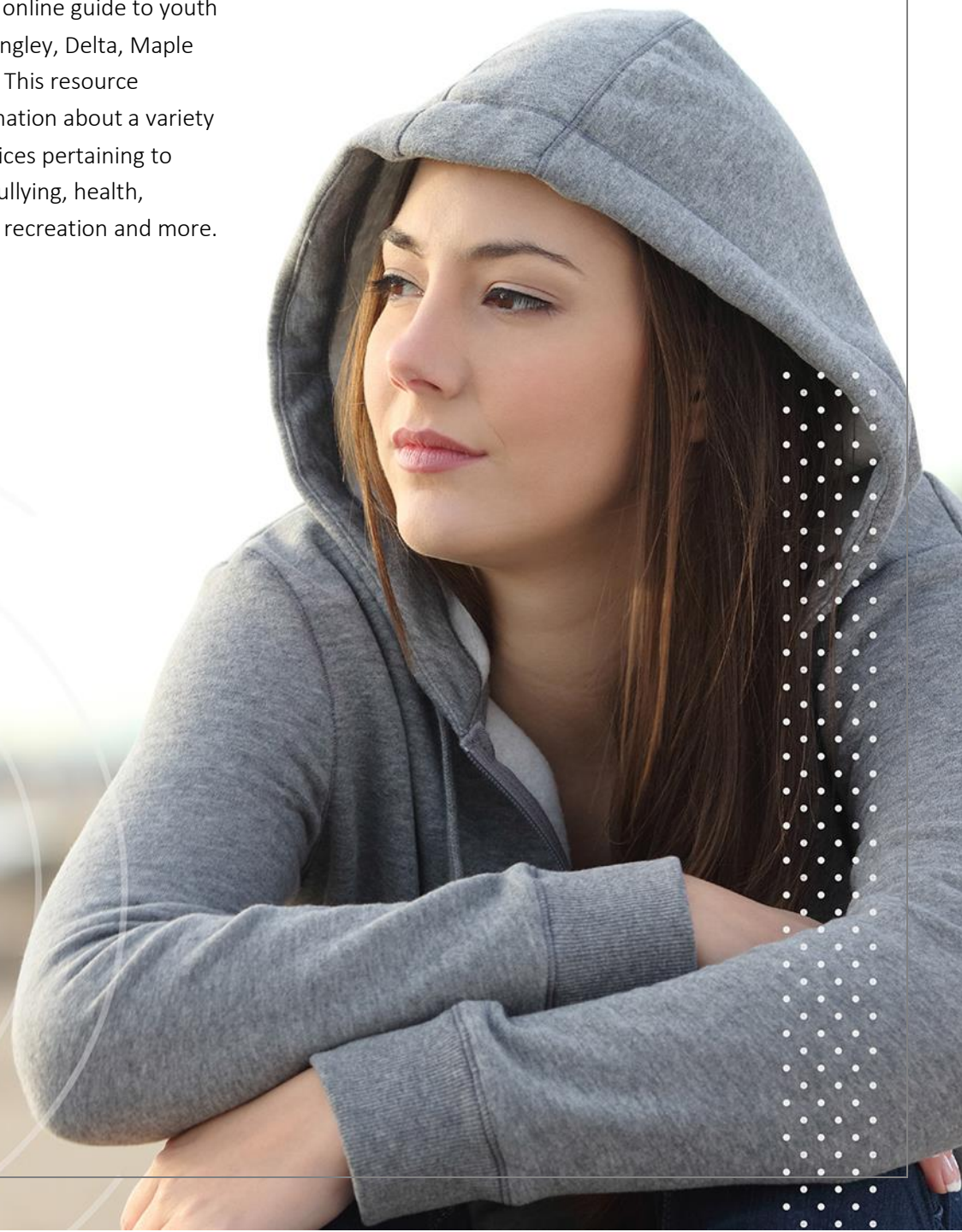




YOUTH BLACK BOOK

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



TABLE OF CONTENTS

ABOUT YOUTH BLACK BOOK.....	1
ABOUT CJI.....	1
CONTACT US	3
YOUTH RESOURCES.....	4
Delta	4
Langley	4
Encompass	4
Foundry	5
Maple Ridge – Pitt Meadows	5
Maple Ridge/Pitt Meadows Community Services	5
Child & Family Services Office for Maple Ridge	5
New Westminster	6
Lower Mainland Purpose Society for Youth and Families	6
Surrey	6
South Surrey – White Rock	7
Alexandra Neighbourhood House at the Youth and Family Center	7
Peace Arch Resource Centre.....	8
CRISIS AND INFO LINES	9
Delta	9
Deltassist - Suicide Prevention.....	9
Surrey	9
SPEAC: Suicide Prevention Education & Counselling.....	9
General.....	9
Mind Your Mind	9
Youth in BC.....	10
Crisis Intervention & Suicide Prevention Centre	10
Fraser Health Crisis Line.....	11
Help Line for Children	11
Kids Help Phone	11
Salal – Sexual Violence Support Center	12
MENTAL HEALTH	13
Delta	13
Mental Health – Delta Division	13
Reach Child & Youth Development Society	13
Langley	13
Ministry of Children and Family Development (MCFD).....	13
Maple Ridge	14
ACT II Counselling	14
Community Services (Main office) - Maple Ridge/Pitt Meadows.....	14
Family Education and Support Center	15
Youth Restorative Justice.....	15





Mission	15
Big Brothers Big Sisters of the Fraser Valley	15
White Rock	16
Alexandra Neighbourhood House - Counselling & Support	16
Learn More	16
Ministry of Child and Family Development	16
BC Schizophrenia Society	17
Depression Hurts	17
Early Psychosis Intervention	17
Here to Help	18
Foundry	18
Teen Mental Health	18
DISORDERED EATING	19
Delta	19
Fraser South Eating Disorders Program	19
Surrey	19
Vine Youth Clinic	19
Vancouver	20
Looking Glass Foundation for Eating Disorders	20
General	20
Healthlink BC	20
National Eating Disorder Information Centre	21
GRIEF & LOSS	22
Delta	22
Delta Hospice Society	22
Langley	22
Langley Hospice Society	22
Maple Ridge	23
Ridge Meadows Hospice Society	23
Surrey	23
Burden Bearers	23
Surrey Hospice Society	23
White Rock	24
White Rock Hospice Society	24
SUBSTANCE USE, ADDICTION, SAFE SUPPLY	25
Delta	25
Deltassist - Alcohol/Drug Program	25
Langley	25
Alano Club of Langley	25
Langley Community Services - Substance Use Services	25
Narcotics Anonymous - Langley	26
Maple Ridge	26
Alouette Addiction Services	26
New Westminster	27
The Last Door	27





