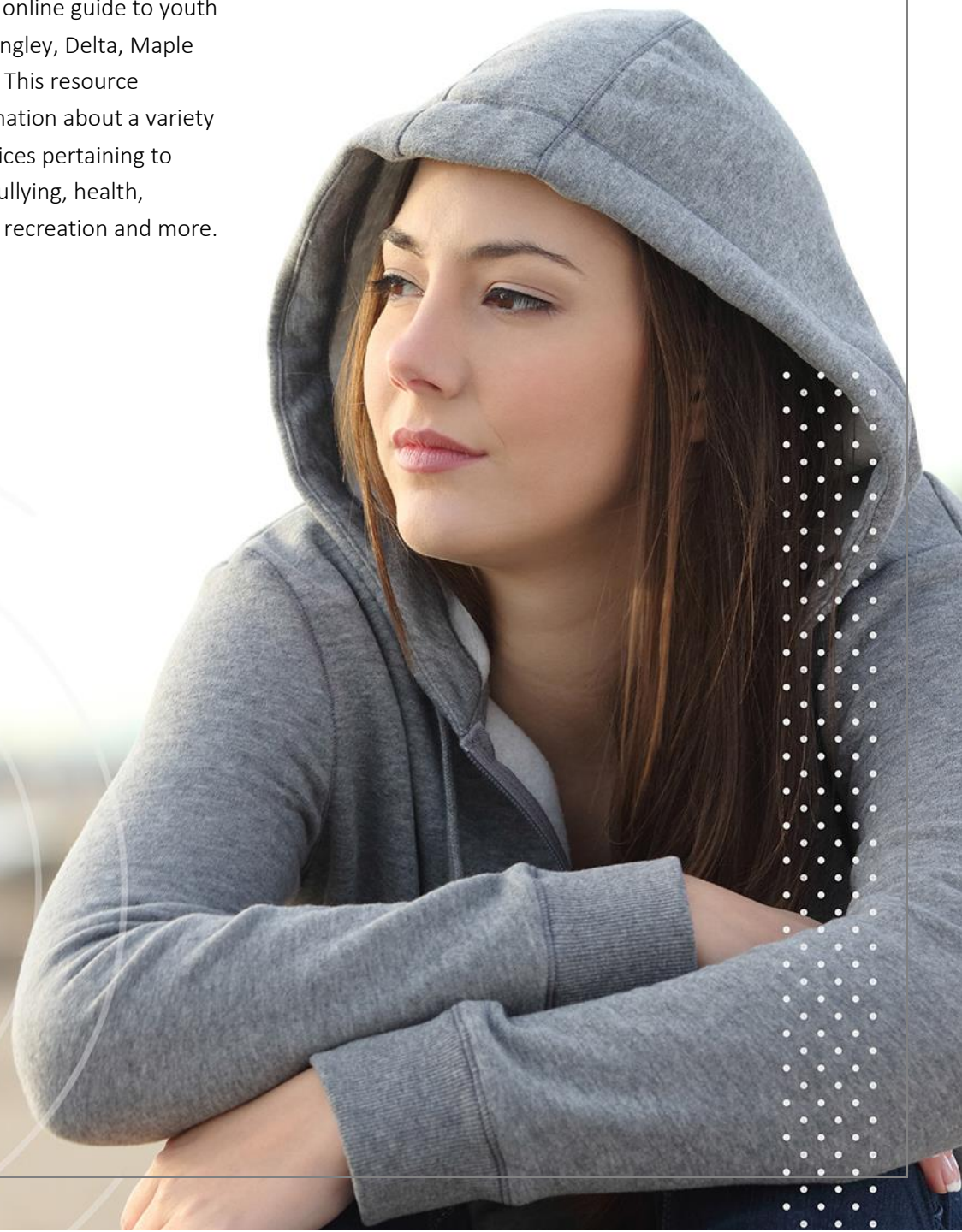




YOUTH BLACK BOOK

Youth Black Book is an online guide to youth resources in Surrey, Langley, Delta, Maple Ridge and White Rock. This resource contains helpful information about a variety of youth-oriented services pertaining to violence prevention, bullying, health, education, counseling, recreation and more.



COMMUNITY JUSTICE INITIATIVES
Fraser Region, British Columbia



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ARE YOU A TEEN LOOKING FOR ANSWERS?

Youth Black Book is an online guide to youth resources in Surrey, Langley, Delta, Maple Ridge and White Rock. This resource contains helpful information about a variety of youth-oriented services pertaining to violence prevention, bullying, health, education, counseling, recreation and more.

This resource is not meant to tell you what to do, just to let you know about available options. Most services are free or very inexpensive. Check it out!

ABOUT YOUTH BLACK BOOK

Youth Black Book is an easy to use resource guide for youth in the Metro Vancouver area. It provides teens, ages 13 to 18 years of age, with helpful information about a variety of services including violence prevention, bullying, health, education, counselling, recreation and more.

Since 2006, Community Justice Initiatives (CJI) had provided Youth Black Book in hard copy free of charge to youth, service providers, community groups, youth agencies, aboriginal youth care workers, and schools in Langley and Surrey. We have now expanded the areas we service to include Delta, White Rock and Maple Ridge.

After many years of producing a printed book, we switched to an online version, which allows us to reach more youth and communities. We

are now able to easily expand further into the Fraser Valley and Greater Vancouver areas. It also enables us to offer this resource in a way that is financially manageable, and accessible to more youth, with a minimal impact on the environment.

We feel it is important for youth to be aware of services available to them in their communities. Youth Black Book delivers this information in a way that young people understand and is a proactive tool in helping teens make healthy and responsible choices. It serves as a constant reminder that support is just a phone call away, empowering them with information to become more responsible with their personal and unresolved issues.





"Youth value their independence and asking adults for help is often a last resort. They are often faced with problems and dilemmas that are too much for them to handle themselves. With Youth Black Book at their disposal they are able to access information and help, immediately and with positive results. " ~ Langley School Counsellor

CJI gratefully acknowledges the generous past and present financial support from the following:

City of Langley



Township of
Langley
BC





CONTACT US

We make every effort to keep this resource guide accurate and up to date.

If you are an organization that has a listing with us and notice a mistake or would like to make a change, please contact us immediately.

If you would like to be added to our resource guide, please contact us through the information listed below.

Community Justice Initiatives Youth Black Book

Tel: 604.534.5515

Fax: 604.534.6989

Postal address:

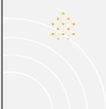
Unit 205-22314 Fraser Hwy

Langley, BC

Canada V3A 8M6

Email: mail@youthblackbook.com

Visit our website at: www.cjibc.org





YOUTH RESOURCES

Langley

Encompass

If you need a place to go for information, or if you need assistance, you can contact the office of the *Encompass Support Services in Langley* www.encompass-supports.com. They provide counselling, support and resources for youth and families. 604.534.2171

Programs include:

- Family mediation and reunification
- Youth homelessness
- Sexual abuse counselling
- After school activity programs
- Pre- and postnatal support
- Parent-child drop-in groups
- Parenting support groups

Find Location and Hours here:

<http://www.encompass-supports.com>

Foundry

Operated by Encompass Support Services Society (ESSS), Foundry Langley unites multiple partner organizations that will address the health and wellness needs of young people aged 12 to 24 and their families who live the Langley areas. More information can be found on their website:

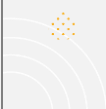
<https://foundrybc.ca/langley/>.

Programs include:

- Youth & family peer support
- Mental health support
- Social services
- Substance use support

Find Location and Hours here:

<https://foundrybc.ca/langley/>





Surrey

If you need a place to go for information, or if you need assistance, you can go to one of the Surrey Youth Resource Centres. Since 2004, the Surrey Youth Resource Centres have been offering a wide range of services for youth ages 13 through 24 at two locations: Newton and the City Centre Youth Hub. At each location, there are cutting-edge alternative education programs, alcohol and drug programs, youth justice services, family support programs, and youth support programs.

Programs include:

- Services for sexually exploited youth (Stop Exploiting Youth)
- Next Step Program
- Alcohol and Drug Prevention
- Astra Alcohol and Drug Support Services
- Alternate Education Programs
- Housing support services
- Semi-Independent living support
- Street Outreach Services (formerly Reconnect)
- IRAYL
- Immediate Response (Parent and Teen Mediation)
- Community Counselling Clinic
- Immigrant Youth Services
- Resource Room/Home Work Clubs
- Volunteer Programs

Find Locations and Hours here:

<https://pcrs.ca/our-services/surrey-youth-hubs/>

Reconnect

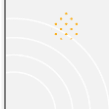
Reconnect is a program that offers a variety of services for street youth or youth thinking of moving onto the street. Outreach workers spend time on the street talking to and connecting with youth, helping them get in touch with services that can provide food, clothing, shelter or addiction support. For more information you can reach them by telephone at 604.592.6200 or email at ccyh@pcrs.ca.

Delta

If you need a place to go for information, or if you need assistance, you can go to one of the youth clubs operated by the *Boys and Girls Club Community Services of Delta/Richmond*.

Programs include:

- Movie nights
- Arts & crafts
- Dinner nights
- Sports & games, including a pool table
- Field trips
- Cooking programs





Find Locations and Hours here:

<https://www.canpages.ca/page/BC/delta/boys-girls-club-of-south-coast-bc/2639550>

South Surrey – White Rock

If you need a place to go for information, or if you need assistance, you can go to *Alexandra Neighbourhood House at the Youth and Family Centre*. They provide support for youth aged 13 to 19 and/or their families at no cost.

Supports include:

- One to One Support;
- Community Outreach;
- Life skills and Independent Living Support;
- Information and Referral;
- Parent Teen Mediation.

Find Locations and Hours Here

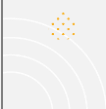
<https://www.alexhouse.net/youth-services>

Maple Ridge – Pitt Meadows

Confidential health services for youth residing in Maple Ridge, Pitt Meadows and the surrounding area. Offers education, immunizations, referrals, reproductive health services (including birth control), pregnancy testing and alcohol and drug counselling. Services are free; products at low cost.

Find Locations and Hours Here

<https://www.comservice.bc.ca>





CRISIS & INFO LINES

Crisis Intervention & Suicide Prevention Centre

Tel 604.872.3311

Toll free 1.800.SUICIDE (784.2433)

www.crisiscentre.bc.ca

A safe place to turn when there seems to be no hope, the Crisis Centre has been providing emotional support to youth, adults and seniors in distress since 1969. As a safe place to turn when there seems to be no hope, the Crisis Centre is operated by 425+ frontline volunteers and a small team of professional staff who support and empower individuals to see their own strengths and options, 24 hours a day, 7 days a week. We work at the community level to provide education and training aimed at fostering resiliency and building capacity to respond to crisis and suicide.

Fraser Health Crisis Line

Tel 604.951.8855 (24 Hours)

Toll free 1.877.820.7444

<https://www.options.bc.ca/program/fraser-health-crisis-line>

We provide immediate, free, confidential emotional support, crisis intervention and community resource information to people of all ages 24 hours a day - everyday. Our services, which include response to those who call 1.800.SUICIDE and the 310 Mental Health Support Line, are delivered by skilled volunteers who have successfully completed a rigorous training program. You can call the Crisis Line about anything that is causing you concern, worry or distress. Examples might be suicide thoughts or feelings, mental health problems, addiction issues, family violence, abuse, relationship conflicts, loss, or just plain loneliness.

Help Line for Children

Tel 310.1234 (no area code required)

<http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/keeping-kids-safe>

Child Abuse

A child is anyone under the age of 19. Abuse can be physical, emotional or sexual. Abuse can be abandonment, desertion, neglect, ill-treatment, or failure to meet the physical, emotional needs or medical needs of a child. Abuse can be stopped.

Round the Clock Help

When it concerns abuse, anyone can call the Helpline for Children ... anytime, day or night. Simply dial 310.1234 (no area code needed).





Kids Help Phone

Toll free 1.800.668.6868 or Text 686868

www.kidshelpphone.ca

What is Kids Help Phone?

- Phone counselling;
- Web counselling;
- For ages 20 & under;
- Free, 24/7;
- Anonymous & Confidential;
- Non-judgemental.

The KHP Promise:

Anonymous means you don't have to tell us who you are.

Confidential means whatever you tell us is safe.

Ministry of Children and Family Development (MCFD)

<https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/children-and-family-development>

Teen Depression

Child and Youth Mental Health Services

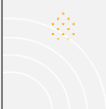
https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/child_and_youth_mental_health_tool_kit.pdf

Dealing with Depression: Anti-Depressant Skills for Teens

This Guide https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/dealing_with_teen_depression_writable.pdf is for teens and adults, and is intended to assist youth age 13 to 17 who suffer from depression or who believe they have an early or mild form of depression.*

Created by mental health experts and clinical psychologists from BC, the Guide contains answers to many common questions about teen depression, interactive worksheets, and links to other sources of information.

*It is important to understand that this Guide is not a replacement for treatment where this is needed. In such cases, the services of a professional should be sought. If you think you might be depressed, talk to a family member, mental health professional, a doctor, or school counsellor.





VictimLink

Toll free 1.800.563.0808

Available 24 hours/day

www.victimlinkbc.ca

VictimLink BC is a toll-free, confidential, multilingual telephone service available across BC and Yukon 24 hours a day, 7 days a week at 1.800.563.0808. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

Victim service workers can provide information and referrals to all victims of crime and crisis support to victims. Even if you're not sure if you have been a victim of crime, you can call *VictimLink BC* at 1.800.563.0808 for assistance. Your call will be completely confidential. *VictimLink BC* staff can connect people to a network of community, social, health, justice and government resources, including victim services, transition houses, and counselling resources.

Any time of the day or night, every day of the year, *VictimLink BC* is as close as your phone or the internet and can provide you confidential support and information you can trust.

If you require assistance, or if you just want to talk to someone, please call *VictimLink BC* Toll Free at 1.800.563.0808.

Youth Against Violence

Text 604.836.6381

Toll free 1.800.680.4264

Available 24 hours/day, 7 days a week

www.youthagainstviolenceline.com

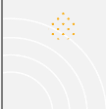
Are you in danger? Is someone you know being threatened? Want to make a difference?

Stand Up. Be Heard. Get help.

Call the *Youth Against Violence Line* Toll Free at 1.800.680.4264 and talk one-on-one to a YAV Line support worker 24 hours a day, 7 days a week, or e-mail us at info@youthagainstviolenceline.com.

If you're in any way concerned about your safety or the safety of others, we can help. Anything you say is kept completely confidential and you remain totally anonymous - we don't have call display either. And, because the YAV Line is a multilingual service, we can talk to you in your language.

If you are in immediate danger, please call 911 or your local police department.





Youth in BC

Tel 604.872.3311

Toll free 1.866.661.3311

www.youthinbc.com

YouthInBC.com is run by the *Crisis Intervention & Suicide Prevention Centre of BC*. We are a volunteer driven organization committed to helping people help themselves and others deal with crisis.

It connects youth with support, information and resources.

24-Hour Distress Line: Available 24 hours/day, 7 days a week

Maple Ridge/Pitt Meadows Community Services

22768 119th Avenue

Maple Ridge, BC

Tel 604.467.6911

<https://www.comservice.bc.ca/>

Program Name:

Legal Services

Hours of Service:

Contact Community Services for hours at 604.467.6911

Purpose Statement:

Provides information and printed material about Legal Aid and assistance applying for Legal Aid

About Program:

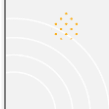
Community partners are service providers throughout BC who raise awareness of legal aid services, assist people to find legal information, distribute legal education and information materials, and connect people to Legal Services Society intake, advice and representation services.

Who Qualifies/Eligibility:

Residents of Maple Ridge and Pitt Meadows

Cost:

FREE





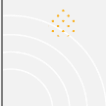
Maple Ridge Ministry of Children and Family Development (MCFD)

#200 - 11965 Fraser Street

Maple Ridge, BC

Tel 604.476.2800

www2.gov.bc.ca/gov/content/governments/organizational-structure/m...





YOUTH SERVICES

In crisis? Don't know what services are available?

There is help.

The Ministry of Children and Family Development provides a wide range of services to help young people and their families when they are having difficulties, when youth are sexually exploited, have an addiction to drugs or alcohol, are living on the street, have mental health problems, or a combination of issues.

The services we provide can:

- help you make changes in your life;
- better your relationships with friends and family;
- help you find housing;
- help you finish or continue education;
- enable you to gain skills and education to get a job;
- help you learn to manage your emotions and behaviour;
- if you are living on the street, we may help you get home;
- work with you to kick your drug or alcohol addiction;
- provide your parents with education and counseling;
- help you learn to manage money.

New Westminster

Lower Mainland Purpose Society for Youth and Families
40 Begbie Street
New Westminster, BC
Tel 604.526.2522

Hours:

Monday to Friday from 8:30am to 5:00pm

www.purposesociety.org

Mobile Health Van

Our Health Promotion Van is out and about in the community seven days a week and serves people who use drugs, sex workers and street-engaged populations in New Westminster, Burnaby, Tri-Cities and Maple Ridge. Wave us down if you would like...

- Harm reduction supplies (condoms, lube, needles, syringes, pipes, sharps containers);
- Sharps disposal;
- Take Home Naloxone kits and training;
- Drug checking (fentanyl test strips);
- Hygiene supplies;





- Referrals to community resources;
- Emergency snacks;
- To report a “bad date” or obtain a warning sheet of dangerous “Johns”.

To wave us down to access the van call 604.351.1885.

White Rock

Peace Arch Resource Centre

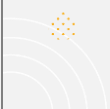
882 Maple Street
White Rock, BC
Tel 604.531.6226

<https://www.sourcesbc.ca/>

Hours:

Monday to Friday from 9:00am-1:00pm

Provides comprehensive information and referral regarding services in the South Fraser region. Has specialized knowledge of services and community activities in Surrey and White Rock.





I'D LIKE TO VOLUNTEER

BC SPCA

www.sPCA.bc.ca/about/volunteer/#.UoQGhV_Tlkg

Make a difference one animal at a time. Be a Volunteer.

The BC SPCA operates with the assistance of over 4,000 volunteers who work at the shelter level and in a variety of fundraising, advocacy and education roles. These critical individuals assist our branches through activities such as dog walking, cat wellness, rabbit and small animal care, administrative support, special events, fundraising, education, volunteer coordination, fostering, advocacy, and so much more.

“They may be called volunteers but to our staff and animals, they are heroes. In every capacity they serve, volunteers are a highly valued resource to our society and are making a very real difference to the lives of so many animals”

~ Volunteer!

Taking it Global

www.tigweb.org

What's this all about?

TakingITGlobal's mission is to empower youth to understand and act on the world's greatest challenges. We can't wait for you to get involved!

Langley

Big Brothers Big Sisters of Langley

Suite 201-20538 Fraser Highway
Langley, BC
Tel 604.530.5055

<https://langley.bigbrothersbigsisters.ca/>





What if every child finished high school, went to college or university, got a job and gave back to our community? Wouldn't that be something? Find ways to volunteer by checking out the website at www.bbblangley.com!

