# LIFE INTENTIONS ACTION PLANNER



Version 181121



# TABLE OF CONTENTS

Housingp. 2
Employmentp. 3
Learning, Training & Skillsp. 4
Volunteeringp. 5
Health & Wellnessp. 6
Physical Healthp. 6
Dental Healthp. 6
Hearingp. 7
Eyesightp. 7
Substance Usep. 8
Mental Wellnessp. 8
Legalp. 9
Advocacyp. 9
Community & Belongingp. 10
Demographics
Making Changes My Wayp. 12
Making More of the Changes I Wantp. 15
My Resourcesp. 16
Appendix – Companion Guide to Services

# HOUSING

- 1. Would you like to stay in the Vancouver area? Yes No Maybe
- 2. If <u>No or Maybe</u>, what community within BC or across Canada would you like to move to, if support was provided to help you get there?

3. Why did you select this community?	
<ul> <li>4. In the next year, would you like to move to or Yes No Maybe</li> <li>5. If <u>Yes or Maybe</u>, what neighborhood would you have a second seco</li></ul>	
<ul> <li>6. What type of housing would you like to move</li> <li>Supportive housing</li> <li>Subsidized housing</li> <li>Basement suite</li> </ul>	<ul> <li>into? (<i>Check all that apply</i>)</li> <li>Shared apartment with partner/roommate</li> <li>Currently renting, but can't afford rent</li> <li>Other:</li> </ul>
<ul> <li>Studio apartment</li> <li>What supports would you require to reach you</li> <li>Apartment rental search</li> <li>First month's rent and security deposit</li> <li>Modest household furnishings and kitchen essentials</li> </ul>	<ul> <li>bur housing intentions? (<i>Check all that apply</i>)</li> <li>Immigrant/refugee settlement services</li> <li>Moving expenses (e.g., U-Haul truck)</li> <li>Transportation costs to move to another</li> </ul>
Government assistance	community

8. What personal knowledge, strengths and skills can you bring to support your housing intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

## **EMPLOYMENT**

Flexible work schedule

1. In the next year, do you want to look for new paid employment?

□ No □ Maybe

2. If <u>Yes or Maybe</u>, what type of work would you prefer to do? (Check all that apply)

Administration	Janitorial	Restaurant/Hospitality
Arts	Landscaping	Retail/Sales
Community cleaning	Peer Support/Mentor	Security
	Pest control	Skilled trade (e.g., plumber)
Customer service	Professional designation	Self-Employed
Food services	(e.g. teacher, accountant, etc.)	
		Other:
3. What supports would help	o you achieve your work intentio	ns? (Check all that apply)
Career counselling	$\Box$ Help with job search	Upgrading certificates/high
Computer skills training	Interview skills	school
Clothing/equipment	English classes	☐ Vocational training
provided	Resume building	Other:

4. What personal knowledge, strengths and skills can you bring to support your work intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

# LEARNING, TRAINING & SKILLS

1. What is the highest level of learning or training you	u have completed?									
Highest grade completed (Please specify):										
Vocational training (Please specify):										
Partially completed college or university (Pleater Strength Pleater Str	se specify):									
College/University graduate (Please specify):										
Trade/Technical designation (Please specify):										
Certificates completed (Please specify):										
2. Do you want to further your learning, training or skills in the next year?										
3. If <u>Yes or Maybe</u> , what do you intend to do?										
Computer skills training	Trade/technical/vocational training									
College/university classes	Upgrading high school classes									
GED classes/finishing high school	Other:									
English language classes (ESL)										

4. What personal knowledge, strengths and skills can you bring to support your learning, training or skill development intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

## VOLUNTEERING

1. Do you want to volunteer in the next year?

Yes	🗖 No	Maybe

2. If <u>Yes or Maybe</u>, what type of volunteering would you prefer to do? (Check all that apply)

Arts & Culture	LGBTQIA2S+
Community Development & Housing	Fundraising
Disability Services	Religion & Spirituality
Education & Research	Seniors
Environment & Animals	Sports & Recreation
Family & Children	Volunteer Coordination
Health & Social Services	Women's Services
Immigrant Services	Youth Development
Indigenous Services	Other:
Law, Advocacy & Politics	