North Vancouver.....	27
Native Courtworker & Counselling Association of BC	27
Surrey	27
Daughters & Sisters - PLEA Community Services	27
Detox Services for Youth.....	28
DEWY Program (PCRS)	28
DiverseCity Community Resources Society - Alcohol & Drug Program	28
Phoenix Drug/Alcohol Recovery & Education Society	28
Creskide Withdrawal Management Detox Services	29
Vancouver	30
Alateen - Vancouver	30
Youth Detox - PLEA Community Services	30
White Rock.....	31
Sources Substance Use Services	31
General.....	32
Access Central - Detox Referral Line	32
Alcohol & Drug Information & Referral	32
ASTRA Program - Pacific Community Resources Society (PCRS)	32
Foundry Virtual	33
VICTIM SERVICES.....	34
Coquitlam.....	34
Children of the Street Society.....	34
Langley	34
Ishtar Transition Housing Society	34
Maple Ridge	34
Cythera Transition House	34
Surrey	35
Atira Women's Resource Society.....	35
Sexual Abuse Counselling Centre.....	35
SEY: Stop Exploiting Youth	36
Surrey Women's Centre.....	36
Transition Houses - Options Community Services.....	36
White Rock.....	37
Durrant Transition House - Atira Women's Resource Society	37
General.....	37
The Prevention, Education, Advocacy, Counselling and Empowerment (PEACE) Program for Children and Youth Experiencing Violence	37
VictimLink.....	38
Youth Against Violence	38
BULLYING & CYBER BULLYING	39
Surrey	39
PSST – Protecting Surrey Schools Together	39
General.....	39
Need Help Now - Canadian Centre For Child Protection.....	39
Erase Bullying.....	39
Erase Cyberbullying.....	39





Here to Help / Youth in BC.....	40
West Coast Leaf	40
NEWCOMER & REFUGEE RESOURCES.....	41
Langley	41
Settlement and Integration Services - LCSS.....	41
Surrey	41
DiverseCity Community Resource Society	41
General.....	42
Progressive Intercultural Services Society	42
BIPOC YOUTH RESOURCES.....	43
General.....	43
Black Youth Hotline.....	43
ResilienceBC – Anti-Racism Network.....	43
South Asian Mental Health Alliance	43
Support Network for Indigenous Women & Women of Color	44
INDIGENOUS YOUTH SUPPORTS	45
Langley	45
Langley Children- Aboriginal/Indigenous Programming.....	45
Lower Fraser Valley Aboriginal Society.....	45
Surrey	45
Fraser Region Aboriginal Friendship Center	45
Métis Family Services.....	45
Waceya Métis Society.....	46
Tsawwassen	46
Tsawwassen First Nation Youth Centre	46
Vancouver	46
Urban Native Youth Association	46
General.....	47
FNHA (First Nations Health Authority).....	47
LGBTQIA2S+ SUPPORT SERVICES	48
Langley	48
Friends of Dorothy	48
Langley Youth Hub	48
Surrey	48
PFLAG Surrey.....	48
Surrey Pride Society	48
Youth for a Change	49
Vancouver	49
Qmunity: BC's Queer Resource Centre	49
Foundry Virtual	50
General BC.....	50
YouthInBC.com	50
QCHAT.....	50
TRANS YOUTH SUPPORT AND HEALTH CARE.....	51





Indigenous Youth	51
Two-spirit Resources.....	51
Dancing to Eagle Spirit Society.....	51
Two Spirit Sweat Lodge.....	51
Trans BIPOC Resources	51
Sher Vancouver.....	51
MOSAIC	51
Healing in Color.....	52
Trans Youth	52
QMUNITY: BC's Queer Resource Centre.....	52
Point of Pride	52
Hope Air	52
Trans Care BC.....	53
Resources for Parents	53
Trans Care BC.....	53
CPATH (Canadian Professional Association for Transgender Health).....	53
WPATH (World Professional Association of Transgender Health).....	53
PFLAG Canada	53
DISABILITY RESOURCES.....	54
Langley	54
Inclusion Langley Society	54
North Vancouver.....	54
North Shore Disability Resource Center	54
Learn More.....	55
AUsome Training.....	55
Neuroclastics.....	55
General BC.....	55
myBooklet BC.....	55
Pacific Autism Family Network	56
Transition Support for Youth Entering Adulthood.....	56
Inclusion BC.....	57
Disability Alliance BC.....	57
Provincial Outreach Program: Deaf and Hard of Hearing.....	58
BC Centre for Ability	58
Canucks Autism Network.....	59
Community Living BC	59
SEXUAL WELL BEING & HEALTH SERVICES.....	60
Abbotsford	60
Abbotsford Youth Health Centre	60
Options for Sexual Health: Abbotsford Clinic	60
Delta.....	61
Options for Sexual Health: North Delta Clinic.....	61
Options for Sexual Health: South Delta Clinic.....	61
Langley	62
Options for Sexual Health: Langley Clinic	62
Maple Ridge	62





Options for Sexual Health: Maple Ridge Clinic	62
Surrey	63
HIM: Health Initiative for Men.....	63
North Surrey Public Health Unit - Fraser Health.....	63
Options for Sexual Health: Surrey Clinic	64
South Fraser Pregnancy Options Centre.....	64
Surrey Youth Clinic - Surrey Memorial Hospital	64
White Rock	65
Options for Sexual Health: White Rock Clinic	65
Vine Youth Clinic	65
Vancouver	66
Youthco Aids Society.....	66
BLUSH.....	66
General.....	67
Helpguide	67
Sex and U	67
Sex Sense	67
FOOD AND CLOTHING ACCESS.....	69
Aldergrove.....	69
Aldergrove Food Bank.....	69
Delta	69
South Delta Food Bank	69
Langley	70
Langley Food Bank	70
Maple Ridge	70
Friends in Need Food Bank - Maple Ridge/ Pitt Meadows	70
Maple Ridge	71
Pitt Meadows Depot	71
New Westminster	72
Youth Source (Lower Mainland Purpose Society for Youth and Families)	72
Surrey	72
Cloverdale Community Kitchen	72
Food Bank - Sources Community Resource Centres.....	73
Gracepoint Community Church	74
Vancouver	74
Dress For Success.....	74
Working Gear	75
HOUSING	76
Abbotsford	76
Cyrus Centre.....	76
Surrey	76
All Nations Youth Safe House	76
New Westminster	77
Lookout Housing & Health Society	77
EMPLOYMENT	78