Boys & Girls Clubs of Langley

5409A 206 Street

Langley, BC

Tel 604.533.8552

www.bgcabc.ca/what-we-do/clubs/langley-club/

“Volunteering can be an exciting, growing, enjoyable experience. It is truly gratifying to serve a cause, practice one’s ideals, work with people, solve problems, see benefits, and know one had a hand in them.” – Harriet Naylor

City of Langley Parks & Recreation

Tel 604.514.2865

<https://city.langley.bc.ca/parks-recreation/volunteer-opportunities>

Volunteering is a great way to:

- Become involved in your community;
- Meet new people;
- Cultivate personal growth;
- Gain new experiences;
- Take on new challenges;
- Get a new perspective on your own problems;
- Feel good and build self-esteem;
- Fulfill the need to be needed;
- Take pride in sharing your knowledge and abilities;
- Keep your body active;
- Keep your mind active;
- Stay healthy;
- Have fun!

Volunteer Requirements:

- Be 13 years of age or older;
- Be interested in recreation, parks, or the environment;
- Be able to commit at least 2 hours a month;
- Be discreet with confidential information;
- Be reliable and responsible;
- Must consent to a criminal record check.





How do I Volunteer?

- Fill out a volunteer application form and criminal record check form;
- Provide two character references;
- Attend a volunteer orientation session;
- Meet with a city staff to coordinate placement.

Critter Care Wildlife Society

481 - 216th Street
Langley, BC
Tel 604.530.2054

www.crittercarewildlife.org

Critter Care Wildlife Society specializes in the treatment, care and release of sick, injured and orphaned Native Mammal species of British Columbia's Southern and Lower Mainland. We are the only facility in BC specializing in the care of mammals and one of only four Bear Rehab facilities in the province.

Injured and/or orphaned wild animals are rehabilitated. Volunteers assist with animal care, building shelters, and more. Must be 18 years or older to volunteer with Critter Care.

Langley Animal Protection Society (LAPS)

26220 56th Avenue
Langley, BC
Tel 604.857.5055

Open from 9:00am - 5:30pm 7 days a week

www.lapsbc.ca

The Langley Animal Protection Society's mandate is to promote the physical, emotional and psychological well-being of companion animals in Langley. We carry out our mandate through the use of professional and humane animal control methods and innovative animal welfare programs.

Hours:

The shelter is open 7 days a week from 9:00am – 5:30pm

Closed on Statutory Holidays

All adoptions will be processed by appointment only after an adoption application has been submitted.

Langley Community Farmers Market

Derek Doubleday Arboretum
21177 Fraser Hwy, Langley, BC
Tel 604.825.0409

info@lcfm.ca





Hours:

Wednesdays from 3:00pm to 7:00pm at the Derek Doubleday Arboretum

Market is open from May to October. Check the website for up to date information at <http://lcfm.ca/>

Not a vendor? No problem! There are many ways that you can get involved with the Langley Community Farmers' Market. We are currently looking for Volunteers, Paid Buskers, and Community Groups every week. We welcome all applications and look forward to your involvement!

Pacific Riding for Developing Abilities (PRDA)

1088 - 208th Street
Langley, BC
Tel 604.530.8717

www.prd.ca/

Volunteers (16 years & up) assist in caring for horses and with horse-back riding for people with physical, mental and cognitive challenges.

Hours:

Monday to Friday from 9:00am to 5:00pm

*Hours and Days are dependent on lesson times and volunteer office assistants.

Maple Ridge

Maple Ridge/Pitt Meadows Community Services

22768 119th Avenue - Main Office
Maple Ridge, BC
Tel 604.467.6911

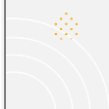
www.comservice.bc.ca

Looking for Volunteering Opportunities?

Volunteer Maple Ridge-Pitt Meadows represents a wide range of volunteer opportunities in our communities. Volunteering provides a wonderful chance to share our knowledge, learn new skills, meet new friends and support a community in need. Volunteer Maple Ridge-Pitt Meadows is the community volunteer centre that is a central resource for all your volunteer needs.

Links & Resources

Volunteer BC - <https://volunteerbc.bc.ca/>
Volunteer Canada - <https://volunteer.ca/>
Energize Inc - <https://www.energizeinc.com/>
Imagine Canada - <http://www.imaginecanada.ca/>





Surrey

Options Community Services Society

9815 140th Street
Surrey, BC
Tel 604.584.5811

www.scss.ca

Learn about volunteer opportunities with local charities and non-profit agencies.

Get started by booking a FREE consultation with our Surrey Volunteer Centre. Our experienced staff will assist you in finding a volunteer opportunity in Surrey and its surrounding areas, and answer any questions you have about volunteering. Make an appointment today!

Surrey Crime Prevention Society

#15 - 12484 82nd Avenue
Surrey, BC
Tel 604.502.8555

Hours:

Monday to Friday from 9:00am - 4:30pm

www.preventcrime.ca

Are you looking for a rewarding experience while supporting your community? Surrey Crime Prevention Society is recruiting volunteers for our dynamic community safety programs: Citizen's Community Safety Watch Program | Community Safety Tours Program | Traffic Safety Program. Volunteers support community safety programs, observing and reporting for suspicious activities and acting as the 'extra eyes and ears' for the city. Volunteers participate in a range of opportunities from raising awareness about the dangers of distracted driving and speeding, to educating residents about auto crime, to performing community safety programs.

Skills Development:

- Observation & reporting skills;
- Communication skills;
- Leadership through Team Lead positions;
- Enhancing resumes with valuable volunteer experience;
- Networking with community partners and peers;
- Supporting your portfolio with training opportunities and credible references.

We are offering volunteers the opportunity to develop their experiences while enhancing community safety. Join our volunteer pool of over 300 dedicated and passionate individuals!



**Volunteer Qualifications:**

- Must be minimum 16+ years of age;
- Must be willing to commit for a minimum of 1 year volunteer service;
- Comfortable working independently and in a team based environment;
- Participation in a minimum of three special events/projects throughout the year;
- Strong communication skills;

Open to constructive development.

How you can apply:

Volunteer Applications can be submitted online at <https://www.preventcrime.ca/become-a-volunteer>. Interested volunteers may also contact our office by telephone at 604.502.8555.

Surrey SPCA

16748 50th Avenue
Surrey, BC
Volunteer Line 604.574.1711

www.sPCA.bc.ca/branches/surrey/

Get involved helping animals in need and learn how to treat them with compassion, respect and care.

Hours of operation:

Thursday to Tuesday from 12:00pm to 5:00pm
Wednesday: Closed
Statutory Holidays: Closed

Surrey Volunteer Resources

13450 104 Avenue
Surrey, BC
Tel 604.598.5863

Hours:

Monday to Friday from 8:30am to 4:30pm

<https://www.surrey.ca/about-surrey/volunteering>

Volunteering is about commitment and caring. Help people and work together with others who share goals with you. You can make a difference in the life of your community and in your own.

Youth Leadership - City of Surrey

For more information, contact youth@surrey.ca.

<https://www.surrey.ca/about-surrey/youth-engagement/youth-leadership-opportunities>

If you're interested in nature, arts, leadership, event planning, community service or having your voice heard, join one of our youth councils or groups.





Surrey's Leadership Youth Council (SLYC)

SLYC is a group of youth between the ages of 14 and 18 who help youth speak up and have their voices heard with the support of the City of Surrey.

When: Mondays at 4pm

Where: Microsoft Teams

For more information, contact youth@surrey.ca.

Youth Events Squad (YES)

YES is a group of youth between the ages of 14 and 21 that help plan and execute the City of Surrey's biggest youth events.

When: Tuesdays at 3:15pm

Where: Microsoft Teams

For more information, contact youth@surrey.ca.

Surrey's Youth Stewardship Squad (SYSS)

SYSS combines environmental stewardship and leadership in Surrey's unique urban forest.

For more information, contact stewardship@surrey.ca.

Vancouver

Metro Vancouver Regional Parks

Lower Mainland

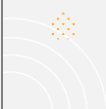
<http://www.metrovancouver.org/services/parks/get-involved/volunteer/Pages/default.aspx>

Volunteers lend nature a helping hand in fun and interesting ways – removing invasive plants, monitoring wildlife, planting native trees and shrubs, conducting bird surveys and more.

Volunteers have fun, meet new people and get satisfaction from helping improve wildlife habitat. Regional parks and the ecosystems they support get healthier.

Volunteer opportunities include: Metro Vancouver Ecological Restoration Team, Belcarra Beach keepers, Nature Events, Visitor Centre Hosts and Park Associations.

For more information, please email Volunteer.Info@metrovancouver.org or call 604.451.6606.





White Rock

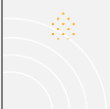
Sources Community Resources Centres

White Rock, BC
Tel 604.542.4357

<https://www.sourcesbc.ca/volunteer-opportunities/>

Sources' Volunteer Centre is designed to support social wellness for individuals and communities through volunteerism. We assist individuals to find volunteer opportunities that match their personal needs and goals. In the process, we aim to promote the spirit of helping and raise awareness about the benefits of volunteerism in our community.

If you have questions about our volunteer opportunities, please contact us at volunteerservices@sourcesbc.ca or 604.542.4357.





FUN & RECREATION

Aldergrove

Aldergrove Kinsmen Community Centre

26770 29 Avenue
Aldergrove, BC
Tel 604.534.0781

www.tol.ca/Parks-Recreation/Recreation-Centres/Aldergrove-Kinsmen...

Facility Hours:

Monday to Saturday from 9:30am - 6:00pm
Sunday from 11:00am - 5:00pm
Statutory holidays: Closed

Aldergrove Credit Union Community Centre

27032 Fraser Highway
Aldergrove, BC
Tel 604.857.4299

www.tol.ca/Calendars/Recreation-Calendars/Swimming-Pool

Facility Hours:

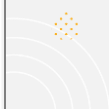
Monday to Saturday from 6:30am - 9:30pm
Sunday from 7:00am - 9:00pm

Bring your family to the Lower Mainland's most unique waterpark in Aldergrove where the water's warm, the river's lazy and the wave pool and waterslides will thrill, rain or shine.

[Check out Summer Nights](#) at the waterpark. Join us for Dive-in Movie Nights, Friday Night Live for teens and tweens, and Sip n' Dip for adults 19+.

Enjoy wild and calm water fun for all ages, including:

- 25 m pool, leisure pool, and hot tub under a huge canopy, and a steam and sauna too!
- 3 waterslides with incredible views of the entire park
- tidal pool with beach entry and great waves
- river channel with spray features and tipping buckets
- a splashpad for younger guests with waterslides and plenty of water play features





Delta

Boys & Girls Clubs of Delta (Hillside Club)

11339 84th Avenue
Delta, BC
Tel 604.596.9595

Recreation activities for youth aged 13-18, from crafts to floor hockey to movies at Youth Drop-in Centres.

Delta Leisure Access Pass

Delta, BC
Tel 604.946.3298

Delta Parks, Recreation & Culture offers a 6-month family pass to people of any age, for admission to drop in programs at Delta Parks, Recreation & Culture facilities. It is issued free of charge by local agencies to families in need. The passes can be activated at any time.

Delta Parks & Recreation

11415 84th Avenue
Delta, BC
Tel 604.952.3000

www.delta.ca/parks-recreation/overview

The North Delta Recreation Centre includes a curling rink, ice rink, concession and several multipurpose rooms.

Ladner Community Centre

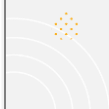
4734 - 51st Street
Delta, BC
Tel 604.946.9226

www.delta.ca/parks-recreation/sport-recreation/indoor-facilities/...

Ladner Community Centre is a multipurpose building that houses Preschool Playtime, children's programs and social rentals. The building has one large multipurpose classroom, several small meeting rooms, a large high ceiling hall with stage and a commercial kitchen. Many people know this as the site of the annual Delta Dry Grad festivities. The large hall is available for rentals and is often used for dances and socials.

Facility Hours:

Monday to Sunday





Ladner Leisure Centre

4600 Clarence Taylor Crescent
Delta, BC
Tel 604.946.3310

www.delta.ca/parks-recreation/sport-recreation/indoor-facilities/...

Ladner Leisure Centre consists of an arena and aquatic facilities including a 2,800 square foot weight room, fitness studio, multi-purpose rooms, sauna, swirl, waterslide, aquatic climbing wall and inflatable obstacle course. The facility is accessible to all individuals.

Ladner Leisure Centre is located across from the Ladner Bus loop.

Ladner Outdoor Pool

5105 47 Avenue
Delta, BC
Tel 604.946.3310

<https://www.delta.ca/parks-recreation/parks-trails/park-and-amenity-search/ladner-outdoor-pool>

Open in the summer only.

North Delta Community Park

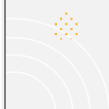
11311 - 84th Avenue
Delta, BC
Tel 604.946.3293

<https://www.delta.ca/parks-recreation/parks-trails/park-and-amenity-search/north-delta-community-park>

North Delta Community Park features the Dennis Elsom multi-sport synthetic turf field that is used for softball, soccer, field lacrosse and field hockey. This community park is a major centre for softball. Parking is available at North Delta Recreation Centre.

Park Features:

- Pickleball;
- Picnic Tables;
- Playground;
- Skate Park;
- Sports Fields;
- Tennis Courts;
- Walking trails;
- Washrooms





North Delta Outdoor Pool

11415 - 84th Avenue
Delta, BC
Tel 604.952.3045

<https://www.delta.ca/parks-recreation/parks-trails/park-and-amenity-search/north-delta-outdoor-pool>

Delta has two outdoor pools which open during summer seasons. Please visit their websites to find hours of operation. North Delta Outdoor Pool is located next to the Public Safety Building and in front of the North Delta Recreation Centre. Ladner Outdoor Pool is next to the Ladner Community Centre and beside the new McKee Seniors' Recreation Centre. Our pools are staffed by creative and fun-loving lifeguards who ensure everyone has a great time while staying active and safe in the water.

South Delta Recreation Centre

1720 - 56th Street
Delta, BC
Tel 604.952.3020

[www.delta.ca/parks-recreation/sport-recreation/indoor-facilities/...](http://www.delta.ca/parks-recreation/sport-recreation/indoor-facilities/)

The facility houses an ice arena that supports ice user groups, public skates and lessons, a set of three halls used for programs and rentals. The community gym offers a wide range of drop-in and registered programs including basketball, volleyball, badminton, pickle ball, floor hockey and active preschool programs. A limited number of drop-in fitness programs are also offered in the gym. A curling rink with full service lounge is operated during the months of September through March by the Tunnel Town Curling Club (<http://www.tunneltowncurlingclub.com/>). Between April and August, this facility houses dry floor sports, birthday parties and registered active programs.

Sungod Recreation Centre

7815 - 112th Street
Delta, BC
Tel 604.952.3075

<https://www.delta.ca/parks-recreation/parks-trails/park-and-amenity-search/sungod-recreation-centre>

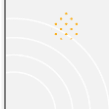
This North Delta facility has 5 pools, sauna, steam room, swirl pool, arena, weight room, aerobic studio, cycling studio, gymnasium, meeting rooms, physiotherapy clinic and cafe.

Hours of Operation:

See website for hours of operation.

Winskill Aquatic Centre

5575 - 9th Avenue
Delta, BC
Tel 604.952.3005





<https://www.delta.ca/parks-recreation/parks-trails/park-and-amenity-search/winskill-aquatic-fitness-centre>

Hours of Operation:

See website for hours of operation.

Langley

Al Anderson Pool

4949 207th Street
Langley, BC
Tel 604.514.2860

<https://langleycity.ca/parks-recreation/recreation/aquatics-al-anderson-memorial-pool>

Open in the summer only. Excellent outdoor swimming pool offering open swim times, lessons and special events. Features diving boards, slides and an area for younger children.

Brookwood Skateboard Park

42nd Avenue & 207th Street
Langley, BC

<https://skateparktour.ca/skateparks/brookwood-skateboard-park-langley-bc/>

George Preston Recreation Centre

20699 - 42 Avenue
Langley, BC
Tel 604.530.1323

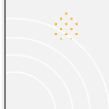
Hours of Operation:

See website for hours of operation.

<https://www.tol.ca/recreation-culture/facilities/george-preston-recreation-centre/>

Amenities:

- Main hall (capacity: 400 or 3 rooms with a capacity of 120 each)
- Kitchen
- Meeting rooms
- Skating
- Curling club
- Curling pro shop
- Lounge (capacity: 150)
- Ice arena (dry floor capacity: 500)





Langley Events Centre

7888 - 200 Street
Langley, BC
Tel 604.882.8800

www.langleyeventscentre.com

The LEC is a multi-use facility which includes an Arena Bowl, 3 FIBA regulation size courts in our Gymnasium, the largest Gymnastics Centre in Western Canada, the Willoughby Community Centre, Banquet Hall and Meeting Spaces all in one.

Langley Parks & Recreation – City of Langley

20399 Douglas Crescent (City Hall)
Langley, BC
Tel 604.514.2940

<https://langleycity.ca/recreation-culture/recreation>

Experience the City of Langley. With its rich history, wonderful sense of community, lush offerings of nature, and proximity to Vancouver, Langley is the best kept secret in the Lower Mainland.

You know that they say about all work and no play... the City of Langley strives to support our community in recreational pursuits, making us all happier, healthier people. Discover what programs and facilities we have to help you reach your fitness and recreation goals.

Langley Parks & Recreation – Township of Langley

20338 65 Avenue (Township office)
Langley, BC
Tel 604.534.6086

www.tol.ca/recreation-culture/parks-and-amenities/alphabetical-li...

The Township of Langley is proud to support and facilitate the active, healthy lifestyles of our residents and guests. The Township provides a wide variety of fitness, recreation, and leisure programs and facilities. Includes Aldergrove, Walnut Grove, Fort Langley and Brookwood.

Penzer Action Park

198C Street, Langley (south of 48th Avenue)
State of the art park in Langley City featuring a bike park, a parkour course, a pump track and a basketball stadium. This park is geared for kids of all ages who have energy to burn.

Willowbrook Skateboard Park

203rd Street between 62nd & 64th Avenue
Langley, BC





<https://skateparktour.ca/skateparks/willowbrook-skatepark-langley-bc/>

Murrayville Outdoor Activity Park

48A Ave & 221 Street
Langley, BC

Murrayville Outdoor Activity Park offers a skateboard park, ball hockey court, basketball court, picnic tables, a rock wall to climb, a drinking fountain, a mini spray park for kids and a playground.

Timms Community Centre

20399 Douglas Crescent
Langley, BC
Tel 604.514.2940

<https://langleycity.ca/recreation-culture/recreation>

Hours of Operation:

See website for hours of operation.

Walnut Grove Pool

8889 Walnut Grove Drive
Langley, BC
Tel 604.882.0408

www.tol.ca/Parks-Recreation/Recreation-Centres/Walnut-Grove-Commu...

Facility Hours:

See website for hours of operation.

Walnut Grove Skateboard Park

88th Avenue & Walnut Grove Drive
Langley, BC

<https://skateparktour.ca/skateparks/walnut-grove-skatepark-langley-bc/>

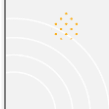
Location:

- 8889 Walnut Grove Drive, Langley, British Columbia;
- Behind the Walnut Grove Community Centre;
- Visible from 88 Avenue on the north side of the street.

WC Blair Recreation Centre

22200 Fraser Highway
Langley, BC
Tel 604.533.6170

www.tol.ca/recreation-culture/facilities/w.c.-blair-recreation-ce...





W.C. Blair is also designed to accommodate people with disabilities:

- electronically activated doors;
- specially designed private change and toilet facilities;
- easy beach access into pool with "waterbug" wheelchairs;
- easy transfer into whirlpool;
- trained and knowledgeable lifeguards adapted aquatic and fitness program staff.

