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, counselling, recreation and more.

COMMUNITY JUSTICE INITIATIVES

Fraser Region, British Columbia

TABLE OF CONTENTS

ABOUT YOUTH BLACK BOOK 10
ABOUT CJI 10
CONTACT US 12
YOUTH RESOURCES 13
Delta 13
Boys and Girls Club – Hillside Club (North Delta) 13
Langley 13
Boys and Girls Club – Langley Club 13
Encompass 14
Foundry 14
Langley Youth Hub 14
Maple Ridge – Pitt Meadows 15
Foundry 15
Maple Ridge/Pitt Meadows Community Services 15
New Westminster 16
Lower Mainland Purpose Society for Youth and Families 16
Surrey 16
Foundry Surrey Central 16
Surrey Youth Resource Centres 17
South Surrey – White Rock 18
Alex House 18
Peace Arch Resource Centre 18
CRISIS AND INFO LINES 19
Delta 19
Deltassist - Suicide Intervention 19
Surrey 19
SPEAC: Suicide Prevention Education & Counselling 19
General 19
Mind Your Mind 19
Youth in BC 20
Crisis Intervention & Suicide Prevention Centre 20
Fraser Health Crisis Line 21
Help Line for Children 21
Kids Help Phone 21
Salal – Sexual Violence Support Centre 22
MENTAL HEALTH 23
Delta 23
Mental Health – Delta Division 23
Reach Child & Youth Development Society 23
Langley 23
Ministry of Children and Family Services Office 23

Copyright © 2026 Community Justice Initiatives (CJI)

Maple Ridge 24
ACT II Counselling 24
Community Services (Main office) - Maple Ridge/Pitt Meadows) 24
Family Education and Support Centre 25
Youth Restorative Justice 25
Mission 25
Big Brothers Big Sisters of the Fraser Valley 25
Learn More 26
Ministry of Child and Family Development 26
BC Schizophrenia Society 26
Depression Hurts 26
Early Psychosis Intervention 28
Here to Help 28
Foundry 28
Teen Mental Health 29

DISORDERED EATING 30

Delta 30
Fraser South Eating Disorders Program 30
Surrey 30
Vine Youth Clinic 30
Vancouver 31
Looking Glass Foundation for Eating Disorders 31
General 31
Healthlink BC 31
National Eating Disorder Information Centre 32

GRIEF & LOSS 33

Delta 33
Delta Hospice Society 33
Langley 33
Langley Hospice Society 33
Maple Ridge 34
Ridge Meadows Hospice Society 34
Surrey 34
Surrey Hospice Society 34
White Rock 35
Peace Arch Hospice Society 35

SUBSTANCE USE, ADDICTION, SAFE SUPPLY 36

Abbotsford 36
Alateen - Abbotsford 36
Delta 36
Deltassist - Alcohol/Drug Program 36
Langley 36
Alano Club of Langley 36
Langley Community Services - Substance Use Services 37
Narcotics Anonymous - Langley 37

Copyright © 2026 Community Justice Initiatives (CJI)

Maple Ridge 38
Alouette Addiction Services 38
New Westminster 38
The Last Door 38
North Vancouver 39
Native Courtworker & Counselling Association of BC 39
Surrey 39
Addiction Services - PLEA Community Services 39
Detox Services for Youth 39
DEWY Program (PCRS) 39
DiverseCity Community Resources Society - Alcohol & Drug Program 40
Phoenix Drug/Alcohol Recovery & Education Society 40
Creekside Withdrawal Management Detox Services 40
White Rock 41
Sources Substance Use Services 41
General 42
Access Central - Detox Referral Line 42
Alcohol & Drug Information & Referral 42
ASTRA Program - Pacific Community Resources Society (PCRS) 42

VICTIM SERVICES 44

Coquitlam 44
Children of the Street Society 44
Langley 44
Ishtar Transition Housing Society 44
Maple Ridge 45
Cythera Transition House 45
Surrey 45
Atira Women's Resource Society 45
Sexual Abuse Counselling Centre 46
SEY: Stop Exploiting Youth 46
Surrey Women's Centre 46
Transition Houses - Options Community Services 47
White Rock 47
Durrant Transition House - Atira Women's Resource Society 47
General 47
The Prevention, Education, Advocacy, Counselling and Empowerment (PEACE) Program for Children and Youth Experiencing Violence 48
VictimLink 48
Youth Against Violence 48

BULLYING & CYBER BULLYING 50

Surrey 50
PSST – Protecting Surrey Schools Together 50
General 50
Need Help Now - Canadian Centre for Child Protection 50
Erase Bullying 50
Erase Cyberbullying 50

Copyright © 2026 Community Justice Initiatives (CJI)

Here to Help / Youth in BC 51
West Coast Leaf 51

NEWCOMER & REFUGEE RESOURCES 52

Langley 52
Settlement and Integration Services - LCSS 52
Surrey 52
DiverseCity Community Resource Society 52
General 53
Progressive Intercultural Services Society 53

BIPOC YOUTH RESOURCES 54

General 54
Black Youth Hotline 54
ResilienceBC – Anti-Racism Network 54
South Asian Mental Health Alliance 54
Support Network for Indigenous Women & Women of Color 55

INDIGENOUS YOUTH SUPPORTS 56

Langley 56
Langley Children- Aboriginal/Indigenous Programming 56
Lower Fraser Valley Aboriginal Society 56
Surrey 56
Fraser Region Aboriginal Friendship Centre 56
Métis Family Services 56
Waceya Métis Society 57
Tsawwassen 57
Tsawwassen First Nation Youth Centre 57
Vancouver 57
Urban Native Youth Association 57
General 58
FNHA (First Nations Health Authority) 58

LGBTQIA2S+ SUPPORT SERVICES 59

Langley 59
Friends of Dorothy 59
Langley Youth Hub 59
Surrey 59
PFLAG Surrey 59
Surrey Pride Society 59
Vancouver 60
Qmunity: BC's Queer Resource Centre 60
General BC 61
YouthInBC.com 61
QCHAT 61