Abbotsford	78
Cyrus Centre.....	78
Belcarra	78
Sasamat Outdoor Centre	78
Delta.....	79
WorkBC Centre - Delta.....	79
Fraser Valley.....	79
Mission Community Skills Centre	79
Triangle Community Resources: RITE Program	80
Langley	80
Encompass Support Services Society.....	80
Inclusion Langley Society	81
Langley Community Services Society.....	81
WorkBC Centre – Aldergrove.....	81
WorkBC Centre – Langley	81
Maple Ridge	82
WorkBC - Maple Ridge.....	82
New Westminster	82
AWARE Society.....	82
Surrey	82
Baristas Program - Pacific Community Resources Society (PCRS)	82
Sources Community Resources Centres – Empowered for Employment.....	83
WorkBC Centre – Surrey	83
General BC.....	83
Skills Link	83
Youth Canada.....	84
VOLUNTEERING.....	85
Langley	85
Big Brothers Big Sisters of Langley.....	85
Boys & Girls Clubs of Langley.....	85
City of Langley Parks & Recreation	85
Critter Care Wildlife Society.....	86
Langley Animal Protection Society (LAPS)	86
Langley Community Farmers Market	86
Pacific Riding for Developing Abilities (PRDA)	87
Maple Ridge	87
Maple Ridge/Pitt Meadows Community Services	87
Links & Resources	87
Surrey	87
Options Community Services Society	87
Surrey Crime Prevention Society	88
Surrey SPCA.....	88
Surrey Volunteer Resources	88
Vancouver	89
Metro Vancouver Regional Parks	89
White Rock.....	90
Sources Community Resources Centres	90





General BC.....	90
BC SPCA.....	90
Taking it Global	91
Links & Resources	91
EDUCATION OPTIONS	92
Delta	92
Delta Continuing Education	92
Kwantlen Polytechnic University	92
Langley	92
Langley Education Centre	92
Whytecliff Agile Learning Centre	93
Surrey	93
Learning Disabilities Association – Fraser South	93
Pathfinder Youth Centre Society	93
South Surrey/White Rock Continuing Education	94
Invergarry Adult education Centre	94
Queen Elizabeth Adult Education Centre	94
Surrey Academy of Innovative Learning (SAIL)	94
TRANSPORTATION	95
BC Transit Info Line	95
Delta	95
Delta Green Cab	95
Maple Ridge	95
Alouette Taxi	95
Metro Vancouver	95
Trans Link	95
Surrey	96
Surrey Metro Cabs	96
Surrey, Cloverdale, Langley	96
Pacific Cabs	96
GENERAL HEALTH.....	97
Delta	97
Delta Hospital.....	97
Langley	97
Langley Memorial Hospital	97
Maple Ridge	97
Ridge Meadows Foundry Youth Clinic	97
Ridge Meadows Hospital	98
Surrey	98
Surrey Memorial Hospital	98
Surrey North Community Health Centre	98
White Rock.....	99
Peace Arch Hospital	99
General BC.....	99
Dietician Services	99





First Nations Health Authority (Fraser Region).....	99
The Nurse Line 811	99
RESOURCES FOR YOUNG PARENTS.....	101
Delta	101
Deltassist - Nobody's Perfect Parenting	101
Langley	101
Best Beginnings, Pregnancy and Baby - Fraser Health	101
Pregnant and Parenting Youth Outreach.....	101
Surrey	102
Young Parent Program – Surrey Schools	102





ABOUT YOUTH BLACK BOOK

Youth Black Book is an online guide that focuses on youth resources in Surrey, Langley, Delta, Maple Ridge and White Rock, though it also contains resources that are Vancouver based, many that are B.C. Wide, and online. 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, but to let you know about available options. Most services are free or very inexpensive. Check it out!

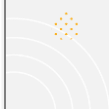
ABOUT CJI

Since 2006, Community Justice Initiatives (CJI) has provided Youth Black Book in hard copies 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. We hope that the Youth Black Book delivers this information in a way that is useful for youth and their allies.





"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

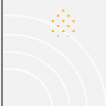
Fax: 604.534.6989

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

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>

Langley

Encompass

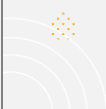
If you need a place to go for information, or if you need assistance, you can contact the office of the *Encompass Support Services in Langley* www.encompass-supports.com. They provide counselling, support and resources for youth and families. 604.534.2171

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:

<https://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/>

Maple Ridge – Pitt Meadows

Maple Ridge/Pitt Meadows Community Services

22768 119th Avenue
Maple Ridge, BC
Tel 604.467.6911

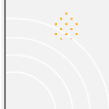
<https://www.comservice.bc.ca/>

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.

Child & Family Services Office for Maple Ridge

#200 – 22420 Dewdney Trunk Road
Maple Ridge, BC
Tel 604.476.2800

<https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families/sda-maple-ridge-dewdney-trunk-rd>





New Westminster

Lower Mainland Purpose Society for Youth and Families

40 Begbie Street
New Westminster, BC
Tel 604.526.2522

www.purposesociety.org

Hours:

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

Mobile Health Van

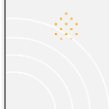
Our Health Promotion Van is out and about in the community seven days a week and serves people who use drugs, sex workers and street-engaged populations in New Westminster, Burnaby, Tri-Cities and Maple Ridge. Wave us down if you would like...

- 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.

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.

South Surrey – White Rock

Alexandra Neighbourhood House at the Youth and Family Center

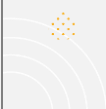
Main Office, 2916 McBride Ave
Surrey, BC V4A 3G2
Tel. 604.535.0015

<https://www.alexhouse.net/programs-for-youth>

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.





Peace Arch Resource Centre

882 Maple Street
White Rock, BC
Tel 604.531.6226

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

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.





CRISIS AND INFO LINES

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

<https://www.options.bc.ca/program/suicide-prevention-education-and-counselling>

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

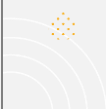
General

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

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

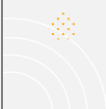
Crisis Intervention & Suicide Prevention Centre

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.





Salal – Sexual Violence Support Center

24-Hour Crisis & Information Line

Lower Mainland: 604-255-6344

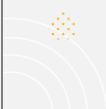
National Toll-free: 1-877-392-7583

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

About

We provide support services to survivors of sexualized violence who are of marginalized genders: cis and trans women, Two-Spirit, trans and/or non-binary people.

All of Salal's support services are FREE and CONFIDENTIAL. We understand that not every survivor's journey looks the same which is why we provide a variety of support services including emergency crisis support, hospital accompaniment, criminal legal system support, counselling, and more. All Salal programs and services are developed in collaboration with the communities we serve. Our team is comprised of people with lived experience within these communities to ensure that every aspect of our operations includes the voices of BIPOC people, people of marginalized genders/gender diverse people, and people of varying socioeconomic status.





MENTAL HEALTH

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)

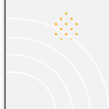
Bldg. 100, Suite #120 - 20434 64th Ave
Langley, BC
Tel 604.514.2711

<https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families/sda-langley>

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

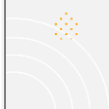
Youth Restorative Justice has been providing service to the communities of Maple Ridge and Pitt Meadows since 1994. We provide restorative justice processes, awareness and prevention programs, and mentorship to youth ages 12 – 24 that may be in conflict with the law. All of our programs promote responsibility, 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.

