

# MOM2MOM RESOURCE GUIDE

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## COMMUNITY SUPPORTS

### 1) Ministry of Child and Family Services (MCF) Programs and Supports:

There are many programs and supports for individuals and families in B.C. [The Ministry of Children and Family Development](#) provides easy access to a range of provincial programs and services for families and children in B.C.

### 2) BC 211 (The Red Book Online)

Provides information and referrals regarding community, government, and social services in BC. 211 is a free, confidential, multilingual service that links people to resources for help, where and when they need it. We provide information and referral for a broad range of programs and services, including: basic needs like food and shelter; mental health and addictions support; legal and financial assistance; support for seniors.

The [help line services](#) include 211, the Alcohol and Drug Information and Referral Service (ADIRS), the Gambling Support BC Helpline, VictimLink BC, and the Youth Against Violence Line, The Shelter and Street Help Line. Click here for more information: [www.bc211.ca](http://www.bc211.ca)

### 3) MOSAIC

MOSAIC is a registered charity serving immigrant, newcomer and refugee communities in Greater Vancouver. Services are delivered from 32 client-accessible sites and include [settlement assistance](#); [English language training](#); [employment programs](#); [interpretation and translation](#); [counselling services](#); [Violence Prevention and Support](#), community support for [families and individuals, including children, youth](#). MOSAIC also offers services for the [LGBTQ](#) community.

MOSAIC Office:  
5575 Boundary Road, Vancouver  
T: 604-254-9626 (Weekdays 8:30AM - 4:30 PM)  
E: [info@mosaicbc.org](mailto:info@mosaicbc.org)  
W: [www.mosaicbc.org](http://www.mosaicbc.org)

#### 4) Journey Home

Provides assistance to refugees who are claiming asylum in the Lower Mainland through transitional and permanent housing, resettlement assistance and relational support.

7175 Royal Oak Avenue (at Victory Street)  
Burnaby BC V5J 4J3  
T: 604-568-4892 Monday to Friday, 9:00 AM - 1:00 PM, afternoons by appointment  
E: [info@journeyhomecommunity.ca](mailto:info@journeyhomecommunity.ca)  
W: <https://www.journeyhomecommunity.ca/>

#### 5) Nightshift Ministries

An organization in Whalley, Surrey that reaches out to those caught in cycles of poverty, addiction and homelessness by building relationships and restoring lives through [outreach](#), including the [Selah Women's Shelter](#), [counselling and support groups](#), [education and classes](#) and transitional housing.

10635 King George Boulevard, Surrey V3T 2X6  
T: 604-953-1114 (Monday to Friday, 9:00 AM - 5:00 PM)  
E: [info@NightShiftMinistries.org](mailto:info@NightShiftMinistries.org)  
W: <https://nightshiftministries.org/what-we-do/>

#### 6) Kickstart Disability Arts & Culture

Kickstart gives artists with disabilities a voice, from facilitating a disability art group, to bringing an international film to Vancouver, to presenting art exhibitions and concerts. They support and promote artists in every discipline, with all disabilities (and sometimes collaborations with able-bodied artists). They present the best in Vancouver and BC, and bring new voices to Vancouver from across the country and around the world. We support artists and develop audiences for an understanding of disability art.

To submit your art to Kickstart <mailto:hello@kickstartdisability.ca> with subject line "Artist Directory Submission"

PO Box 2749 Station Terminal Vancouver, BC V6B 3X2  
T: 604-343-9141 (No regular office hours; need to contact to book an appointment)  
E: [hello@kickstartdisability.ca](mailto:hello@kickstartdisability.ca) with subject line "Artist Directory Submission"  
W: <https://www.kickstartdisability.ca/>

**7) Lookout Housing & Health Society**

Lookout provides non-judgmental, non-sectarian services to individuals coping with a wide variety of challenges including poverty, mental illness, substance use, trauma, mental and/or physical disabilities, chronic health illnesses, financial and legal issues – or those simply unable to cope. Their programs include transitional, supportive, affordable housing and rent subsidy, emergency shelters, health/dental clinics, mental health, addiction services, food bank, peer programs and outreach at resource centres, and life-skills and employment programs.

Access Lookout's [provided assistance](#), including [shelters](#), [health services](#), [Resource centres](#) in 32 locations across the Lower Mainland.

Head Office: 544 Columbia Street, New Westminster

T: 604-255-0340

E: [info@lookoutsociety.ca](mailto:info@lookoutsociety.ca)

W: <https://lookoutsociety.ca/>

**8) Pacific Community Resources Society**

Provides [youth and family support](#), [education](#) programs, [employment and training services](#), [substance use and mental health](#) (addiction counselling and prevention), and [housing support](#).

2780 East Broadway, Vancouver, BC V5M 1Y8

T: 604-412-7950

E: [info@pcrs.ca](mailto:info@pcrs.ca)

W: [www.pcrs.ca](http://www.pcrs.ca)

**9) BC Council for Families**

Provides family education programs and resources that help BC families grow stronger and even more resilient. See [Overview of Services](#).

208-1847 W Broadway, Vancouver BC V6J 1Y6

T: 604-678-8884

E: [bccf@bccf.ca](mailto:bccf@bccf.ca)

W: [www.bccf.ca](http://www.bccf.ca)

**10) For Indigenous Community Supports, see “Indigenous.”**

## WOMEN AND MOTHERS

### 1) Downtown Eastside Women's Centre

Provides practical support, basic necessities, and hot nutritious meals for women and children of the Downtown Eastside of Vancouver. Supports women to make positive changes in their lives by connecting them to a continuum of services including outreach, advocacy, wellness, recreation, housing and skills development.

#### Drop-in Centres:

302 Columbia St. Vancouver, BC

T: 604-681-8480 / E: [sara.nunez@dewc.ca](mailto:sara.nunez@dewc.ca)

Hours: Monday – Tuesday from 10:00 am to 5:00 pm

Wednesday from 11:00 am to 5:00 pm

Thursday – Sunday from 10:00 am to 5:00 pm

25 East Hastings Street, Vancouver BC, V6A 1M9

T: 604.638.0316 / E: [sara.nunez@dewc.ca](mailto:sara.nunez@dewc.ca)

Hours: Monday – Friday from 12:30 pm to 9:30 pm

#### 24-hour Emergency Shelter

412 East Cordova Street, Vancouver BC, V6A 3A6

T: 604.423.4807 / E: [vanessa.mckittrick@dewc.ca](mailto:vanessa.mckittrick@dewc.ca)

Hours: Monday – Sunday 24 hours

#### Warming Space

398 Powell Street, Vancouver BC, V6A 1G4

T: 604.423.4216 ext. 322 / E: [heather.saunders@dewc.ca](mailto:heather.saunders@dewc.ca)

Hours: Monday – Sunday from 2:30pm to 9:00am

#### Respite Space

265 East Hastings Street, Vancouver BC, V6A 2Z3

T: 604.564.9331 / E: [heather.saunders@dewc.ca](mailto:heather.saunders@dewc.ca)

Hours: Monday – Sunday from 11:30pm to 6:00pm

#### General Inquiries:

E: [admin@dewc.ca](mailto:admin@dewc.ca)

W: <https://dewc.ca/contact>

## **2) Atira Women's Resource Society**

A not-for-profit organization committed to the work of ending violence against women through providing direct service, as well as working to increase awareness of and education around the scope and impact on our communities of men's violence against women and children. Atira is accessible to anyone who identifies and lives full time as a woman and who experiences gendered violence and misogyny, including trans, two spirit and intersex women and or those who identify with a femme of centre non-binary gender, as well as women struggling with substance use and or mental and spiritual wellness. Services provided include long-term, transitional, and shelter housing, housing outreach, outreach to women affected by violence, legal advocacy, 16-step programs, and self-employment initiatives.

E: [info@atira.bc.ca](mailto:info@atira.bc.ca)

T: (604) 681-4437

W: <https://atira.bc.ca/>

### **a) Community Garden & Kitchens**

Atira's Community Garden is a place where women can come together to share, learn, and connect with each other and the community. At the Community Kitchen, women can prepare nutritious food in a social and supportive setting, with enough food prepared for each participant to take home 2-3 meals for her family.

T: 604-253-2512 (Rice Block)

<https://atira.bc.ca/what-we-do/program/community-gardens-kitchens/>

T: 604 501-9294 (Koomseh)

<https://www.atiraarts.ca/what-we-do/program/community-kitchen/>

### **b) Enterprising Women Making Art (EWMA)**

A self-employment initiative for women impacted by violence who face significant barriers to traditional employment and who seek safe, income-generating opportunities free from exploitation, abuse, or other vulnerabilities. Blending art, community, and social entrepreneurship, EWMA works with emerging women artists and artisans in Vancouver's Downtown Eastside to participate in a social enterprise that coordinates the pooling of resources to produce and market women's visual art and handmade products, as well as focuses on building women's capacities and knowledge.

800 E Hastings St Vancouver, BC

T: 604.685.8043

E: [EWMA@atira.bc.ca](mailto:EWMA@atira.bc.ca)

W: <https://atiraarts.ca/services/enterprising-women-making-art/>

**c) Maxxine Wright Community Health Centre**

Provides a wide range of women-centered health and social supports, including hot lunch program, medical and nursing care, dental hygienist, alcohol and drug counseling, assistance with housing, outreach, advocacy, and more.

2 - 13733 92nd Avenue in Surrey

T: (877) 483-6456

E: maxxwright@atira.bc.ca

W: <https://atira.bc.ca/what-we-do/program/maxxine-wright-community-health-centre/>

**d) The Family Project: Children Who Witness Abuse (CWWA)**

The goals of the CWWA program are to: break the generational impact of violence, support children and youth exposed to abuse with developing a healthy sense of self and awareness of safety concerns; and help them to understand their own emotions and to understand the dynamics of violence against women in relationships. The program offers individual and group counselling for children and youth, and presentations to the community on the effects of exposure to abuse.

T: (604) 262-7295

E: peace@atira.bc.ca

W: <https://www.atiraarts.ca/what-we-do/program/the-family-project-peace/>

**e) The Family Project: Rediscover Parenting**

Rediscover Parenting is a 15-week support group for women who have experienced violence/abuse.

E: rdp@atira.bc.ca

W: <https://www.atiraarts.ca/what-we-do/program/rediscover-parenting-2/>

**3) WISH Drop-In Centre Society**

The mission of WISH is to improve the health, safety and well-being of women who are involved in Vancouver's street-based sex trade. WISH puts its mission into action by operating an overnight drop-in centre in Vancouver's Downtown Eastside, where women can meet their basic needs (food, clothing, nursing care, personal items), receive individualized support and participate in programs that engage their spirits, hearts, and minds. Programs include Aboriginal cultural programming, supported-employment programming, and mobile street outreach. WISH also operates an on-site clinic and learning centre.

334 Alexander Street Vancouver BC V6A 1C3

T: 604-669-WISH (9474)

F: 604-669-9479

E: [info@wishdropincentre.org](mailto:info@wishdropincentre.org)

W: [wish-vancouver.net](http://wish-vancouver.net)

#### **4) Union Gospel Mission's Sanctuary Stabilization Program**

The Sanctuary provides a temporary home for women who want to work towards recovery, but who aren't quite sure how to navigate that path just yet. During their stay, women struggling with addiction receive support as they consider a recovery-centred life. Providing compassionate one-on-one counselling, UGM is able to tailor each woman's stabilization journey to her unique needs. This is ideal for women who are either in-between detox and recovery programs, or just finished recovery and cannot find permanent housing.

616 E Cordova Street, Vancouver

E: 604.253.3323.

W: <https://ugm.ca/sanctuary/>  
<https://ugm.ca/how-we-help>

#### **5) Union Gospel Mission Women's Outreach Services**

Offers care and connection with a diverse range of services and support for women in the community, including resources of warm jackets, or a cup of coffee. Outreach workers build relationships with women and offers Bible studies, prayer groups, art groups and others. To book an appointment, connect with the Women & Families Resource Team (9am to 8:30pm)

616 E Cordova Street, Vancouver

T: 604.253.4044

W: <https://ugm.ca/women-families>

#### **6) Union Gospel Mission Women's Recovery: Lydia Home**

Lydia Home is a recovery home for women based on the belief that no woman should have to transition to recovery without compassionate support and therefore they help women navigate that threshold. Within a 3-month program, women struggling with addiction receive time, care, and support to help each woman transform her life. Compassionate staff and gifted counsellors come alongside women as they build a future that's founded on hope and freedom from addiction. To apply, click [Lydia Home Form](#)

Mission, BC

Contact: Karen Flanagan, Manager of Mission Ministries

T: 604-789-4910

E: [kflanagan@ugm.ca](mailto:kflanagan@ugm.ca)

W: <https://ugm.ca/lydia-home>



## 7) YWCA Metro Vancouver

Holistic, integrated programs and services help lift women and families out of poverty, provide the best opportunities for children, and create new opportunities for education, employment, and leadership.

Donna Patrick

T: 604 250 6229

E: [donnapatrick@ywcavan.org](mailto:donnapatrick@ywcavan.org)

Joann McKinlay

T: 604 219 8952

E: [jmckinlay@ywcavan.org](mailto:jmckinlay@ywcavan.org)

W: <https://ywcavan.org>

<https://ywcavan.org/programs/support-single-moms>

### a) Crabtree Corner Community Resource Centre (YWCA)

Crabtree Corner houses a range of programs and services under one roof to help marginalized women and families living in Vancouver's Downtown Eastside feel healthier, more connected and empowered to make positive choices.

533 E Hastings St, Vancouver, BC V6A 1P9

T: 604-216-1650

W: <https://ywcavan.org/programs/crabtree-corner/programs-and-services-crabtree>

## 8) SheWay

SheWay is a Pregnancy Outreach Program (P.O.P.) located in the Downtown Eastside of Vancouver. The program provides health and social service supports to pregnant women and women with infants under eighteen months who are dealing with drug and alcohol issues. The focus of the program is to help the women have healthy pregnancies and positive early parenting experiences.

SheWay offers support to women who are pregnant or up to 18-months post-partum and sometimes after that and who have a current or recent history of drug and/or alcohol struggles.