TRANS YOUTH SUPPORT AND HEALTH CARE 62

Indigenous Youth 62

Copyright © 2026 Community Justice Initiatives (CJI)

Two-spirit Resources 62
Dancing to Eagle Spirit Society 62
Two Spirit Sweat Lodge 62
Trans BIPOC Resources 62
Sher Vancouver 62
MOSAIC 62
Healing in Color 63
Trans Youth 63
QMUNITY: BC's Queer Resource Centre 63
Point of Pride 63
Hope Air 63
Trans Care BC 63
Resources for Parents 64
Trans Care BC 64
CPATH (Canadian Professional Association for Transgender Health) 64
WPATH (World Professional Association of Transgender Health) 64
PFLAG Canada 64

DISABILITY RESOURCES 65

Langley 65
Inclusion Langley Society 65
North Vancouver 65
North Shore Disability Resource Centre 65
Learn More 66
AUsome Training 66
Neuroclastics 66
General BC 66
myBooklet BC 66
Pacific Autism Family Network 66
Transition Support for Youth Entering Adulthood 67
Inclusion BC 67
Disability Alliance BC 68
Provincial Outreach Program: Deaf and Hard of Hearing 68
BC Centre for Ability 69
Canucks Autism Network 69
Community Living BC 70

SEXUAL WELL BEING & HEALTH SERVICES 71

Abbotsford 71
Abbotsford Youth Health Centre - Foundry 71
Sexual Health Clinic – Abbotsford Public Health 71
Langley 72
Foundry Langley/Langley Youth Health Clinic 72
Sexual Health Clinic – Langley (Fraser Health) 72
Maple Ridge 72
Options for Sexual Health: Maple Ridge Clinic – 72
Foundry Ridge Meadows 72
Surrey 73

Copyright © 2026 Community Justice Initiatives (CJI)

Foundry Surrey-Central Youth Clinic 73
North Surrey Public Health Unit - Fraser Health 73
South Fraser Pregnancy Options Centre 74
White Rock 74
Vine Youth Clinic 74
Vancouver 75
BLUSH 75
General 75
Helpguide 75
Sex and U 75
Sex Sense – Options for Sexual Health 76
Hours: 76

FOOD AND CLOTHING ACCESS 77

Aldergrove 77
Aldergrove Food Bank 77
Delta 77
South Delta Food Bank 77
Langley 78
Langley Food Bank 78
Maple Ridge 78
Friends in Need Food Bank - Maple Ridge/ Pitt Meadows 78
Maple Ridge 79
Pitt Meadows Depot 79
Surrey 79
Cloverdale Community Kitchen 79
Surrey Food Bank Society 80
Gracepoint Community Church 80
Vancouver 81
Dress For Success 81
Working Gear 81

HOUSING 82

Abbotsford 82
Cyrus Centre 82
Surrey 82
All Nations Youth Safe House 82
New Westminster 83
Lookout Housing & Health Society 83

EMPLOYMENT 84

Abbotsford 84
Cyrus Centre 84
Belcarra 84
Sasamat Outdoor Centre 84
Delta 85
WorkBC Centre - Delta 85
Fraser Valley 85

Copyright © 2026 Community Justice Initiatives (CJI)

Mission Community Skills Centre 85
Triangle Community Resources: Futures for Youth Program 86
Langley 86
Inclusion Langley Society 86
Langley Community Services Society 86
WorkBC Centre – Aldergrove 87
WorkBC Centre – Langley 87
Maple Ridge 88
WorkBC - Maple Ridge 88
New Westminster 88
AWARE Society 88
Surrey 88
Baristas Program - Pacific Community Resources Society (PCRS) 88
Sources Community Resources Centres – Empowered for Employment 89
WorkBC Centre – Surrey 89
General BC 89
Youth Canada 89
VOLUNTEERING 90
Langley 90
Big Brothers Big Sisters of Langley 90
Boys & Girls Clubs of Langley 90
City of Langley Parks & Recreation 90
Critter Care Wildlife Society 91
Langley Animal Protection Society (LAPS) 91
Langley Community Farmers Market 91
Pacific Riding for Developing Abilities (PRDA) 92
Maple Ridge 92
Maple Ridge/Pitt Meadows Community Services 92
Surrey 92
Options Community Services Society 92
Surrey Crime Prevention Society 93
Surrey SPCA 93
Surrey Volunteer Resources 93
Vancouver 94
Metro Vancouver Regional Parks 94
White Rock 95
Sources Community Resources Centres 95
General BC 95
BC SPCA 95
Taking it Global 96
Links & Resources 96
EDUCATION OPTIONS 97
Delta 97
Delta Continuing Education 97
Kwantlen Polytechnic University 97
Langley 97

Copyright © 2026 Community Justice Initiatives (CJI)

Langley Education Centre 97
Whytecliff Agile Learning Centre 98
Surrey 98
Learning Disabilities Association – Fraser South 98
Pathfinder Youth Centre Society 98
South Surrey/White Rock Continuing Education 99
Invergarry Adult education Centre 99
Queen Elizabeth Adult Education Centre 99
Surrey Academy of Innovative Learning (SAIL) 99

TRANSPORTATION 100

BC Transit Info Line 100
Delta 100
Delta Green Cab 100
Maple Ridge 100
Alouette Taxi 100
Metro Vancouver 100
Trans Link 100
Surrey 101
Surrey Metro Taxi 101
Surrey, Cloverdale, Langley 101
Pacific Cabs 101
General BC 101
Uber 101
BC Transit 101
Ebus 101

GENERAL HEALTH 102

Delta 102
Delta Hospital 102
Langley 102
Langley Memorial Hospital 102
Langley Urgent and Primary Care Centre 102
Maple Ridge 103
Ridge Meadows Foundry Youth Clinic 103
Ridge Meadows Hospital 103
Surrey 103
Surrey Memorial Hospital 103
White Rock 104
Peace Arch Hospital 104
General BC 104
Dietician Services 104
First Nations Health Authority (Fraser Region) 104
The Nurse Line 811 104

RESOURCES FOR YOUNG PARENTS 106

Delta 106
Deltassist - Nobody's Perfect Parenting 106

Copyright © 2026 Community Justice Initiatives (CJI)

Langley 106
Best Beginnings, Pregnancy and Baby - Fraser Health 106
Pregnant and Parenting Youth Outreach (Encompass) 106
Surrey 107
Growing Together Young Parent Outreach and Housing Support Program 107
General BC 107
Young Parent Program (Province of BC) 107

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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, counselling, 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.