3. What personal knowledge, strengths and skills can you bring to support your volunteer intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

# **HEALTH & WELLNESS**

#### Physical Health

1. How would you rate your current physical health? (Please circle number)

1	2	3	4	5	6	7	8	9	10
No									Serious
physical issues									physical issues

2. Do you want to seek physical health services in the next year?

🛛 Yes	🗖 No	Maybe
-------	------	-------

3. What personal knowledge, strengths and skills can you bring to support your physical health intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

#### Dental Health

1. How would you rate your current dental health? (Please circle number)

1	2	3	4	5	6	7	8	9	10
No									Serious
dental issues									dental issues

2. Do you want to seek dental services in the next year?

Yes	No	Maybe

3. What personal knowledge, strengths and skills can you bring to support your dental health intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

#### <u>Hearing</u>

1. How would you rate your current <u>hearing</u>? (*Please circle*)

1	2	3	4	5	6	7	8	9	10
No									Serious
hearing issues									hearing issues

2. Do you want to seek hearing services in the next year?

	Yes		No		Maybe
--	-----	--	----	--	-------

3. What personal knowledge, strengths and skills can you bring to support your hearing health intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

## Eyesight

1. How would you rate your current eyesight? (Please circle)

No Serious	1	2	3	4	5	6	7	8	9	10
	No									Serious
eyesight issues eyesight is	eyesight issues									eyesight issues

2. Do you want to seek eyecare services in the next year?

Yes No Maybe

3. What personal knowledge, strengths and skills can you bring to support your eyecare intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

#### Substance Use

1. How would you rate your <u>substance use</u> (SU)? (*Please circle*)

1	2	3	4	5	6	7	8	9	10
No SU issues									Serious SU issues

2. Do you want to seek substance use services in the next year?

	Yes		No		Maybe
--	-----	--	----	--	-------

3. What personal knowledge, strengths and skills can you bring to support your substance use intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)


#### Mental Wellness

1. How would you rate your mental wellness (MW)? (Please circle)

1	2	3	4	5	6	7	8	9	10
No MW issues									Serious MW issues

2. Do you want to seek mental wellness services in the next year?

	Yes		No		Maybe
--	-----	--	----	--	-------

3. What personal knowledge, strengths and skills can you bring to support your mental wellness intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

# LEGAL

1. Do you want to seek legal assistance in the next year?

🗆 Yes 🗌	No		Maybe
---------	----	--	-------

2. If <u>Yes or Maybe</u>, in what area(s) do you need legal help? (Check all that apply)

Fines and pending charges (e.g., Criminal charges, unfiled taxes)

Permanent resident status/immigration

Other: \_\_\_\_\_

3. What personal knowledge, strengths and skills can you bring to support your legal intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

#### ADVOCACY (Accessing benefits, finances, victim services, etc.)

1. Do you want to seek advocacy services in the next year?

Yes	🛛 No		Maybe
-----	------	--	-------

- 2. If <u>Yes or Maybe</u>, in what area(s) do you need advocacy help? (Check all that apply)
  - Accessing housing, employment, or income benefits
     ID replacement
     Victim services
    - ☐ Filing taxes

Help managing finances

Immigrant/refugee settlement services

Other: \_\_\_\_\_

3. What personal knowledge, strengths and skills can you bring to support your advocacy intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined))

# **COMMUNITY & BELONGING**

2.

1. Do you want to find recreational, community, cultural or spiritual activities or resources in the next year?

If <u>Yes or Maybe</u> , what would interest you?	(Check all that apply)
<ul> <li>Access to city pools or skating rinks</li> <li>Arts &amp; crafts</li> <li>Childcare and parenting resources</li> <li>Connect with the local community</li> <li>Connect with a religious or spiritual group or service</li> <li>Cultural activities &amp; learning</li> <li>Disability services &amp; groups</li> <li>(English) language &amp; immigration</li> </ul>	<ul> <li>Fitness</li> <li>Movie nights</li> <li>Music</li> <li>Reading &amp; writing</li> <li>Seniors groups and events</li> <li>Sports &amp; recreation</li> <li>Technology &amp; digital literacy</li> <li>"Things to do" or events around town</li> <li>Other:</li> </ul>
resources	

3. What personal knowledge, strengths and skills can you bring to support your community and belonging intentions? (e.g., I have done this before, I can ask for help from friends, I'm determined)

## DEMOGRAPHICS

This information is requested to help us better understand the population and the resources that people are eligible for. Please remember, you can skip any questions you'd prefer not to answer.