101-533 E Hastings Street, Vancouver BC V6A 1P9

T: 604-216-1699

F: 604 216 1698

E: [sheway.sheway@vch.ca](mailto:sheway.sheway@vch.ca)

W: <https://vchs.life/sheway>

### **9) BC Women's Hospital Families in Recovery (FIR) Square Unit**

This combined care unit provides specialized medical care for women using substances and infants exposed to these substances. A multidisciplinary team will help you and your baby stabilize safely. We provide care and support to you throughout your pregnancy and afterward. We provide support to you in your transition back to your community after giving birth.

Entrance door #11 FIR Square Combined Care Unit 3rd floor  
4500 Oak Street Vancouver, BC, V6H 3N1

T: 604-875-2229

F: 604-875-2221

Women can self-refer by calling 604-875-2229 and asking for the charge nurse.

W: <http://www.bcwomens.ca/our-services/pregnancy-prenatal-care/pregnancy-drugs-alcohol>

### **10) Pregnancy, Pre-natal & Post-partum Resources**

#### **Midwives Association of BC (MABC)**

Use this look-up service to find a midwifery group close to you.

2-175 E. 15th Avenue, Vancouver, BC. V5T 2P6

T: 604-736-5976

W: <https://www.bcmidwives.com/find-a-midwife.html>

#### **a) DONA International Doulas**

Find a local DONA in your area with this look-up service to access doula services and certified doulas (birth & post-partum).

T: (888) 788-DONA (3662),

E: [DONA@dona.org](mailto:DONA@dona.org).

Home office staff can also be reached at <https://www.dona.org/contact/>

W: <https://www.dona.org/what-is-a-doula/find-a-doula/>

### **11) Single Mothers Alliance (SMA) BC**

The Single Mothers' Alliance BC is a grassroots non-profit community building, leadership and advocacy toolkit created and organized by single mothers for single mothers in BC. The SMA connects across unique identities and diverse experiences as single mothers to find common ground, build community and advocate for change. The SMA aims to build capacity among single mothers and women to work together towards progressive change.

E: [info@singlemothersbc.org](mailto:info@singlemothersbc.org)

W: [https://www.singlemothersbc.org/contact\\_us](https://www.singlemothersbc.org/contact_us)

## **12) Hand-in-Hand Parenting Resources**

Parenting resources that support parents with the insights, skills and tools necessary to build the meaningful connections that parents and children need to thrive. Their approach of “Parenting by Connection” helps families build a stronger parent-child connection. This strong emotional bond of a close parent-child connection throughout childhood and beyond is shown by research to be the strongest factor in preventing a variety of health and social problems, including young people’s involvement in drugs, violence, and unintended pregnancies. Their resources include parenting classes and talks, blog articles, podcasts, regular newsletter, books, self-guided learning and other supports. Click here for more information: <https://www.handinhandparenting.org/>

## **13) Vancouver Mom**

The Vancouver mom’s guide on kid-friendly places to eat, shop, and visit with kids in the city of Vancouver. It is Vancouver’s best resource to discover local family friendly activities and outings in our city. Click here for more information: <http://vancouvermom.ca/>

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## DOMESTIC VIOLENCE/SEXUAL ABUSE

### 1) Battered Women's Support Services (BWSS)

Provides counselling and healing spaces for those who have experienced abuse. To help women build strength and resiliency, BWSS works on systemic advocacy, law reform, in-class youth engagement programs, and operates a social enterprise called My Sister's Closet in British Columbia.

Crisis + Intake Line: 1-855-687-1868

<http://www.bwss.org>

### 2) BC Society of Transition Houses

Through training, resources, advocacy and research, the BC Society of Transition Houses serves and supports anti-violence workers providing support services and programs for women, children and youth experiencing violence. Support includes: developing and delivering training, keeping members up-to-date on emerging issues, providing public education and prevention activities, and more.

Suite 325, 119 W Pender Street, Vancouver

T: 604-669-6943 or 1-800-661-1040

F: 604-682-6962

E: [info@bcsth.ca](mailto:info@bcsth.ca)

W: [bcsth.ca](http://bcsth.ca)

### 3) Salvation Army - Deborah's Gate

Deborah's Gate is a high-security safe house and residential program for survivors of human trafficking. Their national, specialized program of care serves international and domestic women age 18+ who have been trafficked into situations of sexual and/or labour exploitation, and are in need of protective and restorative housing and healing. It is located in a confidential and secure location providing maximum security measures for those facing high level safety risks. Staff here are first responders in partnership with government, law enforcement, and non-profit organizations across Canada when a trafficked person is identified. Referrals and intakes are processed 24 hours a day, 7 days a week.

# CHILDREN AND YOUTH PROGRAM SUPPORTS

## 1) Family Services of Greater Vancouver

Inspires and supports those in the community who need help to reach their full potential: children are nurtured, youth find optimism, adults feel empowered, and parents make choices that build strong families. A broad range of programs provide counselling services, parenting support, assistance to victims of violence, financial literacy, and assistance to youth.

201 – 1638 E Broadway Vancouver, BC V5N 1W1

T: 604-731-4951

E: [contactus@fsgv.ca](mailto:contactus@fsgv.ca)

W: [www.fsgv.ca](http://www.fsgv.ca)

## 2) Vancouver Family Connections - Neighbourhood Houses:

A welcoming place where everyone, all ages, nationalities and abilities can attend, participate, belong, lead and learn through programs, services and community building. Follow your local neighbourhood house on Facebook or Instagram to see the latest programs for children and youth, parenting courses and other fun events! A majority of these events do provide snacks and childcare, and you are able to attend with your children as well. For more information, call 604-324-6212 or click here:

<https://www.vancouverfamilyconnections.org/organizations/>

### a) Cedar Cottage Neighbourhood House

4065 Victoria Drive, Vancouver

T: 604-874-4231

W: [www.cedarcottage.org](http://www.cedarcottage.org)

### b) Collingwood Neighbourhood House

5288 Joyce Street, Vancouver

T: 604-435-0323

W: [www.cnh.bc.ca](http://www.cnh.bc.ca)

### c) Frog Hollow Neighbourhood House

2131 Renfrew Street, Vancouver

T: 604-251-1225

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

### d) Gordon Neighbourhood House

1019 Broughton Street, Vancouver

T: 604-683-2554

W: <https://gordonhouse.org/>

**e) Kiwassa Neighbourhood House**

2425 Oxford Street, Vancouver

T: 604-254-5401

W: <https://www.kiwassa.ca/>

**f) Little Mountain Neighbourhood House**

3981 Main Street, Vancouver

T: 604-879-7104

W: [www.lmnhs.bc.ca](http://www.lmnhs.bc.ca)

**g) Mount Pleasant Neighbourhood House**

800 E Broadway, Vancouver

T: 604-879-8208

W: [www.mpnh.org](http://www.mpnh.org)

**h) Network of Inner City Community Services Society**

#200-739 Gore Avenue Vancouver

T: 604-569-2787

W: [www.niccss.ca](http://www.niccss.ca)

**i) South Vancouver Neighbourhood House**

6470 Victoria Drive, Vancouver

T: 604-324-6212

W: [www.southvan.org](http://www.southvan.org)

**3) Community Centres**

The City of Vancouver offers 24 community centres that focus on recreational, social, and cultural activities for all residents.

Stay in shape, learn new skills, and meet new friends with activities in fitness, arts and crafts, culture, dance, swimming, skating, childcare, and more. They often run drop-in programs for pre-teens or teens with open gym and fun activities.

Services provided to low income and at-risk adults at Carnegie Community Centre, Evelyn Saller Centre, and Gathering Place Community Centre in the Downtown Eastside and Downtown South communities.

To find a centre close to you visit [www.vancouver.ca/parks-recreation-culture/community-and-cultural-centres.aspx](http://www.vancouver.ca/parks-recreation-culture/community-and-cultural-centres.aspx)

**4) Westcoast Family Centres**

This organization provides a wide range of strength-based programs and services for parents, caregivers, children and community members. These include [coaching, workshops and counselling, a pregnancy-outreach program](#) aimed at healthy babies, and [parenting workshops and classes](#).

**Westcoast Family Centres Head Office:**

T: 604 254 5457

See <https://www.westcoastfamily.org/locations> for a list of locations in Vancouver and the Lower Mainland.

W: <https://www.westcoastfamily.org/our-services>

**5) UrbanPromise Vancouver**

UrbanPromise empowers children, youth and young adults to experience belonging and success through a safe and affordable environment and positive relationships to provide children and young adults in lower-income communities with opportunities for academic achievement, life management, spiritual growth, and leadership.

They do this through after-school programs, summer camps, experiential learning, job training, mentoring relationships, and a host of other programs to challenge youth to develop and realize their potential.

558 Powell St. Vancouver, BC

T: 604.800.4783

E: [connect@promisevancouver.ca](mailto:connect@promisevancouver.ca)

W: <https://promisevancouver.ca/>

**6) Big Brothers of Greater Vancouver**

Every child deserves to have a great mentor. This charity matches adult mentors with local children who need them.

102-1193 Kingsway, Vancouver

T: 604-876-2447

F: 604.876.2446

W: [www.bigbrothersvancouver.com](http://www.bigbrothersvancouver.com)

**7) Big Sisters of Greater Vancouver**

As a leading child and youth mentoring charity, Big Sisters of BC Lower Mainland facilitates life-changing relationships that inspire and empower girls to reach their potential, both as individuals and citizens.

Suite 200, 5118 Joyce Street Vancouver

T: 604-873-4525

E: [info@bigsisters.bc.ca](mailto:info@bigsisters.bc.ca)

[www.bigsisters.bc.ca](http://www.bigsisters.bc.ca)

**8) Society for Children & Youth of BC – Children & Youth Legal Centre**

This legal centre strives to improve the well-being of children and youth in BC through the advancement of their legal rights and advocates on behalf of vulnerable children and youth in BC. At this centre children and youth can access workshops and clinics, free confidential summary legal advice, as well as full legal representation at court.

## **Society for Children & Youth of BC – Children & Youth Legal Centre**

102 – 1678 W. Broadway, Vancouver, BC V6J 1X6

### **An adult or the youth can contact SCYC:**

T: 778-657-5544 or toll free at 1-877-462-0037

E: [cylc@scyofbc.org](mailto:cylc@scyofbc.org), or drop by the office.

<https://www.scyofbc.org/child-youth-legal-centre/>

## **9) PLEA Community Services**

PLEA has programs for children, youth and adults ranging from [KidStart](#) for at-risk children and youth connecting them with a mentor, youth programs: outreach, mentoring, peer-support and others as well as [adult programs](#) of residential care or companionship for those who are struggling.

3894 Commercial Street, Vancouver

T: (604) 871 0450

E: [info@plea.bc.ca](mailto:info@plea.bc.ca)

W: <https://www.plea.ca/>

### **a) KidStart Mentoring**

KidStart is a program for kids age 6+ that provides carefully screened and selected adult volunteers to mentor or “coach” vulnerable children and youth.

W: [www.kidstart.ca/about-us/regions/](http://www.kidstart.ca/about-us/regions/) or contact your program coordinator.

# CHILDREN

## **1) Family Place**

A family resource program offering early-years parenting and family support programs and services. The Drop-In Centre features age-appropriate toys and activities for preschool children, ages newborn to early six years, and a variety of resources for parents and caregivers.

### **a) Eastside Family Place Society**

1655 William Street, Vancouver

T: [604-255-9841](tel:604-255-9841)

E: [info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org)

W: [www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org)

### **b) Marpole Oakridge Family Place Society**

8188 Lord Street, Vancouver

T: 604-263-1405

E: [info@mofp.org](mailto:info@mofp.org)

W: <https://mofp.org/>



**c) Mount Pleasant Family Centre Society**

2910 St. George Street, Vancouver

T: 604-872-6757

E: [info.mpfcs@gmail.com](mailto:info.mpfcs@gmail.com)

W: [www.mpfamilycentre.ca](http://www.mpfamilycentre.ca)

**d) South Vancouver Family Place**

7710 Nanaimo Street, Vancouver

T: 604-325-5213 / (604) 325-9399

E: [ed.svfp@gmail.com](mailto:ed.svfp@gmail.com)

W: [www.southvancouverfamilyplace.org](http://www.southvancouverfamilyplace.org)

**2) Union Gospel Mission Children's Programs**

These programs offer lower-income children in the community holistic support throughout their school years. (i.e., [Meal-Times](#)).

601 E Hastings Street Vancouver

T: 604-253-3323

**a) Eastsiders After-School Care Program**

Every weekday, kids in the community come to UGM to play, learn, and grow at this homework club that offers critical mentorship and holistic life skills education, such as a business entrepreneurship opportunity, called BizKids. The goal is for children to build authentic, life-giving relationships with children throughout their school years and come alongside whole families with support and resources. Click here for more information: <https://ugm.ca/get-help/programs/childrens-programs>

**b) Summer Camp Opportunities**

As part of UGM's children's outreach, over 500 kids are sponsored to go for an amazing week at a BC summer camp. The goal is for this week at summer camp to give them the confidence they need to thrive and a life-changing opportunity for these children to develop new skills, make friends, learn from positive role models, and play in nature. Click here for more information: <https://ugm.ca/summer-camp-partnership>

**3) KidSafe**

This program provides safe and free childcare/daycare programs during each weekday of winter, spring and summer holidays for children in low-income Vancouver neighbourhoods at six inner-city elementary school sites. These programs include transportation services, nutritious meals, emotional support, and educational activities and field-trips.

To access KidSafe, children need to be referred by their school counselor.

105-211 East Georgia Street Vancouver

T: 604-428-5155

E: [info@kidsafe.ca](mailto:info@kidsafe.ca)

W: <https://www.kidsafe.ca/programs>



## YOUTH

### 1) City of Vancouver Recreation Programs for Youth

Young people visit the City's community centres every day to participate in sport, recreational, social, cultural, and educational programs. At the same time, they develop important relationships with friends and specially trained staff.

Community-based youth workers provide additional support and resources to youth aged 8 to 18 years, while dealing with the broad range of developmental issues facing today's young people. Click here for more information: [www.vancouver.ca/people-programs/recreation-programs-for-youth.aspx](http://www.vancouver.ca/people-programs/recreation-programs-for-youth.aspx)

### 2) YWCA Youth Education

After-school programs all across Metro Vancouver that connect Grade 7 youths with positive role models and inspire them to play a leading role in their personal development and the development of their communities. Find one closest to you on their website. Click here for more information: [www.ywcavan.org/programs/youth-education](http://www.ywcavan.org/programs/youth-education)

For Youth Education: Jonanne Gage, Program Manager

T: 604-895-5787

E: [jgage@ywcavan.org](mailto:jgage@ywcavan.org)

For Child Care and Early Learning:

Mariko Ikeda, Team Lead, Child Care Operations

T: 604 895 5814

E: [mikeda@ywcavan.org](mailto:mikeda@ywcavan.org)

### 3) Youth Leadership Development YMCA

Activities across the Lower Mainland include team building, social events, volunteer opportunities, fundraising, training, community event planning, and a Youth Conference weekend. Older youth will also have a variety of rewarding, part-time work opportunities. Program is suitable for youth in grades 5-12.