Learn More

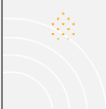
Ministry of Child and Family Development

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.





BC Schizophrenia Society

<https://www.bcscs.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.

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.

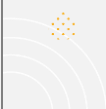
We are building a province-wide network of integrated health and social service centres for young people ages 12-24. Foundry centres provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports.

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).





DISORDERED EATING

Delta

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.

Surrey

Vine Youth Clinic

15455 Vine Avenue

White Rock BC

Tel 604.542.3926

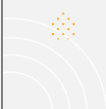
Hours:

See website for hours of operation

Website <https://www.fraserhealth.ca/Service-Directory/Locations/White-Rock/vine-youth-clinic>

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.





Vancouver

Looking Glass Foundation for Eating Disorders

2006 West 10th Avenue, Suite 200
Vancouver, BC
Tel 604.314.0548
Email info@lookingglassbc.com

<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.

General

Healthlink BC

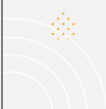
Tel 811

<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.





GRIEF & LOSS

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

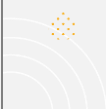
Langley Hospice Society

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

Hours:

Monday to Friday 8:30am to 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@ridgemeadowshospice.org

<https://ridgemeadowshospicesociety.com/>

Hours:

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

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.

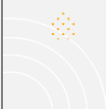
Surrey Hospice Society

#101 - 13463 78th Avenue

Surrey, BC

Tel 604.584.7006

Email info@surreyhospice.com





www.surreyhospice.com

Hours:

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

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

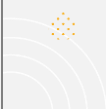
White Rock Hospice Society

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.





SUBSTANCE USE, ADDICTION, SAFE SUPPLY

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

<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

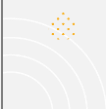
5339 207 Street
Langley, BC
Tel 604.534.7921

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

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

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 1.877.909.3636

<https://infodrugrehab.com/na-meetings-in-canada/na-meetings-in-bc/na-meetings-in-langley/>

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

www.alouetteaddictions.org

Hours:

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

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

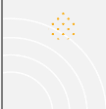
The Native Courtworker and Counselling Association of British Columbia (NCCABC) provides culturally appropriate services to aboriginal people and communities consistent with their needs. Our service is accomplished through access to counselling and referral services to clients with substance abuse and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

Surrey

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.

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 (PCRS)

Surrey, BC

Tel 604.951.4821

<https://pcrs.ca/our-programs/dewy-day-evening-weekend-for-youth/>

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/

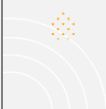
Provides confidential individual, couple, and family cross-cultural clinical counselling for people seeking help with alcohol or drug problems, and counselling, support, and education for co-dependents. Clients receive language-specific and culturally appropriate service. Referrals to other programs 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#.XbnLBIVKicw>

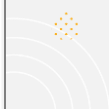
Withdrawal management services provide short-term medical supervision and support to individuals who are experiencing withdrawal symptoms associated with their discontinued use of alcohol/other drugs. Medically supervised withdrawal management is important, as there are some serious health risks for 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

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

Hours:

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

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

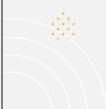
www.plea.ca/our-services/addiction#youth%20detox

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

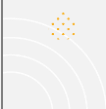
www.sourcesbc.ca/index.php?option=com_content&view=article&id=10&...

Hours:

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

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.





General

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

<https://uwbc.ca/helpline-services/>

Hours:

24 hours

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

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

Langley, Aldergrove, Clayton, Cloverdale
Tel 604.312.5866

North Surrey
Tel 604.836.6241

Pitt Meadows, Maple Ridge
Tel 604.836.6580

Coquitlam, Port Coquitlam, Port Moody
Tel 604.314.2038

Foundry Virtual

Let's Talk Substances

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

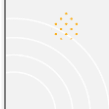
Questions? Please email Daphnee at dlevesque@foundrybc.ca

<https://foundrybc.ca/virtual/groups-workshops/#:~:text=Let's%20Talk%20Substances%20is%20a,%2C%20smoking%2C%20and%20vaping.>)

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>





VICTIM SERVICES

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
Tel 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

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

Hours:

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

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

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





Hours:

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

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

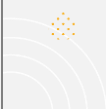
<https://surreywomenscentre.ca/>

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

<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.

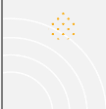
General

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).





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

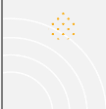
Are you in danger? Is someone you know being threatened? Want to make a difference?

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.





BULLYING & CYBER BULLYING

Surrey

PSST – Protecting Surrey Schools Together

<https://www.psst-bc.ca/resources/bullying/>

Is someone or something bothering you or your friends at school? The PSST Report It! form is available 24 hours a day 7 days a week and is a safe, secure and anonymous way to report issues of concern.

You can report anything that you have seen, heard or experienced if it relates to your safety or well-being or that of another student. This can happen at school, in the community or online.

General

Need Help Now – Canadian Centre For Child Protection

<https://needhelpnow.ca/app/en/>

If you (or a friend, peer or sibling) have been negatively impacted by a sexual picture/video being shared by peers, we are here to help. The NeedHelpNow website is designed to provide youth (13 to 17 years old) with practical steps to regain control over the situation. This includes information about contacting websites/online services to request a picture/video be removed, dealing with peers who may have seen or be sharing the content, the importance of emotional support and information on certain criminal offences. The site also provides resources for parents and safe adults who are assisting youth involved in these types of instances.

Erase Bullying

<https://www2.gov.bc.ca/gov/content/erase/bullying>

BC government online informational guide to bullying, warning signs, how to identify bullying and differentiate it from conflict, how to respond to and address bullying. Resources for parents and youth.

Erase Cyberbullying

<https://www2.gov.bc.ca/gov/content/erase/online-safety>

BC government online informational guide to Cyberbullying, how to identify and respond to it. Also links to resources about parenting in a digital world, staying safe online, managing your digital footprint, and sextortion.





Here to Help / Youth in BC

Tel 604.872.3311

Toll Free 1.866.661.3311

<https://www.heretohelp.bc.ca/infosheet/bullying>

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

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.

West Coast Leaf

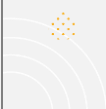
Vancouver, BC

Tel 604.684.8772

Email info@westcoastleaf.org

<https://www.westcoastleaf.org/our-publications/is-that-legal/>

Online resource for youth and adults covering consent, age of consent, cyberstalking, taking and sharing intimate images (sexting), and sexual exploitation online. Available to download in English, French, Spanish, Punjabi, Chinese traditional and simplified, and Arabic.





NEWCOMER & REFUGEE RESOURCES

Langley

Settlement and Integration Services – LCSS

Langley Community Services Society
5339 207 Street
Langley, BC
Tel 604.534.7921
Email info@lcss.ca

<https://www.lcss.ca/programs-and-services/settlement-integration-services/>

Settlement and Integration Services is a twofold program funded by Immigration, Refugees and Citizenship Canada (IRCC) that provides services to newcomers and refugees living in Langley and its surrounding areas.

