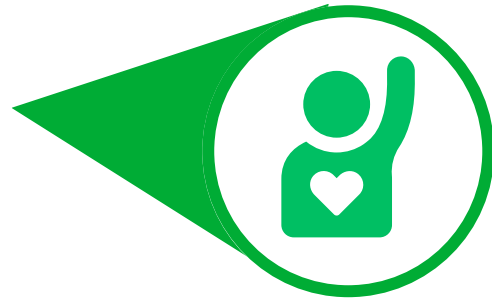
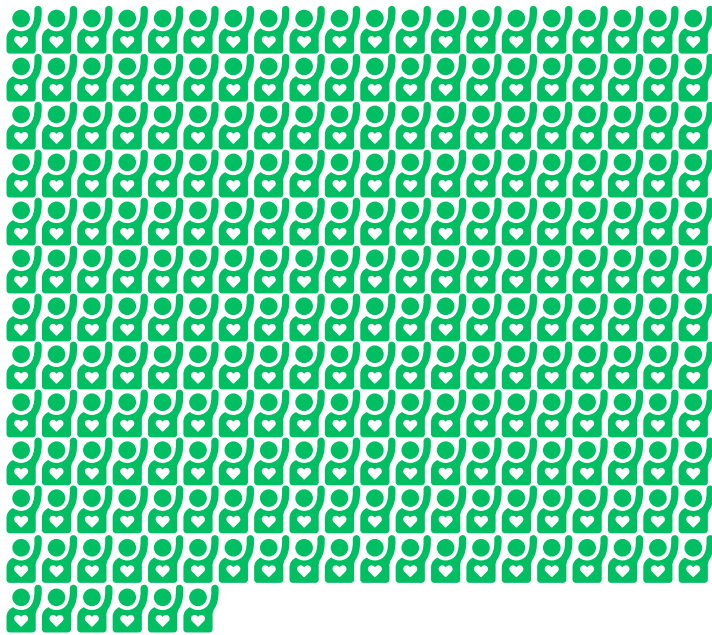
We seek to facilitate the important conversations that our society needs to have. We use social media to share new ideas and challenge outdated ones. We create partnerships and collaborate with community groups to hold meaningful conversations.

### **Disrupt Outdated Colonized Systems**

We weave Indigenous approaches into all our programming. We challenge colonized structures and processes by facilitating conversations that build understanding of new and different ways of thinking and living in community