E: [yld@gv.ymca.ca](mailto:yld@gv.ymca.ca)

W: <https://www.gv.ymca.ca/youth-programs>

### 4) Broadway Youth Resource Centre

The BYRC is a one-stop youth centre that provides a wide range of social, health, education, employment, and life skills services to youth. It is a multi-service and multi-agency hub with a range of services for youth all under one roof.

Broadway Youth Resource Centre  
2455 Fraser Street, Vancouver

T: 604-709-5720

E: [byrc@pcrs.ca](mailto:byrc@pcrs.ca)

W: <http://pcrs.ca/service-resource-centres/broadway-youth-resource-centre-2/>

## 5) Yo Bro | Yo Girl Youth Initiative

They are an organization that runs a series of strength-based programs [in-schools](#) and [after-school](#) cultivating resiliency in at-risk youth and empowering them with tools to avoid the perils of drugs, gangs, crime and violence. They also offer [mentorship programs](#) and [spring-summer-winter-break-programs](#).

500-610 Main St., Vancouver

E: [info@ybyg.ca](mailto:info@ybyg.ca)

T: 604-343-6542

W: <https://ybyg.ca/our-programs>

## 6) Justice For Girls (JFG)

JFG is an advocacy organization that promotes social justice and an end to violence, poverty and racism in the lives of teenage girls who live in poverty through their knowledge of institutions, such as the criminal justice and child welfare systems, to assist young women in their daily struggles with violence, poverty and racism. They educate young women about their rights.

They also believe in young women's leadership and pushes for young women to be at the forefront of designing law, policy, and programs that affect their lives. They have an internship program partnering with the VSB to have young girls come intern with them at their organization as an alternative pathway to graduation for girls in poverty. Apply on their website.

#250-997 Seymour St. Vancouver

T: (604) 785 7063

E: [info@justiceforgirls.org](mailto:info@justiceforgirls.org)

W: <http://www.justiceforgirls.org/>

For teenage girls in BC looking for help in relation to violence, poverty, discrimination or human rights, contact:

T: 604-837-1069

E: [advocacy@justiceforgirls.org](mailto:advocacy@justiceforgirls.org).

For other support:

W: <http://www.justiceforgirls.org/contact.html>

## 7) Youth Unlimited

Youth Unlimited helps young people in Greater Vancouver discover their potential, especially those who are feeling alone, marginalized, vulnerable or just need somewhere fun but safe to connect. They walk with them, help them learn life skills and support their

growth as a person through various programs like [drop-in centres](#), [meals & emergency relief](#), support youth in [systemic vulnerability](#), [development program & clubs](#), [trips, events & international opportunities](#), and [leadership development](#). They are based in Surrey but also work in locations across the Lower Mainland, including East Vancouver.

#115-12975 84th Ave, Surrey  
T: 604.590.3759  
E: [info@youthunlimited.com](mailto:info@youthunlimited.com)  
W: <https://www.youthunlimited.com>

### 8) Inner Hope

An organization that works in East Vancouver to [support](#) youth, through their community space called “The House” as well as offer programs for youth to pursue [discipleship](#) and grow through opportunities for retreats and summer camps. Their [life skills](#) programs include [Boundless](#), a one-on-one high school mentorship program and [Post-Secondary Support](#), focusing on helping young adults transition into college or the workplace after high school. They also provide [housing](#) for youth.

PO Box 74084, RPO Hillcrest Park Vancouver  
E: [office@innerhope.ca](mailto:office@innerhope.ca)  
W: <https://www.innerhope.ca/our-programs.html> FB: <https://www.facebook.com/innerhope>

### 9) Covenant House

Provides services and support homeless and at-risk street youth in Vancouver, aged 16 to 24 who have fled physical, emotional and sexual abuse; those who have been forced from their homes; and those who have aged out of foster care. They provide [drop-in-and-outreach services](#), [crisis shelter beds](#), and [affordable housing and support](#) to transition to independent living.

T: [604-685-7474](tel:604-685-7474) / Toll Free: 1-877-685-7474  
E: [info@covenanthousebc.org](mailto:info@covenanthousebc.org)  
W: <https://www.covenanthousebc.org/get-help/>

### 10) Aunt Leah's Place

Aunt Leah's offers support to youth who are aging out of foster care and want all youth connected to the foster care system have equal opportunities as those who have parents. Like a family, they help youth [secure safe housing](#), coach them on [life-skills](#), offer [food security programs](#) and [provide opportunities](#) for education and employment.

816 20th Street, New Westminster  
Office Hours: Monday-Friday 9AM-5PM

T: (604) 525-1204 / (604) 525-1295  
E: [auntleahs@auntleahs.org](mailto:auntleahs@auntleahs.org)  
<https://auntleahs.org/services/>

### **11) Children of the Street Society**

An organization that works to prevent the sexual exploitation and human trafficking of children and youth in BC through prevention [education strategies](#), public awareness initiatives, [intervention](#), and [family support](#).

For youth who feel they are being or at-risk of being trafficked, they can text Children of the Street Society's confidential texting line (604) 866-6779 any time and they will reply back during office hours, Monday to Friday 8:30 AM – 3:30 PM.

201-2071 Kingsway Avenue, Port Coquitlam

T: (604) 777-7510 / 1 (877) 551-6611

E: [info@childrenofthestreet.com](mailto:info@childrenofthestreet.com)

W: <https://www.childrenofthestreet.com/youth>

# EDUCATION

## 1) Learn Now BC – Young Literacy, Student Tutors, Adult Graduation

A resource for educators, young learners, parents, students and adult students. Online Learning BC is the hub for K-12 Provincial Online Learning Schools (POLS). It provides information about online learning courses and programs offered by POLS-Public and POLS-Independent. POLS provide K-12 online learning services to students across B.C.

W: [www.learnnowbc.ca/](http://www.learnnowbc.ca/)

## 2) Vancouver Public Library (VPL)

The public library has so many free resources for families in the community. With a library card, there are free rentals for [tablets](#), [musical instruments](#), books, [e-books](#), [audiobooks](#), movies, [access passes](#), [programs & courses](#), including learning to write, computer coding for kids, book clubs, digital creating ESL classes and [latest events](#) that can include storytelling with kids or even career and job search tours.

If you live in a different city in the Lower Mainland, check out your local library for information. Find a location branch near you <https://www.vpl.ca/hours-locations>

## 3) For Indigenous Education resources, see “Education” under Indigenous.

# ADULT

## 1) Adult Education Upgrading

Resources from the Province of BC for adults who need to upgrade their education including programs, institutions, and financial assistance options.

W: <http://www2.gov.bc.ca/gov/content/education-training/adult-education/adult-upgrading>

## 2) Adult Education (VSB)

The Vancouver School District’s Adult Education program provides adult students ages 16 or older with courses from the literacy level to secondary school completion.

W: <https://www.vsb.bc.ca/page/5240/adult-education>

### 3) SFU Continuing Studies

Flexible learning options for adults at SFU's Vancouver and Surrey campuses or online for professional and personal development with class times during the evenings on a variety of different educational topics. They offer diplomas, certificates and full degrees.

T: 778-782-8000 / Toll-free: +1 844-782-8877

E: [learn@sfu.ca](mailto:learn@sfu.ca)

W: <https://www.sfu.ca/continuing-studies.html>

## PRESCHOOL

### 1) Strong Start

Strong Start Centres offer preschool aged children quality early learning experiences. These centres offer play based early learning opportunities and demonstrate to parents and caregivers how they can enhance their child's development. The emphasis of the program is on learning through play, language and positive social interactions.

Vancouver has 19 Strong Start Early Learning Centres operating in elementary schools. This program is offered to parents and caregivers with children ages zero – five years. There is no cost to families but the parent/caregiver is required to remain with their child and participate in the program. It is not necessary to have English as a first language to attend the drop-in programs.

T: 604-713-4445

E: [strongstart@vsb.bc.ca](mailto:strongstart@vsb.bc.ca)

W: <https://www.vsb.bc.ca/page/5281/strongstart>

### 2) HIPPY (Home Instruction for Parents of Preschool Youngsters)

HIPPY is an evidence-based program unique and proven education system that addresses the root causes of poverty. It works with families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher. HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society prepare their children for success in school and life.

The Vancouver HIPPY is hosted at the Immigrant Services Society (ISS) of BC.

512-1190 Melville St., Vancouver

T: 604-676-8250

E: [info@hippycanada.ca](mailto:info@hippycanada.ca)

W: <https://www.mothersmattercentre.ca/what-is-hippy/>



## ELEMENTARY and SECONDARY

### 1) VBS Choice Programs

The Vancouver School Board offers a number of educational choices for students from K-7, such as Aboriginal Education, Mandarin Bilingual, Fine Arts, Special Needs Support, and more.

W: <https://www.vsb.bc.ca/page/26694/elementary-programs>

### Learning Support Program

The Learning Support programs provide a two-year secondary program offering an adapted/modified core curriculum, remediation, and coping strategies for Grade 8 and 9 students identified as learning disabled. Available at a number of secondary schools.

<https://www.vsb.bc.ca/page/38038/learning-support-programs>

### 2) Whyte Cliff Agile Learning Center

Whytecliff is both a high school and a youth development program *exclusively dedicated to meeting the needs of special / diverse learning needs students*. In common they require more emotional, practical, and tailored learning supports than mainstream and other schools provide.

Burnaby Campus: 3450 Boundary Rd, Burnaby BC V5M 4A5  
TEL: 604-438-4451 FAX: 604-438-5572

Langley Campus: 20561 Logan Avenue, Langley BC V3A 7R3  
TEL: 604-532-1268 FAX: 604-532- 1269  
(Admin Office)

W: <https://walc.ca/special-education/> See Financial Assistance Options:  
<https://walc.ca/program-fees-costs/>

### West Coast Alternative Program

The West Coast Alternate provides services to youth (13-19 years) who have a diagnosis within the Fetal Alcohol Spectrum Disorder and an IQ over 70, who are experiencing difficulty in the regular classroom/school environment.

2455 Fraser Street, Vancouver, BC V5T 0E6  
T: (604) 709-5648  
F: (604) 709-5721

W: <https://volunteeringvancouver.ca/place/west-coast-alternative-program/>

## TUTORS

### 1) **The Reading Bear Society**

The Reading Bear Society organizes buddy reading visits to Vancouver and Kelowna schools to encourage early literacy and intergenerational mentorship. Each child is given a special teddy bear that acts as a reading partner to encourage children to practice reading at home. They have an Online Reading Bear buddy reading program for kindergarten children and peers focuses on early literacy environmental stewardship that connects youth from various schools or within a school. The RB buddy reading program is based on the BC kindergarten curriculum and embraces the eight bear species. Over the course of one year, the high school peer comes in for eight one-hour sessions to read with a kindergarten child. Register for the online program here.

To contact them, fill out the online form on their website:

<https://thereadingbear.ca/contact-us>

<http://thereadingbear.ca/>

### 2) **ONE TO ONE Literacy Program**

ONE TO ONE is a unique children's literacy program that provides one-to-one tutoring to children in elementary schools during regular school hours. Our trained volunteer tutors work with students who are identified by their teachers as needing a boost in their literacy skills. Typically, each student spends approximately 30 minutes two to four times a week with a volunteer tutor.

500 - 610 Main Street, Vancouver

T: 604-255-5559

E: [contactus@one-to-one.ca](mailto:contactus@one-to-one.ca)

W: <https://one-to-one.ca/>

### 3) **Learning Disability Association of Vancouver (LDAV)**

The LDAV is a registered charity and non-profit that offers affordable and accessible remedial teaching for children and youth with Learning Disabilities. Build self-esteem, social skills and academic success by focusing on the individual needs of each child and family.

3292 E Broadway, Vancouver

T: 604-873-8139

E: [info@ldsociety.ca](mailto:info@ldsociety.ca)

W: <https://ldsociety.ca/programs/find-a-program/>

# FOOD SUPPORT

## 1) Greater Vancouver Food Bank

The Greater Vancouver Food Bank provides a 2-3 day food supplement to thousands of people each week by way of 14 locations throughout the Greater Vancouver area. They also provide diapers for babies as well.

8345 Winston Street Burnaby

T: 604-876-3601

E: [reception@foodbank.bc.ca](mailto:reception@foodbank.bc.ca)

W: [www.foodbank.bc.ca/find-help/](http://www.foodbank.bc.ca/find-help/)

## 2) Quest Food Exchange

Quest Food Exchange is a not-for-profit organization that offers accessibility to a variety of affordable and healthy foods for low income and marginalized individuals with locations across the Lower Mainland.

Participants need to be referred to Quest in order to shop there. To get a referral to Quest from Mom2Mom, contact Program Coordinators. Click here for more information:

[www.questoutreach.org](http://www.questoutreach.org)

## 3) VCH Food Asset Map

VCH has an interactive food asset map where you can find free/low-cost food resources in the community including meals, groceries, kitchen/food programs and growing food. The map also provides contact information for the place and hours of serving, drop-in, etc. Food assets are places where people can grow, prepare, share, buy, receive or learn about food. Community organizations and schools are included on the map because they are places where community members can get support with learning and health or connect with others in their community. Click here for more information:

<https://www.vch.ca/en/service/food-asset-maps#resources--46661>

# HOUSING

## 1) BC Housing

Provides access to low-income housing in the Lower Mainland including subsidized rentals, support housing to those who need assistance, resources and programs for tenants and help for women fleeing violence.

If you are trying to apply for subsidized housing, it's best to go to Orange Hall in person and speak to someone there to get on a waitlist. Contact your [local MLA](#) if you are trying to look for housing in your local area. They often have very up-to-date information and resources you can access.