Willowbrook Recreation Centre

20338 - 65 Avenue

Langley, BC

Tel 604.532.3500

<https://www.tol.ca/recreation-culture/facilities/willowbrook-recreation-centre/>

Hours of Operation:

See website for hours of operation.

Youth Unlimited

#115-12975 84th Avenue

Surrey, BC

Tel 604.590.3759

Email: langleyyu@youthunlimited.com

www.youthunlimited.com

Beneath the beautiful scenery and collections of kind, well-groomed people in Langley are other groups whose struggles are not often seen, but they are constantly felt. We concentrate on that underground group, building relationships with what many would call 'at risk' youth. We like to call them 'at promise.' Working alongside both elementary and high schools and running a wide variety of activities, we can regularly be found meeting with kids on the streets or in local coffee shops, as well as providing meals and support of all kinds.

Contact: langley@youthunlimited.com

Maple Ridge

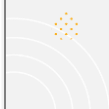
Greg Moore Youth Centre

11925 Haney Place

Maple Ridge, BC

Tel 604.467.7354

<https://www.mapleridge.ca/facilities/facility/details/Greg-Moore-Youth-Centre-5>





The Greg Moore Youth Centre and Pitt Meadows Youth Centre are co-supervised by trained staff and youth volunteers. The focus is on fun in a safe and constructive environment for youth aged 13-18 years old.

Hours of Operation:

See website for hours of operation.

Greg Moore Youth Centre offers free youth programs as well. Call for more information.

Parks & Recreation Services

Maple Ridge
Tel 604.467.7422

<https://www.mapleridge.ca/151/Parks-Recreation-Culture>

Recreation:

The Recreation Department recognizes that active living is essential to personal health and quality of life and aspires to provide opportunities for positive, inclusive activities that help build strong families and healthy communities.

Services:

Services include delivering recreation and education programs in arts and culture, aquatics, fitness, skating and more through drop-in or pre-registered delivery models. A number of community services are also provided, such as recreation access programs and community planning tables for healthy community initiatives. Customer service functions include facility / arena bookings, program registration / membership and admission processing.

North Delta

Hillside Club – Boys & Girls Clubs

11339 - 84th Avenue
North Delta, BC
Tel 604.596.9595

<https://www.bgcbbc.ca/locations/hillside/>

Our youth programs (13-18 yrs.) include all the things you enjoy like floor hockey, cooking, movie nights or hanging out with your friends. Plus, we have exciting programs including leadership training and social responsibility. We also offer out trips, evening activities, a hot dinner program and tons more. Friendly, safe, cool and open late! Youth are invited to sign up for one of our National Boys and Girls Club Programs, including *Change that Clicks* and *Keystone*, where they will develop leadership and empowerment skills.

- Teen Nights;
- Pre-teen Programs;





- After School Drop-In;
- Spring Break Camp;
- Professional Day Camps;
- Arts and Crafts;
- Cooking;
- Games Rooms;
- Girls Club;
- Boys Club;
- Air Hockey;
- Pool;
- Homework Club;
- Gym Activities;
- Out-Trips;
- Hockey Teams;
- Hot Meal Dinner Program;
- Hot Dog Days;
- Student Council;
- And Much More.

Surrey

Bear Creek Pool

13820 - 88th Avenue

Surrey, BC

Tel 604.501.5154

<https://www.tidesout.com/bear-creek-public-swim>

Open in the summer only.

Bear Creek Youth Park

84th Avenue & King George Boulevard

Surrey, BC

<https://www.surrey.ca/culture-recreation/23706.aspx>

Skateboard park with asphalt deck/concrete boxes & ramps/pyramid/rounded pyramid/5 set with railing/fun box w/ledge/3 set/flat ground round rail/some coping/long asphalt wave on a crumbling asphalt run, with washrooms, water and climbing wall.

Cloverdale Recreation Centre

6188 176th Street

Surrey, BC

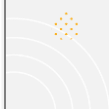
Tel 604.598.7860

About Cloverdale Youth Centre

Check out the newest youth centre in Surrey! Your new youth centre has 2 flatscreen TVs, a Wii and PS3, Rock Band, karaoke, pool table, foosball table, board games and a concession.

Every night is something different! Capture the Flag, spaghetti nights, basketball tournaments, floor hockey, popcorn and a movie and much more!

We offer free memberships, and everyone from grades 5 to 12 is welcome. Meet new people, check out our open gym or challenge one of our amazing staff to a game of pool!





Surrey Sport & Leisure Complex – Aquatics

16555 Fraser Highway
Surrey, BC
Tel 604.501.5950

www.surrey.ca/culture-recreation/1888.aspx

Fleetwood Youth Park

16555 Fraser Highway
Surrey, BC

<https://www.surrey.ca/parks-recreation/parks/fleetwood-youth-park>

Fraser Heights Recreation Centre

10588 - 160 Street
Surrey, BC
Tel 604.592.6920

www.surrey.ca/culture-recreation/1928.aspx

About Fraser Heights Recreation Centre

The Fraser Heights Recreation Centre is located at the entrance to the Fraser Heights neighbourhood. The centre boasts a fitness studio, 2 gymnasiums and multi-purpose rooms. The recreation centre is next to the youth park, outdoor basketball court and sports field. The centre is a natural drop-in location for all community members.

Hours of operation:

See website for hours of operation.

Grandview Heights Aquatic Centre

16855 - 24 Avenue
Surrey, BC
Tel 604.590.7800

<https://www.surrey.ca/parks-recreation/recreation-facilities/grandview-heights-aquatic-centre>

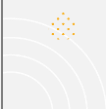
Hours of Operation:

See website for hours of operation.

Grandview Heights Aquatic Centre is Surrey's newest and largest aquatic facility and is designed to meet the needs of all residents. With our commitment to building healthy communities, we aim to provide a variety of aquatic programs and events.

Facility Features:

We have an exciting range of aquatic and fitness features including:





- A 10-lane, 50m FINA-standard Olympic size competition pool;
- A 500 square metre leisure pool with a lazy river, spray features, and tot's area;
- Diving facilities with a full set of dive towers to a height of 10 metres;
- Waterslide;
- Two hot tubs for families and adults;
- Steam room and dry sauna;
- Spectator seating for 800 to 900 people;
- Large family-friendly universal change area;
- Fitness and weight room facilities;
- Exterior terrace.

Greenaway Outdoor Pool

17901 - 60th Avenue
Surrey, BC
Tel 604.502.6257

<https://www.surrey.ca/parks-recreation/recreation-facilities/greenaway-outdoor-pool>

Hours of operation:

See website for hours of operation.

This pool is open in the summer only.

Guildford Recreation Centre

15105 - 105th Avenue
Surrey, BC
Tel 604.502.6360

www.surrey.ca/culture-recreation/1876.aspx

Hours of Operation:

See website for hours of operation.

Facility Features:

- 7200 Sq. Ft. Weight Room;
- 1/8 Mile Running Track;
- 2000 Sq. Ft Group Fitness Studio;
- 3 Gymnasiums;
- Multi-Purpose Rooms;
- Skate Park;
- Seniors' Lounge;
- Youth Lounge;
- Guildford Library Located Inside the Facility.

Surrey Youth Resource Centres – City Center Youth Hub

10453 Whalley Boulevard
Surrey, BC
Tel 604.587.8100

<https://pcrs.ca/our-services/surrey-youth-hubs/>

A good place to hang out, make friends, try a new activity, find info and resources.



*Office Hours of Operation:*

See website for hours of operation.

Hjorth Road Outdoor Pool

10277 - 148th Street

Surrey, BC

Tel 604.502.6256

<https://www.surrey.ca/parks-recreation/recreation-facilities/hjorth-road-outdoor-pool>

Open in the summer only. When the sun comes out and the temperature starts to climb the best thing to do is submerge yourself in the closest body of water - the outdoor pool!

Hours of Operation:

See website for hours of operation.

Holly Outdoor Pool – City of Surrey

10662 - 148th Avenue

Surrey, BC

Tel 604.502.6251

<https://www.surrey.ca/parks-recreation/recreation-facilities/holly-outdoor-pool>

About Holly Outdoor Pool

Holly Outdoor Pool is located in Holly Park (<https://www.surrey.ca/parks-recreation/parks/holly-park>).

The park has many amenities including the outdoor pool and changing facilities. Holly Park is home to softball and soccer fields, lacrosse and ball hockey courts, a playground and a community garden. The parking lot is accessed from 148th Street; admission to the pool is free.

Hours of operation:

See website for hours of operation.

Holly Outdoor Pool is only open in the summer.

Kwantlen Outdoor Pool – City of Surrey

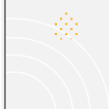
13035 - 104th Avenue

Surrey, BC

Tel 604.502.6252

<https://www.surrey.ca/parks-recreation/recreation-facilities/kwantlen-outdoor-pool>

Open in the summer only. Kwantlen Pool is easily accessible on 104 Avenue from King George Boulevard, and is located next to Kwantlen Park Secondary School. This outdoor pool offers change room facilities and admission is free.





Hours of Operation:

See website for hours of operation.

Newton Recreation Centre – City of Surrey

13730 - 72nd Avenue
Surrey, BC
Tel 604.501.5540

www.surrey.ca/culture-recreation/7325.aspx

The Newton Recreation Centre, formerly known as the Newton Wave Pool, now includes a new gymnasium, weight room, youth centre, spin bikes, fitness room, multi-purpose rooms and the only wrestling room in all of Surrey's recreation centres. We offer a variety of drop-in and registered programs for preschool, children, youth, adults and seniors.

Port Kells Outdoor Pool – City of Surrey

19340 - 88th Avenue
Surrey, BC
Tel 604.888.8650

<https://www.surrey.ca/parks-recreation/recreation-facilities/port-kells-outdoor-pool>

Facility Hours:

See website for hours of operation. Summer Only.

Port Kells Pool is located in Port Kells Park (<https://www.surrey.ca/parks-recreation/parks/port-kells-park>). There's a washroom building with change rooms, and plenty of parking available off 88 Avenue. Admission to the pool is free.

The park is located just west of the Port Kells Village centre. The park offers other amenities including an artificial turf field and 2 baseball diamonds. Find a playground and great picnic spots near the outdoor pool.

South Surrey Recreation & Arts Centre

14601 - 20th Avenue
Surrey, BC
Tel 604.592.6970

<https://www.surrey.ca/parks-recreation/recreation-facilities/south-surrey-recreation-arts-centre>

Hours of Operation:

See website for hours of operation.

About the South Surrey Recreation Centre

The South Surrey Recreation Centre is an eco-friendly state-of-the art recreation facility that offers programs for all ages, all cultures and all fitness levels. We offer registered and drop-in programs for early years, preschool, children, youth, adult, fitness and seniors. Our facility includes 2 full-sized gymnasiums,





a multi-purpose gymnasium, 2 preschool rooms, a fitness studio, community lounge, dance studio and youth lounge.

South Surrey Skatepark

14601 - 20th Avenue
Surrey, BC

<https://www.surrey.ca/parks-recreation/parks/south-surrey-athletic-park>

Location:

- 14601 20 Avenue in Surrey, in the South Surrey Athletic Park (<https://www.surrey.ca/culture-recreation/2215.aspx>)
- **Directions:** Go west on 20th Avenue to the traffic circle; take the first exit, the skatepark will be on your left

Description:

- Concrete obstacles on asphalt
- Features include: bowl, pyramids, curved rail, banks, hubbas, down rail, 4 set and 8 set, and two horse show quarter pipes separated by a spine.

Nearby:

- South Surrey Recreation & Arts Centre
- Other facilities in the South Surrey Athletic Park include: 2 Beach Volleyball Courts, water park, bike park, 2 picnic areas with shelters, washrooms, 4 tennis courts, as well as baseball diamonds and fields for soccer, mini-soccer, and football.

Sunnyside Outdoor Pool

15455 - 26th Avenue
Surrey, BC
Tel 604.502.6255

Days: Summer only

<https://www.surrey.ca/parks-recreation/recreation-facilities/sunnyside-outdoor-pool>

Hours of operation: Sunnyside Pool is open from May to September. Please check the website for more details.

Surrey Sport & Leisure Complex – Arenas

16555 Fraser Highway
Surrey, BC
Tel 604.501.5881

<https://www.surrey.ca/parks-recreation/recreation-facilities/surrey-sport-leisure-complex>

Our state-of-the-art facility offers a wide range of programs, events, and services. Please call for more info.





Tong Louie Family YMCA

14988 57 Avenue
Surrey, BC
Tel 604.575.9622

<https://www.gv.ymca.ca/visit-tong-louie-ymca>

Work out with friends; shoot some hoops, practice dance moves or just chill in the whirlpool. Meet new people and discover some awesome opportunities in a youth leadership program. The YMCA is a place where you can belong.

Hours of operation:

See website for hours of operation.

Unwin Pool

6845 - 133rd Street
Surrey, BC
Tel 604.501.5156

<https://www.surrey.ca/parks-recreation/recreation-facilities/unwin-outdoor-pool>

Hours of operation:

See website for hours of operation. Summer only.

Tsawwassen

Grauer Park

1720 - 56th Street
Tsawwassen, BC

<https://www.delta.ca/parks-recreation/parks-trails/park-and-amenity-search/grauer-park>

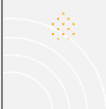
Park features: Skatepark, Lacrosse Box

White Rock

Centennial Park Leisure Centre

14600 North Bluff Road
White Rock, BC
Tel 604.541.2161

<https://www.whiterockcity.ca/Facilities/Facility/Details/Centennial-Park-Leisure-Centre-Arena-15>





Ice skating season is late September to early March. During the spring and summer, the Centennial Arena dry floor is used for various activities: lacrosse, ball hockey, roller hockey, and fencing camps.

South Surrey Indoor Pool

14655 - 17th Avenue
White Rock, BC
Tel 604.502.6220

<https://www.surrey.ca/parks-recreation/recreation-facilities/south-surrey-indoor-pool>

Hours:

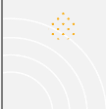
See website for hours of operation.

White Rock Leisure Access

15154 Russell Avenue
White Rock, BC
Tel 604.541.2199

<https://www.whiterockcity.ca/825/Leisure-Access-Program>

The Leisure Access program provides low-income residents with access to recreation programs and services. The program ensures that residents are not restricted from access or participation in a reasonable variety of recreation activities due to financial hardship.





I'M FROM A DIFFERENT COUNTRY/CULTURE

Surrey

DiverseCity Community Resource Society

13455 76th Street
Surrey, BC
Tel 604.597.0205

www.dcrs.ca

Offers a wide range of services and programs to the immigrant and refugee communities of Surrey, Delta and Langley Programs include the Buddy/Youth Program (15-25 years).

Métis Family Services

#312 – 7485 130 Street
Surrey, BC
Tel 604.584.6621

www.metisfamilyservices.ca

Programs and services for the Métis community, including Community Mentorship Support (19 years & under) and Tool Time for youth (13-16 years). On-site Primary Health Clinic (drop in or by appointment).

Progressive Intercultural Services Society

#205 - 12725 80th Avenue
Surrey, BC
Tel 604.596.7722

<https://pics.bc.ca/programs/youth/>

Welcome to PICS

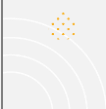
Our Vision:

To build a healthy and just society which values and respects all cultures.

Our Mission:

To promote harmony and intercultural understanding for the purpose of building a more inclusive and mutually respectful society.

To remain effective and dynamic, we continue to build on our strengths in partnerships within the South Asian community. We have grown to offer a wide range of employment programs, housing services, and social programs.





Waceya Métis Society

5631A 176A Street

Surrey, BC

Tel 604.841.9675

Email: waceyacc@mnbc.ca & wmslangley@gmail.com

Waceya Métis Society is there to identify the needs of the Métis people residing in Langley & White Rock, to help protect, promote and enhance the status of our Métis membership.

Tsawwassen

Tsawwassen First Nation Youth Centre

2287 Tsawwassen Drive

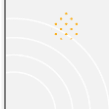
Tsawwassen, BC

Tel 604.943.2112

Toll Free 1.888.943.2112

www.tsawwassenfirstnation.com

This centre offers both indoor and outdoor activities, a computer lab, games room, an art room, TV room, a community kitchen and large dining area.





I MIGHT IDENTIFY AS LGBTQ2S

Greater Vancouver

YouthInBC.com

<https://youthinbc.com/youth-issues-2/lgbt/>

An on-line crisis chat service, where you can chat 1-on-1 with a trained volunteer from the Crisis Centre. We also have information so you can learn more³ about a variety of youth-related issues, as well as resources where you can get help. It is for youth (up to age 25) who need a safe, respectful place to access support and information or just someone to listen without judgement.

Online chat is available from Noon-1AM in BC & Yukon only.

Foundry Virtual

Queer Café

Wednesdays, 6:00pm-7:30pm on a drop-in basis. Queer Cafe invites Young people ages 14-20 who identify as LGBTQ2IA+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Two-Spirit, Intersex, Asexual/Aromantic/Agender, or another gender or sexual orientation minority) to meet over Zoom for activities and conversation in a supportive, inclusive environment. The Queer Café is facilitated by youth peer supporters from Foundry Virtual BC who identify as LGBTQ2IA+ and features a mix of activities, discussion, games, workshops, and more!

To register: <https://surveys.vch.ca/Survey.aspx?s=cdda94bfe54e48fcfa53ec089a8b027>

QCHAT

<https://www.qchat.ca/>

QCHAT is a LGBTQIA2S+ peer support association made up of peer volunteers across BC. The organization provides peer support and referral services to youth residing in BC.

Langley

Friends of Dorothy

6275 203 Street
Langley, BC
Tel 604.546.1130
Text 604.928.6621

<https://langleychildren.com/service-types/friends-of-dorothy/>





Friends of Dorothy is an inclusive, safe, LGBTQ2S+ centered, weekly drop-in for youth ages 12-24. They provide a space for youth to connect with and support one another; and to plan and participate in events and awareness campaigns.

Langley Youth Hub

6275 203 Street

Langley, BC

Tel 604.546.1130

Email support@encompass-supports.com

<https://www.langleyyouthhub.com/2slgbtqia-services.html>

See website for complete list of 2SLGBTQIA+ Services.

Surrey

PFLAG Surrey

<https://pflagsurrey.ca/resources>

PFLAG Surrey is here to support parents, families, friends and allies of the LGBTQ2S+ community. They provide many helpful links and downloadable, printable resources.

Surrey Pride Society

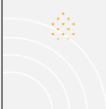
<https://www.surreypride.ca/>

Surrey Pride Society brings together members of the 2SLGBTQ+ Community, Friends, Allies and Supporters in Celebrations of the Peerless Spirit and Culture by producing Timeless, Inclusive Events through-out the year: Surrey Pride Festival, Youth Socials, Fundraisers, Dances and Karaoke Nights.

Youth for a Change

<https://www.youth4achange.net/>

Youth for a Change is a group of educators, activists and advocates on many youth issues, but especially issues facing the LGBTQ+ community. Members are aged 12 years and up, many of whom identify as LGBTQ2SIA+, others as allies, ALL participate in planning and decision-making about the group's activities. Located in Surrey, BC





Vancouver

Qmunity: BC's Queer Resource Centre

1170 Bute Street
Vancouver, BC
Tel 604.684.5307
Toll Free 1.800.566.1170

<https://qmunity.ca/>

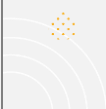
Youth Drop-ins:

Our Youth drop-ins are a community-oriented space where youth can hang out and seek support. Our drop-ins are a great place to meet similar people and to just be yourself. During drop-in times, there are always youth workers, volunteers, and other youth who are excited to get to know you. Activities include games, crafts, as well as the opportunity for open hangout time with peers.