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"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:

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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

Mailing address:
Unit 205-22314 Fraser Hwy
Langley, BC
Canada V3A 8M6

Email: mail@cjibc.org

Visit our website at: www.cjibc.org

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YOUTH RESOURCES

Delta

Boys and Girls Club – Hillside Club (North Delta)

11339 84th Avenue
North Delta, BC
Tel 604.596.9595

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*.

Programs include:

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

*Find Locationand Hours **here**.*

Langley

Boys and Girls Club – Langley Club

5409A 206th Street
Langley, BC
Tel 604.533.8552

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*.

Programs include:

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

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Last revised October 7, 2026

*Find Location and Hours **here**.*

Encompass

#103-20230 64th Avenue
Langley, BC
Tel 604.534.2171

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* here. They provide counselling, support and resources for youth and families.

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**.*

Foundry

20616 Eastleigh Crescent
Langley, BC
Tel 604.546.2700

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 in the Langley areas. More information can be found on their website.

Programs include:

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

*Find Location and Hours **here**.*

Langley Youth Hub

6275 203rd Street
Langley, BC
Tel 604.546.1130

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Led by the lead agency, Encompass Support Services Society, and a number of community partners, Langley Youth Hub provides opportunities to meet the basic needs of youth including food, showers, laundry, and toiletries.

Programs include:

- Youth Street Outreach
- Hub Outreach Services
- Youth Housing Placement and Support
- Friends of Dorothy

*Find Location and Hours **here**.*

Maple Ridge – Pitt Meadows

Foundry

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

Foundry Ridge Meadows offers young people aged 12-24 living in the Ridge Meadows area access to health and social services. More information can be found on their website.

Programs include:

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

*Find Location and Hours **here**.*

Maple Ridge/Pitt Meadows Community Services

22768 119th Avenue
Maple Ridge, BC
Tel 604.467.6911

Website: 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.

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New Westminster

Lower Mainland Purpose Society for Youth and Families

40 Begbie Street
New Westminster, BC
Tel 604.526.2522

Website: 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 or to access the van call 604.351.1885.

Surrey

Foundry Surrey Central

10280 City Parkway
Surrey, BC
Tel 604.677.4983 / Medical Health Clinic 778.370.7281

Website: www.foundrybc.ca/centre/surreycentral

Hours:

Monday to Thursday from 9:00am to 7:00pm
Friday from 9:00am to 6:00pm

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Foundry Surrey-Central will offer young people aged 12-24 access to mental health and substance use support, primary care, peer support and social services. Foundry Surrey's vision statement: "A safe and inclusive place where young people and families find flexible, accessible, non-judgmental support and care to meet their needs." More information can be found on their website.

Programs include:

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

Find Location and Hours here:

Monday to Thursday from 9:00am to 7:00pm
Friday from 9:00am to 6:00pm

Surrey Youth Resource Centres

10453 Whalley Blvd
Surrey, BC
Tel 604.592.6200

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

Hours:

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

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South Surrey – White Rock

Alex House

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

Website: www.alexhouse.net/programs-for-youth

If you need a place to go for information, or if you need assistance, you can go to *Alex House*. 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

Website: 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.

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CRISIS AND INFO LINES

Delta

Deltassist – Suicide Intervention

Delta, BC
Tel 604.594.3455

Website: www.deltassist.com/programs/counselling/youth-suicide-intervention

A child/youth suicide prevention program that is accessed with a **referral** from your school district or the Ministry of Children and Family Development. They provide:

- short-term counselling for children and youth ages 5 through 19 in Delta
- suicide assessment, short-term intervention, safety planning, case management and referrals to other resources

Surrey

SPEAC: Suicide Prevention Education & Counselling

9815 140th Street
Surrey, BC
Tel 604.584.5811 ext 11366

Website: www.options.bc.ca/program/suicide-prevention-education-and-counselling

For children and youth aged 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

Website: www.mindyourmind.ca/help/im-crisis

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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 to 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. 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

24-Hour Crisis Lines:

National Suicide Crisis Helpline 9-8-8 (call or text)
Toll Free 1.800.SUICIDE (784.2433)
Mental Health Support Line 310-6789 (no area code needed)

Website: www.youthinbc.com

YouthInBC.com is run by the *Crisis Intervention & Suicide Prevention Centre of BC*, 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 9.8.8 (call or text)
Mental Health Support Line 310.6789 (no area code needed)
Toll Free 1.800.SUICIDE (784.2433)

Website: 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

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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

Website: 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)

Website: www.crisiscentre.bc.ca

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

Website: www.kidshelpphone.ca

What is Kids Help Phone?

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

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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 Centre

24-Hour Crisis & Information Line

Lower Mainland: 604.255.6344
National Toll Free: 1.877.392.7583

Website: 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.

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MENTAL HEALTH

Delta

Mental Health – Delta Division

11861 88th Avenue
Delta, BC
Tel 604.501.3237

Website: www.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

Website: 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 Services Office

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

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.

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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 counselling
- help you learn to manage money

Maple Ridge

ACT II Counselling

203-11743 224 Street
Maple Ridge, BC
Tel 604.463.0965

Website: 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 centred, 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

Website: www.comservice.bc.ca

Hours:

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

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

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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 Centre

22554 Lougheed Hwy
Maple Ridge, BC
Tel 604.467.6055

Website: 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

22768 119th Avenue
Maple Ridge, BC
Tel 604.467.6911 ext. 1159

Website: www.comservice.bc.ca/programs-services/restorative-justice

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 9 and up that may be in conflict with the law. All of our programs promote responsibility, reliability, and resiliency and help youth truly understand the effect 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

Website: https://fraservalley.bigbrothersbigsisters.ca/

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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.