### **Subsidized Housing Application Guide:**

<https://www.bchousing.org/housing-assistance/rental-housing/subsidized-housing>

<https://www.bchousing.org/publications/Applying-for-Subsidized-Housing-English.pdf>

### **Supportive Housing Services**

Contact Name: Housing Assistance

T: 604-433-2218 / Toll Free Number: From anywhere in B.C. 1-800-257-7756

W: <https://www.bchousing.org/housing-assistance/housing-with-support/supportive-housing>

### **a) Supportive Housing Registration Service**

Long-term, low-barrier supportive housing for homeless or homeless-at-risk individuals who require support services to achieve successful tenancies and need safe, affordable housing.

<https://www.bchousing.org/sites/default/files/media/documents/Supportive-Housing-Registry-Application-Form.pdf>

<https://www.bchousing.org/housing-assistance/housing-with-support>

### **b) Women's Transition Housing & Supports**

Emotional support and crisis intervention; safe, temporary shelter with 24/7 staffing; help in accessing housing, financial, medical and legal assistance for women (with or without dependent children.)

Contact Name: Women's Transition Housing & Supports Program

T: 604-433-2218 (Hours: 8:30 a.m. to 4:30 p.m. Monday to Friday)

W: <https://www.bchousing.org/housing-assistance/women-fleeing-violence>

### **c) Subsidized Housing**

Long-term housing with rent geared to income (30% of household total gross income, subject to minimum rent based on # of people) for people who permanently reside in British Columbia when applying and who have a [gross household income below a certain limit](#). (click on text for link) Families must include a minimum of two people, including one dependent child. Click here for more information:

<https://www.bchousing.org/housing-assistance/rental-housing/subsidized-housing>

**d) Rental Assistance Program**

Provides cash assistance to eligible low-income, working families to help with their monthly rent payments.

To qualify, families must have a gross annual household income of \$35,000 or less, have at least one dependent child, and have been employed at some point over the last year.

Click here for more information: <https://www.bchousing.org/housing-assistance/rental-assistance-programs/RAP>

**2) Grace Mansion (Salvation Army)**

A residential drug and alcohol-free facility that provides supportive transitional housing for a period of up to 24 months. It's a safe place for people to live and stabilize before full, independent living. They helping individuals achieve personal growth and development during their stay through specialized programs. Apply in person for housing.

596 E Hastings St., Vancouver V6A 4K9

T: 778-329-0674/ F: 778-329-0679

E: [info@gracemansion.com](mailto:info@gracemansion.com)

W: <https://gracemansionsa.ca/>

**3) Atira Women's Resource Society - Housing**

Assists women who are homeless or at risk of homelessness to secure safe, affordable, appropriate long-term housing. Provides ongoing support to women to maintain their housing, builds and maintains relationships with landlords, provides rental supplements.

**How to get housing:**

T: Surrey/Valley: (604) 262-3405 / Vancouver: (604) 800-8882

Housing Outreach Vancouver: [hppvancouver@atira.bc.ca](mailto:hppvancouver@atira.bc.ca)

Housing Outreach Surrey: [hppsurrey@atira.bc.ca](mailto:hppsurrey@atira.bc.ca)

W: <https://atira.bc.ca/what-we-do/housing/>

**4) Progressive Housing Society**

Provides support services (access to resources and life skills) to adults living with mental health issues or facing homelessness to empower individuals to be engaged with the community and achieve personal independence. Based in Burnaby.

7836 6th Street, Burnaby

Office Hours: Monday to Friday 9am – 4pm

T: 604-522-9669 / F: 604-522-4081

E: [info@progressivehousing.net](mailto:info@progressivehousing.net)

W: <https://progressivehousing.net/service/mental-health-supportive-housing/>

## 5) Union Gospel Mission Affordable Housing

UGM's affordable housing units are provided through a Union Gospel Mission Housing Society partnership with BC Housing. Whether it's independent suites for men and women who are committed to maintaining a sober lifestyle, or family-oriented units at low-rent costs, all of our housing facilities provide a safe, warm, and supportive place to call home.

There are single units at UGM's main location Hastings Housing (616 E Hastings St.) and Maurice McElrea Place Heatley Housing (361 Heatley Ave.), and family co-op housing units at The Orchard in Surrey. Submit an application form for the particular housing and submit the form in person at 601 E Hastings St. reception.

**Links for Housing Application Forms are found here:**

<https://ugm.ca/get-help/programs/affordable-housing>

**Browse Programs and Services** <https://ugm.ca/get-help#Get-Help-Form>

## 6) YWCA Supportive Housing Communities

YWCA operates eight supportive housing communities across Metro Vancouver (Vancouver, Surrey, Coquitlam, Langley), especially for low-income and single mothers.

W: <https://ywcavan.org/programs/affordable-housing/ywca-housing-communities>

## 7) The Vancouver Native Housing Society (VNHS)

The registered charity focuses on the housing needs of the urban Indigenous community we have expanded our operations to include housing solutions for non-Indigenous people, seniors, youth, women at risk, persons living with mental illness and the homeless and homeless at-risk populations.

1726 East Hastings Street Vancouver, BC V5L 1S9

Hours: Monday-Friday: 8:30am-4:30pm (Closed for lunch from 12:00pm-1:00pm)

T: 604-320-3312 / F: 604-320-3312

E: [info@vnhs.ca](mailto:info@vnhs.ca)

W: <https://vnhs.ca/applicants/>

## 8) Co-op Housing

Co-op housing is owned and managed by co-operative associations of the residents of that building complex. There are many ways of finding and accessing co-op housing in Vancouver. Co-op Housing Federation of BC <https://www.chf.bc.ca/living-co-op/>

220 - 1651 Commercial Dr. Vancouver, BC V5L 3Y3

T: 604-879-5111

E: [info@chf.bc](mailto:info@chf.bc)

## 9) For Indigenous Housing see "Housing" under Indigenous.

# EMPLOYMENT

## 1) **WorkBC**

WorkBC is the provincial government's access point to the world of work in British Columbia. It was created with one key goal – to help all British Columbians to successfully navigate B.C.'s labour market. WorkBC helps people find jobs, explore career options, and improve their skills. It also helps employers fill jobs, find the right talent, and grow their businesses.

Other people who regularly use WorkBC products and services include parents, teachers, career and employment counsellors, human resources professionals, researchers and decision-makers. Find the location closest you:

[https://www.workbc.ca/Employment-Services/WorkBC-Centres/Find-your-WorkBC-Employment-Services-Centre-\(1\).aspx](https://www.workbc.ca/Employment-Services/WorkBC-Centres/Find-your-WorkBC-Employment-Services-Centre-(1).aspx)

T: 250-952-6914

W: [www.workbc.ca](http://www.workbc.ca)

### **a) Employment Program of BC (EPBC)**

EPBC is the ministry's one-stop employment program. EPBC replaced Labour Market Development Agreement (LMDA) employment programs and services, and provincial employment programs for BC Employment Assistance (BCEA) recipients. EPBC services include self-serve job search services, as well as client needs assessment, case management and other employment service options, for those needing more individualized services, to prepare for, find and maintain sustainable employment.

EPBC services are available to all unemployed British Columbians seeking work, including ministry income assistance and disability assistance clients. The purpose of having BCEA clients participate in the EPBC is to assist them to achieve employment as quickly as possible, and to become more independent.

To access this program, you need to be referred by ministry workers upon intake. Look at information [here](#) about how to apply. Clients who are not identified for referral will be encouraged to access EPBC self-serve services through their local WorkBC Employment Service Centre.

[BC Employment & Assistance Policy & Procedure Manual](#)

### **b) Single Parent Employment Initiative (SPEI)**

The Single Parent Employment Initiative will help eligible single parents receiving income and disability assistance to secure sustainable employment. In addition to the current services and supports available through the Employment Program of BC, single parents may also be eligible for:

- Up to 12 months of funded training for in-demand jobs or a paid work experience placement;
- Child care costs covered while participating in the program and throughout the first year of employment;

- Transit costs to and from school; and
- If you are a single parent assessed as needing training in order to gain employment in one of today's in-demand occupations, you will be able to continue receiving income assistance for up to 12 months while participating in approved training.

<https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance/employment-planning/spei>

### **3) Drive Youth Employment Services (D-YES)**

D-YES helps youth (16-30 years) secure sustainable employment. Offers one-to-one Case Management services and a drop-in resource room. Services are free and confidential.

2106 Commercial Drive, Vancouver

T: 604-253-9675/ or text 604-499-9520/

F: 604-215-2474

E: [dyes@froghollow.bc.ca](mailto:dyes@froghollow.bc.ca)

W: <http://www.driveyouthemployment.ca/>

### **4) Dress for Success Vancouver**

Dress for Success Vancouver is a community empowering women into the workforce by providing them with professional attire, career services, leadership programs, counselling and skills development programs.

675 W Hastings Street, Vancouver (mezzanine, buzzer #0100)

T: 604-408-7923

W: [vancouver.dressforsuccess.org](http://vancouver.dressforsuccess.org)

### **5) Work Opportunities in the DTES**

#### **a) Mission Possible**

Mission Possible offers a Work Readiness Program that lead to transitional jobs in the community through their two social enterprises, [MP Maintenance](#) and [MP Neighbours](#) well as providing potential work opportunities through other employers in Vancouver.

Read more about Mission Possible's [Employment Readiness Program](#), inquire through [erp@mission-possible.ca](mailto:erp@mission-possible.ca) and drop by for an info session.

648 E Hastings St., Vancouver

E: [office@mission-possible.ca](mailto:office@mission-possible.ca)

T: 604-253-4469

W: <https://www.missionpossible.ca>



**b) Megaphone Magazine**

Megaphone offers meaningful and flexible employment opportunities as a vendor to sell Megaphone magazines and the Hope in Shadows calendars. Vendor Training is open to individuals experiencing poverty, homelessness, and/or living on a low fixed income, and looking for a way to earn money through a flexible job who want to work as a vendor.

New vendor orientation is held at the Megaphone office in Vancouver every Tuesday at 3:00pm. Please arrive 5-10 minutes early to sign in.

312 Main St., Vancouver (ground floor, entrance off E Cordova)

T: 604-255-9701

E: [info@megaphonemagazine.com](mailto:info@megaphonemagazine.com)

W: [http://www.megaphonemagazine.com/become\\_a\\_vendor](http://www.megaphonemagazine.com/become_a_vendor)

# HEALTH

## 1) Vancouver Coastal Health (VCH)

Committed to supporting healthy lives in healthy communities with their partners through care, education and research. They have services and resources including [early childhood and pregnancy](#) assistance, [school health programs](#) and [health and well-being](#) support.

Find the location near you: <http://www.vch.ca/locations-services?&city=Vancouver>

## 2) REACH Community Health Centre

REACH'S first mandate as a community health centre (CHC) is to provide care to those complex members of the community who are most in need of services. This is defined as those people with high physical needs, those who have multiple health, mental, and social issues, and those who are at risk and may not be able to reach out for the help they need. This has been a long tradition at REACH and this mandate is the basis for the current clinic. The medical clinic operates with a multidisciplinary approach, involving a team of dedicated providers with varied and complementary skills and qualifications. Care is provided by family doctors, nurses, counsellors, or social workers in the clinic, at home, and at long term and hospital based care. The health care services are generally only available to registered and active clients of REACH.

1145 Commercial Drive, Vancouver, BC, V5L 3X3

T: 604 251 3000

W: [www.reachcentre.bc.ca](http://www.reachcentre.bc.ca)

## 3) Vancouver Women's Health Collective

The Vancouver Women's Health Collective is a non-profit women's organization whose mission is to value women's knowledge and to support one another to take charge of our own health. They provide a safe and welcoming environment for all women regardless of age, race, culture, religion, sexual identity or sexual orientation, seeking health information and services. They offer a nurse practitioner community clinic, yoga classes, counselling, and guided dreaming group sessions.

29 W Hastings Street, Vancouver

T: 604-736-5262

E: [vwhc.centre@gmail.com](mailto:vwhc.centre@gmail.com)

W: [www.womenshealthcollective.ca](http://www.womenshealthcollective.ca)

#### **4) RICHER Initiative (BC Children's Hospital)**

The Responsive Intersectoral Children's Health, Education, and Research (RICHER) Initiative is the first program of its kind in BC and seeks to address health equity disparities and particularly disparities in health care access that many marginalized and vulnerable children and families experience. In working with families, their particular needs and circumstance are taken into consideration, the RICHER services given are linked to specialized healthcare and the family's community-based support networks. Social pediatric specialist outreach consultation appointments are booked on request via phone on Monday-Friday during office hours.

948 West 28th Ave, Vancouver

Clinical Support Building, Entrance 26, Room 203

*For patients:* 410 Campbell Ave, Vancouver (door is furthest on northwest of building)  
Vancouver, BC V5Z 4H4

T: 604-875-2246 (Hours & Appointment Booking: Monday to Friday, 8 a.m. to 4 p.m.)

F: 604-875-3958

W: <http://www.bcchildrens.ca/our-services/clinics/social-pediatrics#RICHER--Initiative>

#### **5) YouthCO**

Youth-led agency working to reduce the impact of stigma related to HIV and Hep C. Offers peer support, education, and community engagement.

205-568 Seymour St, Vancouver, BC V6B 3J5

T: 604-688-1441/ 1-855-968-8426

E: [info@youthco.org](mailto:info@youthco.org)

W: [www.youthco.org](http://www.youthco.org)

#### **6) Catherine White Holman Wellness Centre**

Provides low-barrier wellness services to trans and gender diverse people in a way that is respectful and celebratory of clients' identity and self-expression. Services include general health care, free hormone injection equipment, counselling, education, advocacy, STI/HIV testing, and community support.

408-55 Water Street Private Mailbox #8945 Vancouver, BC V6B 1A1 (*Mailing Address*)

T: 604-442-4352

F: 604-757-5274

E: [contactus@cwhwc.com](mailto:contactus@cwhwc.com)

W: [www.cwhwc.com](http://www.cwhwc.com)

#### **7) Deaf Well-Being Program (VCH)**

The program works with clients between 0-99 who are heard of hearing, deaf or deaf-blind. The VCH Deaf, Hard of Hearing, & Deaf-Blind Well-Being Program (WBP) provides mental health services for Deaf, Hard of Hearing and Deaf-Blind people through out British Columbia. Connect with Program Coordinator Kristen Pranzi.