If you are new to Canada or just recently moved to Langley, British Columbia, our team is here to ensure that you get the necessary support for settling in a new area.

The Outreach team connects newcomer immigrants and refugees with Permanent Resident (PR) or CUAET visa status to a full range of local community-based and social services in Langley. We assist clients by identifying their needs and providing information on a variety of resources that are specially offered to them.

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).





General

Progressive Intercultural Services Society

#205 - 12725 80th Avenue

Surrey, BC

Tel 604.596.7722

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

Welcome to PICS

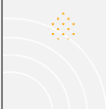
Our Vision:

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.





BIPOC YOUTH RESOURCES

General

Black Youth Hotline

Tel 416.285.9944

Email info@blackyouth.ca

<https://blackyouth.ca/services/>

More than a “Helpline” and serving all youth, our “Helpline” serves as the point of contact to our professional services from youth, families, school districts and a variety of youth serving stakeholders. Service in French and other languages available upon request.

Initial intake followed by professional assessment helps identify root causes of issues and challenges. Development of a support plan follows.

ResilienceBC – Anti-Racism Network

Resources for Victims of Racism and Hate

Email: resiliencebc@vircs.bc.ca

<https://www.resiliencebc.ca/report-support/resources-for-victims-of-racism-and-hate/>

You have the right to live in a society free from racism and hate. If you are a victim of a hate-based crime or incident and would like support, connect with these resources.

South Asian Mental Health Alliance

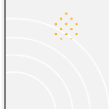
Email info@samhaa.org

<http://samhaa.org/>

For a Punjabi translation, visit:

https://news.gov.bc.ca/files/NR_South_Asian_Youth_Punjabi.pdf

Mental health is important to all our lives but unfortunately there remains a lot of stigma and ignorance around many mental illnesses. As a result, many people are unable to get the help or support they need, and lose out on relationships, jobs, and, literally, “peace of mind” of living a fulfilled and joyful life. South Asian Mental Health Alliance (SAMHAA) is a new non-profit community network engaging, educating and mobilizing the BC South Asian community around issues related to mental health.





SAMHAA's mission is to create awareness, foster acceptance, provide links to support & resources, & empower all affected by mental illness. Our vision is a society where health/wellness of the mind, body & spirit are recognized equally, without stigma or stereotypes.

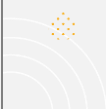
Support Network for Indigenous Women & Women of Color

Head Office
Quadra Village,
Victoria, BC
Tel 250.277.2545
Email: info@sniwwoc.ca

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

SNIWWOC confronts barriers that limit access to healthcare and full reproductive choice for Canadian BIPOC women, two- spirit, and non-binary folks. We operate from a holistic and integrated service model addressing the social, cultural and political realities of this community. SNIWWOC recognizes being a BIPOC woman, two-spirit, or non-binary person can be an isolating experience. We are focused on catalyzing individual empowerment by building connection and community, providing access to key healthcare and community resources, sharing valuable educational resources. We offer programs and services in BC, AB, and ON.

Services include peer support, one-on-one counselling, and corporate training.





INDIGENOUS YOUTH SUPPORTS

Langley

Langley Children– Aboriginal/Indigenous Programming

<https://langleychildren.com/resources-near-you/aboriginal-indigenous-programming/>

Directory of services provided locally by organizations.

Lower Fraser Valley Aboriginal Society

<https://www.lfvas.org/copy-of-housing>

Programing for children, youth and young adults includes the ORCA GROUP and the SPÁ:TH CLUB: groups for self-identify Indigenous Youth. Activities may include: beading, painting, cultural workshops & wellness supports.

Surrey

Fraser Region Aboriginal Friendship Center

Head Office:

A101-10095 Whalley Blvd

Surrey, BC V3T 4G1

Tel 604.595.1170

Email reception@fafca.org

<https://fafca.org/programs-services/>

We offer culturally-relevant programs and services to suit the various needs of our members.

Métis Family Services

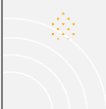
#312 – 7485 130 Street

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).





Waceya Métis Society

5631A 176A Street

Surrey, BC

Tel 604.841.9675

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

<https://waceya.ca/>

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.

Vancouver

Urban Native Youth Association

1640 E. Hastings Street

Vancouver, BC V5L 1S6

Tel 604.253.5885

Cell 778.837.5083

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

Urban Indigenous youth, Canada's fastest growing population, are the strong, resilient, gifted leaders of tomorrow. Today's youth deserve better outcomes than previous generations, and yet in many cases, these young people don't get to realize their full potential.





UNYA sees 26,000 youth visits annually. We have played a transformational role in the lives of many Indigenous youth in Vancouver, but there is so much more we can do. By increasing our capacity through the Native Youth Centre, we expect to double the number of Indigenous youth we are able to serve.

General

FNHA (First Nations Health Authority)

701-1166 Alberni St,
Vancouver, BC, V6E3Z3
Tel 1.855.550.5454

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

Free counselling, medical travel, dental, medications, gender-affirming gear to Indigenous folks with status. Counseling available to many Indigenous people without status as well.





LGBTQIA2S+ SUPPORT SERVICES

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/>

See website for complete list of 2SLGBTQIA+ Services.

Surrey

PFLAG Surrey

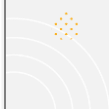
<https://pflagsurrey.ca/resources>

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.

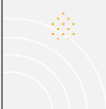
QMUNITY offers two different age groups for drop-ins:

GAB Youth:

- for youth 14-25
- Wednesdays 4:00pm to 5:00pm: online
- Fridays 4:00pm to 6:00pm: 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 5:00pm to 6:00pm: 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





Foundry Virtual

Queer Café

Wednesdays, 6:00pm to 7:30pm on a drop-in basis. Queer Café 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>

General BC

YouthInBC.com

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

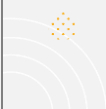
An on-line crisis chat service, where you can chat 1-on-1 with a trained volunteer from the Crisis Centre. We also have information so you can learn more³ about a variety of youth-related issues, as well as resources where you can get help. It is for youth (up to age 25) who need a safe, respectful place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

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

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.





TRANS YOUTH SUPPORT AND HEALTH CARE

Indigenous Youth

Two-spirit Resources

Email: info@nativeyouthsexualhealth.com

<https://www.nativeyouthsexualhealth.com/peersupportmanual>

Native Youth Sexual Health Network: You are Made of Medicine PDF: A Mental Health Peer Support Manual for Indigiqueer, Two-Spirit, LGBTQ+, and Gender Non-Conforming Indigenous Youth.