Learn More

Ministry of Child and Family Development

Child and Youth Mental Health Services

More information can be found here.

Dealing with Depression: Anti-Depressant Skills for Teens

This Guide is for teens and adults, and is intended to assist youth aged 13 to 17 who suffer from depression or who believe they have an early or mild form of depression.

BC Schizophrenia Society

Website: www.bcss.org

Our Vision

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

Our Mission

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

Support and information for people with Schizophrenia and their families.

Depression Hurts

Website: www.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.

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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

Website: 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

Website: www.heretohelp.bc.ca

We are here to help

Here-to-Help 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

Website: www.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

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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 on-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-judgemental 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

Website: www.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).

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DISORDERED EATING

Delta

Fraser South Eating Disorders Program

6345 120th Street
Delta, BC
Tel 604.592.3700

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. More information can be found here.

Surrey

Vine Youth Clinic

15455 Vine Avenue
White Rock, BC
Tel 604.542.3926

Hours:

Monday and Wednesday from 3:30pm to 6:30pm

Closed on Statutory Holidays

Website: https://vineyouthclinic.ca/

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.

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Vancouver

Looking Glass Foundation for Eating Disorders

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

Website: 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

Website: www.healthlinkbc.ca

Just three numbers **811** on the phone or online 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.

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National Eating Disorder Information Centre

Toll Free 1.866.633.4220

Website: www.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.

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GRIEF & LOSS

Delta

Delta Hospice Society

1521 56 Street
Delta, BC
Tel 604.943.4348 or 1.800.232.1589

Hours:

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

Website: www.deltahospicesociety.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 from 8:30am to 4:30pm

Website: www.langleyhospice.com

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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

Website: www.ridgemeadowshospicesociety.com

Hours:

Monday to Friday from 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

Surrey Hospice Society

#209-8236 128 Street
Surrey, BC
Tel 604.584.7006
Email info@surreyhospice.com

Website: 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.

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White Rock

Peace Arch Hospice Society

15435 16A Avenue
South Surrey, BC
Tel 604.531.7484

Website: www.whiterockhospice.org

When you or your loved one is 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.

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SUBSTANCE USE, ADDICTION, SAFE SUPPLY

Abbotsford

Alateen – Abbotsford

Bethen Reformed Church
3260 Gladwin Road
Abbotsford, BC
Tel 1.888.425.2666

Website: www.bcyukon-al-anon.org

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

Delta

Deltassist – Alcohol/Drug Program

9097 120 Street
Delta, BC
Tel 604.594.3455 ext. 108

Website: www.deltassist.com/programs/counselling/substance-use-alcohol-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

More information can be found here.

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Hours:

Monday to Sunday 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

Website: www.lcss.ca

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

More information can be found here.

Narcotics Anonymous – Langley

Tel 1.877.909.3636

Narcotics Anonymous is not affiliated with other organizations, including other twelve step programs, treatment centres, 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.

More information can be found here.

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Maple Ridge

Alouette Addiction Services

106 - 22838 Lougheed Hwy
Maple Ridge, BC
Tel 604.467.5179

Website: 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

Website: www.lastdoor.org

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. More information can be found here.

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North Vancouver

Native Courtworker & Counselling Association of BC

207-1999 Marine Drive
North Vancouver, BC
Tel 604.985.5355

Website: 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

Addiction Services – PLEA Community Services

Tel 604.871.0450

Website: www.plea.ca

PLEA offers a unique four-month (for young men) and six-month (for young women) treatment program serving youth aged 12 to 18 whose substance use is problematic. More information can be found here.

Detox Services for Youth

Surrey, BC
Tel 2.1.1

Website: 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

Website: www.pcrs.ca

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 though building community, cultural, familial and social

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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

Website: www.dcrs.ca

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. More information can be found here.

Phoenix Drug/Alcohol Recovery & Education Society

13686 94A Avenue
Surrey, BC
Tel 604.583.7166

Website: 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

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. More information can be found here.

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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.

White Rock

Sources Substance Use Services

882 Maple Street
White Rock, BC
Tel 604.538.2522

Website: www.sourcesbc.ca

Hours:

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

Sources Substance Use Services provide 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.

More information can be found here.

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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

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. More information can be found here.

ASTRA Program – Pacific Community Resources Society (PCRS)

Website: www.pcrs.ca

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.

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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

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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

Website: 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

Website: 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.

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Maple Ridge

Cythera Transition House

22318 McIntosh Avenue
Maple Ridge, BC
Tel 604.467.9939

Website: 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

Website: 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.

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Sexual Abuse Counselling Centre

9815 140th Street
Surrey, BC
Tel 604.584.5811 ext. 11325

Website: www.options.bc.ca

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. More information can be found here.

SEY: Stop Exploiting Youth

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

Website: 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

Website: www.surreywomenscentre.ca

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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*

Website: www.options.bc.ca

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

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

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

White Rock

Durrant Transition House – Atira Women's Resource Society

White Rock, BC
Tel 604.531.9151
Email durrantsupport@atira.bc.ca

Website: https://atira.bc.ca/

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 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

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

Tel 604.522.3722 ext. 118

Website: www.bcsth.ca

Counselling for youth impacted by family violence (5 to 18 years). More information can be found here.

VictimLink

Toll Free 1.800.563.0808
Available 24 hours/day

Website: 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

Website: www.victimlinkbc.ca/youth-against-violence

The Youth Against Violence Line provides support and referrals to help young people navigate challenging situations. Services are free, confidential, and available 24/7.

Call or text 1.800.680.4264 or email them at 211-victimlinkbc@uwbc.ca.

No matter what you are going through, you deserve support that is safe, easy to access, and judgement-

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free. The Youth Against Violence Line offers confidential and anonymous help so that you can speak openly without pressure or obligation.