## Deaf Well-Being Program (VCH)

300-4211 Kingsway, Burnaby

Program Coordinator:

Email: [kristen.pranzl@vch.ca](mailto:kristen.pranzl@vch.ca)

TTY: 604-456-0901

Direct text: 604-306-7633

Voice: 778-655-9336

Email: [WellBeing.Staff@vch.ca](mailto:WellBeing.Staff@vch.ca)

Voice: 778-819-0951

Text: 778-987-4174

TTY (Teletypewriter): 604-456-0901 (only for Deaf people to call)

Toll-free TTY: 1-800-949-1155 (outside of Lower Mainland)

Fax: 604-456-0904

W: <https://deafwellbeing.vch.ca>

### 8) Hope Air

Hope Air provides transportation for patients to meet vital medical appointments and treatments. It makes healthcare accessible regardless of location or financial constraints. Hope Air provides families, from coast to coast, with free flights and accommodations. To fill out the Hope Air Travel Assistance Request Form, click: <https://www.tfaforms.com/4981080>

W: <https://hopeair.ca>

### 9) For Indigenous Health services, see “Health” under Indigenous.

## MENTAL HEALTH

### 1) Kelty Mental Health Resource Centre (BC Children’s Hospital)

The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC. See [Medication & Therapy](#) . The Centre also provides peer support to people of all ages with eating disorders and [other challenges](#) . All of the services are free of charge.

BC Children’s Hospital

4500 Oak Street, Vancouver BC V6H 3N1

Mental Health Building, Healthy Minds Centre, Entrance #85

Room P3-302 (3<sup>rd</sup> floor)

T: 604-875-2084; Toll Free: 1-800-665-1822

E: [keltycentre@cw.bc.ca](mailto:keltycentre@cw.bc.ca)

W: [www.keltymentalhealth.ca/](http://www.keltymentalhealth.ca/)

**a) Family Smart Team at Kelty**

Family Smart has local Parents in Residence (PiR) and Youth in Residence (YiR) workers. While their Kelty PiRs do not travel into the community, they are available by phone and email, or parents can drop into the office to meet in person. Click here to learn more on [How to get started](#).

**2) NorthShore ADHD & Addiction Clinic**

A specialized clinic for those struggling with ADHD and addictions. They try to help patients understand what they have, why they have it and what to do about it with a holistic approach of education, medication, self-management, skill-building and counselling, whether in-clinic, at-home or hybrid. Book your first appointment online [here](#) to get an initial assessment.

145 Chadwick Ct #330, North Vancouver, BC V7M 3K1

T: (604) 985-3939

W: <https://www.northshoreadhd.com/what-we-do>

**3) Child & Youth Mental Health (VCH)**

Youth with moderate to severe mental health challenges will likely qualify for services through the CYMH. Our programs serve diverse populations, including young children, children in school and young adults. Some services are provided in languages other than English.

Mental Health teams may include nurses, counsellors, occupational therapists, physicians, psychiatrists, psychologists, rehabilitation therapists, social workers and support staff. Each team is unique, with the mix of staff and services reflecting the needs of each community and population. They offer services from assessment, treatment, consultation, therapy (individual, group, family), psycho-pharmacological treatment, day programs and parent education.

<http://www.vch.ca/your-care/mental-health-substance-use/children-youth-mental-health-services>

[Youth Central Addiction Intake Team \(CAIT\)](#)

**a) Intake Clinics – referrals made on a walk-in first-come-first-served basis**

**Services are available in**

- [Northeast](#): 355-2750 E Hastings St., Vancouver T: 604-675-3895
- [Boundaries Program](#) (Raven Song): Boundaries Program (FACES) Community Health Centre 2450 Ontario Street, Suite 300, Third floor Vancouver, BC T: 604-675-3896
- [Boundaries Program](#) (Goldcorp Centre) for Mental Health 288-2750 East Hastings Street, 300 The Family and Community Enhancement Services office (3<sup>rd</sup> floor) Vancouver, BC V5K 1Z9 T: (604) 678-3896/ For Current clients: (604) 675-3895
- [Richmond Hospital](#): Richmond MHSU services T: (604) 204-1111.

#### 4) **Canadian Mental Health Association, BC Division**

National charity that helps maintain and improve mental health for all Canadians with resources on accessing immediate help, improving mental health, mental illness, and alcohol and drugs. The Association provides mental health promotion and mental illness recovery-focused programs and services for people of all ages and their families. Follow the links to learn about the [Programs-and-services](#).

Reach out for help, [Emergency resources](#) are available.

##### a) **Bounce Back**

Free online skill-building program which teaches effective skills to help individuals (15+) overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. Participants can learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive.

T: 1-866-639-0522

E: [bounceback@cmha.bc.ca](mailto:bounceback@cmha.bc.ca)

W: [www.bouncebackbc.ca](http://www.bouncebackbc.ca)

##### b) **Confident Parents: Thriving Kids**

Family-focused, telephone-based coaching service for parents and caregivers, effective in reducing mild to moderate behavioural challenges and promoting healthy child development in children ages 3-12. More Information and Referral forms are available here: <https://welcome.cmhacptk.ca/>

##### c) **Living Life to the Full**

8-session, 12-hour mental health promotion course in the community is designed to help people deal with low mood, anxiety, stress and everyday life challenges.

Suite 905 - 1130 West Pender Street Vancouver, BC V6E 4A4

T: 604-688-3234

E: [living.life@cmha.bc.ca](mailto:living.life@cmha.bc.ca)

Hours: Monday to Friday 9:00 am – 4:30 pm (PST)

Check here to find where the program is offered in your area:

W: <https://livinglifetothefull.ca/> [www.cmha.bc.ca/programs-services/living-life-to-the-full/](http://www.cmha.bc.ca/programs-services/living-life-to-the-full/)

#### 5) **Suicide Attempt Follow-Up Education (SAFER) (VCH)**

Providing counselling for people aged 19+ who are feeling suicidal or have attempted suicide, support, and education for those concerned about loved ones at risk for suicide, and counselling for those affected by a suicide death. Click here: [VCH Suicide Attempt Follow Up](#)

## 6) Youth Mental Health Services (VCH)

For youth with mild to moderate challenges, starting with a family doctor is a good place to start, and also some of the youth clinics (CYMH). There are concurrent programs available for youth struggling with mental health and substance use. It can be tricky to navigate the system, and also time consuming, so the key is to connect with the right person/people who can make it easier for the parents. Here are some of the VCH mental health services available for youth.

### i) Access & Assessment Centre ([AAC](#))

24hr access for mental health support and crisis intervention and consultation for ages 17 and above. Find this service near you: [AAC](#)

Vancouver General Hospital

803 West 12th Ave. Vancouver, BC V5Z 1N1

Crisis line: 604-675-3700 / Fax: (604) 675-3705

### ii) Child & Adolescent Response Team (CART)

The Child & Adolescent Response Team (CART) provides an urgent response (within 72 hours), and short-term mental health service to school-aged children and youth who are experiencing acute psychiatric or emotional crises.

1212 West Broadway Suite 401 Vancouver BC V6H 3V1

T: 604-874-2300 (Monday to Thursday 9:00AM-7:30PM; Friday 9:00AM-5:00PM)

F: (604) 714-4831

W: CART website

### iii) Youth Assertive Outreach Team

Provides assertive outreach support to vulnerable, marginalized youth where attempts to engage with mainstream services have been unsuccessful. Support includes groups, trauma-informed individual counselling support and psychiatric assessment and follow-up.

- South Van: Suite 301, 4920 Fraser St. Vancouver, BC V5W 2Y8 T: (604) 325-2004
- RLLF CHC: 1669 East Broadway, Unit 358 Vancouver, BC V5N 1V9 T: (604) 675-3980
- Urban Native Youth Association: 1618 E Hastings Street Vancouver, BC V5L 1S6  
T: (604) 254-7732 E: [info@unya.bc.ca](mailto:info@unya.bc.ca)

Youth Assertive Outreach Mental Health Team

550 Cambie St, Vancouver, 2<sup>nd</sup> floor

T: 604-688-0551

W: [Youth-assertive-outreach-team](#)

### iv) Early Psychosis Intervention (EPI) Program

It is a specialized multi-disciplinary mental health team that serves youth and adults

aged 13-29 who reside in Vancouver/Richmond who are experiencing a confirmed or suspected first episode of psychosis. Exclusionary criteria include psychosis due to acute intoxication and secondary to general medical condition.

EPI provides individual assessment, treatment and rehabilitation services, and offers a variety of psycho-educational, vocational and recovery-based groups. Family participation is greatly encouraged & EPI offers a 6-session Family Education Group up to 3 times per year for friends and family of EPI clients.

333 - 2750 East Hastings Street Vancouver, BC V5K 1Z9

Intake is through the main EPI Office Line

T: 604-675-3875

F: 604-675-3894

W: <https://www.earlypsychosis.ca/vancouver-coastal-health/>  
[http://www.vch.c/locations-services/result?res\\_id=814](http://www.vch.c/locations-services/result?res_id=814)

#### **v) Eating Disorders Program**

They serve children, youth and adults who have Anorexia Nervosa, Bulimia Nervosa and other specified feeding or eating disorders. We work with individuals at various stages in the recovery process in collaboration with their primary care providers. Our services are free of charge and treatment options include: Group work, family and friends support group, individual/family therapy, and outreach, nutritional, specialized medical and psychiatric support and recreation therapy. As part of a larger continuum of care, the program liaises with the Eating Disorders Programs at BC Children's Hospital, St. Paul's Hospital and the Looking Glass Residence should clients require more intensive support.

**Click here: [http://www.vch.ca/locations-services/result?res\\_id=896](http://www.vch.ca/locations-services/result?res_id=896)**

Youth Eating Disorders Program at Central Community Health Centre: for outpatient assessment and treatment for youth 12 to 19 years of age who have symptoms of anorexia or bulimia.

132 West Esplanade North Vancouver, BC V7M 1A2

T: (604) 983-6700/ F: (604) 983-6883

North Shore Youth Eating Disorders Program (NSY EDP) partners with pediatricians to offer medical monitoring in a clinical setting along with counselling and nutritional support to youth who are struggling with disordered eating/clinical eating disorders.

211 West 1st Street North Vancouver, BC V7M 1C9

T: (604) 984-5060

Richmond Place provides outpatient support and access to treatments for youth and adults with anorexia nervosa, bulimia nervosa, and related eating disorders.

8100 Granville Avenue Richmond, BC V6Y 1R4

Central intake: (604) 204-1111 F: (604) 244-5487

#### **a) Resilient Kids (FACES)**

They provide group counselling and education to children who have a parent with significant mental illness, and who have established psychiatric support for the parent.



Three groups run every year, each consisting of eight 2-hour sessions for a maximum of 12 children. Areas covered in these groups include coping, communication and social skills, mental health education to help children understand their parent's illness, peer support, building self-esteem and confidence, and other recreational and relaxation activities. This service is offered as part of VCH Family and Community Enhancement Services.

288-2750 E Hastings Street, Vancouver

The Family and Community Enhancement Services office (3<sup>rd</sup> Floor)

T: (604) 675-3896 ext. 20674

W: <https://www.vch.ca/en/service/resilient-kids-faces#short-description--6526>

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## COUNSELLING (FREE & REDUCED-COST OPTIONS)

### 1) Family Services of Greater Vancouver Counselling Program

Professionally-trained therapists/counsellors providing service with fees charged on a sliding scale based on household income. Staff can work in Cantonese, Korean, Mandarin, and Spanish.

Offices in Vancouver, Richmond, Burnaby, New Westminister and Surrey

T: 604-731-4951

E: [contactus@fsgv.ca](mailto:contactus@fsgv.ca)

W: <https://fsgv.ca/>

### 2) Family Services of the North Shore

Offers education, support, and counselling services. Many services are fully subsidized and offered at no cost. Others are offered at a reduced rate based on a sliding scale for clients living or working on the North Shore.

203 - 1111 Lonsdale Avenue, North Vancouver

T: 604-988-5281, ext. 226

E: [intake@familyservices.bc.ca](mailto:intake@familyservices.bc.ca)

W: <https://www.familyservices.bc.ca/find-support/>

### 3) Oak Counselling

Provides a wide range of professional, affordable, and secular counselling services. Fees are based on a sliding scale related to household income and the number of individuals supported on it.

949 W 49th Avenue, Vancouver

T: 604-266-5611

E: [info@oakcounselling.org](mailto:info@oakcounselling.org)

W: [oakcounselling.org](http://oakcounselling.org)

#### 4) Adler Centre - Adlerian Psychology Association of British Columbia (APABC)

Counselling clinic and education site. They aim to enrich the community by offering parenting education and reduced-rate counselling services that benefit families, individuals, couples, and businesses.

440-2184 W Broadway, Vancouver V6K 2E1

T: 604-742-1818 F: (604)742-1818

E: [info@adlercentre.ca](mailto:info@adlercentre.ca)

W: [adlercentre.ca](http://adlercentre.ca)

#### 5) UBC Counselling Options

##### a) New Westminster UBC Counselling Centre

Training facility operated by UBC Counselling and New Westminister School District.

Provides **free** counselling for adults, children, and youth. Learn more at [UBC-scarfe-free-counseling-clinic](#)

2125 Main Mall

Room 1118 (Test Library Reception)

Vancouver, BC V6T 1Z4

T: [\(604\) - 827- 1523](tel:(604)-827-1523)

E: [ecps.educ.ubc.ca](mailto:ecps.educ.ubc.ca)

##### b) UBC Psychology Clinic

Offers low-cost comprehensive psychological services for adults in the Greater Vancouver community, providing affordable services using the most recent advances in mental health care.

Douglas T. Kenny Building

2163 West Mall, Vancouver

T: 604-822-3005 / F: 604 822 6923

E: [clinic@psych.ubc.ca](mailto:clinic@psych.ubc.ca)

W: [clinic.psych.ubc.ca](http://clinic.psych.ubc.ca)

#### 6) SFU Surrey Counselling Centre

Joint initiative of the SFU Faculty of Education and the Surrey School District which provides **free** counselling services for adults, school-aged children and youth.