- 1. What is your age?
  - Under 18
  - 18-24 years old
  - 25-54 years old
  - 55+
  - Prefer not to say
- 2. What gender do you identify with?
  - Male
  - Female
  - Non-binary
  - Prefer not to say
  - Other: \_\_\_\_\_

3. Please check any service preferences (e.g., Indigenous specific, LGBTQIA2S+ friendly)? (Check all that apply)



# MAKING CHANGES MY WAY

1. My current goal: (Pick one area to work on)
□ Housing
Employment
Learning, Training & Skills
□ Volunteering
Health & Wellness:
🗆 Physical 🛛 Dental 🖓 Mental Wellness
Eyesight Substance Use Hearing
Legal & Advocacy
Community & Belonging
Other:

2. In terms of my focus, *within the next 1-3 months*, I would like to:

(e.g., have a job interview; have a pair of glasses; get new BC ID; etc.)

3. What personal knowledge, strengths and skills can I bring to support my focus?

(e.g., I have done this before, I can ask for help from friends, I'm determined)

4. The following one or more <u>support opportunities</u> in the Companion Guide to Services would be useful to me:

5. My progress tracker (My plan (2-3 smaller steps), my target dates, my progress checkmarks)

STEP 1:		Target Date:	$\bigcirc$
STEP 2:		Target Date:	When completed
STEP 3:		Target Date:	When completed
	/		When completed

6. Someone I will talk to about my plan (e.g., Support worker, family, friends, etc.)?

7. How often will I check in with them?	_
8. When will I check in with them? ( <i>Date</i> ):	_

9. <u>Some challenges</u> that I may experience and <u>solutions</u> that will work for me are:

	Challenge	Solution
1		
2		
3		

10. In the past, I felt good about overcoming the following problem in my life: *(complete the chart below)* 

My problem was	
At the beginning, I felt	
I overcame it by	
In the end, I felt	

# **MAKING MORE OF THE CHANGES I WANT (optional)**

1. After I	have	completed	my prev	rious goa	l, <u>my r</u>	<u>next fo</u>	<u>ocus is</u> :
------------	------	-----------	---------	-----------	----------------	----------------	------------------

Housing	

- □ Employment
- □ Learning, Training & Skills
- □ Volunteering

	Health	&	Wellness:	
--	--------	---	-----------	--

Physical	Dental	Hearing
----------	--------	---------

Eyesight	Substance Use	Mental Wellness
----------	---------------	-----------------

□ Legal & Advocacy

□ Community & Belonging

Other: \_\_\_\_\_

2. I will complete questions 2-10 (pages 13-15) as before.

# **MY RESOURCES**

Page	Resource

# Congratulations! You completed your life intentions action plan!

# Thriving Citizens



Streetohome Stool

# **Companion Guide to Services**



## Due to COVID-19's impact on services and hours of operation, we recommend calling ahead to confirm the information in this guide.

## **Table of Contents**

- Are you looking for different housing? p. 1
- Do you want to find work? p. 4
- (D) Do you want to volunteer? p. 13
- Y.s Do you want to learn a new skill, or further your learning? p. 16
- Do you want help with a physical health issue? p. 38 S.
- $\Im$  How are your teeth? p. 47
- 🤊 How is your hearing? p. 49
- How are your eyes? p. 50
- Do you want to change your substance use? p. 51
- Participation (2014) Provide the second strain (2014) Provide t
- Do you need legal help? p. 73
- 🗹 Do you need advocacy help? p. 77
- Do you want to find social, recreational or cultural activities? p. 88 Abbreviation Glossary (Back Cover)

# **Icon Guide**



Everyone (19+)



Family







# About the Guide

To be included in the Companion Guide to Services, resources must align with the Streetohome Stool (http://www.streetohome.org/homelessness-prevention/) and be:

- Available in the city of Vancouver a)
- Free (most services) or minimal cost b)
- Accessible through self-referral c)

Information about each service has been verified by Streetohome volunteers. The most current version of the Guide can be found at https://www.streetohome.org/project/smart-cities-lifeintentions/. If you become aware of outdated information in the resource guide, please contact Streetohome by calling 604-629-2711 ext. 103 or email info@streetohome.org.