# OUR IMPACT



**246**  
volunteers

**5863**  
volunteer hours



**21080**  
participants during  
our 2024-2025  
programs

**1582**  
Newcomer  
10.6%

**2200**

Families  
14.7%

**4430**

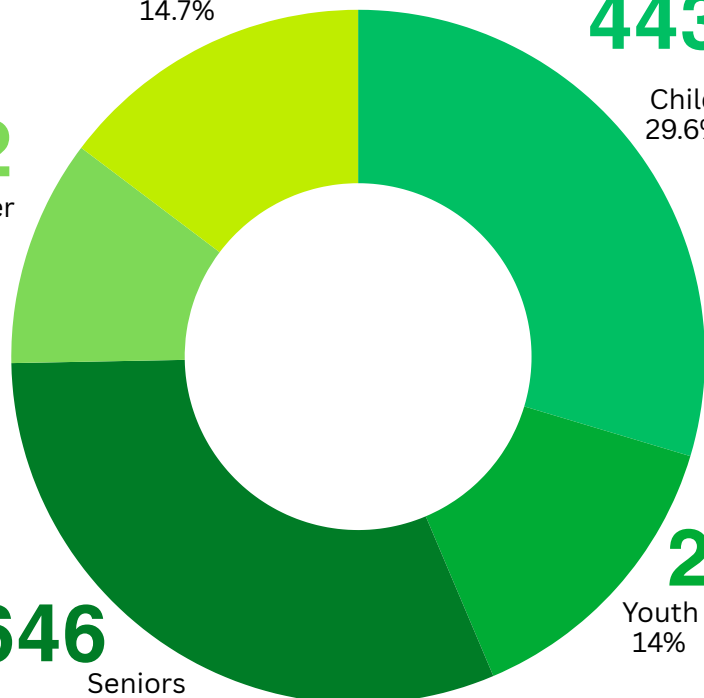
Child  
29.6%

**4646**

Seniors  
31.1%

**2092**

Youth  
14%





# OUR IMPACT



27

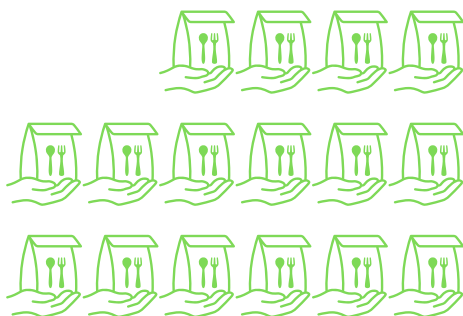
programs for our community

Infant - Child - Preteens - Teens - Youth - Seniors - Community



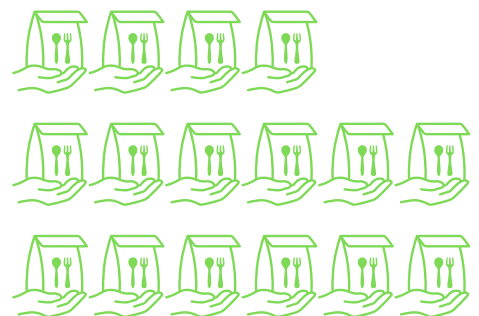
3081

community meals



378+

food boxes



# CHILDCARE

Frog Hollow Children's Centres are passionate and inspired by the Reggio Emilia approach and philosophy. We offer exciting and stimulating opportunities for children and their families to grow in an environment that values full participation, self-determination and a belief in the unlimited potential of the child. Frog Hollow provides both part-time and full-time care for children from Infant to School Age.

## The Village

We offer Infant/Toddler (0 to 24 months), 3 to 5 years full time care and Junior Kindergarten (part time) 3 to 5 years.

## Satellite Daycare

We offer Toddler and 3 to 5 full time care.

## Nootka

We offer before and after school care for children ages 5 to 12.

## Preschool

We offer preschool for 3 to 5 year olds and before and after school care for children 5 to 12 years old.

**55**  
permanent staff  
and 25 casual  
staff

**331**  
Licensed child care  
spaces

**500**  
families benefit  
from our services





# LEARNING CENTRE

- Fall Conference 100 ppl - Campbell River
- Winter Conference 150 ppl - Vancouver
- Public Workshops: 4 with a total of 200 ppl
- Custom workshops and tours: 9 centres
- 6 Tours of Early Years Centres
- 3 Study Groups (free events)
- 3 Dialogue & Dessert (free events)



## A Year with BCELF

"I was able to play, use new ideas, listen and learn to be there for the child"

"I want to try to not only challenge myself and my colleagues, but to also hold them up"

"The process absolutely brought many AHA moments; I now think deeply of what we shall offer to the children"

## A Year with Pedagogical Narration Series

## Storyshops:

Pedagogical Experimentations through Indigenous Stories



"what has changed for me is that now I feel it is critical for us educators to have knowledge of Indigenous history and the significance of land in order to communicate and let our students make their own deep connections with Indigenous perspectives and build respect for the land they live on"

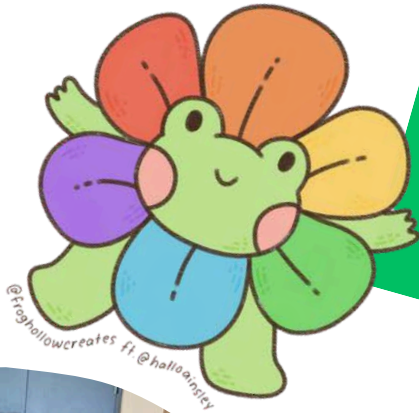




# YOUTH

This year, our mighty team of 20+ youth workers engaged 676 youth across 13 programs and 5 locations. . Our innovative youth services have been featured in the Globe and Mail, on CBC Radio, CityTV, University of British Columbia publications, and government publications.