**UPDATE FOR APRIL 2023-2024** : *The waitlist is now closed and the centre is full for the summer of 2023. SFU SCC will be closing August 2023 and reopening with clinical services in August /September of 2024. Clinical service will be temporarily unavailable for the following year. Staff will be on site weekly through to the end of July 2023, assisting with resourcing for other services. The SAFE Program - has a limited number of spaces available for general mental health referrals and has a separate intake process.*

4<sup>th</sup> Floor, Room 4350 250-13450 102 Avenue Surrey

For counselling services at SFU SCC, call: 778-706-0085

SFU SCC Front Reception Desk: 778-782-4913

[scc\\_admin@sfu.ca](mailto:scc_admin@sfu.ca)

[www.sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html](http://www.sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html)

**7) Vancouver Coastal Health Outpatient Psychiatry Team**

Provides interdisciplinary and comprehensive psychiatric assessment, consultation and time limited group psychotherapy treatment to adults dealing with depression, adjustment and personality issues, generalized anxiety, social anxiety, obsessive compulsive disorder, post-traumatic stress disorder and panic disorders.

Clients must be referred. Self-referrals are accepted; however, referrals from physicians are preferred. <https://www.vch.ca/en/health-topics/mental-health-substance-use>

**8) S.U.C.C.E.S.S. Individual and Family Counselling**

Individual counselling, couples counselling, and family counselling. Individuals or family can be self-referred or referred by other agencies or ministries. Locations in Vancouver, Burnaby (Friday only) and Coquitlam. Fees range from \$25 to \$130 per hour, based on a sliding scale. For enquiry and referrals, call intake worker on weekdays during office hours at 604-408-7266 or 604-684-1628. W: <https://successbc.ca/counselling-crisis-support/services/counselling/>

Pender Service Centre

28 West Pender Street Vancouver, BC V6B 1R6

T: 604-684-1628

Tri-Cities Service Centre

#2058 - 1163 Pinetree Way Coquitlam, BC V3B 8A9

T: 604-468-6000

Burnaby

102- 4430 Halifax St #102 Burnaby, BC V5C 5R4

T: [604-408-7266](tel:604-408-7266)

W: <https://www.opencounseling.com/canada/burnaby/counseling-agency/s-u-c-c-e-s-s>

**9) Living Systems Counselling**

Counselling for individuals, couples, and families to address a variety of concerns. Lower- cost counselling provided by supervised interns, on a sliding fee scale based on a client's gross income, number of dependents and current circumstances.

Counselling interns are available in the North Vancouver, New Westminister, Vancouver Offices. For all counselling inquiries contact

T: 604-926-5496.

W: <https://livingsystems.ca/>

**10) Mood Disorders Association of British Columbia (MDABC)**

Provides treatment, support, education, and hope of recovery for people living with a mood disorder. Individual therapy available with a professional practitioner (\$95/session) or doctoral trainee (\$50/session).

480-789 W. Pender Street, Vancouver

T: 604-873-0103 (option 2 for Counselling and Wellness Office)

W: [www.mdabc.net](http://www.mdabc.net)

### **11) Residential Historical Abuse Program (VCH)**

Provides access to professional counselling for adults who were sexually abused as children while living in the care of the British Columbia provincial government in placements including foster homes, group homes, and certain residential facilities. After intake, a coordinator helps connect clients with VCH-endorsed counsellors and arranges funding directly with the counsellor.

200-520 W 6th Avenue, Vancouver BC V5Z 4H5

T: 604-875-4255/ F: (604) 874-7661

E: [rhap@vch.ca](mailto:rhap@vch.ca)

W: <https://www.vch.ca/en/service/residential-historical-abuse-program-rhap#short-description>

### **12) Crime Victim Assistance Program (CVAP)**

Assists victims, immediate family members and some witnesses in coping with the effects of violent crime and provides financial benefits to help offset financial losses and assist in recovery.

Mailing: PO Box 5550 Station Terminal, Vancouver, B.C. V6B 1H1

T: 604-660-3888 / Toll Free: 1-800-660-3888 (available 24/7)

E: [cvap@gov.bc.ca](mailto:cvap@gov.bc.ca)

[www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits](http://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits)

### **13) BC Responsible and Problem Gambling Program**

Free professional, multilingual counselling for any British Columbian struggling with their own or their family member's gambling. Counsellors have a minimum of a Master's degree in a counselling-related discipline.

T: 1-888-795-6111 (available 24/7)

W: [www.bcreponsiblegambling.ca/getting-help/find-counsellor](http://www.bcreponsiblegambling.ca/getting-help/find-counsellor)

### **14) Stopping the Violence Counselling (Atira)**

The Stopping the Violence Program offers individual support and group support, as well as information and resources for women (transwomen inclusive) who have been impacted by abuse and/or violence. Services are provided **free of charge** from a strengths-based, feminist, anti-oppressive, and harm-reduction perspective. See link: [stopping-the-violence-counselling](#)

101 East Cordova Street Vancouver, BC

T: (604) 331-1407 ext 106 and ext 107

E: [stv@atira.bc.ca](mailto:stv@atira.bc.ca)

### 15) Dragonstone Counselling

Vancouver-based counselling centre that focuses on holistically centered counselling to a diverse clientele. Offers low cost counselling for clients facing significant financial barriers. Low cost counselling is \$60/session or less, and Dragonstone does not turn away people due to lack of funds. Lower cost counselling is prioritized for people with disabilities and chronic health conditions, newcomers to Canada (including undocumented newcomers), LGBTQ people, people of colour, Indigenous people, and single parents. Offers counselling in English, Farsi, Spanish, Cantonese and Mandarin.

Call to book an appointment and leave a message. Make sure to include your name, number, date and time of call, and preferred call-back time, and also indicate whether it is okay for them to leave a detailed message when we call back.

T: 604-738-7557 (Leave a voicemail for counselling inquiries)

T: 604-872-3311 (Vancouver distress line) / 1-877-565-8860 (Trans Lifeline)

E: dragonstone.counselling@gmail.com

W: <https://www.dragonstonecounselling.ca/>

## DENTAL CARE

### 1) Mid-Main Community Health Centre

Provides dental services to everyone and does not have a catchment area. Always accept new patients. The clinic provides clients with no coverage a 10% discount on most procedures, based on the current year fee guide.

2265 Main Street Vancouver

T: 604-873-3602

E: [midmainreception@midmain.net](mailto:midmainreception@midmain.net)

W: [www.midmain.net/dental](http://www.midmain.net/dental)

### 2) Strathcona Community Dental Clinic

Provides quality dental services to low income families, with focus on providing dental services to inner-city children.

601 Keefer Street, Vancouver BC V6A 3V8

T: 604-713-4485 F: 604--713-4465

W: [www.strathcona-health.ca](http://www.strathcona-health.ca)

### 3) Smiles 4 Canada

Facilitates the orthodontic treatment plan of young Canadians under the age of 14 who would otherwise not be able to afford treatment. They are located in Ontario, but work with Canadian orthodontists across Canada.

**Update:** 2023 Applications are closed. The application window will open again in mid-January 2024. Please visit us again in November/December 2023 for program updates.

<https://smiles4canada.ca/>

## FUNDING

Dependent children under 19 years of age, in families approved for premium assistance by the [Medical Services Plan \(MSP\)](#) through the Ministry of Health, are automatically registered with the Healthy Kids Program. Children are eligible for \$1400 of basic dental services every two years.

Persons with disabilities and persons with persistent multiple barriers have a maximum coverage limit of \$1000 over two calendar years. This limit applies to persons with disabilities and their spouses, persons with persistent multiple barriers, and seniors over 65 with enhanced medical coverage

First Nations people who are status may have up to 100% coverage on some procedures.

Apply for MSP [here](#).

## FINANCIAL

### 1) Income Assistance/Welfare (BC Government)

To apply for or see if you qualify for income assistance to help support your transition to employment go to <https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance>

To apply for or see if you qualify for employment and [social support assistance](#) for persons with disabilities go to:

<https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/disability-assistance>

### 2) Employment Insurance - Service Canada

Employment Insurance (EI) provides temporary financial assistance for unemployed Canadians while they look for work or upgrade their skills. There are different kinds of benefits available, depending on the reason you are out of work.

W: <https://www.canada.ca/en/employment-social-development/programs/ei.html>

### 3) Vancity Fast & Fair Loans

Loan solutions for Vancity members with no fees and low cost of borrowing, bridging the gap between a payday loan and a traditional loan.

W: <https://www.vancity.com/Loans/TypesOfLoans/FairAndFastLoan/>

### 4) Pigeon Park Savings - Vancity branch

Collaboration between Vancity and PHS Community Services which provides people living on low incomes in the Downtown Eastside with access to basic financial services. To get more information, drop by in person or phone the number below.

346 E Hastings, Vancouver

T: 604-678-8276

W: [www.vancity.com/AboutVancity/VisionAndValues/ValuesBasedBanking/FinancialLiteracyAndBasicBanking/BasicBanking/](http://www.vancity.com/AboutVancity/VisionAndValues/ValuesBasedBanking/FinancialLiteracyAndBasicBanking/BasicBanking/)

### 5) Credit Counselling Society Vancouver

Non-profit consumer credit and debt counselling service providing debt solutions and help in Vancouver. They can assist in creating a spending plan, getting finances on track, consolidating debts in Vancouver, and saving thousands of dollars in interest. They have 3 different locations in the city, all reached by the same number.

T: 1-888-527-8999

W: [www.nomoredebts.org/canada/bc/vancouver/credit-counselling.html](http://www.nomoredebts.org/canada/bc/vancouver/credit-counselling.html)

## COURSES AND PROGRAMS

### 1) Financial Skills Programs (Vancity & Family Services of Greater Vancouver)

#### a) Dollar\$ and \$ense: Youth financial literacy program

Financial skills are crucial for young people, especially as they enter the workforce. As parents and educators, it's important to share the knowledge and skills of good personal money management. This program is available free to secondary schools and youth organizations. To find out about more contact

T: 604-638- 3390 (ext 169) for the FSGV Program Manager

or 604-638- 3390 (ext 166) for the Program Facilitator

W: [www.vancity.com/AboutVancity/VisionAndValues/ValuesBasedBanking/FinancialLiteracyAndBasicBanking/SkillsPrograms/](http://www.vancity.com/AboutVancity/VisionAndValues/ValuesBasedBanking/FinancialLiteracyAndBasicBanking/SkillsPrograms/)

#### b) Money Skills Program for Adults

This program helps people on limited incomes build the skills to effectively manage money and plan for the future. For two hours each week over four weeks, you will learn about different banking options, how to budget and take control of money, how to



make sound purchasing decisions, and how to create a good credit history. This program is **free** and offered at multiple locations. Programs include [financial empowerment workshops](#). For more inquires and bookings or to learn more about our upcoming workshops, please check the [events calendar](#),

T: 1-800-609-3202

E: [moneyskills@fsgv.ca](mailto:moneyskills@fsgv.ca)

W: <https://fsgv.ca/financial-empowerment/>

## 2) Free Financial Coaching (Family Services of Greater Vancouver)

One-on-one meetings with a financial coach, help setting financial goals and developing a financial action plan, accessing help to file taxes and government benefits, and assistance with building a budget, increasing savings, and reducing debt. Sign up for free financial coaching at

[https://forms.office.com/pages/responsepage.aspx?id=ExvzOme6YEGcj8r9zf\\_Tpidl3qAWwF1Ou9vPhiiFbERUQTZTRIJUQjIHMVVCV0dHTFNIVjNRMjY3Qy4u](https://forms.office.com/pages/responsepage.aspx?id=ExvzOme6YEGcj8r9zf_Tpidl3qAWwF1Ou9vPhiiFbERUQTZTRIJUQjIHMVVCV0dHTFNIVjNRMjY3Qy4u)

## TAXES

### 1) Community Tax Clinics (Government of Canada)

The Canadian government offers a look-up service to find what community organizations are doing tax clinics in your area to file your taxes.

<https://www.canada.ca/en/revenue-agency/campaigns/free-tax-help.html>

### 2) PricewaterhouseCoopers (PwC)

Mom2Mom has a partnership with PwC for helping with taxes and associated documents for moms who are associated with our programs.

Contact the office at [info@m2mcharity](mailto:info@m2mcharity) or call at 604-343-6514 if you are in the Mom2Mom program and need help with your taxes at tax time.

# LEGAL

1) For Indigenous Legal Supports, see “Legal” under Indigenous.

## LEGAL AID

### 1) Legal Aid

The Legal Services Society of BC (LSS) provides legal help to low-income people who meet certain criteria. If you don't qualify for representation by a legal aid lawyer, you may still be able to get some legal help through LSS.

To apply or to find the office nearest you contact:

T: 604-408-2172 (Lower Mainland)

T: 1-866-577-2525 (toll free outside the Lower Mainland)

W: [www.legalaid.bc.ca](http://www.legalaid.bc.ca)

If you do not qualify for legal aid and cannot afford or do not want to hire a lawyer, there are other places you can go to get some legal advice or to find an advocate who can help you navigate the legal system.

### 2) Rise Women’s Legal Centre

Community legal centre striving to create accessible legal services that are responsive to the unique needs of self-identifying women, particularly those who are victims of violence, abuse and unequal power dynamics. Offers legal services in family law, child protection law, and wills drafting.

Rise has published the latest guide: [Seeking peace bond](#). It provides a simple, easy to follow, plain language overview of peace bonds to assist women looking to obtain one. The guide also lays out the difference between peace bonds and family law protection orders. The Guide is available in 11 [Languages](#).

516 Richards Street, Vancouver

T: 604-451-7447 (General Inquiries) F: 604.304.4072

T: 236-317-9000 (Client Intake Line)

E: [info@womenslegalcentre.ca](mailto:info@womenslegalcentre.ca)

W: <https://womenslegalcentre.ca>

## ADVICE AND INFORMATION

### 1) Pivot Legal Society

Pivot Legal Society is not a legal clinic or legal aid organization. They use the law strategically to achieve widespread social change and work with low-income communities to develop legal strategies to address systemic problems affecting marginalized individuals. They don't provide any drop-in legal services or offer legal advice over the phone or by email but instead offer a wealth of resources if you are looking for legal information and advice as well as community "[rights cards](#)" to help you know your rights.

121 Heatley Avenue Vancouver, B.C. V6A 3E9

T: 604-255-9700/ F: 604-255-1552

W: <https://www.pivotlegal.org/>

### 2) Access Pro Bono

Has over 75 summary legal advice clinics throughout the province.

T: 604-878-7400 (Vancouver) / 1-877-762-6664 (outside of Vancouver)

W: [www.accessprobono.ca](http://www.accessprobono.ca)

### 3) Law Students' Legal Advice Program (LSLAP)

Offers free legal advice to people in the Lower Mainland who cannot afford a lawyer. LSLAP clinics are run by law students from the University of British Columbia who are supervised by practicing lawyers.