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

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BULLYING & CYBER BULLYING

Surrey

PSST – Protecting Surrey Schools Together

Website: www.psst-bc.ca

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. More information can be found here.

General

Need Help Now – Canadian Centre for Child Protection

Website: www.needhelpnow.ca

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

Website: www2.gov.bc.ca/gov/content/erase

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

Website: https://www2.gov.bc.ca/gov/content/erase/school-and-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.

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Here to Help / Youth in BC

Tel 604.872.3311
Toll Free 1.866.661.3311

Website: www.heretohelp.bc.ca or 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

Website: www.westcoastleaf.org

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.

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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

Website: www.lcss.ca

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.

More information can be found here.

Surrey

DiverseCity Community Resource Society

13455 76th Street
Surrey, BC
Tel 604.597.0205

Website: 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).

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General

Progressive Intercultural Services Society

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

Website: www.pics.bc.ca

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.

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BIPOC YOUTH RESOURCES

General

Black Youth Hotline

Tel 416.285.9944
Email info@blackyouth.ca

Website: www.blackyouth.ca

More than a "Helpline" and service all youth, our "Helpline" serves as the point of contact to our professional services from youth, families, school districts and a variety of youth service 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

Website: www.resiliencebc.ca

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

Website: www.samhaa.org

For a Punjabi translation, click here.

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, and 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.

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Support Network for Indigenous Women & Women of Color

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

Website: 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 that 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.

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INDIGENOUS YOUTH SUPPORTS

Langley

Langley Children- Aboriginal/Indigenous Programming

Website: www.langleychildren.com/resources-near-you/aboriginal-indigenous-programming/

Directory of services provided locally by organizations.

Lower Fraser Valley Aboriginal Society

Website: www.lfvas.org

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 Centre

Head Office:
A101-10095 Whalley Blvd
Surrey, BC V3T 4G1
Tel 604.595.1170
Email reception@frafca.org

Website: www.frafca.org

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

Website: 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).

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Waceya Métis Society

5631A 176A Street
Surrey, BC
Tel 604.841.9675
Email waceyacc@mnbc.ca & wmslangley@gmail.com

Website: www.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

Website: 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

Website: www.unya.bc.ca

Urban Indigenous youth, Canada's faster 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.

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General

FNHA (First Nations Health Authority)

701-1166 Alberni St.
Vancouver, BC V6E 3Z3
Tel 1.855.550.5454

Website: www.fnha.ca

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

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LGBTQIA2S+ SUPPORT SERVICES

Langley

Friends of Dorothy

6275 203 Street
Langley, BC
Tel 604.546.1130
Text 604.928.6621

Website: www.langleychildren.com/service-types/friends-of-dorothy/

Friends of Dorothy is an inclusive, safe, LGBTQ2S+ centred, 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

Website: www.langleyyouthhub.com

See website for complete list of 2SLGBTQIA+ Services.

Surrey

PFLAG Surrey

Website: www.pflagsurrey.ca

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

Website: www.surreypride.ca

Surrey Pride Society brings together members of the 2SLGBTQ. The Society brings together members of the 2SLGBTQ+ community, friends, allies and supporters in celebration of the peerless spirit and culture by

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producing timeless, inclusive events through-out the year: Surrey Pride Festival, Youth Socials, Fundraisers, Dances and Karaoke Nights.

Vancouver

Qmunity: BC's Queer Resource Centre

1170 Bute Street
Vancouver, BC
Tel 604.684.5307
Toll Free 1.800.566.1170

Website: www.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

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General BC

YouthInBC.com

Website: 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 more 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 to 1:00am in BC & Yukon only.

QCHAT

Website: 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.

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TRANS YOUTH SUPPORT AND HEALTH CARE

Indigenous Youth

Two-spirit Resources

Email info@nativeyouthsexualhealth.com

Website: www.nativeyouthsexualhealth.com/yamom

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

Website: 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

Website: 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

Website: www.mosaicbc.org/our-programs/services-for-newcomer-lgbtq-refugees

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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

Website: 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

Website: www.qmunity.ca/post/bras-binders-breast-forms-bbb-program-expansion

A program that provides free gender affirming garments to youth anywhere in BC. Fitting Room locations can be found in Vancouver or Abbotsford, BC (Foundry).

I <3 My Chest

Website: www.qmunity.ca/post/i-3-my-chest-a-chest-health-resource-for-trans-folk

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

Point of Pride

Website: 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

Website: www.hopeair.ca

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

Trans Care BC

Tel 1.866.999.1514

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Website: 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

Website: www.phsa.ca/transcarebc/gender-basics-education/education-resources/online-courses

CPATH (Canadian Professional Association for Transgender Health)

Email info@cpath.ca

Website: www.cpath.ca

WPATH (World Professional Association of Transgender Health)

Trainings and Conferences

Website: www.wpath.org

PFLAG Canada

Website: www.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.

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DISABILITY RESOURCES

Langley

Inclusion Langley Society

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

Website: www.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

Website: www.inclusionlangley.com/services-for-children

Youth Services

Website: www.inclusionlangley.com/services-for-youth

North Vancouver

North Shore Disability Resource Centre

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

Website: www.nsdrc.org

The North Shore Disability Resource Centre 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.

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Learn More

AUsome Training

Website: www.ausometraining.com

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

Neuroclastics

Website: www.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

Website: www.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

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Website: 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

About

If you are a young person with a developmental disability, moving to adulthood can be a challenge. If you are the parent, guarding, 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.

More information can be found here.

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

Website: www.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.

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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

Website: www.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

Mailing Address:
4446 Watling St
Burnaby, BC

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Tel 604.296.9062 (Voice); 778.889.5663 (Text)

Website: www.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

Website: www.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

Website: www.canucksautism.ca

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.

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Community Living BC

7th Floor, Airport Square
1200-West 73rd Avenue
Vancouver, BC
Tel 604.664.0101 / Toll Free 1.877.660.2522
Email CLBCInfo@gov.bc.ca

Website: 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.