QMUNITY offers two different age groups for drop-ins:

GAB Youth: for youth 14-25;
Wednesdays 4-5 PM: online
Fridays 4-6 PM: in person at QMUNITY's offices
Contact: youth@qmunity.ca for details and Zoom link

GAB Youth Junior: for 10-13;
biweekly, every other Thursday 5-6 PM: online
The group will function to provide a space for queer youth in this age group to meet and connect with other queer youth, and have a space to talk about identity with other peers (and the facilitators).
Contact: gabjunior@qmunity.ca for details and Zoom link





I HAVE A DISABILITY

BC Centre for Ability

2805 Kingsway
Vancouver, BC
Tel 604.451.5511

www.centreforability.bc.ca

Employment assistance for people with a disability or chronic illness.

Who We Are:

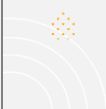
A dedicated group of families, consumers, volunteers and professionals united by our belief in the right of all individuals who live with disabilities to live in an inclusive community that value their participation. We strive to provide community leadership, by example and advocacy, in programs for persons with physical, neurological and/or developmental disabilities.

Our Mission:

To provide community based services that enhance the quality of life of children, youth and adults with disabilities and their families in ways that facilitate and build competencies, and foster inclusion in all aspects of life.

We Believe...

- The right of all persons to pursue their dreams and reach their full potential;
- The unique and diverse strengths of individuals and families;
- The importance of respect and dignity for all persons;
- Equality of access to services;
- Partnerships between families, professionals and consumers;
- Support for children, youth and adults in their home and community;
- Excellence in service provision.





FINDING A JOB

Skills Link

Toll Free 1.800.935.5555

Hours:

Monday to Friday from 8:30am to 4:00pm

<https://www.canada.ca/en/employment-social-development/services/funding/skills-link.html>

Skills Link is a client-centered program that provides funding for employers and organizations to offer eligible activities to youth facing barriers to employment. The program is part of the Youth Employment Strategy, a horizontal initiative involving eleven federal departments and agencies.

The Basics:

The program offers a range of activities that can be tailored to meet the individual needs of the youth.

The objective of the program is to help youth facing barriers to employment obtain the knowledge and develop the broad range of skills and work experience they need to participate in the labour market.

Youth Canada

Toll Free 1.800.935.5555

<https://www.canada.ca/en/services/youth.html>

Information about programs and services available to youth.

Belcarra

Sasamat Outdoor Centre

3302 Senkler Road

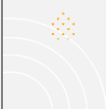
Belcarra, BC

Tel 604.939.2268

www.sasamat.org

Teaches basic leadership skills to youth (14-16 years).

Sasamat Outdoor Centre is part of the Association of Neighbourhood Houses of BC, a non-profit community-based organization established in 1894.





Located on the western shore of Sasamat Lake, only 9 km north of Port Moody Town Centre and an hour west of Vancouver, Sasamat Outdoor Centre offers a variety of programs such as Day Camp, Resident Camp, Family Camp and Facility Rentals for Community and School Groups. Sasamat Outdoor Centre offers campers the opportunity to participate in a wide range of outdoor activities in a safe, supervised environment and provides a peaceful wilderness setting with easy access to the hiking trails and recreational opportunities of Belcarra Regional Park and scenic Indian Arm Provincial Park. All programs are geared to the age and ability of the individual and to the interests of the group.

Delta

WorkBC Centre – Delta

4899 Delta Street

Delta, BC

Tel 604.591.9116

Email centre-delta-delta@workbc.ca

<https://workbccentre-delta-delta.ca/>

WorkBC offers services for people who need support to re-enter the workforce, access training opportunities and find good jobs.

Fraser Valley

Mission Community Skills Centre

209 - 33123 1st Avenue

Mission, BC

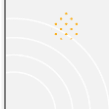
Tel 604.826.0626

Mission Community Skills Centre is a community-based resource dedicated to helping people improve their employability through quality services and training. Their main office in Mission, BC, but also has offices in Langley and Abbotsford. See website for more information www.missioncsc.org.

MYST – Manufacturing Youth Skills Training Program

The MYST program is designed to provide YOU with specialized industry training that helps you FIND and KEEP work. Did you know that right now employers in the manufacturing and food processing industries are looking for you? There is a huge shortage in British Columbia for skilled and unskilled workers. Get PAID skills training and work connections for jobs in Manufacturing and Food Processing industries like:

- Manufacturing, Construction, Restoration, Roofing, Sheet Metals
- Food & Beverage Processing
- Meat, Dairy & Baked Goods





- Retail Stores & Big Box Stores
- Craft Breweries, Vineyards, Cannabis Industries, Landscaping
- Fast Foods & Coffee Shops

Express to Success – Agri-Food & Beverage Processing Employment Program

Did you know that 1 in 8 jobs in Canada are in the Agri-Food & Beverage Industries?

The Express to Success program is designed for youth between 15 & 30 to develop the skills, training, and work connections for jobs in the \$100 Billion a year Agri-Food & Beverage Industries such as:

- Food & Beverage Processing
- Greenhouse & Horticulture
- Meat, Dairy & Eggs
- Produce & Vegetables
- Craft Breweries & Vineyards
- Food & Beverage Service
- Deli & Baked Goods
- Manufacturing... and so much more!

Triangle Community Resources: RITE Program

<https://triangleresources.com/rite-program/>

Service available in Abbotsford, Chilliwack, MR, Mission (locations and hours of operation available here:

<https://triangleresources.com/contact-us/>)

Our speciality is working with people who have experienced mild to extreme barriers in finding and keeping employment.

The R.I.T.E. /W.R.I.T.E. Programs are like a six week gift of time to enable you to take a long, hard look at what you want, what you need, and what's stopping you from getting it.

Langley

Encompass Support Services Society

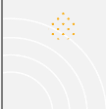
103-20230 64 Avenue

Langley, BC

Tel 604.534.2171

Email support@Encompass-Supports.com

Website www.encompass-supports.com





The Bridges to Employment Program, aims to support youth overcome barriers to employment through assessments, group-based skills development and work experience with local employers. Youth are paid an hourly wage during their entire time in the program.

Inclusion Langley Society

203-5171 221A Street

Langley, BC

Tel 604.534.8611

Website www.inclusionlangley.com

Email reception@inclusionlangley.com

For resources: tlcresources@inclusionlangley.com

YouthWorks is an Inclusion Langley Society funded initiative for youth 16 to 19 years of age who are interested in paid employment. Services are offered throughout the Langley Township and City. Youth complete a discovery process in collaboration with the school partners (public and private) to ascertain each student's employment skills and interests and match them with a suitable employment opportunity.

Langley Community Services Society

5339 207 Street

Langley, BC

Tel 604.534.7921

Website www.lcss.ca

Email info@lcss.ca

Langley Community Services offers employment programs aimed to support our participants in gaining the skills, confidence and experience needed to find a job or move on to further training. For more information see their website: <https://www.lcss.ca/programs-and-services/employment-services/>

WorkBC Centre – Aldergrove

D110-26426 Fraser Hwy

Aldergrove, BC

Tel 604.360.4196

Website www.workbccentre-aldergrove.ca

WorkBC Aldergrove is here to help you find your next job. You can access job search resources, career planning, training and skills upgrading, work experience opportunities and job placements.





WorkBC Centre – Langley

110 – 19925 Willowbrook Drive
Langley, BC
Tel 604-360-4196
Email info-langley-willowbrook@workbc.ca

WorkBC Langley is here to help you find your next job. You can access job search resources, career planning, training and skills upgrading, work experience opportunities and job placements. See website for more information: workbccentre-langley-willowbrook.ca

Maple Ridge

WorkBC – Maple Ridge

#170 - 22470 Dewdney Trunk Road
Maple Ridge, BC
Tel 604.466.4600

<https://workbccentre-mapleridge.ca/>

What is WorkBC?

WorkBC is a Ministry of Social Development initiative that offers employment-related services in one-stop centres across the province. We make it easier for job seekers and employers to connect.

The Maple Ridge Employment Service Centre serves the Ridge Meadows region.

Who is WorkBC for?

We serve unemployed, eligible to work British Columbians, and employers seeking qualified job candidates.

Our team is widely experienced and has specialized resources for client groups.

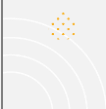
New Westminster

AWARE Society

#202 – 204 6th Street
New Westminster, BC
Tel 604.553.8583

www.awaresociety.bc.ca

Free job search workshops and programs.





Surrey

Baristas Program – Pacific Community Resources Society (PCRS)

Surrey, BC

Website: <https://pcrs.ca/our-services/baristas-training-program/>

To provide youth with barriers to employment with employability skills and a dynamic work experience in Starbucks outlets, assisting with the attainment of exciting careers in the growing retail food service sector. There are no fees for this program. If you have any questions or would like more information, please call 604.999.2301 or 604.992.2133.

Sources Community Resources Centres – Empowered for Employment

#109 – 5577 153A Street

Surrey, BC

Tel 604.262.4858

Email eeinfo@sourcesbc.ca

Our Empowered for Employment programs support individuals facing barriers to employment to prepare for, obtain and maintain employment.

WorkBC Centre – Surrey

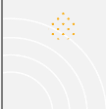
Unit 202-17700 56 Avenue

Surrey, BC

Tel 778.547.5020

Email centre-surrey-56@workbc.ca

WorkBC Surrey is here to help you find your next job. You can access job search resources, career planning, training and skills upgrading, work experience opportunities and job placements. See website for more information: <https://www.workbc.ca/WorkBC-Centres/Mainland-Southwest/Surrey-56.aspx>





GETTING AN EDUCATION

Kwantlen Polytechnic University

Tel 604.599.2000

<http://www.kpu.ca/>

Kwantlen Polytechnic University develops degree programs and other applied credentials to successfully meet the evolving needs of regional and global employment markets.

Post-secondary degrees and continuing education courses with campuses in Surrey, Langley, Cloverdale and Newton.

Delta Continuing Education

4585 Harvest Drive

Delta, BC

Tel 604.946.41.01

<https://www.deltasd.bc.ca/programs/continuing-education/>

Delta Continuing Education offers a wide range of courses year-round throughout the community. Programs include adult basic education, home-school partnership, a variety of high school completion choices, workplace and computer training, first aid, youth activities, and personal development. In addition, the branch manages the rental/ licensing of District facilities and operates a number of government-funded programs including ELSA (English Language Services for Adults), and the Life Skills Program.

Langley Education Centre

21405A - 56th Avenue

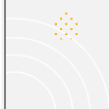
Langley, BC

Tel 604.534.7155

Email lec-reception@sd35.bc.ca

Website <https://lec.sd35.bc.ca/>

Langley Education Centre offers secondary school options for teens and adults to continue and complete a secondary education. If you've decided to take control of your future, LEC will help you achieve your goals.





Office Hours:

See website for office hours as they are subject to change.

Whytecliff Agile Learning Centre

20561 Logan Avenue
Langley, BC
Tel 604.532.1268
Email walc@walc.ca

Whytecliff offers a highly successful Gr. 8-12 curriculum tailored for youth with diverse learning, personal, or life challenges. Our caring and competent staff gently weave the academics with a positive strengths-based therapeutic program, paving the way for whole-life success. For more information, see website: <https://walc.ca/>

Pathfinder Youth Centre Society

Maple Ridge Location
#1 - 20110 Stewart Crescent
Maple Ridge, BC
Tel 604.460.2856

Surrey Location
#103 - 6844 King George Blvd.
Surrey, BC
Tel 604.598.2703

<http://pathfinderyouthsociety.org/>

What We Do

The Pathfinder Youth Centre Society is dedicated to helping at-risk young people (ages 15-30) overcome the obstacles that prevent them from returning to school or entering the workforce. Our certified youth counselors mentor to the specific needs of each client – teaching life skills, preparing the way for re-entry into school and/or accessing employment training.

We provide these services to approximately 90 participants across Greater Vancouver each year. To date, many of our Pathfinder alumni have found full or part-time employment or achieved a BC High School Graduation diploma.

As a leading non-profit registered charity in Greater Vancouver, Pathfinder has empowered over 450 young people so far to achieve success in their lives and in their communities.

Surrey Academy of Innovative Learning (SAIL)

14033 - 92nd Avenue
Surrey, BC
Tel 604.592.4263





<https://sailacademy.ca/>

Students learn face-to-face in a blended learning model at SAIL that is enhanced by online experiences at home. Teachers facilitate group and individual student learning in interdisciplinary teams. Through inquiry and project-based learning, students reflect on their learning and deepen their understanding of big ideas. We continuously challenge their learning. Students meet the BC Educational Core Competencies for each subject.

Learning Disabilities Association – Fraser South

#101 – 14225 57 Avenue
Surrey, BC
Tel 604.591.5156

<http://www.ldafs.org/>

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

The Learning Disabilities Association was founded in 1970 by a group of parents concerned about the learning difficulties their children were experiencing. These small beginnings led to an organization that serves individuals with learning disabilities in Vancouver, Richmond, and Burnaby. Programs and services are also available to individuals with learning disabilities in Langley/Surrey/Delta.

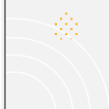
South Surrey/White Rock Continuing Education

Invergarry Adult education Centre

12772 88th Avenue
Surrey, BC
Tel 604.595.8218
Website <https://www.surreyschools.ca/invergarryadulthood>

Queen Elizabeth Adult Education Centre

9457 King George Boulevard
Surrey, BC
Tel 604.581.1413
Website <https://www.surreyschools.ca/queenelizabethcontinuingeducation>





SEX & SEXUAL HEALTH

Lower Mainland

BLUSH

328G - 520 West 6th Avenue
Vancouver, BC
Tel 604.714.3771 Ext 2373

www.blush.vch.ca/

BLUSH has been delivering sexual health education to youth around the Lower Mainland for more than 20 years.

Their service area includes Vancouver and Richmond. They serve secondary schools and also welcome workshop requests from youth groups and organizations who serve youth. Occasionally, when they have capacity, they are able to serve areas just outside of Vancouver and Richmond.

BLUSH Mission:

BLUSH, under Vancouver Coastal Health, is a peer-to-peer education program working with youth during the developmental window of age 12-18 to provide opportunities for youth to explore attitudes, values, and behaviours that support sexual health and well-being for lifelong impact.

BLUSH is Bold Learning for Understanding Sexual Health

They love “Bold Learning” because they believe in open, candid and unapologetic discussions around sex and sexual health.

They believe these topics are as vital as any other classroom subjects and their peer-to-peer approach is the best way to generate discussions and inspire learning.

For youth, by youth

Their program is youth-driven meaning every aspect of it from the curriculum, evaluation and branding was developed in consultation with Youth Educators in addition to their prevention specialists.

They believe their Youth Educators know the students best and can advocate for topics that are most useful and relevant to them. Peer education is also shown in health promotion, literacy and education to have the most impact.

Learn more about their workshops (<http://blush.vch.ca/workshops/>).





Helpguide

HelpGuide's goal is to empower you with the knowledge and support you need to take charge of your life and start feeling better. Expert free resources. HELPGUIDE helps you help yourself and others!

Check the website out at <https://www.helpguide.org/>.

Sex and U

www.sexandu.ca/

SexandU.ca takes a real-life approach to the questions and issues around sex and sexuality that matter most to Canadians. From talking about sex, to lifestyle choices, to contraception awareness and sexually transmitted infections, SexandU.ca provides accurate, credible, and up-to-date information and education on topics related to sexual and reproductive health.

SexandU.ca is an initiative of the Society of Obstetricians and Gynaecologists of Canada, Canada's leading authority on sexual and reproductive health.

Sex Sense

Toll free 1.800.739.7367

Hours:

Monday to Friday from 9:00am to 9:00pm

www.optionsforsexualhealth.org/sex-sense

Sex Sense is a free, confidential sexual health referral and information service provided by Options for Sexual Health for people living all across British Columbia, Canada. Our team of registered nurses, clinical counsellors and sex educators are available from 9:00am to 9:00pm PST, Monday to Friday. We offer information and resources that are tailored to British Columbia residents. We may not be able to provide resources that apply outside our province or internationally.

To have your questions answered, you have two options:

- Call us at 1-800-SEX-SENSE (1-800-739-7367) throughout BC* or 604-731-7803 in the Lower Mainland

*The 1-800-SEX-SENSE line is toll-free for callers within BC, Canada. For callers outside of this area, regular long distance charges will apply.

- or submit your question through our form listed on our website and get a reply via email

You can ask us about sex, sexuality, and other hot topics including:

- birth control and emergency contraception ("morning after pill");
- pregnancy;
- abortion;





- sexually transmitted infections (STIs/STDs);
- Pap tests;
- sexual pleasure.

Have a sexual health related question? Ask our experts!

Youthco Aids Society

#205-568 Seymour Street
Vancouver, BC
Tel 604.688.1441
Toll Free 1.866.968.8426

Hours:

Monday to Friday from 10:00am to 5:00pm

www.youthco.org

YouthCO is a peer-led agency working to reduce the impact of stigma related to HIV and Hep C. We are an organization of young leaders who work to affect meaningful change through peer support, education and community engagement. We strive to foster inclusive communities where youth empower youth.

Abbotsford

Abbotsford Youth Health Centre

2420 Montrose Avenue
Abbotsford, BC
Tel 604.859.6334
Email Hello@Archway.ca

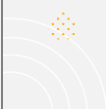
Hours:

Monday – Friday
8:30am-4:30pm

Website <https://archway.ca/program/abbotsford-youth-health-centre/>

Professional medical practitioners provide health services in a youth-friendly, safe, confidential, and non-judgmental environment for individuals aged 12 – 24. Services provided:

- General health care
- Birth Control
- STI testing and treatment
- Mental health care
- Gender affirming care





Options for Sexual Health: Abbotsford Clinic

#104-34194 Marshall Road
Abbotsford, BC
Tel 604.302.4734 (during clinic hours only)

Hours:

Wednesdays from 5:30pm to 7:30pm

www.optionsforsexualhealth.org/providers/opt-abbotsford

Our clinics provide sexual and reproductive health services for all ages, all genders, and all orientations. Our clinicians are committed to providing you with confidential, nonjudgmental, youth-friendly, pro-choice, and sex-positive services.

Our services include low-cost birth control, STI care, Pap screening, pregnancy testing and pregnancy options counselling. The specific services provided in each of our clinics are clinician dependent and may vary from clinic to clinic.

We welcome new and returning clients, and no referral is necessary!

There are no service fees for clients with valid MSP (BC Provincial Government) coverage (this does not include birth control products). For clients with no MSP (BC Provincial Government) coverage, charges may apply. Please note our clinics are cash only.

Delta

Options for Sexual Health: North Delta Clinic

North Delta Health Unit – 11245 84 Avenue
Delta, BC
Tel 604.731.4252

Hours:

1st and 3rd Wednesdays of the month from 6:30pm to 8:30pm

<https://www.optionsforsexualhealth.org/clinic/north-delta-opt-clinic/>

Appointments required for Pap screening & STI care. Drop-in for Emergency Contraception, Birth Control, pregnancy counselling/testing.