T: 604-822-5791

W: [www.lslap.bc.ca](http://www.lslap.bc.ca)

### 4) Community Legal Assistance Society (CLAS)

Possible assistance with human rights claims, judicial reviews, mental health cases, social assistance, welfare, Canada Pension Plan, and Worksafe BC issues.

300-1140 W Pender Street, Vancouver V6E 4G1

T: 604-685-3425 / 1-888-685-6222 F: 604-685-7611

E: [contact@clasbc.net](mailto:contact@clasbc.net)

W: [www.clasbc.net](http://www.clasbc.net)

### 5) Clicklaw

Online legal information and education site that includes information about family law, immigration law, personal injury law, employment law, consumer law and much more. Clicklaw also provides online access to court forms and information about legal resources across BC.

W: [www.clicklaw.bc.ca](http://www.clicklaw.bc.ca)

## 6) Residential Tenancy Branch

If you have a dispute with your landlord or need more information about your rights and responsibilities as a tenant you can contact the Residential Tenancy Branch. Click this link for more information: <https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies/contact-the-residential-tenancy-branch>

## 7) Family Law Referrals

See [www.westcoastleaf.org](http://www.westcoastleaf.org) for more information on services for litigation, law reform and education. It provides a list of Family Law Referrals.

# ADVOCACY

## 1) BC211

Phone line which provides free, confidential information and referrals to community resources including advocacy and legal help, and housing search assistance. Multilingual telephone assistance is available 24 hours a day. See [www.bc211.ca](http://www.bc211.ca)

## 2) MOSAIC's Legal Advocacy Program

Legal advocacy program that can assist temporary foreign workers and offers advice on immigration and refugee law.

5575 Boundary Road Vancouver, B.C., Canada V5R 2P9

T: 604-254-9626 Hours: Monday to Friday: 9:00 a.m. – 5:00 p.m.

E: [info@mosaicbc.org](mailto:info@mosaicbc.org)

W: [www.mosaicbc.org](http://www.mosaicbc.org)

## 3) Vancouver & Lower Mainland Multicultural Family Support Services Society (VLMFSS)

VLMFSS assists women to find a place in transition house when it is required. They also advocate and assist women in their interactions with the social and justice systems, providing court advocacy and assistance for immigrant and visible minority women who are attempting to access the justice system. Other services include individual and group counselling, and education and consultation.

5000 Kingsway Plaza Phase III Suite 306-4980 Kingsway, Burnaby BC V5H 4K7

T: 604-436-1025 / 1-888-436-1025/ 236-865-1194 F: 604-436-3267

W: [www.vlmfss.ca](http://www.vlmfss.ca)

## 4) West Coast Domestic Workers' Association

Non-profit organization that provides free legal information, advice and representation to caregivers and other migrant workers, and survivors of labour trafficking in British Columbia.

302-119 W Pender Street, Vancouver

T: 604-669-4481/ 1-888-669-4482 (toll free)

E: [info@mwcwbc.ca](mailto:info@mwcwbc.ca)

W: [www.wcdwa.ca](http://www.wcdwa.ca)

**5) Atira Legal Advocacy for Women**

A program for low income women (inclusive of transwomen) in the Downtown Eastside to obtain free legal advice in a safe and confidential, women's only space.

101 East Cordova Street Vancouver, BC V6A 1K7

T: 604 331 1407 ext 114 (Tuesday to Thursday)

E: [legaladvocate@atira.bc.ca](mailto:legaladvocate@atira.bc.ca)

W: <https://atira.bc.ca/what-we-do/program/legal-advocacy/>

**6) Downtown Eastside Women's Centre**

Advocacy services are delivered to women who require assistance with the Ministry of Children and Family Development, Vancouver Aboriginal Children and Family Services Society, Ministry of Social Development and Social Innovation and/or the Residential Tenancy Office. Advocates provide appropriate referrals and assist in navigating a complex system of resources, improving accessibility in the process and giving support.

302 Columbia Street, Vancouver

T: 604-681-8480

W: <http://dewc.ca/programs/advocacy>

**7) Battered Women's Support Services (BWSS)**

BWSS provides legal advocacy to assist women to navigate through legal systems, by assisting women identify legal issues; prioritize legal needs; choose realistic, fair, and legal solutions; providing information on process, legislation, and the role of different players; assisting women to access lawyers or pro bono legal advice; assisting women strategize to build their case and assisting women with tips for their own legal research and advocacy.

PO Box 21503 1424 Commercial Drive Vancouver, BC V5L 5G2

Crisis Intake Line 1-855-687-1868

T: 604-687-1868/ 604-686-6732 F: 604-687-1864

E: [information@bwss.org](mailto:information@bwss.org)

W: <https://www.bwss.org/>

**8) Tenant Resource & Advisory Centre (TRAC)**

Provides free legal information about residential tenancy law in BC.

T: Tenancy Hotline: 604-255-0546; 1-800-665-1185 [tenant-info](http://tenant-info.bc.ca)

W: [www.tenants.bc.ca](http://www.tenants.bc.ca)

# TRANSIT & TRANSPORTATION

## 1) **Transportation Support/BC Bus Pass for PWDs**

If you have the Persons with Disabilities (PWDs) designation and are on disability assistance, you can contact the ministry to apply for your BC Bus Pass.

Contact the ministry about BC Bus Pass program:

T: 1-866-866-0800

E: [BCBusPassProgram@gov.bc.ca](mailto:BCBusPassProgram@gov.bc.ca)

W: <http://www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass/people-with-disabilities>

## 2) **Petal Society: Our Community Bikes**

Our Community Bikes is a community bike shop located in Vancouver's Mount Pleasant neighbourhood offering DIY bicycle repairs and affordable bike maintenance. They also have other programs, courses and services available for bikes and cyclists.

2429 Main Street, Vancouver V5T 3E1

T: 604 879 2453

E: [info@ourcommunitybikes.org](mailto:info@ourcommunitybikes.org)

W: <https://pedalpower.org/>

# HOUSEHOLD & CLOTHING

## 1) Aunt Leah's Urban Thrift

Aunt Leah's Urban Thrift features quality "pre-loved"/gently used clothing and accessories as well as a variety of small furniture and household items. All the profits raised go towards preventing children in foster care from becoming homeless, and mothers in need from losing custody of their children.

816 20th Street, Vancouver V3M 4W6

T: (604) 525-1204/(604) 525-1295 Mon-Fri 9AM-5PM

E: [auntleahs@auntleahs.org](mailto:auntleahs@auntleahs.org)

W: <https://auntleahs.org/social-enterprise/urban-thrift/>

## 2) Union Gospel Mission Thrift Store

UGM's Thrift Store provides high-quality, pre-owned items such as men's and women's clothing, furniture and household items for men and women in our neighbourhood. This social enterprise creates sustainable revenue to help run UGM's life-changing programs. Donations accepted 9:30AM-3:30PM

671 E Hastings Street, Vancouver BC V6A 1R2

T: 604-254-8721

W: <https://www.ugm.ca/thrift-store/>

## 3) Salvation Army Thrift Store

The Salvation Army Thrift Store sells gently-used clothing (including kids'), housewares, furniture and other items generously donated by the public. We also receive donations of brand new product including clothing, toys, furniture and other items from local businesses.

W: <https://salvationarmy.ca/britishcolumbia/home/thrift-stores/>

## 4) BabyGoRound

Provides Lower Mainland families in need with essential equipment, clothing, and products for their infants and young children.

To access BabyGoRound, contact your Mom2Mom Program Coordinator.

W: [www.babygoround.ca](http://www.babygoround.ca)

# RECREATION

## 1) Community Centres

The City of Vancouver offers 24 community centres. They focus on recreational, social, and cultural activities for all residents. Stay in shape, learn new skills, and meet new friends with activities in fitness, arts and crafts, culture, dance, swimming, skating, child care, and more.

To find a centre close to you visit: <http://vancouver.ca/parks-recreation-culture/community-and-cultural-centres.aspx>

## 2) City of Vancouver Leisure Access Program (LAP)

LAP provides Vancouver residents who are facing financial barriers with access to basic recreation services provided by the Vancouver Park Board. Applicants must be Canadian Citizens or Permanent Residents of Canada living in Vancouver. This also includes one free trip to the Vancouver Aquarium per year.

City Hall 453 West 12<sup>th</sup> Ave. Vancouver, BC V5Y 1V4

T: 311 / 604-873-7000 (7am to 10pm daily)

W: <https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>

## 3) Super Science Club (Science World)

The Super Science Club (SSC) after-school program provides science and technology activities to inner-city students in grades 1–7. Science World's goal is to inspire at-risk children to develop a long-term interest in science and technology. The program now reaches twelve schools. Each SSC term involves nine weekly school visits and a field trip to Science World. Each session is 75 minutes long and is open to a maximum of 30 registered students. Science World provides all necessary equipment, professional educators and high school student volunteers. Included as a part of this club is a **one year free pass** to Science World for the students involved! Contact your elementary school to see if they have a SSC program.

1455 Quebec Street Vancouver, BC V6A 3Z7

T: 604.443.7440

E: [info@scienceworld.ca](mailto:info@scienceworld.ca)

W: <https://www.scienceworld.ca/ssc>



#### **4) Kidsport**

KidSport helps provide children between the ages of five and eighteen access to sport opportunities and experiences in both team and individual sports “So All Kids Can Play.” They are a non-profit organization that is part of a national and provincial network of community based volunteer groups whose goal is to ensure that kids in financial need have access to the positive experience of sport and physical activity. They believe that sport and physical activity provides a life-long opportunity for self-expression, goal setting, dedication, positive thinking and increased self-confidence for kids.

KidSport British Columbia #250 -999 Canada Place Vancouver, BC V6C 3C1

T: 604 333 3434 F: 604-333-3401

E: [kidsport@sportbc.com](mailto:kidsport@sportbc.com)

W: <https://kidsportcanada.ca/british-columbia/>

#### **5) Jumpstart (Canadian Tire)**

Jumpstart helps kids in financial need participate in organized sports and physical activities by assisting with the costs associated with registration, equipment and/or transportation.

Apply here: <https://jumpstart.canadiantire.ca/pages/individual-child-grants>

#### **6) Family Fun Vancouver**

Family Fun Vancouver is a complete resource of events and activities for your family to enjoy in Vancouver and the Lower Mainland Area.

Listing of free events:

[www.familyfuncanada.com/vancouver/category/cheapies-and-freebies/](http://www.familyfuncanada.com/vancouver/category/cheapies-and-freebies/)

## SOCIAL EVENTS

### 1) Vancouver International Children's Festival

The Children's Festival aims to inspire and motivate young minds with professional artistic experiences that transform a child's understanding of the world around them and what is creatively possible.

T: 604-708-5655 (Monday to Friday, 8:30AM to 4:00PM)

E: [info@childrensfestival.ca](mailto:info@childrensfestival.ca)

W: [www.childrensfestival.ca](http://www.childrensfestival.ca)

### 2) Queer Arts Festival (QAF)

Annual, artist-run multi-disciplinary summer arts festival at the Roundhouse in Vancouver. QAF produces, presents and exhibits with a curatorial vision favouring challenging, thought-provoking work that pushes boundaries and initiates dialogue.

425-268 Keefer Street Vancouver, BC V6A 1X5

E: [info@queerartsfestival.com](mailto:info@queerartsfestival.com)

W: [queerartsfestival.com](http://queerartsfestival.com)

### 3) Talking Stick Festival

Full Circles' *Talking Stick Festival* began as a way to showcase and celebrate Indigenous art and performance to a wider audience. From its humble beginnings, this unique and exciting event, now in its 18<sup>th</sup> year, has grown into a full 2-week Festival held annually in February at locations across Vancouver. Now attracting over 20,000 attendees each year and still growing, they are noted as being the premier, multi-disciplinary Indigenous arts festival in North America.

With a desire to appeal to Indigenous and non-Indigenous attendees alike, our programming focuses on the diversity of visual arts, dance, theatre, music, powwow and film in both traditional and contemporary formats.

#416-268 Keefer Street Vancouver, BC V6A 1X5

T: 604 683 0497

E: [info@fullcircle.ca](mailto:info@fullcircle.ca)

W: <https://fullcircle.ca/festival/about/>

## INDIGENOUS-SPECIFIC RESOURCES

### 1) Vancity Community Foundation 'Guide to Aboriginal Resources in Greater Vancouver': Learn more here:

<https://www.vancitycommunityfoundation.ca/sites/default/files/uploads/GuideToAboriginalResourcesInGreaterVancouver-Luma.PDF>

## **2) Vancouver Aboriginal Friendship Centre Society**

The Friendship Centre provides programs in health, welfare, social services, human rights, culture, education, recreation, and equality for all genders of aboriginal people of all age groups. It emphasizes the philosophies and values of varied aboriginal cultures and traditions. The VAFCS has helped families, youth, adults, elders, and children maintain their aboriginal cultural ties and values and has also helped aboriginal people access education, housing needs and support for families. The Friendship Centre strives to provide holistic and cultural services to all of its community members.

1611 E. Hastings Street, Vancouver, BC V5L 1S7 (9AM to 5PM)

T: 1 604-251-4844

W: <http://www.vafcs.org/>

## **3) Vancouver Aboriginal Child & Family Services Society (VACFSS)**

VACFSS is a non-profit society providing service to urban Aboriginal children and families living in the Greater Vancouver area. Their vision is a balanced and harmonious Aboriginal community. VACFSS strives to culturally and spiritually strengthen Aboriginal families through holistic service and delivery, honouring the traditions and wisdom inherent in the Aboriginal community. Their goal is to create a stronger community through partnerships with other service providers and by connecting with community resources.

745 Clark Drive, Vancouver (Head Office)

T: 604-872-6723/ 1-888-982-2377 F: 604-872-6768

Guardianship & Resources

2nd Floor 3284 Broadway East, Vancouver, BC V5M 1Z8

T:604-216-6150/ Resources F:604-215-0176/ Guardian F:604-215-0273

Child Protection & Family Services

2020 Yukon Street, Vancouver, BC V5Y 3N8

T:778-331-4500 / 1-877-331-4505/ F:778-331-4515

Helpline:310-1234 / After Hours: 604-660-4927

W: [www.vacfss.com](http://www.vacfss.com)

## **4) Aboriginal Mother Centre Society**

The Aboriginal Mother Centre, dedicated to moving mothers and children at risk off the streets, provides under one roof all the support, tools, and resources a mother needs to rebuild her health, self-esteem, and skills to regain and retain her child. The centre, grounded in a grass roots setting, creates a healing community to nurture children and families to become vital members of their communities.