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SEXUAL WELL BEING & HEALTH SERVICES

Abbotsford

Abbotsford Youth Health Centre – Foundry

101-32555 Simon Avenue
Abbotsford, BC
Tel 604.746.3392
Email ayhc@foundryabbotsford.bc

Website: www.archway.ca/program/abbotsford-youth-health-centre

Hours:

Monday from 12:00pm to 3:00pm
Tuesday from 3:00pm to 6:30pm
Wednesday from 3:00pm to 6:00pm
Thursday from 3:00pm to 6:00pm

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

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

Sexual Health Clinic – Abbotsford Public Health

#104-34194 Marshall Road
Abbotsford, BC
Tel 604.864.3400

Hours:

Wednesdays: By Appointment from 12:00pm to 3:00pm or Drop-in from 4:00pm to 7:00pm

Thursdays: By Appointment from 8:45am to 12:00pm or Drop-in from 1:00pm to 4:00pm

Please call to book appointment.

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Langley

Foundry Langley/Langley Youth Health Clinic

20616 Eastleigh Crescent
Langley, BC
Tel 604.546.2700

Provides free confidential information and education regarding sexuality and health to youth up to 24 years old including:

- birth control education
- pregnancy testing
- decision making
- STI information
- examinations and treatment
- HIV education and testing.

Clinic availability is subject to change. Please call the clinic in advance to confirm.

Sexual Health Clinic – Langley (Fraser Health)

#110-6470 201 Street
Langley, BC
Tel 604.539.2900

Hours:

Tuesdays: Drop-in from 12:00pm to 7:00pm

Wednesdays: By Appointment from 8:45am to 12:00pm or Drop-in from 1:00pm to 4:00pm or 1:00pm to 5:30pm (depending on the week).

Drop-in clinics are first come, first served. Please call on the day of to ensure availability.

Maple Ridge

Options for Sexual Health: Maple Ridge Clinic – Foundry Ridge Meadows

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

Website: www.optionsforsexualhealth.org/clinic/maple-ridge-opt-clinic

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Hours:

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

For youth only up to age 25. Drop-in for all services EXCEPT STI care.

Our clinic provides sexual and reproductive health services for all genders, all orientations, and all ages. Services include:

- Free birth control for people with BC with MSP
- STI care
- Pap screening
- Pregnancy testing
- Pregnancy options counselling
-

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

Foundry Surrey-Central Youth Clinic

10280 City Parkway
Surrey, BC
Tel 778.370.7281

Youth clinics offer judgement-free, confidential sexual health care for all youth. At youth clinics, you can talk about sexual health with specially trained nurses and doctors. Services you can access are:

- Birth control education
- Birth control provision
- Education on sexual health
- Free condoms
- Free emergency contraception/Plan B
- Free Naloxone kits
- Free harm reduction supplies
- Free pregnancy testing and options counselling
- STI information, testing and free treatment
- HIV education
- HIV testing
- HIV PrEP information

North Surrey Public Health Unit - Fraser Health

220-10362 King George Highway
Surrey, BC
Tel 604.587.7900

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This public health unit offers a range of services to promote health and wellness in the community including a sexual health clinic. More information can be found here.

Hours:

Monday to Friday from 8:30am to 7:30pm
Saturday, Sunday and holidays from 8:30am to 4:30pm

South Fraser Pregnancy Options Centre

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

Website: www.pregnancyoptionscentre.com

Hours:

Tuesdays & Thursdays from 10:00am to 3:00pm

All services are free, confidential and non-judgemental. They offer:

- Options education
- Material support
- Community referrals
- Post-abortion counselling

They also have the **STAND Program** – Sex, Teens, and Necessary Discussions is our educational outreach program for high school students. It facilitates honest, age-appropriate conversations around relationships, sexual health, consent, and decision-making.

White Rock

Vine Youth Clinic

15455 Vine Avenue
White Rock, BC
Tel 604.542.3926

Hours:

Appointments are available on Wednesdays from 2:00pm to 5:00pm.

Website: www.vineyouthclinic.ca

Provides free and confidential health care for youths aged 12 to 24. Doctors and Youth Workers provide consultations to address your physical and mental health concerns, including general medical issues, sexual

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health (including free STI testing and free birth control), mental health assessments and referrals, as well as addictions assessments and counselling.

Vancouver

BLUSH

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

Website: www.vch.ca/en/service/blush

BLUSH provides opportunities for youth to explore attitudes, values, and behaviours that support sexual health and well-being for lifelong impact.

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.

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!

Learn more on their website www.helpguide.org.

Sex and U

Website: 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.

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Toll Free 1.800.739.7367

Sex Sense – Options for Sexual Health

Tel 1.800.739.7367 or 604.731.7803

Website: www.optionsforsexualhealth.org/sex-sense

Hours:

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

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!

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FOOD AND CLOTHING ACCESS

Aldergrove

Aldergrove Food Bank

3025 264 Street
Aldergrove, BC
Tel 604.857.1671

Website: www.langleyfoodbank.com/aldergrove

Hours:

Tuesdays from 10:45 to 1:45pm and/or enjoy coffee, soup and sandwiches starting at 9:15am

Distribution is out of St. Dunstan's Church. Other community resources available at this location are:

- Stepping Stone/Encompass provide support for adults at risk of homelessness, as well as tax preparation, replacement of lost ID and other services
- Clothes2U provides clothing and small household items free of charge

Delta

South Delta Food Bank

5545 Ladner Trunk Road
Delta, BC
Tel 604.946.1967

Website: www.sites.google.com/ladnerlife.com/southdeltafoodbank

Hours:

Registration & Distribution begins on Wednesday mornings from 8:30am to 11:00am.

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.

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Langley

Langley Food Bank

#10-20308 Logan Avenue
Langley, BC
Tel 604.533.0671

Website: www.langleyfoodbank.com

Hours:

Mondays, Wednesdays and Fridays from 9:30am 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)

Website: www.friendsneedfood.com

Provide food and assistance to those most in need in Maple Ridge and Pitt Meadows.

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How to Register

Maple Ridge

To register, click the link and press the orange "Book Now" button. Appointments are available Tuesday to Friday from 9:00am to 11:45am.