# Are you looking for different housing?

# BC Housing 🎢

- Provides housing assistance for vulnerable individuals
  - ✓ Financial assistance for housing

https://www.bchousing.org/housing-assistance

## Rental Assistance Program (RAP)

- Provides eligible families with assistance to help with their monthly rent payments
- Eligibility: Household income of \$40,000 or less, have a dependent child, and employed at some • point during the year

Phone: 604-433-2218

https://www.bchousing.org/housing-assistance/rental-assistance/RAP

#### 55+ Shelter Aid for Elderly Renters (SAFER)

- Provides monthly direct deposit payments to subsidize rents for BC seniors with low to • moderate incomes
- Eligibility: Ages 60 and over, must have low or moderate income

#### **Phone:** 604-433-2218

https://www.bchousing.org/housing-assistance/rental-assistance/SAFER



- Long-term housing for people who permanently reside in British Columbia
- Rent is geared to income (30% of income)
- Eligibility: May be a senior aged 55 and over, a family with a dependent child, a person with disabilities, and/or single people and couples who are low income, homeless or at risk of homelessness. Must be a Canadian citizen, a refugee sponsored by the Government of Canada, or an individual who has applied for refugee status.

Phone: 604-433-2218

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

# Supportive Housing Registration

- Housing for low-income individuals with on-site supports to help those who need assistance in finding and maintaining housing stability
- Eligibility: Are low income, at-risk of homelessness or currently homeless, and require supports to maintain housing

#### Phone: 604-433-2218

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

NOTE: The Supportive Housing Registry has a long wait list and the highest need individuals will be prioritized for vacancies



# Homeward Bound

- Assists individuals who are currently, or about to become homeless, with access to transportation back to their self-identified community where they have verified housing and supports
  - ✓ Financial assistance for associated travel expenses

Please contact Carnegie Outreach

Address: 392 Powell Street, Vancouver BC, V6A 1G4 Phone: 604-665-3318 | Email: <u>carnegie.outreach@vancouver.ca</u>

# Supporting Tenants, Enabling Pathways (STEP)

- Help with moving on from supportive housing to your choice of affordable, independent housing
- Helps with moving costs and apartment start-up supports such as basic furniture or household items
  - ✓ Support plan

Please contact Carnegie Outreach Address: 392 Powell Street, Vancouver BC, V6A 1G4 Phone: 604-665-3318 Email: carnegie.outreach@vancouver.ca



# West End Seniors Network Housing Navigation (55+)

- Provides older adults with information on housing options and support with finding and maintaining appropriate housing
- Eligibility: For seniors aged 55 and over; living in the West End, Coal Harbour or Yaletown
   Address: Kay's Place, 118-1030 Denman Street, Vancouver BC, V6G 2M6
   Phone: 604-669-7339 | Email: <a href="mailto:susan@wesn.ca">susan@wesn.ca</a>
   http://wesn.ca/housing-navigation/

# 合Housing

# Vancouver Rent Bank

- Provides interest-free loans to families and individuals at risk of eviction or essential utility disconnection due to a temporary shortage of funds
- Loans can be used for rental arrears, utility arrears, security deposits and/or first month's rent
- Offers tools, workshops, and resources to better manage your finances, as well as connections to housing support services
- Eligibility: Must live in the city of Vancouver
  - ✓ Must be low-income
  - ✓ Must have two pieces of ID
  - ✓ Must have proof of tenancy
  - ✓ Must have 2 bank statements
- ✓ Must be 19 or older
- ✓ Have a bank account or are on income assistance
- ✓ Must have proof of income

**NOTE:** The full process from application to receiving a loan takes 1-3 weeks. **Covid-19 Update:** Vancouver Rent Bank drop-in will be closed until further notice. Online applications are accepted.