Options for Sexual Health: South Delta Clinic

Tsawwassen Commons
1826 – 4949 Canoe Pass Way
Delta, BC
Tel 604.731.4252





Website <https://www.optionsforsexualhealth.org/clinic/south-delta-opt-clinic/>

This clinic is by appointment only and can be booked online or by calling our booking link.

Booking link information can be found here: <https://www.optionsforsexualhealth.org/our-booking-team/>

Online bookings can be made here:

<https://veribook.com/ew.jsp?cpUserId=596195&cpAlias=neSPMcAuch2379&mobileSupport=true>

Our clinics provide sexual and reproductive health services for all ages, all genders, and all orientations. Our clinicians are committed to providing you with confidential, nonjudgmental, youth-friendly, pro-choice, and sex-positive services.

Our services include low-cost birth control, STI care, Pap screening, pregnancy testing and pregnancy options counselling. The specific services provided in each of our clinics are clinician dependent and may vary from clinic to clinic.

We welcome new and returning clients, and no referral is necessary!

There are no service fees for clients with valid MSP (BC Provincial Government) coverage (this does not include birth control products). For clients with no MSP (BC Provincial Government) coverage, charges may apply. Please note our clinics are cash only.

For updates and details on Opt clinic closures please visit our Clinic Closures (<https://www.optionsforsexualhealth.org/clinic-closures>) page.

Langley

Options for Sexual Health: Langley Clinic

6275 203 Street
Langley, BC
Tel 604.530.8155

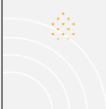
Hours:

This clinic is CLOSED until further notice. Check website for more information:

<https://www.optionsforsexualhealth.org/clinic/langley-opt-clinic/>

Confidential, non-judgemental support, information, pregnancy testing, counselling, etc.

If you want reliable sexual health services and support provided non-judgmentally and confidentially, you've come to the right place. If you want complete, unbiased information on all your reproductive choices we have it. If you've got questions we'll help you get the answers — it's not weird to ask.





Maple Ridge

Options for Sexual Health: Maple Ridge Clinic

#2 – 22932 Lougheed Hwy
Maple Ridge, BC
Tel 604.380.3133 ext 2111

Hours:

Tuesdays and Thursdays from 4:00pm to 6:00pm

www.optionsforsexualhealth.org/providers/maple-ridge-opt-clinic

Our Opt clinics provide sexual and reproductive health services for all genders, all orientations, and all ages. However, since the Maple Ridge Opt Clinic is located at the Ridge Meadows Youth Wellness Centre, we are only able to see patients *up to the age of 24* at this site.

Our clinicians are committed to providing you with confidential, nonjudgmental, youth-friendly, pro-choice, and sex-positive services.

Our services include low-cost birth control, STI care, Pap screening, pregnancy testing and pregnancy options counselling. The specific services provided in each of our clinics are clinician dependent and may vary from clinic to clinic. We welcome new and returning clients, and no referral is necessary! There are no service fees for clients with valid MSP (BC Provincial Government) coverage (this does not include birth control products). For clients with no MSP (BC Provincial Government) coverage, charges may apply. Please note our clinics are cash only.

PLEASE NOTE: This clinic does not offer IUD insertions. Pap testing is only available for existing patients who are 25 and over. Appointments required for STI care. Drop-in for all other sexual health care.

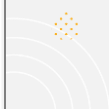
Surrey

HIM: Health Initiative for Men

220 - 10362 King George Boulevard
Surrey, BC
Tel 778.872.3014

This clinic is TEMPORARILY CLOSED.

- Full-spectrum sexual health testing: Early, Rapid and Standard HIV as well as STI testing
- Vaccinations for Hepatitis A, B, as well as HPV (Human Papilloma Virus) for those under the age of 27
- Primary health care through a nurse practitioner
- Counselling and coaching
- Consultation with nurses



*Hours:*

Thursdays from 3:00pm to 8:00pm

North Surrey Public Health Unit – Fraser Health

10362 King George Highway
Surrey, BC
Tel 604.587.7900

<https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/north-surrey-public-health-unit#.XZJyJFVKicx>

STD, HIV and Hep-C testing (by appointment only).

Provides services that address ways to minimize the spread of childhood disease, including education about hand-washing and ways to minimize the spread of respiratory infections, as well as education and provision of childhood immunizations. Where available, age appropriate school-based programs are offered. Contact the local public health unit for more information.

Hours:

Monday to Friday from 8:30 am to 4:30 pm
Statutory Holidays: Closed.

Options for Sexual Health: Surrey Clinic

#220 - 10362 King George Boulevard
Surrey, BC
Tel 604.731.4252

Hours:

Tuesdays from 6:00pm to 8:00pm

www.optionsforsexualhealth.org/providers/opt-surrey-whalley

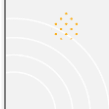
If you want reliable sexual health services and support provided non-judgmentally and confidentially, you've come to the right place. If you want complete, unbiased information on all your reproductive choices we have it. If you've got questions we'll help you get the answers — it's not weird to ask. **Please note:** This clinic is NOT offering PAPs, IUD insert/check/removals or wart treatment at this time, please contact Sex Sense to learn of other resources near you.

South Fraser Pregnancy Options Centre

#5 - 13634 104th Avenue
Surrey, BC
Tel 604.584.4490
Email info@pregnancyoptionscentre.com

Hours:

Monday to Friday from 10:00am to 5:00pm





www.pregnancyoptionscentre.com/

I think I'm pregnant...

Let's face it; a late period can be pretty terrifying. Maybe you feel lost or alone, unsure or confused. Maybe your friends and family are giving you conflicting opinions on what you should or shouldn't do. Maybe you yourself feel conflicted. We understand. This is big.

You're not alone and you have options!

Surrey Youth Clinic – Surrey Memorial Hospital

Shirley Dean Pavilion 9634 King George Boulevard
Surrey, BC
Tel 604.585.5999

<https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/F/youth-clinic---surrey#.XZJ2OVVKicx>

Youth 19 - 21 years old may obtain up to three months of birth control free; prescription required after initial three months. Emergency contraception available to youth up to 21 years old.

Hours:

Monday from 12:00pm to 6:45pm
Tuesday from 11:00pm to 5:45pm
Wednesday from 10:00am to 4:45pm
Thursday from 10:00am to 4:45pm
Friday from 11:00am to 3:45pm

White Rock

Options for Sexual Health: White Rock Clinic

Berkeley Pavillion
15476 Vine Avenue
White Rock, BC
Tel 604.731.4252

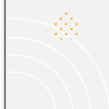
Hours:

Drop-in Mondays from 7:00pm to 9:00pm

Please note: The White Rock clinic will be closed as of December 21st, 2021 until further notice. Updates will be made on social media and our website.

www.optionsforsexualhealth.org/providers/white-rock-opt-clinic

Birth control, STD testing. Appointments required for ALL SERVICES. This clinic no longer accepts walk in clients.





Vine Youth Clinic

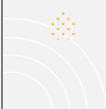
15455 Vine Avenue
White Rock, BC
Tel 604.542.3926

Hours:

Appointments are available on Wednesdays between 2:00pm-5:00pm.

www.vineyouthclinic.com/

Provides free and confidential health care for youths aged 12 to 21. Doctors and Youth Workers provide consultations to address your physical and mental health concerns, including general medical issues, sexual health (including free STI testing and free birth control), mental health assessments and referrals, as well as addictions assessments and counselling.





I'M FEELING SICK

Dietician Services

Tel 811

www.healthlinkbc.ca/dietitian

Every day, we make choices about the food we eat and our lifestyles. We can make choices for ourselves and our families that make a real difference to our ability to remain healthy and active now and enjoy life to its fullest in the future. Healthy eating promotes and supports social, physical, and mental wellbeing for everyone, at all ages and stages of life.

First Nations Health Authority (Fraser Region)

Building #7, 7201 Vedder Road

Chilliwack, BC

Email info@fnha.ca

Website <https://www.fnha.ca/>

Hours of Operations:

8:30am to 4:30pm

The Nurse Line 811

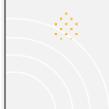
Tel 811

Hours:

24 hours a day, 7 days a week

www.healthlinkbc.ca/services-and-resources/about-8-1-1

The 811 service provides non-emergency health information by telephone at no charge to the residents of BC. 811 is operated by HealthLink BC, as a part of the Ministry of Health. By dialing 811, you can speak to a nurse, dietitian, pharmacist or a health services representative. They will help you get the information you need to manage your health concerns or those of your family





Delta

Delta Hospital

5800 Mountain View Boulevard
Delta, BC
Tel 604.946.1121

<https://www.fraserhealth.ca/Service-Directory/Service-At-Location/B/E/delta-hospital#.XZZIOFVKicw>

Delta Hospital Emergency Department Open 24/7

The Delta Hospital Emergency Department is open 24 hours a day 7 days a week for adults and children of all ages. One emergency physician and at least one registered nurse are on duty at all times. Also, a number of medical specialists are on-call to assist the emergency team when necessary.

Langley

Langley Memorial Hospital

22051 Fraser Highway
Langley, BC
Tel 604.514.6000

<https://www.fraserhealth.ca/Service-Directory/Locations/Langley/langley-memorial-hospital>

As a community hospital, Langley Memorial Hospital provides a range of primary, secondary and some specialty services, including 24/7 emergency care.

Maple Ridge

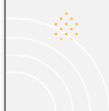
Ridge Meadows Foundry Youth Clinic

22932 Loughheed Hwy
Maple Ridge, BC
Tel 604.380.3133

Hours:

Drop in: Tuesdays and Thursdays from 4:00pm – 6:00pm.

<https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/8/iron-horse-youth-clinic---maple-ridge#.YvOWFXbMKMp>





Provides free confidential information and education regarding sexuality and health to youth up to 24 years old. This includes birth control education and some provision, pregnancy testing and decision making, STI information, examinations and treatment and HIV education and testing.

Ridge Meadows Hospital

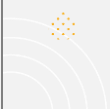
11666 Laity Street

Maple Ridge, BC

Tel 604.463.4111

<https://www.fraserhealth.ca/Service-Directory/Locations/Maple-Ridge---Pitt-Meadows/ridge-meadows-hospital>

As a community hospital, it provides primary and secondary acute care and specialty services including 24/7 emergency care, and a medical laboratory for both inpatient and outpatient needs. The site also offers a continuum of adult psychiatric and social services available on an inpatient and outpatient basis.





Surrey

Surrey Memorial Hospital

13750 - 96th Avenue
Surrey, BC
Tel 604.581.2211

<https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/surrey-memorial-hospital>

Surrey North Community Health Centre

10667 - 135A Street
Surrey, BC
Tel 604.583.5666

Hours:

Monday from 10:00am to 5:00pm
Tuesday – Friday from 1:00pm to 5:00pm

www.smartsexresource.com/get-tested/clinic-finder/north-surrey-co...

Surrey North Community Health Centre is a free medical clinic, which provides confidential general health services to disadvantaged populations. The clinic is open Monday through Friday; patients are seen on a first come, first served basis. The clinic also offers testing and counseling for sexually transmitted diseases, pregnancy, hepatitis, and HIV/AIDS, provided by an on-site physician and nurse. Also on-site is a syringe exchange which operates in conjunction with the medical staff.

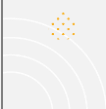
White Rock

Peace Arch Hospital

15521 Russell Avenue
White Rock, BC
Tel 604.531.5512

<https://www.fraserhealth.ca/Service-Directory/Locations/White-Rock/peace-arch-hospital>

Peace Arch Hospital provides a range of health care services including emergency, surgery and maternity care. Open 24 hours a day, 7 days a week.





I HAVE AN EATING DISORDER

Healthlink BC

Tel 811

<https://www.healthlinkbc.ca/>

Just three numbers **811** on the phone or online at www.HealthLinkBC.ca means easy access to non-emergency health information and services. Translation services are available in over 130 languages on request. For deaf and hearing-impaired assistance (TTY), call 7-1-1.

Speak with a nurse about your symptoms, consult with a pharmacist about your medication questions, or get healthy eating advice from a dietitian. You can also find the health services and resources you need, closest to you.

Any time of the day or night, every day of the year, HealthLink BC is as close as your phone or the web 24/7.

National Eating Disorder Information Centre

Toll Free 1.866.633.4220

<https://nedic.ca/>

The National Eating Disorder Information Centre (NEDIC) is a non-profit organization founded in 1985 to provide information and resources on eating disorders and food and weight preoccupation.

Fraser South Eating Disorders Program

6345 120th Street

Delta, BC

Tel 604.592.3700

<http://www.ementalhealth.ca/index.php?m=record&ID=11090>

Services for youth dealing with anorexia or bulimia.

A specialized program operating within Mental Health services and supported by the Fraser Health Authority and MCFD that serves the communities of Langley, White Rock, Surrey and Delta. Provides community-based outpatient services including medical, nutritional, family support/therapy, individual and group therapy for individuals with anorexia nervosa and bulimia nervosa. A referral is required from a family physician. As part of the referral process clients are required to attend a 1.5 hour information night which runs on a monthly basis.





Vine Youth Clinic

15455 Vine Avenue
Surrey, BC
Tel 604.542.3926

Hours:

See website for hours of operation

Website <https://vineyouthclinic.com/your-health/mental-health/>

Provides mental health services to children and youth (ages 12-21 years). Services include intake, screening, referral, assessment and planning, treatment, case management, clinical consultation, service plans, community coordination, education, and health promotion.

Serves White Rock and South Surrey.

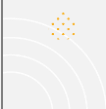
Looking Glass Foundation for Eating Disorders

2006 West 10th Avenue, Suite 200
Vancouver, BC
Tel 604.314.0548
Email info@lookingglassbc.com
Website <https://www.lookingglassbc.com/>

Recovery is possible. We have seen it, been through it, and have helped others create a new, strong path for themselves. This is our story and why we believe in what we are doing.

The Looking Glass is providing a new support group service where people can come together in a safe space to support each other and talk about what is going on for them. The support group always has two facilitators to keep the group space supportive and safe for everyone. How much you want to talk is up to you!

You can just listen, or you can share your thoughts or feelings as you feel comfortable. The group does not discuss weight, diet, food or behaviours, so that everyone can feel safe to talk about how they are feeling.





SOMEONE IS HURTING ME

The Prevention, Education, Advocacy, Counselling and Empowerment (PEACE) Program for Children and Youth Experiencing Violence

Tel 604.522.3722 ext 118

<https://bcsth.ca/blog/cwwa-name-change-peace-program/>

Counselling for youth impacted by family violence (5 to 18 years).

Coquitlam

Children of the Street Society

#201-2071 Kingsway Avenue

Port Coquitlam, BC

Tel 604.777.7510

Toll Free 1.877.551.6611

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

Prevention education on sexual exploitation plus resources and referrals for children/youth/families affected by sexual exploitation.

Langley

Ishtar Transition Housing Society

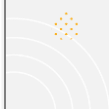
#223-20316 56 Avenue

Langley, BC

24 Hour Crisis Lines 604.530.9442 or 604.857.5797

www.ishtarsociety.org

Ishtar Transition Housing Society is committed to preventing, breaking and ending the cycle of abuse. The Society provides supportive services to assist women and children in our community, from all walks of life, race and belief systems that have experienced abuse. The programs are designed to help women and children become the very best that they can be through counselling, support and empowerment. The staff and volunteers of the Society work with other community agencies such as the courts, the hospital, mental health and social services to ensure that each resident/client is given as many options as possible to choose from.





Maple Ridge

Cythera Transition House

22318 McIntosh Avenue
Maple Ridge, BC
Tel 604.467.9939

www.cythera.ca

Mission Statement

To achieve a balance of power in society which, we believe, will bring about an end to violence and abuse of women and children.

Vision Statement

We believe that:

- Ending violence is a community responsibility. In responding to the diversity of our community, accessibility to services is imperative. Our community has a responsibility to provide a safe haven for victims/survivors.
- Violence and abuse is rooted in power imbalances and is never acceptable when it involves or is directed at women and children.
- Ending violence and abuse is achieved through knowledge, which is power, and change. And that change requires courage, conviction and commitment.

Surrey

Atira Women's Resource Society

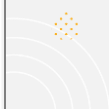
#107-2430 King George Blvd
Surrey, BC
Tel 604.681.4437 (press 5 for Surrey)
Email info@atira.bc.ca

Hours:

Monday to Friday from 8:30am to 5:00pm

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

Atira Women's Resource Society is a community-based organization that supports all women, and their children, who are experiencing the impact of violence committed against them and/or their children. Through education, advocacy and outreach, Atira is an active voice in the struggle to end violence against women and their children.





Sexual Abuse Counselling Centre

9815 140th Street
Surrey, BC
Tel 604.584.5811 ext 11325

Hours:

Monday to Friday from 8:30am to 4:30pm (evening appointments available by request)

<https://www.options.bc.ca/program/sexual-abuse-counselling-centre>

We provide both short and long-term counselling interventions to Surrey children and youth (ages 3-18 years) who have experienced sexual abuse. We also offer support and psycho-educational information to non-offending family members and caregivers to help cope with the impact of the sexual abuse on the family.

SEY: Stop Exploiting Youth

10453 Whalley Boulevard (City Centre Youth Hub)
Surrey, BC
Tel 604.951.4821

www.pcrs.ca/sey

Services for youth who are at risk, or who are, being sexually exploited.

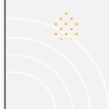
The SEY Program provides:

- Emergency Case Management;
- Flexible Hours of Operation;
- Creative, Intensive and Individualized Support to Youth;
- Connections to Supportive Community, Family and Services;
- Safe Bed Support;
- Consultation with Community Agencies Regarding the Needs of Sexually Exploited Youth;
- SEY Workers arrange to meet with youth in their communities.

Surrey Women's Centre

PO Box 33519 Central City
Surrey, BC
Tel 604.589.1868
Email info@surreywomenscentre.ca
www.surreywomenscentre.ca

Surrey Women's Centre offers a wide range of Crisis, Court and Counselling services to victims of domestic violence, sexual assault, child abuse and other forms of family violence. We are available 24 hours a day, 7 days a week, 365 days a year to ensure that women and girls have support when they need it.





Transition Houses – Options Community Services

Surrey, BC

Tel 604.584.3301 *Evergreen Transition House*

Tel 604.572.5116 *Virginia Sam Transition House*

www.options.bc.ca/stop-the-violence/transition-houses

The Support Workers at the transition houses are dedicated to empowering and supporting women and women with children, who are fleeing abusive relationships. Support Workers at the transition houses provide:

- Lay counselling and support;
- A safe, homelike environment;
- Food and toiletries;
- Information and help in obtaining financial aid, medical care, legal assistance, housing, etc.;
- Referrals to other agencies and services;
- Advocacy;
- Some staff provide multilingual services.

There is no fee for participating in this program and this service is confidential.

White Rock

Durrant Transition House – Atira Women's Resource Society

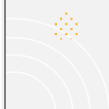
White Rock, BC

Tel 604.531.9151

Email durrantsupport@atira.bc.ca

Website <https://atira.bc.ca/what-we-do/housing/durant-transition-house/>

A first-stage transition house staffed 24 hours a day, seven days a week. Staff provides emotional support, referrals and resource information, advocacy, court and other accompaniments, parenting support, etc. A therapist from Specialized Counselling Services for Women (a program of South Fraser Women's Services Society at <https://www.sourcesbc.ca/our-services/womens-place/>) is available on site for weekly appointments. Maximum length of stay is 30 days. Durrant practices low-barrier protocols, which means women are not screened for mental health or substance use issues. Women must be able to live communally. There are a total of 10 beds available for women and their children.