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

Please bring the following:

- A valid government ID – one piece with picture
- Proof of address in Maple Ridge or Pitt Meadows
- ID must be provided for every adult in the household wishing to register
- Information on how you receive your income

Pitt Meadows Depot

Registration: Call 604.460.4619 to make an appointment. Appointments are available Tuesdays and Wednesdays only from 9:00am to 11:30am. More information can be found here.

12240 Harris Road (Grace Community Church)

Please bring the following:

- A valid government ID – one piece with picture
- Proof of address in Maple Ridge or Pitt Meadows
- ID must be provided for every adult in the household wishing to register
- Information on how you receive your 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.

Surrey

Cloverdale Community Kitchen

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

Website: www.storehousesociety.ca

Community Meals

Dinner is served Monday to Friday. Doors open at 5:45pm and close at 6:45pm. Meals are not served on statutory holidays.

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Storehouse Regional Food Bank

Registration is currently CLOSED.

If you would like to be added to waiting list for future registration opportunities, please submit form on website.

Mobile Meals Program

This service supports seniors, people with mobility challenges, and those facing temporary crisis in Cloverdale, Surrey, Langley and White Rock. Ever meal is prepared with care by kitchen staff and delivered by volunteers.

Delivery days are Monday through Thursday between 4:00pm to 5:30pm. Meals are available for just $8.00.

More information can be found here.

Surrey Food Bank Society

13478 78 Avenue Unit 1
Surrey, BC
Tel 604.531.5443

Website: www.surreyfoodbank.org

Surrey Food Bank supports individuals and families across Surrey and North Delta with reliable access to nutritious food in a respectful, welcoming environment. Please visit the website for more information or to register.

Gracepoint Community Church

3487 King George Boulevard
Surrey, BC
Tel 604.538.1825

Website: 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 from 5:00pm to 6:00pm.

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Vancouver

Dress For Success

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

Website: www.dfsvancouver.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
Tel 778.877.0147
Email info@workinggear.ca

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.

More information can be found here.

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HOUSING

Abbotsford

Cyrus Centre

2616 Ware Street
Abbotsford, BC
Tel 604.859.5773

Website: www.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)

Website: www.frafca.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.

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New Westminster

Lookout Housing & Health Society

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

Website: www.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.

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EMPLOYMENT

Abbotsford

Cyrus Centre

2616 Ware Street
Abbotsford, BC
Tel 604.859.5773

Website: www.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

Website: 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.

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Delta

WorkBC Centre – Delta

4899 Delta Street
Delta, BC
Tel 604.591.9116
Email centre-delta-delta@workbc.ca

Website: www.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

Website: www.missioncsc.org

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.

Express to Success

Express to Success is a paid, six-week youth employment program designed just for you. Funded by the Government of Canada's Youth Employment and Skills Strategy, we're here to help you navigate the job market, explore purpose-driven career paths, and even dip your toes into entrepreneurship. This program is designed for 16–30-year-olds, living in BC and facing challenges in finding meaningful employment. More information can be found here.

Food Kills BC for Newcomers

This program is for individuals who are new to Canada within the last 10 years and struggling to find a sustainable career. Their mission is to connect individuals with training and work opportunities in the local food sector, breaking down barriers to employment and setting each person up for success. More information can be found here.

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Triangle Community Resources: Futures for Youth Program

Website: www.triangleresources.com/rite-program

Supporting Youth aged 15-30 with flexible and holistic services to gain the confidence, skills and experience needed to find and sustain meaningful employment.

The Futures for Youth Program provides a supportive environment for young Canadians aged 15-30 to learn life and employability skills, discover their interests, and obtain the training and paid work experience to successfully find and sustain meaningful employment. Youth will be provided with a living allowance during the 5-week workshop series and other supports as needed while gaining the confidence, skills and experience necessary to be successful in employment.

Langley

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

Website: www.inclusionlangley.com

YouthWorks is an Inclusion Langley Society funded initiative for youth 16-19 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 suitable employment opportunity. Typical jobs are for up to 6 weeks through the summer, with the possibility of ongoing part-time employment. Students will be provided with the required on-the-job support and coaching to ensure their success. Youth are referred to YouthWorks by Langley School Partners. More information can be found here.

Langley Community Services Society

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

Website: www.lcss.ca

Langley Community Services offers employment programs aimed to support participants in gaining skills, confidence and experience needed to find a job or move on to further training.

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Skills to Success Program

This is a youth employment program, designed to assist youth enter BC labour market. The program is 18 weeks in duration and consists of 6 weeks in class, with 10 weeks of job placement. The clients are paid whilst they attend the 6-week classes. More information can be found here.

Mentor Bridging for Newcomers Program

This program is designed to match newcomers who have been in Canada for less than 10 years to local professional mentors with similar employment background or experience in the field or job. More information can be found here.

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

Website: www.workbccentre-langley-willowbrook.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.

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Maple Ridge

WorkBC – Maple Ridge

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

Website: www.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

Website: www.awaresociety.bc.ca

Free job search workshops and programs.

Surrey

Baristas Program – Pacific Community Resources Society (PCRS)

Surrey, BC

Website: www.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

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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

Website: www.sourcesbc.ca

Our Empowered for Employment programs support individuals facing barriers to employment to prepare for, obtain and maintain employment. More information can be found here.

WorkBC Centre – Surrey

Unit 202-17700 56 Avenue
Surrey, BC
Tel 778.547.5020
Email centre-surrey-56@workbc.ca

Website: www.workbc.ca/workbc-centres/workbc-centre-surrey-56

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.

General BC

Youth Canada

Toll Free 1.800.935.5555

Website: www.canada.ca/en/services/youth.html

Information about programs and services available to youth.

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VOLUNTEERING

Langley

Big Brothers Big Sisters of Langley

Suite 201-20538 Fraser Highway
Langley, BC
Tel 604.530.5055

Website: 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

Website: www.bgcbc.ca/locations/langley

"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

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City of Langley Parks & Recreation

Tel 604.514.2865

Website: www.langleycity.ca/community-culture/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.