2019 Dundas Street Vancouver, BC V5L 1J5

T: 604-558-2627 (Monday to Friday 8:30AM to 4:30PM)

E: 604-558-2627

W:<https://www.aboriginalmothercentre.ca/>

## 5) **Helping Spirit Lodge Society (HSLs)**

HSLs is the leading Aboriginal women's organization in the Lower Mainland to alleviate family violence and enhance community wellness through a traditional, holistic approach. They provide service to women and children fleeing violence. Women can access a transition house, second stage programming and subsidizing housing units, employment resources, and a wellness centre. To support women moving through trauma, HSLs provides therapeutic interventions including counselling, acupuncture, and massage therapy.

Helping Spirit Lodge Society is the leading Aboriginal women's organization in the Lower Mainland to

3965 Dumfries Street, Vancouver (Head Office)

T: 604-874-6629

E: [reception@hsls.ca](mailto:reception@hsls.ca)

Facebook: <https://www.facebook.com/helpingspiritlodesociety/>

W: <https://hsls.ca/contact/>

## 6) **Indigenous Sport, Physical Activity & Recreation Council (ISPARC)**

The primary goal of the [Aboriginal Sport, Recreation and Physical Activity Strategy](#) is to improve the health outcomes of Indigenous people across British Columbia by supporting and encouraging physically active communities and by expanding access to sport and recreation opportunities.

Suite 208, 5462 Trans Canada Hwy Duncan, BC V9L 6W4

T: 250-856-0800

<http://facebook.com/isparc.bc/> [instagram.com/isparcbc](https://www.instagram.com/isparcbc)

W: <http://isparc.ca>

# EDUCATION & EMPLOYMENT

## 1) **Nicola Valley Institute of Technology (NVIT) Aboriginal University (Vancouver Campus)**

Lower mainland students wanting to learn in a safe, culturally familiar, and culturally supportive environment can now pursue post-secondary studies at the NVIT Vancouver campus. On-campus Elders, programming that incorporates Aboriginal ways of knowing into the curriculum and quality Aboriginal faculty make NVIT unique among BC public post-secondary institutes. Our Vancouver Campus offers a two-year Associate Degrees in General Arts, First Nation Studies and Criminology and a Bachelor of Social Work Degree.

200-4355 Mathissi Place, Burnaby (the only Lower Mainland campus)

T: 604-602-9555 F: 604.602.3400

E: [info@nvit.ca](mailto:info@nvit.ca)

W: [www.nvit.ca/vancouver.htm](http://www.nvit.ca/vancouver.htm)

## **2) Vancouver Community College**

VCC's Indigenous Education and Community Engagement team offers friendly, helpful, one-stop student support in a safe and relaxed atmosphere and provides a range of services including: program advising, assistance with applications, funding, and education and career planning, liaison between student and VCC programs and services, First Nation administration, sponsoring agencies and community resources, assistance with transition into VCC and/or transfer to another post-secondary institution, confidential Elder support, cultural workshops and celebrations with Elders, enhanced support to ensure overall student success.

Broadway Campus: 1155 East Broadway Vancouver, B.C. V5T 4V5

T: 604-871-7000 /Toll free: 1-866-565-7820 F: 604-871-7458

Downtown Campus: 250 West Pender Street Vancouver, B.C. V6B 1S9

T: 604-871-7000 / Toll free: 1-866-565-7820 / F: 604-443-8450

E: [indigenous@vcc.ca](mailto:indigenous@vcc.ca)

W: [www.vcc.ca/services/services-for-students/indigenous-services/](http://www.vcc.ca/services/services-for-students/indigenous-services/)

## **3) Native Education College (NEC)**

Native Education College helps Indigenous learners realize their potential in a supportive and cultural environment. Their certificate and diploma programs lead toward high-demand careers including health care, counselling, tourism, or administration. Students achieve success through learning practical skills with a hands-on approach.

285 E 5th Avenue, Vancouver V5T 1H2

T: 604-873-3772 (Monday to Friday 8:30AM -4:30PM)

E: [info@necvancouver.org](mailto:info@necvancouver.org)

W: [www.necvancouver.org](http://www.necvancouver.org)

## **4) Urban Native Youth Association (UNYA)**

UNYA is a registered not-for-profit society and federal charitable organization formed in 1988 to address Indigenous youth concerns. UNYA provides programs for education & training such as alternative school options, mentorship programs, and pre-employment training, as well as programs for personal support and community development. They run camps and drop-in programs (music, silk-screening, cooking, etc.) for teens and pre-teens.

1618 East Hastings Street Vancouver, BC V5L 1S6

T: 604-254-7732

E: [info@unya.bc.ca](mailto:info@unya.bc.ca)

W: <https://unya.bc.ca/>

## 5) **Aboriginal Community Career Employment Services Society (ACCESS)**

ACCESS delivers a unique and diverse assortment of education, training, counselling, support and financial services designed to help members of the urban Aboriginal community overcome barriers that may stand in the way of success and self-sufficiency.

Locations:

- 110–1607 East Hastings Street Vancouver, BC V5L 1S7
- 10708 136A Street Surrey, BC V3T 5G9

T: 604-251-7955 / F: 604 251-7954

W: [www.accessfutures.com](http://www.accessfutures.com)

## HEALTH

### 1) **Vancouver Native Health Society (VNHS)**

VNHS delivers comprehensive medical, counselling, and social services to Vancouver's Downtown Eastside Aboriginal community. The majority of clients struggle with overlapping issues and con-current health issues such as substance abuse, mental health, chronic disease, homelessness and poverty. VNHS delivers unique programs and services from the four quadrants of the medicine wheel: the physical, the emotional, the spiritual and the mental aspects of the individual.

449 E Hastings Street, Vancouver

T: 604-254-9949 F: 604.254.9948

E: [admin@vahs.life](mailto:admin@vahs.life)

W: [www.vnhs.net](http://www.vnhs.net)

#### a) **Indigenous Early Years Services (VNHS)**

IEYS is a family-centered program that works in partnership with parents and/or caregivers to provide support and prevention strategies for Indigenous children (0-6 years old). Although the services are directed toward the child, the program provides a variety of support services to the family, which may include peer support, advocacy, parenting skill development, life skills training, and linking the family to community-based activities and services.

For more information, click here: <https://www.vahs.life/aboriginal-supported-childhood-development-program>

### 2) **Lu-Ma Native Housing Society's Medical Centre**

Provides culturally safe health care with First Nations physicians. Contact them for an appointment.

2970 Nanaimo Street, Vancouver

T: 604-558-8822

E: [Booking@LumaMedical.ca](mailto:Booking@LumaMedical.ca)

W: <http://lnhs.ca/luma-medical-centre/>

### **3) First Nations Health Authority (FNHA)**

FNHA plans, designs, manages, and funds the delivery of First Nations health programs and services in British Columbia.

501-100 Park Royal South, Coast Salish Territory West Vancouver BC V7T 1A2

T: 1 866-913-0033 (toll-free), 604 693-6500 (local) F: Fax: 604-913-2081

E: [Info@fnha.ca](mailto:Info@fnha.ca)

FNHA Health Benefits & Services:

T: 1-855-550-5454 / Fax: 1-888-299-9222 (Toll-Free)

Mon. to Fri. 8 a.m. to 4:30 p.m. except weekends and holidays

E: [healthbenefits@fnha.ca](mailto:healthbenefits@fnha.ca)

In-Person Enquiries:

#701 –1166 Alberni Street Vancouver, BC V6E 3Z3

W: [www.fnha.ca](http://www.fnha.ca)

### **4) Red Fox Healthy Living Society**

This organization serves Indigenous and inner-city children, youth, and families through providing recreation, food, and cultural programs that foster healthy, active living, leadership, and employment training. Their programs include employment training through life skills coaching, work experience and team building activities, leadership training for work in the recreation, child-care, cultural and food security fields, Indigenous cultural programs in collaboration with the school boards, and circus arts, sports and active games leadership at schools, community centres and parks.

500-610 Main Street Vancouver, BC V6A 2V3

T: 604-343-6536

E: [info@redfoxsociety.org](mailto:info@redfoxsociety.org)

W: <https://www.redfoxsociety.org/>

### **5) Vancouver Coastal Health (VCH) Aboriginal Health**

VCH has partnerships with Indigenous health care service providers as well as offering programs and resources for First Nations communities, working closely with both urban and rural Aboriginal communities to help close the gap between the health status of Aboriginal community members and non-Aboriginal community members.

General inquiries:

T: (604) 736-2033 - Lower mainland / 1 (866) 884-0888 - Toll-free

Monday to Friday from 8:30 a.m. to 5 p.m.

W: <http://www.vch.ca/your-care/aboriginal-health>

**6) Kílala Lelum (Urban Indigenous Health & Healing Cooperative - UIHHC)**

Kílala Lelum aims to partner Indigenous Elders with physicians and allied health professionals to provide physical, mental, emotional, and spiritual care to the community in Vancouver's Downtown Eastside.

Primary Care Clinic: 626 Powell Street Vancouver, V6A 1H4

T: 604-620-4010

F: 604-620-9213

E: [info@uihhc.ca](mailto:info@uihhc.ca)

W: <https://kilalalelum.ca/>



# HOUSING

## 1) Indigenous Off-Reserve Housing

There is off-reserve Indigenous housing available to households and individuals with Aboriginal ancestry, including status and non-status Indians, Métis and Inuit through BC Housing and other providers. BC Housing: <https://www.bchousing.org/indigenous>

## 2) Vancouver Native Housing Society (VNHS)

VNHS's mandate is to provide safe, secure and affordable housing. Although the original and ongoing mandate is to focus on the housing needs of the urban Aboriginal community, the operations have been expanded to include housing solutions for seniors, youth, women at risk, persons living with mental illness and the homeless and homeless at-risk populations.

1726 E Hastings Street, Vancouver  
T: 604-320-3312 / F: (604) 320-3317  
E: [info@vnhs.ca](mailto:info@vnhs.ca)  
W: [www.vnhs.ca/](http://www.vnhs.ca/)

## 3) Lu'ma Native Housing Society

The objective of LNHS is to ensure a continued supply of adequate housing at a modest cost to Aboriginal people with low and moderate incomes.

2960 Nanaimo Street, Vancouver  
T: 604-876-0811 (Monday to Friday 9:00AM to 4:00PM)  
W: [www.lnhs.ca](http://www.lnhs.ca)

## 4) Indigenous Housing Providers (BC Housing)

List of housing available to households and individuals with Indigenous ancestry, including status and non-status Indians, Métis and Inuit. Click for more information: [Indigenous-housing-providers](#)

T: 604-433-2218/ 1-800-257-7756

## LEGAL

### 1) UBC Indigenous Community Legal Clinic

The Clinic is an educational legal clinic of the Peter A. Allard School of Law at the University of British Columbia that provides legal services to the Indigenous community in the Downtown Eastside of Vancouver, and throughout the Lower Mainland. The Clinic may be able to provide advice, assistance and representation to eligible clients who cannot afford a lawyer and who self-identify as Indigenous persons.

148 Alexander St., Vancouver, BC

T: 604 822 5421 / F: 604 684 7874 (Closed on statutory holidays)

E: [iclc@allard.ubc.ca](mailto:iclc@allard.ubc.ca)

W: <https://allard.ubc.ca/community-clinics/indigenous-community-legal-clinic>

# LGBTQA/2S

## 1) QMUNITY

Provides a safer space for LGBTQA/2S people and their allies to fully self-express while feeling welcome and included. Their mission is to improve queer, trans and Two-Spirit lives through services, connection and leadership. Programs and services include free counselling, youth one-on-one peer support, support and social groups, special events, volunteer and practicum opportunities, Queer Competency workshops, and more.

Main Location: 1170 Bute Street, Vancouver, BC V6E 1Z6 (2<sup>nd</sup> Floor)

Toll Free: 1-800-566-1170 (10AM to 6PM)

For general and referral inquiries

T: (604) 684-5307 ext. 100

E: [reception@qmunity.ca](mailto:reception@qmunity.ca)

W: [qmunity.ca](http://qmunity.ca)

### a) Free Counselling Program

Counselling for members of the LGBTQA/2S communities. **Free** counselling sessions (to a maximum of up to twelve sessions.) Click here for more information: [qmunity.ca/get-support/counselling](http://qmunity.ca/get-support/counselling)

## 2) Egale - Canada Human Rights Trust

Promotes lesbian, gay, bisexual, and trans (LGBT) human rights through research, education, and community engagement.

120 Carlton Street, Suite 217 Toronto, ON M5A 4K2

T: 1 (416) 964-7887 (Monday – Friday 9:00am – 5:00pm EDT)

W: <https://egale.ca>

## 3) Catherine White Holman Wellness Centre

Provides low-barrier wellness services to trans and gender diverse people in a way that is respectful and celebratory of clients' identity and self-expression. Services include general health care, free hormone injection equipment, [counselling](#), education, advocacy, STI/HIV testing, and community support. Click here for [General Resources](#) and for [Legal Resources](#)

T: 604-442-4352

E: [contactus@cwhwc.com](mailto:contactus@cwhwc.com)

W: [www.cwhwc.com](http://www.cwhwc.com)

## OTHER

### 1) Veterinary Care

#### a) Hemlock Animal Hospital

Open 24/7. They provide a [wide range of services](#) and you can call to book an appointment or do it online. Their website gives a pricelist for these services.

1314 W 4th Ave, Vancouver, BC, Canada

T: 604-558-1400 / F: 604-558-1401

E: [info@hemlockvet.com](mailto:info@hemlockvet.com)

W: [hemlockvet.com](http://hemlockvet.com)

### 2) Bed Bugs (VCH)

VCH has a downloadable guide for bed bug control with information on how to identify bed bugs, prevent bed bug infestation, control bed bugs within your dwelling using an integrated pest management approach and use pesticide safely and follow its applicable regulation. Click here for more details: [www.vch.ca/your-environment/pest-management/bed-bugs/](http://www.vch.ca/your-environment/pest-management/bed-bugs/)