I NEED FOOD AND CLOTHING

Aldergrove

Aldergrove Food Bank

27524 Fraser Hwy (in the Freshco Mall)
Aldergrove, BC
Tel 604.857.1671

Hours:

Tuesdays from 11:30am to 2:00pm

www.langleyfoodbank.com/aldergrove/

Distribution is at the back door on Tuesdays from 11:30 am to 2:00 pm. Clients are also able to enjoy coffee, soup and sandwiches from 10:00 am to 12:30 pm.

The operation and layout are similar to the Langley Food Bank, though the community served is much smaller. There are about 150 registered families, and on average they distribute approximately 60 grocery hampers every week.

Delta

South Delta Food Bank

5545 Ladner Trunk Road
Delta, BC
Tel 604.946.1967

<https://sites.google.com/ladnerlife.com/southdeltafoodbank/>

Hours:

Registration & Distribution begins on Wednesday mornings at approximately 8:30 and runs to 11 a.m.

<https://www.ladnerlife.com/engage/south-delta-food-bank>

The South Delta Food Bank is available to all residents of Ladner, Tsawwassen, or the TFN, regardless of gender, race, religion, sexual orientation, etc., who need help with food.

If you live in South Delta or the TFN, the simplest way to proceed is to come on a Wednesday morning during our distribution time (see below) and talk to our friendly and helpful volunteers at the registration desk.





Langley

Langley Food Bank

5768 - 203 Street
Langley, BC
Tel 604.533.0671
Fax 604.533.0891

Hours:

Mondays, Wednesdays and Fridays from 10:00am to 2:00pm

www.langleyfoodbank.com

Objectives of the Langley Food Bank

- To provide a minimum of 2 days' worth of nutritious food (breakfast, lunch, dinner and snacks) for our clients and their families each week;
- To develop relational bridges with clients in order to discover other needs they may have;
- To find a way to meet these needs whether they are physical, social, or spiritual in nature.

Client Eligibility Requirements

In order to register as a client of the Langley Food Bank, potential clients must be a resident of Langley and make an appointment for an intake interview. For the interview, they are asked to bring documentation of their residency in Langley, all the members of the household, as well as all household income and expenses.

The objective is to discover the best way to help. We want to do our best to provide a helping hand, not free handouts that reinforce long term dependency.

Maple Ridge

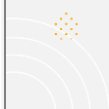
Friends in Need Food Bank – Maple Ridge/ Pitt Meadows

#8-22726 Dewdney Trunk Road
Maple Ridge, BC
Tel 604.466.FOOD (3663)

<http://www.friendsneedfood.com/>

Our food bank offers support to local residents, schools and charity organizations who require food supplies to support them or their food programs.

How to Register





Maple Ridge

Call 604.466.3663 ext. 206 to make an appointment. Appointments are available Tuesday to Friday from 9:00 AM to 11:30 AM.

#8, 22726 Dewdney Trunk Road (behind Big Feast – off 119th Avenue)

Please bring the following:

- BC ID/driver's license or some other form of government photo identification for any adult in the family
- BC Care Card or another form of secondary identification, i.e., birth certificate, school ID card or SIN card (Bring this for ALL MEMBERS of the family.)
- Proof of address in Maple Ridge or Pitt Meadows, i.e., a bill that comes in your name to your address
- Proof of income, i.e., paystub, social assistance statement or bank statement showing direct-deposited income

Pitt Meadows Depot

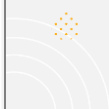
Registration: Call 604.460.4619 to make an appointment. Appointments are available Tuesdays and Wednesdays only; 9:00 AM to 11:30 AM.

12240 Harris Road (Grace Community Church)

Please bring the following:

- BC ID/driver's license or some other form of government photo identification for any adult in the family
- BC Care Card or another form of secondary identification, i.e., birth certificate, school ID card or SIN card (Bring this for ALL MEMBERS of the family.)
- Proof of address in Maple Ridge or Pitt Meadows, i.e., a bill that comes in your name to your address
- Proof of income, i.e., paystub, social assistance statement or bank statement showing direct-deposited income

After registration you will be assigned a specific pick up day. You may only pick up on your day unless previous arrangements have been made.





New Westminster

Youth Source (Lower Mainland Purpose Society for Youth and Families)

38 Begbie Street
New Westminster, BC
Tel 604.526.2522

Hours:

Tuesdays from 3:00pm to 6:00pm
Thursdays from 4:00pm to 7:00pm

<https://purposesociety.org/youth-programs/>

Youth Source provides a warm, welcoming atmosphere for youth. Youth have access to a wide array of services through this resource. They can access free medical care, talk to an Alcohol and Drug Counselor, youth worker or therapist, take a shower, do their laundry or access the emergency food cupboard. Youth are also welcome to hang out and participate in recreational activities. We also provide advocacy and referral services for youth on issues such as shelter, income assistance, legal services, family mediation and school issues.

Surrey

Cloverdale Community Kitchen

5337 180 Street
Surrey, BC
Tel 778.617.3000
Email info@mycck.ca

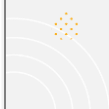
Community Meals

Community Meals take place at 6:00pm, 5 days a week (Monday to Friday)

Fraser Valley Regional FoodBank

Distribution Times:

Mondays 5:00 - 6:30 PM
Tuesdays 1:00 - 2:00 PM
Wednesdays 10:30-12:30 (FOR SENIORS 60+ ONLY)
Wednesdays 1:00 - 3:00 PM (New time!)
Thursdays 10:00 - 11:00 AM
Closed STAT holidays





New registrations will NOT be taken on site during those hours.

Call 778.617.3000 to book an appointment to register. Please bring photo ID and proof of address, proof of income and ID for all dependents at your appointment. if you wish to register.

Please note that the food bank is closed on statutory holidays.

Mobile Meals Program

CCK's Mobile Meals has been going strong since April 2020. We deliver fresh, hot, nutritious and ready to eat meals to your doorstep Monday to Thursday. Each day you have the option of a regular meal with meat or vegetarian. On Thursday you have the option of ordering two meals to save one for Friday. We do not deliver on STAT holidays.

WHO IS THIS FOR?

Anyone in need of a meal

Anyone who is self-isolating / immune compromised

Anyone who is simply scared to leave the house

Anyone who is feeling the stresses of life and simply needs a break from cooking

We want to serve all those who can use our help during this time.

WHAT DAYS OF THE WEEK?

Meals are being offered on Monday through to Thursday and will be delivered between 4:45 and 6 PM.

HOW MUCH DOES THIS COST?

Meals are delivered for the low cost of \$6 /Meal. We encourage you to try us out! To register for our program, you can call us at: 778.617.3000, ext 2 or email us at mobilemeals@mycck.ca

Food Bank – Sources Community Resource Centres

2343 156 Street
Surrey, BC
Tel 604.531.8168

Hours:

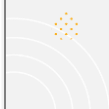
Tuesdays from 9:00am to 3:30pm

Wednesdays from 10:00am to 6:00pm

Thursdays from 10:00am to 2:00pm

Note: Open for donations Monday – Friday 8:30 am – 4:00 pm

<https://www.sourcesbc.ca/our-services/sources-white-rock-south-surrey-food-bank/>





Mission Statement

To provide nutritious food and support to community members in need; to raise awareness about poverty and involve the community in solutions.

Mandate

To provide enough food for each person for at least 2 days per week. In addition, school-age children receive supplementary food for 2 school lunches per week; diapers, baby formula, food and supplies are offered for babies. On-site shower & limited laundry facilities for food bank registrants who do not have access elsewhere to these facilities. Donated clothing, household and personal hygiene items are also available. Additional seasonal provisions include fresh garden produce in the summer and school supplies in the fall. White Rock/South Surrey Food Bank provides weekly support to approximately services to more than 550 community members living in the White Rock and South Surrey area

Gracepoint Community Church

3487 King George Boulevard
Surrey, BC
Tel 604.538.1825

www.gracepoint.ca/grow-here/sunday-night-community-dinner/

People who need the encouragement of a hot meal, a friendly conversation, and the warm welcome of grace and acceptance gather at Gracepoint each Sunday night.
We hold our Community Dinner each Sunday evening at 5:00pm.





SCHIZOPHRENIA

BC Schizophrenia Society

<https://www.bcss.org/>

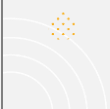
Our Vision

To bring compassion and hope to those affected by schizophrenia and psychosis.

Our Mission

To improve the quality of life for those affected by schizophrenia and psychosis through education, support, public policy and research.

Support and information for people with Schizophrenia and their families.





SOMEONE I CARE ABOUT DIED

Delta

Delta Hospice Society

1521 56 Street
Delta, BC
Tel 604.943.4348

Hours:

Monday to Friday from 9:00am to 4:00pm

www.deltahospice.org

Whether coping with their own life-threatening illness or the illness of someone very close to them, children and teens feel the pain and suffering associated with loss and death. By offering support, we hope that they will be able to learn about grief and loss and develop coping skills to manage in a healthy way both now and in the future.

Children and Teen Support Service provides counselling specialists to meet the unique needs of children and teens. The service focuses on:

- Dealing with feelings of uncertainty about death
- Appropriate ways of expressing their feelings
- Reinforcement of positive emotions
- Sharing special memories.

Langley

Langley Hospice Society

20660 48 Avenue
Langley, BC
Tel 604.530.1115
Email info@langleyhospice.ca

Hours:

Monday to Friday 8:30am – 4:30pm

www.langleyhospice.com

The Langley Hospice Society is committed to provide emotional practical and spiritual support for people who are living with a terminal illness, their family and friends, throughout their last stages of illness, at the time of death and bereavement.





Our aim in all we do is to provide these families with the resources and support they need on their journey.

Maple Ridge

Ridge Meadows Hospice Society

#102 - 22320 119 Avenue
Maple Ridge, BC
Tel 604.463.7722
Email info@ridgemedowshospice.org

Hours:

Monday to Friday 8:30am – 4:30pm

<https://ridgemedowshospicesociety.com/>

Mission Statement

To provide compassion, support and care to patients and loved ones in dealing with end of life experience, grief and mourning.

Surrey

Burden Bearers

9815 140th Street
Surrey, BC
Tel 604.584.4112

www.vcn.bc.ca/~central/index.html

Grief counselling and support (Christian based).

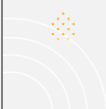
Burden Bearers of Canada is a clinical counselling agency dedicated to the advancement of psychological well-being for all who seek its services and to adherence to the highest standards of professional practice.

Surrey Hospice Society

#101 - 13463 78th Avenue
Surrey, BC
Tel 604.584.7006
Email info@surreyhospice.com

Hours:

Monday to Friday from 9:00am to 4:30pm





www.surreyhospice.com

Support for people who are dealing with a terminal illness or who have lost a loved one through death.

Our Mission

As a volunteer based, non-profit organization rooted in the Surrey community and branching out to those in need, we provide social, emotional, and spiritual support for individuals and their loved ones as they face a life-ending experience. We provide ongoing grief support programs for children, teens and adults.

White Rock

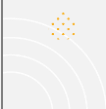
White Rock Hospice Society

15435 16A Avenue
South Surrey, BC
Tel 604.531.7484

www.whiterockhospice.org

When you or your loved one are told the illness you have may end your life, come to White Rock South Surrey Hospice Society for information, resources and people who can ease the pain and stress.

We offer emotional, practical and spiritual support – inclusive of all cultures, faiths and beliefs – to the residents of the Semiahmoo Peninsula and their families facing advanced illness, grief and end of life.





LIVING ON MY OWN

All Nations Youth Safe House

A101-10095 Whalley Blvd
Surrey, BC
Tel 604.584.2625 (24 hours)

<https://fafca.org/index.php/programs/all-nations-youth-safe-house-anysh/>

Youth choosing healthy alternatives to street involvement and actively working towards positive changes in their lives.

Our Mission:

To provide a safe, supportive and non-judgmental environment that empowers youth of all nations to define their own identity, achieve healthy self-determined goals and create their own holistic state of well-being while encouraging positive family and community connections.

All Nations Youth Safe House is a voluntary program...

We are a 24-hour self-referral, goal oriented resource for at risk youth aged 16 to 18 years. Youth must be at least 72 hours clean before intake.

Lookout Housing & Health Society

544 Columbia Street
New Westminster
Tel 604.255.0340
Email info@lookoutsociety.ca

<https://lookoutsociety.ca/>

Serving 15 municipalities in the Lower Mainland of British Columbia: Vancouver, Victoria, Surrey, New Westminster, West Vancouver, North Vancouver (City and District), Burnaby, Langley, Abbotsford, Chilliwack, Mission and Maple Ridge. Including emergency and extreme weather shelters, Lookout houses more than 1,400 people each night.

Lookout's multiple services include: 18 outreach teams, 2 community resource centres, medical and dental clinic, food bank, needle distribution and community cleanup, HIV and Hep C supports, 3 social enterprises, numerous peer and employment programs and youth counselling programs.

Lookout provides non-judgmental and 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.





I'M A YOUNG PARENT

Delta

Deltassist – Nobody's Perfect Parenting

9097 120 St
Delta, BC
Tel 604.946.9526

<http://deltassist.com/counselling/groups>

Nobody's Perfect Parenting is a free 6 week parenting program offered to parents with children under 5 years of age.

The sessions cover useful information about children's health, safety, development and behaviour. The program aims to support and encourage confidence in positive parenting.

Child care is provided during these weekly, two hour sessions, usually held in the morning.

Langley

Best Beginnings, Pregnancy and Baby – Fraser Health

20389 Fraser Highway
Langley, BC
Tel 604.539.2900

<https://www.fraserhealth.ca/health-topics-a-to-z/pregnancy-and-baby>

Find practical information and reliable resources for women, expectant parents, and families with babies and toddlers up to 2 years of age.

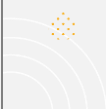
Learn steps to have a healthy pregnancy, give your baby a good start, and support a healthy future.

Pregnant and Parenting Youth Outreach

Langley Drop in @ Langley Education Center
21405 56 Avenue
Langley, BC

Hours:

Thursdays from 10:00am – 12:00pm





<https://www.encompass-supports.com/pregnant-and-parenting-youth-outreach.html>

This program offers a variety of support services to pregnant and parenting youth up to age 25. The programs are free.

Surrey

Young Parent Program – Surrey Schools

Surrey School District

Tel 604.596.7733

Email ss-office@surreyschools.ca

Website <https://www.surreyschools.ca/page/1241/young-parent-program>

This is for pregnant and parenting teens and is a combination of the Transitions Program and additional support for those who are parenting. The district staff work with the referring school to develop unique solutions for the parenting teens so they can fulfill their academic goals and take care of their child. This is a support based program with the option of the student joining the Transitions class (see Transitions link) as necessary. The district staff will also work with the family to look for support (medical, daycare etc) in the teen parent's community. The referral process can originate from schools, other ministry partners or may include self-referral and is reviewed by the District Referral Team which includes the District Principal, Education Services.

Time: Sept - June

Location: TBD





DRUG & ALCOHOL ADDICTION

Access Central – Detox Referral Line

Toll Free 1.866.658.1221

Hours:

7 days a week from 9:00am to 9:00pm

Addiction Services: (detox, treatment, support recovery) - Vancouver Coastal Health which services Vancouver, Richmond, North Shore and the Sunshine Coast.

Alcohol & Drug Information & Referral

Tel 604.660.9382

Toll Free 1.800.663.1441

Hours:

24 hours

<http://www.bc211.ca/help-lines/#adirs>

Prevention, education, treatment, referrals and counselling. Worried about drug and alcohol use? Whether it's for yourself or someone you care about, you can call us for information, options and support.

ASTRA Program – Pacific Community Resources Society (PCRS)

<https://pcrs.ca/our-services/astra/>

The ASTRA Program assists youth aged 13-24 who have demonstrated problems with alcohol and/or drug use. The goal of the program is to use one-to-one outreach counselling to help youth towards reducing or abstaining from all problematic substance use. Program staff are accessible by cell phone and work in the community, and are able to meet you at a youth hub or certain places in the community. Messages can be left for our counsellors at any time. They normally return calls within 24-48 hours on regular business days Monday to Friday. Astra counsellors can make referrals to appropriate detoxification, intensive day programs and residential services. Aftercare and follow-up counselling services are available for youth who have attended residential programming, the Youth Detention Centre and the Detox Centres. Astra counsellors provide supportive counselling services outside of office settings, involving individual and/or group settings. Astra is not a crisis response program.





Confidentiality Policy:

ASTRA guarantees confidentiality to our clients. Professional referral sources will not receive any treatment or assessment information without the express permission of the youth.

Catchment Area and contact numbers for ASTRA Counsellors:

Chilliwack
Tel 604.798.1418

Langley, Aldergrove, Cloverdale
Tel 604.312.5866

Delta, Ladner, Tsawwassen, White Rock, South
Surrey
Tel 604.836.6273

Pitt Meadows, Maple Ridge
Tel 604.836.6580

North Surrey
Tel 604.836.6241

Daughters & Sisters – PLEA Community Services

Tel 604.541.1133

<https://www.plea.ca/youth-programs/addictions/daughters-and-sisters/>

Daughters & Sisters is a six month full-time addiction treatment program located in Surrey, BC. It helps young women from age 12 to 18 - including those who may not think they have a problem with substances - to overcome the complex challenges they face as they address their substance use.

Foundry Virtual

Let's Talk Substances

Mondays, 6:30-7:30 pm Ongoing drop-in

Questions? Please email Daphnee at dlevesque@foundrybc.ca

Let's talk about substance use! Let's Talk Substances is a safe space and support group for youth ages 16-24 who are using substances (e.g., alcohol, drugs, smoking, and vaping.) The goal of the group is to create space for youth to learn skills, explore coping strategies and talk with others who 'get it.' All youth are welcome to join - there is no judgement here!

Peer supporters leading this group are trained in SMART Recovery.

Online Registration: <https://surveys.vch.ca/Survey.aspx?s=e05a784892e747ed9d57d2db046cb7b5>

Delta



Deltassist – Alcohol/Drug Program

9097 120 Street
Delta, BC
Tel 604.594.3455 ext 108

<https://deltassist.com/counselling/alcohol-and-drugs>

Provides counselling to any person who is either directly or indirectly affected by a substance misuse problem. Services are for individuals, couples, families, youth, seniors and groups and include treatment, education and prevention.

Langley

Alano Club of Langley

20473 Douglas Crescent
Langley, BC
Tel 604.532.9280
Website <http://alanoclubs.org/directory/3067/langley-alano-club/>

Hours:

Monday to Sunday (7 days a week/365 days a year) from 11:00am to 3:00pm, 5:00pm to 9:00pm

Alano provides sanctuary and lifesaving direction to those in their community that suffer from addiction disorders.

Langley Community Services – Substance Use Services

5339 207 Street
Langley, BC
Tel 604.534.7921

Hours:

Monday, Thursday, Friday from 8:30am to 4:30pm*

Tuesday and Wednesday from 8:30am to 8:30pm*

*Closed from 12:00pm to 1:00pm for lunch

www.lcss.ca/programs-and-services/substance-use-services/

We Provide:

- Free, confidential services;
- Referrals to residential and day treatment programs;
- Support and relapse prevention groups;
- Brief interventions;
- One-to-one counselling;
- Group Counselling;
- Services for people affected by someone else's current substance abuse;
- Community education/presentations;



- Alcohol and drug information;
- Referrals to other community services.