Our Youth Programs are designed to inspire and equip young individuals with the skills they need to thrive. Through engaging activities and mentorship, we aim to foster leadership and community involvement.



**676**  
**youth**

were engaged in our programs: filmmaking, cooking, art, advocacy, leadership, employment and more.



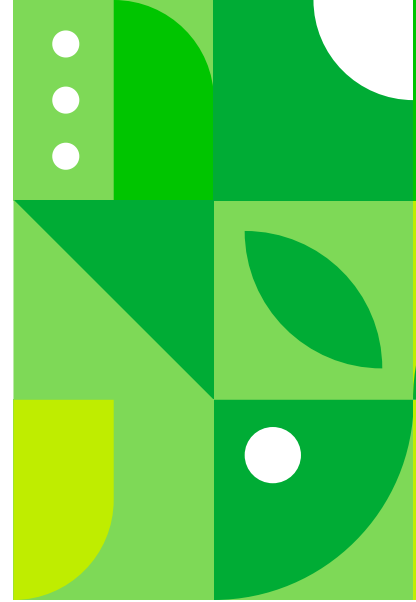
## The Youth Advisory Committee

Provides young people a forum to voice their needs and an opportunity to make a difference in their community. Projects vary from fundraising ideas to supporting social issues in the community.



## Building a Safer Environment Program

Is a social engagement and community connection program that works to address bullying, harassment, and discrimination at Vancouver Technical Secondary School and in the Hastings-Sunrise community.





# SETTLEMENT

Frog Hollow Settlement Programs provide settlement services for work permit holder, international post secondary student, permanent resident, convention refugee and protected person, refugee claimant, and Naturalized Citizen.

Sadly, in December 2024, IRCC informed us that the federal funding for our settlement services will be reduced by about 66%, or approximately \$1.1 million, as of April 1, 2025. This will result in the layoff of numerous settlement staff, including Arabic, Spanish, and Cantonese/Mandarin speaking settlement workers, youth settlement worker, and mental health support workers etc. We are able to retain a smaller team at reduced hours.

**1010**  
individuals  
received at least  
one settlement  
service

**357**  
individuals  
have received  
employment  
services

**429**  
individuals  
have received  
information &  
orientation  
services

**127**  
individuals have  
received needs  
assessment  
services

**78**  
Individuals have  
joined our  
community  
connection  
programs

**379**  
individuals  
have received  
settlement  
and language  
practice  
services

Supported by  
**35**  
volunteers  
who generously contributed  
**950** volunteer  
hours





# SUNRISE

Our location offers a comprehensive range of settlement and integration services, including one-on-one support and over 15 languages. Programs such as Connecting with Indigenous Peoples & Culture, Working Opportunities for Women (WOW), Pathways to Leadership, the Multicultural Conversation Circle, English Corner, Yes Chef Youth Employment, Youth Leadership Drop In, Community Connections, Information and Orientation, and Employment Workshops are designed to empower newcomers, helping them adapt and thrive in their new environment.

With our expanded and renovated space (funded by IRCC since 2023), we can now accommodate more participants and host a greater variety of programs. The new Sunrise location features:

**6**  
one-to-one  
meeting rooms

**2**  
workshop  
classrooms

**2**  
childminding  
rooms

**1**  
Fully equipped  
kitchen

Our multi-functional program rooms are ideal for workshops, conferences, and events, each accommodating up to 30 participants. With these extended spaces, we can now serve over 50 participants at a time.

A participant turned mentor, Cecilia leveraged her experience in 'YES CHEF!' to secure a role as a Kitchen Assistant at the Gathering Place. She later launched her own business, Machete Mexican Healthy Food, and continues to inspire new participants by leading culinary sessions.