Dancing to Eagle Spirit Society

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

Trans positive and inclusive ceremonies led by Tsleil-Waututh, Two-Spirit and trans elder on Tsleil-Waututh Territory. Contact Sandy Leo Laframboise at dancingtoeaglespirit@gmail.com or 778.319.3965.

Two Spirit Sweat Lodge

Sweat lodge held on Squamish Territory (North Vancouver) for Two-Spirit folks and allies. Contact Bon Fabian at bonsfab@gmail.com or 604.700.6751.

Trans BIPOC Resources

Sher Vancouver

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

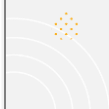
A non-profit for queer South Asians in the Vancouver area, with resources catering to queer and trans newcomers and other BIPOC. Provides free counselling to BIPOC in the metro Vancouver area, and has multiple PDFs for 2SLGBTQIA+ newcomers, queer South Asians, and other BIPOC.

MOSAIC

I Belong Program

5575 Boundary Road
Vancouver, BC

<https://mosaicbc.org/our-programs/services-for-newcomer-lgbtq-refugees/>





Supports for newcomers, refugees and immigrants. They have a Beyond Borders & Binaries group for trans, non-binary and gender-diverse people that meets once per month in East Vancouver / Burnaby.

Healing in Color

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

BIPOC Therapist directory, started by QTBIPOC therapists in Vancouver.

Trans Youth

QMUNITY: BC's Queer Resource Centre

1170 Bute Street
Vancouver, BC
Tel 604.684.5307
Toll Free 1.800.566.1170

BBB Program

<https://qmunity.ca/get-support/youth/bbbexchange/>

A program that provides free Binders, Bras & Breast Forms to youth anywhere in BC. They mail gender-affirming gear to youth.

I <3 My Chest

<https://qmunity.ca/resources/i-heart-my-chest/>

A PDF made by QMUNITY about binding safely, padding and more.

Point of Pride

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

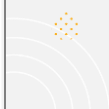
Free femme shapewear and binders to trans people anywhere. They mail gender-affirming gear to people.

Hope Air

128 West Hastings Street
#210 Vancouver, BC
Tel 1.877.346.4673

<https://hopeair.ca/contact/>

A Canadian Charity that covers the flight for medical-related travel





Trans Care BC

Tel 1.866.999.1514

<http://www.phsa.ca/transcarebc/>

A huge amount of information on their website, including medically accurate information about hormone therapy, surgery and more! Youth, parents, and service providers can get in touch with their health navigation team to get support finding out about how to access gender-affirming care, and otherwise navigate trans health systems.

Resources for Parents

Trans Care BC

Supporting gender diverse children and their families

Online Courses

<http://www.phsa.ca/transcarebc/gender-basics-education/education-resources/online-courses>

CPATH (Canadian Professional Association for Transgender Health)

Email info@cpath.ca

<https://cpath.ca/en/>

WPATH (World Professional Association of Transgender Health)

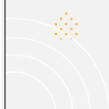
Trainings and Conferences

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

PFLAG Canada

<https://pflagcanada.ca/>

A group for friends and family members of people who are 2SLGBTQIA+. There are many chapters in BC, some of which meet in-person, and some online.





DISABILITY RESOURCES

Langley

Inclusion Langley Society

Head Office
23535 – 44th Avenue
Langley, BC, V2Z 2V2
Tel 604.534.8611
Email reception@inclusionlangley.com

<https://inclusionlangley.com>

We provide services that improve quality of life for children with developmental or support needs and adults with intellectual disabilities or autism spectrum disorder. We build and strengthen community through information, support and advocacy.

Child Development Services

<https://inclusionlangley.com/services-for-children>

Youth Services

<https://inclusionlangley.com/services-for-youth>

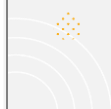
North Vancouver

North Shore Disability Resource Center

3158 Mountain Highway
North Vancouver, BC
Tel 604.985.5371
Email nsdrc@nsdrc.org

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

The North Shore Disability Resource Center was established in 1976 by a group of parents, professionals and advocates who wanted to create services to ensure that people with disabilities could live comfortably in their communities. For more than 40 years, we have continued to expand our mandate and services, and now offer a wide range of community- and residence- based programs and services for individuals of all ages.





Learn More

AUsome Training

<https://ausometraining.com/>

Education and awareness from neurodivergent adults and youth. UK based, but training consultants are contracted locally in BC for local training.

Neuroclastics

<https://neuroclastic.com/>

Mission Statement

We are a collective of Autistic people responsive to the evolving needs and trajectory of the Autistic community.

By publishing autistic voices, we are cataloguing the intersectional experiences, insights, knowledge, talents, and creative pursuits of Autistics. We follow a unique model of interdependence, leveraging the passions, skills, and specializations of contributors to create a living repository of information cataloging the autistic experience.

We aim for a future that is more accepting, accommodating, and empowering for autistic people. Our organization platforms autistic voices, prioritizing those who are underrepresented in autistic self-advocacy, and our contributors create free, accessible resources for autistic people and non-autistic parents, educators, service providers, partners, and other people who interact with autistic people.

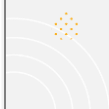
General BC

myBooklet BC

<https://mybookletbc.com/>

MyBooklet BC is a FREE online tool that families and people with disabilities can use to create a beautiful and personalized information booklet for a loved one or for themselves.

Are you tired of constantly repeating your “story” to doctors, teachers, therapists, friends and family? Do you wish all your important information was in one document? Do you wish you could share more than just the medical and diagnostic facts? If you answered yes to any of these questions, you’ll want YOUR OWN myBooklet now!





Pacific Autism Family Network

3688 Cessna Drive
Richmond, BC
Tel 604.207.1980

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

About

At Pacific Autism Family Network (PAFN), we provide an open, unique and collaborative environment for autism service providers, organizations, clinicians and researchers.

In this way, PAFN is helping to provide a convenient, “one-stop-shop” for families, and the opportunity for all stakeholders to work together towards new solutions. We are proud to have these organizations & programs listed below housed in our Hub and part of our collaborative network.

Programs include AIDE Canada, Able Development Clinic, AIMS Clinic, Employment Works, Autism Support Network, JET, and many more.

Transition Support for Youth Entering Adulthood

<https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/transition-planning-for-youth-young-adults>

About

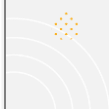
If you're a young person with a developmental disability, moving to adulthood can be a challenge. If you're the parent, guardian, or caregiver of a young person with a developmental disability, helping them move towards adulthood can be just as challenging. A Navigator can help you and your family with this transition.

A Navigator can help you plan for the future and on your journey to becoming an adult. Everyone is different, and your Navigator can help you meet your own goals and needs. They can help connect you with supports from government and your community.