Narcotics Anonymous – Langley

Tel 604.873.1018

www.bcrna.ca/index.php?category=meetings

Narcotics Anonymous is not affiliated with other organizations, including other twelve step programs, treatment centers, or correctional facilities. As an organization, NA does not employ professional counselors or therapists nor does it provide residential facilities or clinics. Additionally, the fellowship does not offer vocational, legal, financial, psychiatric, or medical services. NA has only one mission: to provide an environment in which addicts can help one another stop using drugs and find a new way to live.

Maple Ridge

Alouette Addiction Services

106 - 22838 Lougheed Hwy
Maple Ridge, BC
Tel 604.467.5179

Hours:

Monday to Friday from 8:30am to 5:00pm (closed for lunch from 12:00pm to 1:00pm)

www.alouetteaddictions.org

Addictions affect all of us directly or indirectly. Alouette Addiction Services provide all residents of Maple Ridge and Pitt Meadows the opportunity to learn about addictions and find ways to minimize the impact they have on each person's life. You deserve to belong, feel freedom and take control of your own life. People have the power to heal within themselves regardless of their history or current situation.

Philosophy

The individual who presents him/herself to the Alouette Addictions for services is believed to have the ability to change and to be able to be responsible for his or her own healing. The solutions to problems lie within the individual and the role of the agency is to assist the client in the journey of self-exploration and self-discovery.

New Westminster

The Last Door

323 8th Street





New Westminster BC
Tel 855.910.5942
Toll Free 1.888.971.0486 (7:00am to 11:00pm)
Email info@lastdoor.org

<https://lastdoor.org/addiction-treatment/youth-program/>

Long-term residential program for males (14 to 18 years).

Last Door Recovery Society provides quality Youth Addiction Treatment and Adult Addiction Treatment for alcohol rehab, substance abuse and drug treatment. Last Door helps people recover from drug addiction, alcohol addiction, gambling addiction, food addiction, video gaming addiction, internet addiction *and* nicotine addiction in the Vancouver area.

North Vancouver

Native Courtworker & Counselling Association of BC

207 – 1999 Marine Drive
North Vancouver, BC
Tel 604.985.5355

www.nccabc.ca

The Native Courtworker and Counselling Association of British Columbia (NCCABC) provides culturally appropriate services to aboriginal people and communities consistent with their needs. Our service is accomplished through access to counselling and referral services to clients with substance abuse and detox support issues

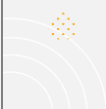
Surrey

Detox Services for Youth

Surrey, BC
Tel 211

www.bc211.ca

Call 211 to speak with someone 24/7. They will provide information and referrals to community, social, and government agencies offering health and social services across Metro Vancouver, the Fraser Valley and Squamish-Lillooet Regional Districts.





DEWY Program

10328 Whalley Boulevard
Surrey, BC
Tel 604.951.4821

www.pcrs.ca/dewy

The DEWY Program is a Day, Evening, and Weekend treatment program for youth ages 13-18 that have or have had substance misuse issues. DEWY provides youth with resources, counselling, education, referrals, and alternatives to drug and alcohol use through building community, cultural, familial and social supports. The goal of the program is to assist youth to reduce or abstain from substance use and achieve personal goals in all life areas. DEWY offers individual counselling, life skills training and psycho-educational group counselling for core group members. The DEWY optional aftercare component includes pro social and recreational opportunities for youth up to the age of 24.

DiverseCity Community Resources Society – Alcohol & Drug Program

13455 76th Street
Surrey, BC
Tel 604.547.1202

www.dcrs.ca/services/family-services/substance-use-counselling/

Provides confidential individual, couple, and family cross-cultural clinical counselling for people seeking help with alcohol or drug problems, and counselling, support, and education for co-dependents. Clients receive language-specific and culturally appropriate service. Referrals to other programs and an ongoing addiction and life skills educational group are key program components.

Phoenix Drug/Alcohol Recovery & Education Society

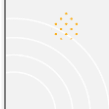
13686 94A Avenue
Surrey, BC
Tel 604.583.7166

www.phoenixsociety.com/

The Phoenix Centre aims to develop the capacity of people affected by substance misuse to participate productively in the community and the new economy, and to build community capacity through innovative partnerships with governments, educational institutions, community service organizations, financial institutions and business to create healthy, safe and vibrant communities for all its citizens.

Creekside Withdrawal Management Detox Services

13740 94A Avenue
Surrey, BC
Tel 1.888.587.3755





<https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/substance-use/creekside-withdrawal-management-detox-service#.XbnLBlVKicw>

Withdrawal management services provide short-term medical supervision and support to individuals who are experiencing withdrawal symptoms associated with their discontinued use of alcohol/other drugs. Medically supervised withdrawal management is important, as there are some serious health risks for people coming off alcohol/other drugs. Once a person has completed withdrawal, they can enter a treatment program. The Creekside Withdrawal Management Centre supports individuals through their withdrawal symptoms that can range from increased pulse, blood pressure, anxiety, restlessness, agitation and mood swings.

Services include 24-hour onsite medically supervised withdrawal support from alcohol/other drugs along with:

- Supportive counselling
- Substance use information
- Daily exercise and relaxation sessions
- Assessment
- Referral to other services
- Harm reduction

Eligibility

Adults ages 19 years and older who require a medically supervised detox from substances involving a temporary stay at the Creekside Withdrawal Management Centre.

Referral

Individuals can self-refer by calling 1-888-587-3755, or can be referred by their advocate/surrogate, family doctor or other health care provider, community agency or social worker, with the individual's consent.

We ask individuals for their BC Services Card (or Care Card), family doctor's name and current medications list, and can still assist the individual if they do not have this information.

Vancouver

Alateen – Vancouver

101-3680 East Hastings Street
Vancouver, BC
Tel 604.688.1716





Hours:

Monday to Friday from 10:00am to 3:30pm

<https://www.bcyukon-al-anon.org/>

Alateen is for young people whose lives have been affected by someone else's drinking. Sometimes the active drinking has stopped, or the active drinker may not live with us anymore. Even though the alcohol may be gone, and the alcoholic gone or recovering in AA, we are still affected.

Youth Detox – PLEA Community Services

Tel 604.871.0450

www.plea.ca/our-services/addiction#youth%20detox

We help young people overcome the challenges they face as they address their problematic substance use with either Daughters & Sisters (young women) or Waypoint (young men).

Daughters & Sisters is a unique six-month residential treatment program that serves young women aged 12 to 18 whose substance use is problematic.

WHY WE DO IT...

At Daughters & Sisters we strive to increase each youth's self-esteem, physical and mental health; educational and vocational functioning and family and social functioning; and decrease their substance use, high-risk behaviours and involvement in criminal activities.

HOW WE WORK...

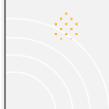
The young women accessing Daughters & Sisters live with PLEA Family Caregivers in the community and participate in day, evening and weekend programming at our treatment centre in Surrey.

Waypoint is a unique four-month residential treatment program that serves young men aged 12 to 18 whose substance use is problematic.

WHY WE DO IT...

We strive to increase each youth's self-esteem, physical and mental health; educational and vocational functioning and family and social functioning; and decrease their substance use, high-risk behaviours and involvement in criminal activities.

HOW WE WORK...





The young men accessing Waypoint live with PLEA Family Caregivers in the community and participate in day, evening and weekend programming at our treatment centre in Surrey.

White Rock

Sources Substance Use Services

882 Maple Street
White Rock, BC
Tel 604.538.2522

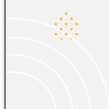
Hours:

Monday to Friday from 8:30am to 4:30pm

www.sourcesbc.ca/index.php?option=com_content&view=article&id=10&...

Sources Substance Use Services provides free, confidential individual, family and group counselling for anyone concerned about their own or someone else's substance use.

Referrals to residential or other services can be facilitated. Education, prevention and health promotion services are available for schools and the community.





SOMETHING IS BOTHERING ME

Depression Hurts

depressionhurts.ca/

Could it be Depression?

Depression is not just a temporary change in mood. It is a real medical disorder that can affect anyone, anytime with many emotional, cognitive, physical and behavioural symptoms.

Children, youth and depression?

While we may think of low mood or other challenges as adult problems, they can affect people at any age. Children and teens can experience mental illnesses like depression. Sometimes it can be difficult for adults to understand how difficult children's problems can be because we look at their problems through adult eyes. But the pressures of growing up can be very hard for some children. It's important that we remind ourselves that while their problems may seem unimportant to us, they can feel overwhelming to young people. It's important to take depression in young people seriously.

Early Psychosis Intervention

www.earlypsychosis.ca

Welcome to the Fraser Health Early Psychosis Intervention (EPI) Program website. This site promotes early detection, educates about psychosis and provides direction for seeking help.

The main objectives of the EPI Program are to increase understanding of psychosis, decrease stigma associated with having this disorder and provide direct treatment.

Early detection of psychosis greatly increases the chance of a successful recovery.

The word "psychosis" is used to describe conditions that affect the mind, in which there has been some loss of contact with reality. The terms "early psychosis" or "first episode psychosis" mean that an individual is experiencing psychosis for the first time. Hallucinations, delusions (false beliefs), paranoia and disorganized thoughts and speech are symptoms of psychosis. These symptoms can seem so real that often the person does not realize that they are experiencing psychosis. Psychosis also affects feelings and behaviour.

Here to Help

heretohelp.bc.ca/





We are here to help

HeretoHelp is a website of the BC Partners for Mental Health and Addictions Information. We're working together to help people better prevent and manage mental health and substance use problems and live a healthier life.

If you're worried about yourself, you may not know what to do next. Here, you'll find information, resources and tools to help you take charge of your mental health and support your journey to wellness.

Foundry

<https://foundrybc.ca/>

Foundry is a network of community-based health and social service centres and online tools and resources for young people ages 12-24 and their families. Foundry has engaged over 140 partners across the province of BC. The Foundry central office, hosted by Providence Health Care, leads the provincial initiative and supports the development of local centres. Each Foundry centre is operated by a lead agency that brings together local partners, service providers, young people and caregivers. Foundry's online platform, foundrybc.ca, is powered by BC Children's Hospital.

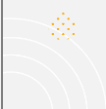
We are building a province-wide network of integrated health and social service centres for young people ages 12-24. Foundry centres provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports.

We provide safe, non-judgmental care, information and resources, and work to reach young people earlier – before health challenges become problematic. Foundry brings health and social services together in a single place to make it easier for young people to find the care, connection and support they need.

Teen Mental Health

teenmentalhealth.org

Mental disorders (also referred to as mental illnesses) are disturbances of brain function characterized by difficulties in thinking, mood, behaviour, perception, physical functioning and/or signalling mechanisms that help us decide what to do day by day (or some combination thereof). They are diagnosed using internationally recognized criteria and always lead to significant impairments in day-to-day living (work, home, social).





Delta

Mental Health – Delta Division

11861 88th Avenue
Delta, BC
Tel 604.501.3237

<https://mentalhealthdeltadivision.com/child-youth-mental-health/>

Resources to Support Child and Youth Mental Health.

Reach Child & Youth Development Society

5050 47th Avenue
Ladner, BC
Tel 604.946.6622

www.reachdevelopment.org

Reach Child and Youth Development Society is a non-profit society that has been providing services to children and their families since 1959. At Reach we believe in the potential of every child, and we know each child is unique. We work together with families to recognize each child's strengths and develop their abilities. Reach currently provides programs and services to families in Delta, Surrey and Langley B.C. Over 1000 children and their families benefit from our services on an annual basis.

Langley

Ministry of Children and Family Development (MCFD)

Bldg. 100, Suite #120 - 20434 64th Ave
Langley, BC
Tel 604.514.2711

<https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/children-and-family-development>

Youth Services

In crisis? Don't know what services are available?

There is help.

The Ministry of Children and Family Development provides a wide range of services to help young people and their families when they are having difficulties, when youth are sexually exploited, have an addiction to drugs or alcohol, are living on the street, have mental health problems, or a combination of issues.



*The services we provide can:*

- help you make changes in your life;
- better your relationships with friends and family;
- help you find housing;
- help you finish or continue education;
- enable you to gain skills and education to get a job;
- help you learn to manage your emotions and behaviour;
- if you are living on the street, we may help you get home;
- work with you to kick your drug or alcohol addiction;
- provide your parents with education and counseling;
- help you learn to manage money.

Maple Ridge

ACT II Counselling

203-11743 224 Street
Maple Ridge, BC
Tel 604.463.0965

www.act2.ca

About Us

Since 1980, ACT 2 Child and Family Services has helped transform the lives of those who have experienced the effects of violence, sexual abuse and trauma in their lives. We work with children, youth and adults to help them rebuild their lives through counselling, education, housing and support.

Our programs and services are designed to meet a wide range of issues such as parent education, family counselling, sexual abuse counselling, specialized therapeutic intervention, and second-stage shelter for survivors of domestic violence.

At ACT 2 we believe that everyone deserves a chance at a new direction. We take a client centered, strength based approach to helping individuals find their own path through the challenges they face.

Community Services (Main office) – Maple Ridge/Pitt Meadows

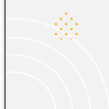
22768 119th Avenue
Maple Ridge, BC
Tel 604.467.6911

Hours:

Monday to Friday 8:30am to 4:30pm

www.comservice.bc.ca

We are an accredited, multi-service charity dedicated to providing quality programs and services to Maple Ridge & Pitt Meadows since 1971.





A variety of programs are offered by Children, Youth and Family Services. Whether you are looking for a program that offers lunches to school children, a program for a child with special needs that needs help developing independent living and social relationship skills or a program to help you and your youth through a stressful time, Children & Youth Services can help.

Family Education and Support Center

22554 Lougheed Hwy
Maple Ridge, BC
Tel 604.467.6055

www.familyed.bc.ca

Whether you are looking for information about parenting, parent and child programming, mental health services, personal growth, multiculturalism, diversity education, food security or community kitchens, we have much to offer you and/or your family. We also offer employment, volunteering and donation opportunities. So please, take a look around and if you cannot find what you are looking for, give us a call, we would love to hear from you.

Youth Restorative Justice

22722 Lougheed Highway
Maple Ridge, BC
Tel 604.467.6911 ext. 1159

www.comservice.bc.ca/node/118

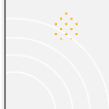
Youth Restorative Justice has been providing service to the communities of Maple Ridge and Pitt Meadows since 1994. We provide restorative justice processes, awareness and prevention programs, and mentorship to youth ages 12 – 24 that may be in conflict with the law. All of our programs promote responsibility, reliability, and resiliency and help youth truly understand the affect their actions and behaviors have on victims, themselves and the community. Our programs are continually evolving to reflect the needs of our community and its youth.

Mission

Big Brothers Big Sisters of the Fraser Valley

200 – 2445 West Railway Street
Abbotsford, BC
Tel 604.852.3331

<https://fraservalley.bigbrothersbigsisters.ca/>





About Us

As Canada's leading child and youth mentoring charity, Big Brothers Big Sisters facilitates life-changing relationships that inspire and empower children and youth to reach their potential, both as individuals and citizens.

Our History in the Fraser Valley

Big Brothers Big Sisters Abbotsford, Mission, Ridge Meadows has been creating friendships since 1969. We started out matching Big Brothers with Little Brothers and have grown to include a variety of different programs that serve both boys and girls. We are proud of our achievements and continue to strive to be on the leading edge of the Big Brothers Big Sisters movement in Canada.

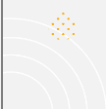
White Rock

Alexandra Neighbourhood House – Counselling & Support

15455 Vine Avenue
White Rock, BC
Tel 604.538.5060

www.alexhouse.net/reconnect

The Reconnect Youth program includes one-to-one support, outreach and groups for youth, as well as lots of information and resources for youth and their families. Youth workers work with youth to develop strengths, work on goals and connect with community. The program is free, voluntary and confidential.





I'M THINKING OF HURTING MYSELF

Mind Your Mind

<https://mindyourmind.ca/help/im-crisis>

If you are:

- feeling desperate and hopeless
- worried you might hurt yourself, someone else, or commit suicide
- alone with no one to talk to

If you have:

- made a plan
- the means to hurt yourself or someone else (e.g. pills or a weapon)
- attempted suicide or hurt yourself before?

Please get help immediately! Do one of the following:

- Call 911
- Go the nearest Emergency Hospital
 - Not sure if you should go to the hospital? Visit the website.
 - Nervous about calling? Learn what to expect. Visit the website.
- Call the local Emergency Response Service

Once you have called for help, use these tips to wait safely (<https://mindyourmind.ca/help/im-crisis>). If you need to talk to someone, but don't need to call 911 or go to the emergency room, there are many other ways that you can get help! Visit the website to explore your options.

Youth in BC – Bullying

Tel 604.872.3311

Toll Free 1.866.661.3311

<https://youthinbc.com/youth-issues-2/bullying/>

Bullying is often about one person having physical and/or social power and dominance over another. A bully uses many different ways to target their victim. Bullies are creatures of habit; their target experiences their bullish, rude and abusive behaviour over and over. If you've been bullied, you know how it can make you feel; scared, alone, depressed and angry, along with many other emotions. Contact us for more info on bullying.





Delta

Deltassist – Suicide Prevention

Delta, BC

Tel 604.594.3455

<http://deltassist.com/counselling/youth-suicide-prevention-in-delta>

Provides assistance to youth who are at risk of committing suicide. Services include crisis intervention, risk assessment/management, individual and family counselling, co-ordinated community response and prevention education to the community and in Delta schools.

Surrey

SPEAC: Suicide Prevention Education & Counselling

9815 140th Street

Surrey, BC

Tel 604.584.5811

www.options.bc.ca/counselling/suicide-prevention-education-counse...

For children and youth 18 and under who have made a suicide attempt or are at risk of doing so, the Suicide Prevention, Education and Counselling (SPEAC) program provides suicide risk assessment, crisis intervention and short-term counselling. The therapists are also available for consultation as well as to provide prevention workshops to community groups upon request.

Call and ask for a SPEAC intake worker





I NEED A SAFE PLACE TO STAY

Abbotsford

Cyrus Centre

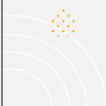
2616 Ware Street

Abbotsford, BC

Tel 604.859.5773

<https://cyruscentre.com/>

Cyrus Centre is equipped to intervene immediately, to provide youth with a way out and a way off the streets. Our 'Roofs 4 Youth' program provides emergency shelter, and our 'Streets 2 Home' programming provides meals, clothing, advocacy, school, counselling, referrals, life-skills training and so much more!





TRANSPORTATION

BC Transit Info Line

Tel 604.953.3333

www.bctransit.com

Delta

Delta Green Cab

Delta, BC

Tel 604.594.1111

Website <https://deltataxi.com/>

Maple Ridge

Alouette Taxi

20542 Dewdney Trunk Road

Maple Ridge, BC

Tel 604.465.5555

www.alouettetaxi.com

Alouette Taxi, with its affiliates Syd's Taxi & Meadowridge Taxi, has been providing service in the Maple Ridge / Pitt Meadows area for over 30 years.

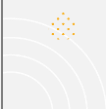
Surrey

Surrey Metro Cabs

Surrey, BC

Tel 604.585.8888

Website: <https://www.guildfordcab.com/>





Surrey, Cloverdale, Langley

Pacific Cabs

Surrey, Cloverdale, Langley, BC

Tel 604.596.6666

www.pacificcabs.com

Pacific Cabs has been serving the Langley, Surrey, Cloverdale, Aldergrove, Fort Langley, White Rock & South Surrey regions for numerous years. We offer reliable 24 hour taxi service, airport service, wheelchair vans upon request, courier service and jump start service.