"I hadn't been feeling integrated into this community after settling in this new country. Participating in the WOW Program has completely changed my perspective; I now feel like a part of this community."

Parnian,  
WOW Graduate



# FAMILY

From April 2024 to March 2025, we provided 166 sessions over 337 hours in the 3-day drop-in program, La Colmena, the Spanish drop-in program, the parent-led Japanese program and the indigenous drop-in program.

From July to August, during our summer program, Frogs in the Park, with the support of 48 volunteers over 920 hours, we welcomed 80 unique adults/caregivers, 23 seniors, 9 youth and 112 children to join the fun at Clinton Park over six weeks.

We wrapped up the summer program with Harvest Festival, where we included 109 adults, 49 seniors, 19 youth, 79 children with the support of 50 volunteers over 244 hours.

In this fiscal year, we also offered 2 cycles of Nobody's Perfect program, supporting 16 adults, 7 seniors, and 14 children, with 37 meals and 141 food support throughout the 12 weeks.

In addition, we received extra funding to offer My Tween and Me, supporting 11 adults and 12 youth while providing 93 food support throughout the program.

In Family programs, we also offered special events such as Winter Celebration and Lunar New Year Celebration. In those events, we served 108 adults, 12 seniors, 18 youth, 107 children. In addition, we served 53 meals and 210 food support in those special events.

**276**  
unique  
caregivers/  
adults

**66**  
seniors  
& **10**  
youth

**322**  
children

we served 2427 meals

Supported by  
**43**  
volunteers  
who generously contributed  
**1852** volunteer  
⌚ hours





# FOOD

**3**  
food  
gardens



**2651**

people served or connected to our programs



**3081**  
community meals served

47  
food & garden workshops



**11**  
community  
celebrations



**62**  
volunteers  
who generously contributed  
**1100** volunteer  
hours

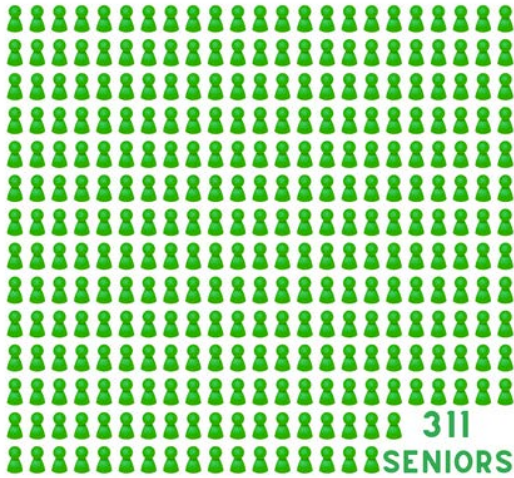




# SENIORS

Frog Hollow Seniors Program is composed of a small & mighty staff team of 4, supported by 51 volunteers who generously contributed more than 1600 volunteer hours in 2025!

Collectively we supported more than 300 seniors and provided 3420 services to isolated seniors managing mobility challenges, food insecurity, and loneliness.



Supported by  
**51**  
volunteers  
who generously contributed  
**1600** volunteer  
⌚ hours







# VOLUNTEERS



**246**  
volunteers



**5863**  
volunteer hours

**21**  
languages spoken  
by our volunteers



- |                  |               |                |
|------------------|---------------|----------------|
| 1. English       | 8. Arabic     | 15. Turkish    |
| 2. Cantonese     | 9. Japanese   | 16. Greek      |
| 3. Mandarin      | 10. French    | 17. Hindi      |
| 4. Spanish       | 11. Ukrainian | 18. Tagalog    |
| 5. Dari          | 12. Russian   | 19. Tamil      |
| 6. Farsi/Persian | 13. Korean    | 20. Vietnamese |
| 7. Pashto        | 14. Polish    | 21. Kiswahili  |



thank  
you

Volunteers recognized  
**108**  
volunteers

who generously contributed more  
than 20 hours during this period.