Eligibility

This service may be right for you if you:

- Have a Developmental Disability, Autism Spectrum Disorder (ASD) or Fetal Alcohol Spectrum Disorder (FASD)
- Are between 16 and 24 years old
- Would like help planning for your future





Inclusion BC

227 6th Street
New Westminster, BC
Tel 604.777.9100

<https://inclusionbc.org/>

We are a federation working with partners to build community and to enhance the lives of children, youth, adults with intellectual and developmental disabilities, and their families by building awareness, inspiring action and advancing rights, responsibilities and social justice.

Programs and services include a virtual learning series, advocacy work, and employer and employment support.

Disability Alliance BC

#1450-605 Robson Street
Vancouver, BC
Tel 604.875.0188

<https://disabilityalliancebc.org/>

Our mission is to support people, with all disabilities, to live with dignity, independence and as equal and full participants in the community. We champion issues impacting the lives of people with disabilities through our direct services, community partnerships, advocacy, research and publications.

Programs and Services

Our Advocacy Access Program provides one-on-one assistance with provincial and federal (Canada Pension Plan Disability) income supports and other benefits.

Tax AID DABC helps people with disabilities living on low incomes to file their taxes year-round, and navigate other tax issues.

Access RDSP helps people with the Disability Tax Credit and with opening a Registered Disability Savings Plan (RDSP).

Our Disability Law Clinic is able to provide free legal advice and representation to people with disabilities who are dealing with human rights violations and discrimination.

Our Right Fit Program matches wheelchair users with accessible, affordable housing.

The Community and Residents Mentors Association (CARMA) was inspired by the experience of people with disabilities who left care facilities and established their lives in the community. Its purpose is to identify a network of peer support and to facilitate building relationships between mentors in the community and residents of George Pearson Centre.





Workshops: We provide workshops to community organizations, health care providers, businesses, and government.

Accessibility Projects: DABC disburses funds provided by the Ministry of Social Development and Poverty Reduction, to organizations managing projects that promote greater accessibility and inclusivity for people with disabilities in BC communities.

Provincial Outreach Program: Deaf and Hard of Hearing

4446 Watling St
Burnaby, BC
(Mailing Address)

Tel 604.296.9062 (Voice); 778.889.5663 (Text)

<https://popdhh.ca>

Provincial Outreach Program: Deaf and Hard of Hearing (POPDHH) is a Provincial Outreach Program funded by the Ministry of Education and Child Care, and hosted by the Burnaby School District. The focus of POPDHH is to collaborate with school districts in meeting the needs of all Deaf and Hard of Hearing learners. Through collaborative consultation, POPDHH supports educational teams in addressing the unique communication and learning styles of individual Deaf and Hard of Hearing students. To reach every student's potential, POPDHH promotes goals of language development, literacy, numeracy, cognitive development, self-advocacy, and self-confidence in becoming responsible, global citizens.

BC Centre for Ability

2805 Kingsway
Vancouver, BC
Tel 604.451.5511

<https://bc-cfa.org/>

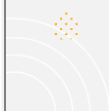
Employment assistance for people with a disability or chronic illness.

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.





Canucks Autism Network

1788 West 8th Avenue
Vancouver, BC
Tel 604.658.4049

<https://www.canucksautism.ca/contact-us/>

Canucks Autism Network (CAN) provides programs to individuals on the autism spectrum & their families, while promoting acceptance & inclusion through community engagement and training initiatives across BC & beyond.

Community Living BC

7th Floor, Airport Square
1200 – West 73rd Avenue
Vancouver, BC
Tel 604.664.0101 / Toll Free Tel. 1.877.660.2522

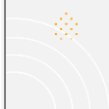
CLBCInfo@gov.bc.ca

<https://www.communitylivingbc.ca>

Who is CLBC?

Community Living BC, or CLBC, is the provincial crown corporation that funds supports and services to adults with developmental disabilities, as well as individuals who have a diagnosis of Autism Spectrum Disorder (ASD) or Fetal Alcohol Spectrum Disorder and who also have significant difficulty doing things on their own. The law that describes our role is the Community Living Authority Act.

CLBC was created in 2005 when individuals and families came together with government to create a separate agency to meet their unique needs. CLBC works with individuals, families, service providers, community and government partners to help create communities of belonging, and lives with connection.





SEXUAL WELL BEING & HEALTH SERVICES

Abbotsford

Abbotsford Youth Health Centre

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

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

Hours:

Monday – Friday
8:30am to 4:30pm

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)

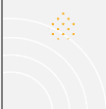
www.optionsforsexualhealth.org/providers/opt-abbotsford

Hours:

Wednesdays from 5:30pm to 7:30pm

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

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

Hours:

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

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

<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/care/clinic-finder/?fwp_clinics_map=48.974156%2C-123.018624%2C49.243851%2C-121.508004

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

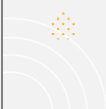
#2 – 22932 Lougheed Hwy
Maple Ridge, BC
Tel 604.380.3133 ext 2111

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

Hours:

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

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 8:30am to 4:30pm
Statutory Holidays: Closed.

Options for Sexual Health: Surrey Clinic

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

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

Hours:

Tuesdays from 6:00pm to 8:00pm

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

www.pregnancyoptionscentre.com/

Hours:

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

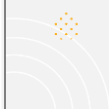
I think I'm pregnant...

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 to 5:00pm.

<https://vineyouthclinic.ca/>

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.





Vancouver

Youthco Aids Society

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

www.youthco.org

Hours:

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

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.

BLUSH

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

<https://www.vch.ca/en/service/blush>

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:

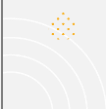
BLUSH, under Vancouver Coastal Health, is a peer-to-peer education program working with youth during the developmental window of age 12-18 to provide opportunities for youth to explore attitudes, values, and behaviours that support sexual health and well-being for lifelong impact.

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/>).

General

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:

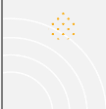
Monday to Friday from 9:00am to 9:00pm

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!





FOOD AND CLOTHING ACCESS

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 11:30am to 2:00pm. Clients are also able to enjoy coffee, soup and sandwiches from 10:00am to 12:30pm.

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 8:30am to 11:00am.

<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

www.langleyfoodbank.com

Hours:

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

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.

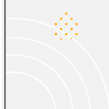
Maple Ridge

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 9:00am to 11:30am.

#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

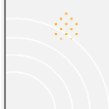
Registration: Call 604.460.4619 to make an appointment. Appointments are available Tuesdays and Wednesdays only; 9:00am to 11:30am.

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

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

Hours:

Tuesdays from 3:00pm to 6:00pm

Thursdays from 4:00pm to 7:00pm

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 5:00pm to 6:30pm

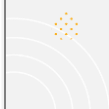
Tuesdays 1:00pm to 2:00pm

Wednesdays 10:30am to 12:30pm (FOR SENIORS 60+ ONLY)

Wednesdays 1:00pm to 3:00pm (New time!)

Thursdays 10:00am to 11:00am

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 4:45pm to 6:00pm.