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Critter Care Wildlife Society

481 - 216th Street
Langley, BC
Tel 604.530.2054

Website: 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

Website: 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

Website: www.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.

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!

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Pacific Riding for Developing Abilities (PRDA)

1088 - 208th Street
Langley, BC
Tel 604.530.8717

Website: 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

Website: 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.

Surrey

Options Community Services Society

9815 140th Street
Surrey, BC
Tel 604.584.5811

Website: 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!

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Surrey Crime Prevention Society

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

Website: 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.

Surrey SPCA

16748 50th Avenue
Surrey, BC
Volunteer Line 604.574.1711

Website: 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

Website: 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.

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Youth Leadership – City of Surrey

For more information, contact youth@surrey.ca.

Website: 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.

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

Website: www.metrovancouver.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.

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White Rock

Sources Community Resources Centres

White Rock, BC
Tel 604.542.4357

Website: 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

Website: www.spca.bc.ca

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!

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Taking it Global

Website: 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: www.volunteerbc.bc.ca
Volunteer Canada: www.volunteer.ca
Energize Inc: www.energizeinc.com
Imagine Canada: www.imaginecanada.ca

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EDUCATION OPTIONS

Delta

Delta Continuing Education

4585 Harvest Drive
Delta, BC
Tel 604.946.4101

Website: 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

Website: 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

Website: www.sd35.bc.ca/lec

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.

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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

Website: www.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

Website: www.ldafs.org

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

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

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

Website: www.pathfinderyouthsociety.org

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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

Website: www.surreyschools.ca/invergarryadulted

Queen Elizabeth Adult Education Centre

9457 King George Boulevard
Surrey, BC
Tel 604.581.1413

Website: www.surreyschools.ca/queenelizabethcontinuingeducation

Surrey Academy of Innovative Learning (SAIL)

14033 92nd Avenue
Surrey, BC
Tel 604.592.4263

Website: www.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.

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TRANSPORTATION

BC Transit Info Line

Tel 604.953.3333

Website: www.bctransit.com/choose-transit-system

Delta

Delta Green Cab

Delta, BC
Tel 604.594.1111

Website: www.deltataxi.com

Maple Ridge

Alouette Taxi

20542 Dewdney Trunk Road
Maple Ridge, BC
Tel 604.465.5555

Website: 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

Website: www.translink.ca

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

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

Website: www.compasscard.ca

Surrey

Surrey Metro Taxi

Surrey, BC
Tel 604.585.8888

Website: www.surreymetrotaxi.com

Surrey, Cloverdale, Langley

Pacific Cabs

Surrey, Cloverdale, Langley, BC
Tel 604.596.6666

Website: www.pacificcabs.com

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

General BC

Uber

Website: www.uber.com/ca/en

Uber is an affordable ride option near you. Enjoy unique features like on demand requests 24/7 for last-minute trips and see affordable upfront prices when you use Uber.

BC Transit

Website: www.bctransit.com

Bus service outside of Metro Vancouver (including the Fraser Valley Express).

Ebus

Website: www.myebus.ca

Connection people to routes across BC and Alberta.

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GENERAL HEALTH

Delta

Delta Hospital

5800 Mountain View Boulevard
Delta, BC
Tel 604.946.1121

Website: 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

Website: 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.

Langley Urgent and Primary Care Centre

202-20434 64 Avenue
Langley, BC
Tel 604.514.7477

Website: www.fraserhealth.ca/Service-Directory/Service-at-Location/F/4/urgent-and-primary-care-centre-langley

Urgent Care is for people who normally go to a family doctor (or nurse practitioner) or walk-in clinic in their community with a health concern but can't get in to see one, and need medical care within 12-24 hours and it is not an emergency. Patients are assessed and seen based on urgency of care required. A team member will work with you to address your care needs.

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Maple Ridge

Ridge Meadows Foundry Youth Clinic

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

Website: www.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

Website: 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. This 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

Website: www.fraserhealth.ca/Service-Directory/Locations/Surrey/surrey-memorial-hospital

Surrey Memorial is the second largest hospital in the province with the province's busiest Emergency Department. This hospital provides specialized care to people from across Fraser Health.

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White Rock

Peace Arch Hospital

15521 Russell Avenue
White Rock, BC
Tel 604.531.5512

Website: 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 8.1.1

Website: www.healthlinkbc.ca/dietitian

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

First Nations Health Authority (Fraser Region)

Building #7, 7201 Vedder Road
Chilliwack, BC
Email info@fnha.ca

Website: www.fnha.ca

Hours of Operations:

8:30am to 4:30pm

The Nurse Line 811

Tel 8.1.1

Hours:

24 hours a day, 7 days a week

Website: www.healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services

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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

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RESOURCES FOR YOUNG PARENTS

Delta

Deltassist – Nobody's Perfect Parenting

9097 120 St
Delta, BC
Tel 604.946.9526

Website: www.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

Website: https://bestbeginnings.fraserhealth.ca/

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 (Encompass)

Langley Drop in @ Langley Education Centre

21405 56 Avenue
Langley, BC

Website: www.encompass-supports.com/pregnant-and-parenting-youth-outreach.html

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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

Growing Together Young Parent Outreach and Housing Support Program

#101, 13583-81 Avenue
Surrey, BC
Email nichole.osborne@options.bc.ca

Website: www.options.bc.ca/program/growing-together-young-parent-outreach-and-housing-support-program

Young Parent Outreach offers one-to-one outreach support to community, life skills, advocacy, financial programs, parenting support, food security, continuing with education, court, medical and government appointments. Self-referrals for families in surrey.

They also operate 13 Young Family Housing Subsidies supporting parents to have safe affordable housing while attending pre- or post-secondary school or working on goals to improve their life skills.

General BC

Young Parent Program (Province of BC)

Parents who are under the age of 25 may qualify for help to cover the cost of child care, while they finish high school, for up to $1,500 (per month per child). More information can be found here.

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