WHY WORK?

Having a job allows you to learn new skills, gain practical experience and make money! When you first begin working you will probably try out different options while you decide what you'd really like to do as a career. You will learn about your likes and dislikes in the world of work so you can make informed choices about your future. Working can be a challenge. Balancing work, school, family and friends can be stressful. If you need help with career planning or organizing your schedule, one of the employment centres listed in this section would be happy to help.

WHAT IS DIVERSITY?

When we talk about "diversity" we are talking about accepting and connecting with people from all cultures, religions, physical and mental abilities, sexual orientations, etc. We are all different in some way. Really, any two people who get together and talk will find they are more similar than different, regardless of their backgrounds. By getting to know people whose backgrounds are different than yours, you can learn a lot about the world and about yourself.

HOW TO SAY "NO"

- **Recruit an Ally:** Get someone else in the group to agree with you and reduce the majority.
- **Turn the Tables:** Point out that you would not want them to do something which might hurt them since you are their friend. Likewise, you hope they would not want you to do something harmful.
- **Give Alternatives:** Name other things you can do instead.
- **Delay a Decision:** Tell the group or person "not now".
- **Know the Truth:** Recognize when what they are saying just isn't true (e.g. "prescription drugs aren't addictive").
- **Change the Subject:** Talk about something else.
- **Call attention to consequences:** "If we smoke up, here's what might happen..."
- **Say "NO"** and mean it with your voice and face.

WHAT IS SEXUAL EXPLOITATION?

If you are a youth exchanging sex for food, shelter, money, drugs or other benefit, you are being sexually exploited. It doesn't matter where or how it occurs, who commits it, or whether you consent. Sexual exploitation is a betrayal of trust and an abuse of power.





PSYCHOSIS SUCKS

If you, or someone you know, is having difficulty coping, it could be psychosis. Symptoms include social withdrawal, reduced concentration/attention, depressed mood, sleep disturbance, anxiety, suspiciousness, skipping school or work and irritability. It is important to be on the alert for such changes in thoughts, feelings, perceptions and behaviours, especially when they are continuous over a period of time. The word “psychosis” is used to describe conditions that affect the mind, in which there has been some loss of contact with reality. Being able to treat psychosis early is very important, since it usually starts during a very critical stage of a young person’s life. Adolescents and young adults are just starting to develop their own identity, form lasting relationships, and make serious plans for their careers and future. A successful recovery leads to a healthy, productive future. (From www.earlypsychosis.ca)

WHY VOLUNTEER?

Volunteering is a way you can use your special interests and talents to help the community. You can volunteer at many places including schools, hospitals, animal shelters, food banks or other local charities. The opportunities to volunteer are endless! Not only does volunteering give you the chance to give back to the community, you gain a lot too, including work experience, new friends and the positive feeling that comes from helping others and making a difference.

LEARNING TIPS

- **Sleep:** Get a good night’s sleep so you feel rested, refreshed and ready to learn.
- **Attitude:** Approach learning positively! Remind yourself that it’s good for you and it’s going to benefit you during your entire life.
- **Routine:** Try to get into a stable routine that allows time to prepare for class, for homework, etc.
- **Food:** Eat nutritious meals and snacks. A balanced diet helps your brain work better. Berries, fresh veggies, nuts and fish are all good brain foods.
- **Exercise:** Physical activity is good for your brain. Take a break and go for a walk, bike ride, rollerblade or some other activity whenever possible!

IDENTITY THEFT

Identify Theft Tips for Teens

Zach’s identity was stolen at age 7 but he wasn’t aware of the crime until 10 years later when he applied for his first job. He learned that he had two names listed under his Social Security number, a bad credit history, and someone had purchased a \$40,000 boat under his name.

Identity theft is a concern for all age groups but the government agency that accepts identity fraud complaints, reports that the 18 to 29 year old age group is the group most likely to be victimized. They also report an increase in the number of complaints filed for victims 18 years old or under.





Why are teens targeted?

Theft goes undetected for years; Identity Theft can go unnoticed for years because teens have not established a credit record that can be monitored. They are unlikely to use their Social Security Number until they apply for a driver's license, credit card or job and then discover someone else has been using their information.

Internet use:

Teens are vulnerable to Identity Theft because of their frequent activity on the Internet. Sharing personal information on blogs or social networking sites such as Facebook or Instagram to name a few, without considering who may get access to the information is risky.

More casual attitude:

Teens tend to take greater risks relative to older age groups and feel that Identity Theft can't happen to them. They have a more casual attitude about leaving their belongings unattended and providing personal information to their friends.

How do the thieves get your identity?

Thieves get information from teens in the same manner they get it from adults. They steal mail, burglarize homes and vehicles, hack into computer databases, send fraudulent e-mails or downloads, go through people's trash, and take advantage of receipts, purses and wallets left unattended. Thieves also prowl Internet sites looking for weak security to obtain personal information.

Unfortunately, some identity thieves are known to the victim and could be a friend, co-worker, or family member. In the case of young children it could even be a parent who opens accounts in their child's name because they have maxed out their own credit limits.

Mary's identity was stolen when she was age 14. She is now 22 years old and is \$300,000 in debt.

Prevention Tips:

- Be careful about giving out personal information in person, over the telephone, and online;
- Be careful about downloading music or other items on the computer;
- Limit the amount of personal information you store on your cell phone and use your phone's security features such as key lock so others cannot gain access;
- Do not apply for multiple credit cards; set credit limits as low as possible on cards you have;
- Monitor credit and bank account activity;
- Shred documents with personal information before throwing them in the trash;
- Protect computers, telephones, cellphones with strong passwords, ones that are difficult to guess such as a combination of numbers and letters. Do not use your mother's maiden name or other identifying information that is easy for someone to guess;
- Lock your computer so that others cannot gain access;





- Never carry your Social Insurance card in a wallet or purse;
 - Be alert to your surroundings when using ATM machines. Protect your PIN; memorize it rather than writing it down and carrying it in your wallet;
 - Don't be afraid to tell adults who ask for your Social Insurance number, driver's license number or credit card
- information that you are not comfortable giving it out and you want to know how they will use it and how they will protect it;
 - Do not put your Social Insurance number on your resume;
 - Don't leave your belongings unattended.

Protect your personal information.

Don't think that Identity Theft cannot happen to you!

COMMON EATING DISORDERS

Anorexia Nervosa: self-starvation. A person is afraid of gaining weight and believes s/he is fat even though s/he may be dangerously underweight.

Bulimia Nervosa: characterized by a binge eating followed by purging. During a binge a person feels as if they cannot control eating and will purge the food by vomiting, exercising, or taking laxatives.

Compulsive Eating: impulsive or continuous eating. Many people who develop eating disorders have irrational thoughts about their bodies—they believe they are too fat, too short or too tall, and want to be “perfect”. These thoughts make them obsess about their eating habits.

Depression, loneliness and family stresses can also lead to eating disorders.

EATING DISORDERS CHECKLIST

- Skipping meals;
- Talking about feeling fat;
- Fearful of becoming fat;
- Not liking how your body looks;
- Always on a diet;
- Obsessed with food content;
- Always thinking or talking about food;
- Competing with others (body weight, grades, etc.);
- Eating when sad, lonely, angry;
- Avoiding places where food will be;
- Secrecy about where and when eating;
- Believe life would be better if you were thinner;
- Not eating when hungry;
- Exercising for reasons other than fun or fitness;
- Perfectionism.





DEALING WITH STRESS AND ANXIETY

Sometimes life is very stressful. As a young person, you can struggle with many issues: family, friends, school, your future, relationships, etc. And, you are busy! It is important to find a way to deal with stress. Do something that is relaxing and enjoyable, like exercising, going out with friends, playing sports or shopping. You are worth taking care of! Too much stress can result in headaches, stomach aches, body aches, burn-out, depression, exhaustion and physical illness. In addition to stress, it is normal to feel anxious about all the things going on in your life. Signs of anxiety include worrying a lot, feeling restless, having trouble concentrating, feeling irritable, and having tense muscles (e.g. jaw). High anxiety levels may result in phobias and panic attacks. If you are feeling anxious or stressed, please call one of the numbers listed in this section.

Maple Ridge

Anxiety/Depression Group

11907 – 228th Street
Maple Ridge, BC
Tel 604.467.6911 ext.1350

<https://www.comservice.bc.ca/programs-services/mental-health-services/anxiety/depression-group>

A facilitated support, skills development and maintenance group for individuals living with anxiety and/or depression. The groups are small (8 – 12 individuals maximum), relaxed and informal. There is no limit on the number of sessions you can attend for maintenance and support. Cost is Free!

Vancouver

Anxiety Canada

400-601 West Broadway
Vancouver, BC
Tel 604.620.0744

Website <https://www.anxietycanada.com/>

What exactly is anxiety?

Anxiety is our body's reaction to perceived danger or important events. Anxiety is like an internal alarm system. It alerts us to danger and helps our body prepare to deal with it. For example, it allows us to jump out of the way of a speeding car. It also helps us to perform at our best, like when you are studying for that final exam. Anxiety is something that everyone experiences from time to time.

Go to the website for more help and info!





ALCOHOL & YOU

Beer commercials make it seem like drinking beer will make you feel great but it's hard to know how a person will act after drinking alcohol. One person might be more relaxed, another depressed, another wild, another angry. In general, you feel more of what you were feeling before you started drinking. Alcohol lowers brain activity thereby slowing reaction time and leading to poor judgement. Alcohol is a drug, and it can cause serious problems when mixed with other drugs. For instance, drinking alcohol and taking tranquilizers and/or antihistamines can be fatal! Long-term drinking damages the liver, heart and brain, leads to loss of appetite, vitamin deficiencies, stomach ailments, skin problems, sexual problems and memory loss. Drinking during pregnancy can damage the baby's brain and body, resulting in the baby being born with a life-long disability (fetal alcohol syndrome) that affects how the baby looks, thinks, acts and learns.

WHY LEARN?

"No matter how much I dislike school or how much it may sometimes get me down, I know that it will all benefit me in the future.

Education is important to me because no matter how much I may dislike sitting in school with a teacher I don't care for, I know there is nothing more important to me for my future. No matter who you are or where you are, education should be important to you. The classes we think don't matter now will matter in the future. Education now will shape our future."

~ Anonymous

WHO AM I?

Your sexual orientation is a reflection of your sexual and emotional feelings toward people of the same or opposite gender. Although some people know their orientation early on, others go through a confusing period where they wonder: Am I different? Are my feelings just a passing phase? The answer is that there is no single answer. Your sexual orientation will emerge over time, often little by little.





WHAT IS RECONNECT?

Reconnect is a program that offers a variety of services for street youth or youth thinking of moving onto the street. Outreach workers spend time on the street connecting with youth, helping them get in touch with services that provide food, clothing, shelter or addiction support. Call or visit the locations below.

Surrey, BC
Tel 604.587.8100
City Centre Youth Hub
www.pcrs.ca/reconnect

South Surrey/White Rock, BC
Tel 604.538.5060
Alexandra Neighbourhood House
<https://www.alexhouse.net/reconnect>

Langley, BC
Tel 604.534.2171
Encompass Support Services Society
<https://www.encompass-supports.com/>

TALKING ABOUT SUICIDE

If you are worried about a friend, it is a good idea to ask them how they have been doing and whether they have thought about suicide. They are not going to get the idea to kill themselves just by you asking. They actually may be thankful for someone to talk to. The next step is to help your friend get help. With help, things can get better. Do not ever promise your friend to keep this a secret. Suicide is not something to take lightly and keep a secret. Find someone you can trust—a teacher, elder, pastor, parent or counsellor—and talk with them about your concerns. For more info, call one of the numbers listed in this section.

SUICIDE WARNING SIGNS

Suicide is a scary subject. Some people are in so much pain that they do not want to continue living. If you are thinking about suicide or you are worried about a friend, it's important to get help right away. Warning signs that someone may be thinking about suicide are:

- Talking about it. Saying things like “I would be better off dead” or “I can’t handle this anymore”;
- Significant changes in behaviour and appearance;
- Being depressed;
- Giving away possessions.





ASK FOR WHAT YOU WANT

- You have a right to make your wants known to others, just as others have a right to make a request of you;
- You have a right to say “no” and be taken seriously, and to say “yes” and still be treated with respect;
- You deny your own importance when you don’t ask for what you want, or when you say “yes” when you mean “no”. Making a request assertively doesn’t guarantee you will get what you want, but it opens the way for more equal negotiation;
- People can’t read your mind to guess your needs, so speak up for your own sake;
- Saying “no” doesn’t mean you are rejecting the person—you’re simply deciding not to agree with a request.

WHAT IS ANGER?

The dictionary defines anger as “a feeling of extreme displeasure, hostility, indignation or exasperation toward someone or something”.

It isn’t:

- Blaming (finger pointing);
- Sarcasm (joking at someone else’s expense);
- Violence (physical, verbal, sexual, emotional);
- Revenge (getting even);
- Cruelty (hitting below the belt);
- Punishment (teaching someone a lesson);
- Sulking (the silent treatment);
- Manipulating others to get your way;
- Taking it out on the innocent.

It is:

- A normal human emotion;
- A part of being assertive;
- A signal that something deeper is going on.

CRYSTAL METHAMPHETAMINE

(a.k.a. crystal meth, crank, speed)

Short-term effects: irritability, aggression, anxiety, nervousness, convulsions, coma.

Long-term or high-dose effects: paranoia, hallucinations, repetitive behaviour patterns, delusions of bugs under the skin, psychosis, brain damage similar to Alzheimer’s disease.





Crystal meth is highly addictive and users develop tolerance quickly, needing more and more to get high. It can be snorted, smoked or injected, but swallowing is the safest method with the longest lasting effect. Although rare, this drug can cause seizures, strokes and heart attacks. Coming down can make the user tired, lethargic and depressed, making it tempting to do more of the drug which can lead to dependency. Users may become run-down and vulnerable to illnesses.

FENTANYL AND CARFENTANIL

Fentanyl is an opioid that is much more toxic than most other opioids. Opioids include drugs like heroin, morphine, fentanyl, methadone and codeine. Fentanyl is usually prescribed in a patch form as a painkiller. It is around 50 to 100 times more toxic than morphine. This makes the risk of accidental overdose much higher.

There are also different Fentanyls being made illegally and sold on the streets. This **illicit fentanyl** is often made as a powder and mixed with other drugs (like heroin, cocaine or crack). It is also being pressed into pills made to look like other prescription pills (like oxycontin, eighties or percocet) or other pills including speed. It may be in drugs that are in powder, liquid or pill form.

What's the risk with fentanyl?

When fentanyl is mixed with other opioids, alcohol, benzodiazepines, or stimulants like cocaine, it increases the risk of accidental overdose.

Illicit fentanyl is much more toxic than other pharmaceutical opioids. There is no easy way to know if fentanyl is in your drugs. You can't see it, smell it or taste it. Any drug can be cut (mixed) with fentanyl. Even a very small amount can cause an overdose.

When you are getting drugs from anywhere other than from a pharmacy or medical professional, like from a friend, ordering online, or a dealer, there is no way to be sure exactly what is in them or how toxic they may be.

It's important to know that drugs other than fentanyl can also cause an overdose!

Carfentanil is an opioid that is used by veterinarians for very large animals like elephants. It is not for human use. It is approximately 100 times more toxic than fentanyl and 10,000 times more toxic than morphine. This means carfentanil can be deadly in extremely small amounts.

Carfentanil is being cut in to other illicit drugs like heroin and counterfeit pills made to look like prescription opioids (including green pills stamped 'CDN' on one side and '80' on the other). There is no easy way to know if carfentanil is in your drugs, you can't see it, smell it or taste it. It is extremely toxic and a very small amount can cause an overdose, or even death.





MARIJUANA OR CANNABIS

Marijuana refers to the dried leaves, flowers, stems, and seeds of the hemp (*Cannabis sativa*) plant. Most people smoke marijuana, but it can also be added to foods and eaten.

What else it's called: *Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Skunk, Smoke, Trees, Weed, Ashish, Boom, Hash, and Hemp.*

What type of drug is it? It can act as both a stimulant and a depressant, and even a hallucinogen.

What are the effects? Marijuana contains the chemical THC, which acts on different parts of the brain to create the “high” that users experience, such as changes in sensations, mood, body movements, thinking, and memory. When used regularly, marijuana can affect brain development and lead to cognitive problems. It can become addictive for some people, and also cause serious health problems such as breathing issues, increased heart rate, and higher risk of heart attacks, depression, anxiety, and suicidal thoughts for some people. Among young people, heavy marijuana use has been associated with cognitive impairment and mental illness, like schizophrenia.

GENITAL HERPES

What it is: Painful sores on or around the genitals. You can catch it through direct contact with open sores on someone else but you can also catch it if the infected person has no visible sores. There is no cure and sores may reappear from time to time.

Symptoms: Tingling or itching around genitals may appear within a week of exposure. A cluster of tiny blisters appears, bursts, and leaves painful sores that last 2 to 3 weeks. You may also get a fever and headache. Sores appear in, on or around genitals, anus, thighs or buttocks, and can also appear in and around the mouth after oral sex with an infected partner.

What to do: See a doctor as soon as you can. Medications can shorten attacks and make sores less painful. Keep the infected area as clean and dry as possible (wash towels before re-using them). Wear loose clothes made of cotton.

HPV

HPV is the most common sexually transmitted infection (STI). HPV is a different virus than HIV and HSV (herpes). 79 million Americans, most in their late teens and early 20s, are infected with HPV. There are many different types of HPV. Some types can cause health problems including genital warts and cancers. But there are vaccines that can stop these health problems from happening.

How is HPV spread?

You can get HPV by having vaginal, anal, or oral sex with someone who has the virus. It is most commonly spread during vaginal or anal sex. HPV can be passed even when an infected person has no signs or symptoms.





Anyone who is sexually active can get HPV, even if you have had sex with only one person. You also can develop symptoms years after you have sex with someone who is infected. This makes it hard to know when you first became infected.

Does HPV cause health problems?

In most cases, HPV goes away on its own and does not cause any health problems. But when HPV does not go away, it can cause health problems like genital warts and cancer.

Genital warts usually appear as a small bump or group of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower. A healthcare provider can usually diagnose warts by looking at the genital area.

How can I avoid HPV and the health problems it can cause?

You can do several things to lower your chances of getting HPV.

Get vaccinated. The HPV vaccine is safe and effective. It can protect against diseases (including cancers) caused by HPV when given in the recommended age groups

If you are sexually active

- Use latex condoms [the right way](#) every time you have sex. This can lower your chances of getting HPV. But HPV can infect areas not covered by a condom – so condoms may not fully protect against getting HPV;
- Be in a mutually monogamous relationship – or have sex only with someone who only has sex with you.

How do I know if I have HPV?

There is no test to find out a person's "HPV status." Also, there is no approved HPV test to find HPV in the mouth or throat.

Most people with HPV do not know they are infected and never develop symptoms or health problems from it. Some people find out they have HPV when they get genital warts. Women may find out they have HPV when they get an abnormal Pap test result (during cervical cancer screening). Others may only find out once they've developed more serious problems from HPV, such as cancers.

