**For Immediate Release:** March 6, 2017

ANHBC logo Little Mountain NH logo

**Community Kitchen supports Syrian refugees in Vancouver**

Little Mountain Neighbourhood House program brings

new residents together to cook while children play

**Vancouver, B.C.:** Little Mountain Neighbourhood House is hosting a [Community Kitchen for Syrian Refugees](https://www.lmnhs.bc.ca/wp/2016/12/19/community-kitchen-for-syrian-refugees/) on Saturdays from Jan. 28 to March 25. We would like to invite you to visit one of our cooking classes to see how the Community Kitchen program brings newcomers to Canada together so they can support one another and feel more at home in their new community.

With the help of funding from Immigration, Refugees and Citizenship Canada, Little Mountain Neighbourhood House is now offering a place for Syrians who are new to Vancouver to plan, prepare and cook food together in a welcoming atmosphere. Bus fare is made available for families with limited income, and children are invited to take part in the physical literacy program 1-2-3 JUMP!

“Quote about how the community kitchen has made people feel welcome in Vancouver and/or helped people develop friendships,” says Community Kitchen program coordinator NAME.

Recently released research shows that neighbourhood houses throughout Metro Vancouver – such as Little Mountain – are able to quickly respond to emerging local needs and changing demographics, such as the increase in Syrian refugees who arrived in 2016. That same research, conducted by the Neighbourhood Houses in Metro Vancouver Project team (NHiMV), also found that neighbourhood houses reduce feelings of loneliness and prevent social isolation by effectively connecting people with their neighbours, ensuring access to needed supports, and creating a sense of belonging in communities through programs like the Community Kitchen for Syrian Refugees.

**About us:** Neighbourhood houses are welcoming and inclusive places where everyone of any age, nationality and ability can attend, lead and learn through programs, services and community building. In 2013, more than 200,000 people took part in the more than 400 programs and services offered by 14 neighbourhood houses in Metro Vancouver. The [Neighbourhood Houses in Metro Vancouver research](http://nhvproject.ca/) project (NHiMV) was designed to examine how neighbourhood houses such as those in Vancouver help diverse groups of residents face emerging challenges – from social alienation to widening economic disparity – in their urban communities.

**Media Contacts:**

Name, Title,

Little Mountain NH (3981 Main Street)

Phone number

Email

Name, Title

NHiMV Project (yourNH.ca)

Phone number

Email

Example of how to customize an email to media:

To: aaron.hinks@peacearchnews.com

Subject: [Project] will address [need] in South Surrey

Dear Aaron,

I have a human-interest story that could be a good fit for your *Perspectives on the Semiahmoo Peninsula* section.

Coming up is National Volunteer Week in Canada (April 23-29), and there is group of volunteers at Alexandra Neighbourhood House in South Surrey who [angle: volunteer to initiate a program/event b/c inspired by \_\_\_\_]. Name and Name wanted to [address emerging need in the community].

Please see the attached media release for more information, and let us know if you are interested. You are the only reporter we have contacted with this media release at this time.

Thank you,

NAME