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

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

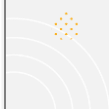
Hours:

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 8:30am to 4:00pm





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.

Vancouver

Dress For Success

Boutique Location
201-5118 Joyce St
Vancouver, BC
Tel. 604.408.7923

<https://dfs-vancouver.ca/client-services/dressing-services/>

Our flagship program, Dressing Services, offers women and gender-diverse individuals the opportunity to be dressed in professional attire for a job interview, work, or special suitings. We offer Dressing Services in-person and virtually, thanks to our Virtual Dressing Services sponsor: Amazon.ca. With the support of our stylists, each client is given a personalized shopping experience to find the perfect confidence-boosting outfit.





Offers dress services for interviews and professional settings, and for trans and gender diverse clients as well as newcomers.

Working Gear

475 Main, St Unit 228

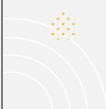
Vancouver, BC

Email info@workinggear.ca

Tel 778.877.0147

Working Gear provides industry appropriate clothing free of charge to help individuals enter the workforce in the Lower Mainland. Whether it's a suit for an interview or construction clothing and steel-toed boots for a job in the trades, Working Gear supports clients to find the clothing (and confidence) they need to find paid employment.

Working Gear also runs a barbershop and provides hair services onsite for clients to assist in preparing them to become work ready, build their self-worth, and reduce societal stigma they may face. We serve clients in our shop by appointment only. To be eligible for an appointment, clients must be approved through one of our referral agencies.





HOUSING

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!

Surrey

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/>

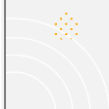
Youth choosing healthy alternatives to street involvement and actively working towards positive changes in their lives.

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.





New Westminster

Lookout Housing & Health Society

544 Columbia Street

New Westminster

Tel 604.255.0340

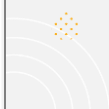
Email info@lookoutsociety.ca

<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.





EMPLOYMENT

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!

Belcarra

Sasamat Outdoor Centre

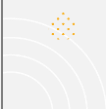
3302 Senkler Road
Belcarra, BC
Tel 604.939.2268

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.

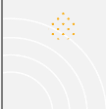
MYST – Manufacturing Youth Skills Training Program

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

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

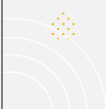
110 – 19925 Willowbrook Drive

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.

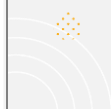
Surrey

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>

General BC

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.



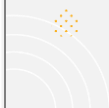


Youth Canada

Toll Free 1.800.935.5555

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

Information about programs and services available to youth.





VOLUNTEERING

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.bgcbbc.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

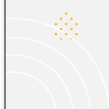
City of Langley Parks & Recreation

Tel 604.514.2865

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

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.

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

www.lapsbc.ca

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

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.

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.prda.ca/

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

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/>

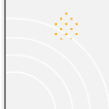
Surrey

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

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.

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/

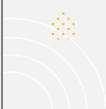
Get involved helping animals in need and learn how to treat them with compassion, respect and care.

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 4:00pm

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.

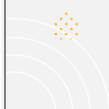
For more information, contact stewardship@surrey.ca.

Vancouver

Metro Vancouver Regional Parks

Lower Mainland

<https://metrovancover.org/services/regional-parks>





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@metrovancover.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.

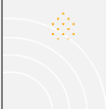
General BC

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!

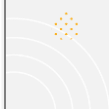
Links & Resources

Volunteer BC - <https://volunteerbc.bc.ca/>

Volunteer Canada - <https://volunteer.ca/>

Energize Inc - <https://www.energizeinc.com/>

Imagine Canada - <http://www.imaginecanada.ca/>





EDUCATION OPTIONS

Delta

Delta Continuing Education

4585 Harvest Drive

Delta, BC

Tel 604.946.4101

<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.

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.

Langley

Langley Education Centre

21405A 56th Avenue

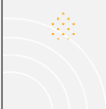
Langley, BC

Tel 604.534.7155

Email lec-reception@sd35.bc.ca

<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

<https://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.

Surrey

Learning Disabilities Association – Fraser South

#101 – 14225 57 Avenue
Surrey, BC
Tel 604.591.5156

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

The LDAH 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.

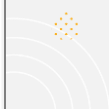
The Learning Disabilities Association was founded in 1970 by a group of parents concerned about the learning difficulties their children were experiencing. These small beginnings led to an organization that serves individuals with learning disabilities in Vancouver, Richmond, and Burnaby. Programs and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

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.

South Surrey/White Rock Continuing Education

Invergarry Adult education Centre

12772 88th Avenue
Surrey, BC
Tel 604.595.8218

<https://www.surreyschools.ca/invergarryadulterd>

Queen Elizabeth Adult Education Centre

9457 King George Boulevard
Surrey, BC
Tel 604.581.1413

<https://www.surreyschools.ca/queenelizabethcontinuingeducation>

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.





TRANSPORTATION

BC Transit Info Line

Tel 604.953.3333

<https://www.bctransit.com/choose-transit-system>

Delta

Delta Green Cab

Delta, BC

Tel 604.594.1111

<https://deltataxi.com/>

Maple Ridge

Alouette Taxi

20542 Dewdney Trunk Road

Maple Ridge, BC

Tel 604.465.5555

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

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.

Metro Vancouver

Trans Link

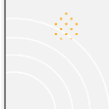
400 - 287 Nelson's Ct

New Westminster, BC

Tel 604.953.3333

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

Primary public transportation option for Metro Vancouver, including busses and trains. Website includes route planning, maps, and fare calculation.





Purchase, register and pre-load your compass card here:

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

Surrey

Surrey Metro Cabs

Surrey, BC
Tel 604.585.8888

<http://surreymetrocabs.com/>

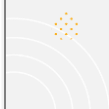
Surrey, Cloverdale, Langley

Pacific Cabs

Surrey, Cloverdale, Langley, BC
Tel 604.596.6666

<https://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.





GENERAL HEALTH

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

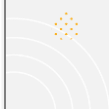
Ridge Meadows Foundry Youth Clinic

#2-22932 Loughheed Hwy
Maple Ridge, BC
Tel 604.380.3133

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

Hours:

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





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

<https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=32503524>

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.

General BC

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

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

Hours of Operations:

8:30am to 4:30pm

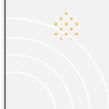
The Nurse Line 811

Tel 811

Hours:

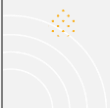
24 hours a day, 7 days a week

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





RESOURCES FOR YOUNG PARENTS

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

110 - 6470 201 Street
Langley, BC
Tel 604.539.2900

<https://bestbeginnings.fraserhealth.ca/default.aspx>

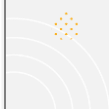
Find practical information and reliable resources for women, expectant parents, and families with babies and toddlers up to 2 years of age.

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

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



***Hours:***

Thursdays from 10:00am to 12:00pm

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

<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