**4758** volunteer  
hours  
in total

# SLT SENIOR LEADERSHIP TEAM

**NORM LEECH**  
EXECUTIVE DIRECTOR

**FRANKIE SOBERS**  
DIRECTOR OF OPERATIONS

**ANNA CUOMO**  
DIRECTOR OF  
CHILDREN'S CENTRES

**ROSA A. PALACIOS**  
DIRECTOR OF COMMUNITY PROGRAMS,  
FAMILY AND SETTLEMENT SERVICES

**SUSAN LIU WORONKO**  
SENIORS PROGRAM DIRECTOR

**SHAWNA MIKKELSEN**  
YOUTH PROGRAM DIRECTOR

**MARYAM NADDAF**  
REGGIO-INSPIRED LEARNING CENTRE DIRECTOR

## DONORS

Soo, Jason - Ma, Joanna - Wilmann, Diane - Heere, Frederick - Mucci, Daniel - Kennedy, Cynthia - Mah, Wilkie & Khim - Far Away Productions Canada- Carrara, Daniele - M.D. SCAFFOLDING INC. - Styles, Laurel - Circle Productions - Carrara, Daniele - Williams, Wendy - Liu Woronko, Susan - Hickling, Todd - Laberge, Madeline - Laberge, Lianna - Gustafson, Hannah - Storybook Portraits - Canadian Wealth Express - Tung, Dominic - Wen Prec, Peter - Rezone Business Service - Li, Jie - Gisel, Dahl - ENG, Joyce and Peter - Keese, Hella S. - Pineo, Ryan - Sharp, Aleicia - Namba, Takako - Weeks, Jennifer - Bjerrisgaard, Allan - Tai Beauty Group - Buchamer, Rick - Hopehill - Ma, Sue - Young, Lanny - GREEN COAST CATERING LTD - Ko, Herman - Lawrie, Robert - Chen, Bi Ling - Zvicer, Elio - Shaughnessy, Mary - Sorenson, Nathan - Wang, Jeffrey - Nguyen, Tony - Oreck, MIRA

## COMMUNITY BOARD

ROSANA CAO SHEN ~ DAKOTA LAI ~ DARRYL WONG ~ TERRY STANWAY ~ ETHAN DANG ~ TOM NG ~ KATHY NGUYEN ~ TERRI GALLIGOS ~ AGNES TO ~ ASHLYN TSANG



# IN KIND DONORS



Vancouver Aboriginal  
Health Society



THE GREATER  
VANCOUVER  
FOOD BANK

kidtropolis



kidsbooks

Jukebox

vessi



CREME  
de la  
CRUMB

Kaboodles  
TOY STORE



Pho Kitchen  
FAMILY COMFORT FOOD

staples[]

SCIENCE  
WORLD

THE FINEST QUALITY  
THE  
Herschel  
SUPPLY CO. BRAND  
TRADE MARK

dilly dally  
TOYS & DELIGHTS

TELUS



YES CHEF!  
COOKING PROGRAM FOR  
NEWCOMER YOUTH

NEWORLD  
THEATRE



e ethical  
bean  
coffee



CITYREACH  
CARE SOCIETY

Petcetera

PNE

TAI BEAUTY  
GROUP

Antonio's  
Pasta

2120 FRIENDLY  
MEATS  
"Quality Meats for Quality People"

RYAN PINEO

TAKAKO NAMBA

M.D. SCAFFOLDING INC.

# DONATE

Empower our community with your

*Generous Donations*

Your donations to Frog Hollow Neighbourhood House  
have a significant impact on our community.  
By supporting us, you are helping to improve  
the lives of local residents in  
Hastings-Sunrise.



# BECOME A MEMBER

Contact us and ask about  
our memberships

[contact@froghollow.bc.ca](mailto:contact@froghollow.bc.ca)

# GET ENGAGED



FROG HOLLOW  
THIS MONTH  
NEWSLETTER

VOLUNTEER

[volunteer@froghollow.bc.ca](mailto:volunteer@froghollow.bc.ca)

FROG HOLLOW  
NEIGHBOURHOOD HOUSE