Hours: *Monday – Friday:* 10am - 3pm Address: #200-739 Gore Avenue, Vancouver BC, V6A 2Z9 Phone: 604-566-9685 | Email: <u>vrb@niccss.ca</u> <u>https://www.niccss.ca/services/vancouver-rent-bank/</u>

# NOTE: If you are a recent newcomer to Canada, please reach out to settlement services (page 82) for help with finding housing.





## Do you want to find new work opportunities?

ACCESS 🔊 🗱

# Industries: (Ådministration) (Construction) (Trades)

- Provides education and training services to Indigenous people of all ages living in Greater Vancouver. We look at your skills and interests to help create an action plan. Call or drop-in at the office to meet with an employment advisor to help determine eligibility.
  - ✓ Flexible Schedule ✓ Mentorship/Coaching Skills training/Upgrading

**COVID-19 Update:** Appointment only, please call ahead.

Hours: Monday - Friday: 8:30am - 4pm Address: Suite 110 - 1607 E. Hastings St., Vancouver BC V5L 1S7 Phone: 604-251-7955 http://www.accessfutures.com/

#### Atira Property Management

Industries: (Front Desk) (Security) (Light Labour)

- Hires residents of the DTES who are receiving income assistance or living in a single room accommodation. Once employed, Atira offers housing and banking help.
  - ✓ Mentorship/Coaching ✓ Benefits ✓ Flexible schedule
  - ✓ Skills training/Upgrading
- ✓ No reference/resume needed

**COVID-19 Update:** Calling ahead is preferred but drop-ins are available.

Hours: Monday - Friday: 8:30am - 5pm Address: 405 Powell Street Vancouver, BC V6A 1G7 Phone: 604-439-8848 | Email: info@atira.ca

http://www.atira.bc.ca

# BladeRunners 🗱 👀

Industries: (Construction) (Trades)

- Connects youth with work opportunities in construction and trades
- Provides 2 weeks of safety training which includes First Aid, Hazardous Materials, Fall Protection and more. While in training, you get a hot breakfast and lunch each day. When you complete your training, you will be provided with work gear, tools and help finding a job!
- Eligibility: Youth with barriers to employment, ages 19-30
  - ✓ Mentorship/Coaching
- Opportunities for growth
- ✓ Mentorship/Coaching
   ✓ Opportunities for
   ✓ Transportation support
   ✓ Job placement
- ✓ Skills training/Upgrading
- ✓ Free meals

- ✓ No reference/resume needed
- ✓ Work gear provided

#### Hours: Monday - Friday: 8:30am - 4pm

Address: 1848 Commercial Dr. Vancouver BC, V5N 4A5 Phone: 604-913-7933 | Email: bladerunners@accessfutures.com https://www.accessfutures.com/bladerunners/



# Clean Start BC

Industries: (Junk Removal) (Pest Control) (Extreme Cleaning Services)

- Provides training and employment to people with barriers to employment such as poverty and disability
  - ✓ Benefits

- ✓ Opportunities for growth
- ✓ Skills training/Upgrading
- ✓ Mentorship/Coaching
- ✓ Transportation support

Address: 25 E Hastings St., Vancouver BC, V6A 0A7 Phone: 1-855-297-8278 (Toll Free) | Email: <u>info@cleanstartbc.ca</u> <u>https://www.cleanstartbc.ca</u>

## Coastal Eden Cafe

✓ Flexible schedule

#### Industries: (Food Services)

- Provides a supportive and caring work environment for those who might otherwise be excluded from the workforce due to their past struggling with addictions, lack of experience, or having spent time in prison
- 3-month program
  - ✓ Resume Writing

Address: 643 East Hastings St., Vancouver BC, V6A 1R2 Phone: 604-568-3336 | Email: <u>info@coastaledencafe.com</u> <u>https://coastaledencafe.com/</u>

# Coast Clubhouse - Coast Mental Health

Industries: (Landscaping) (Food Services) (Community Cleaning) (Administration) (Janitorial)

- Become a member at the clubhouse to gain volunteer experience and to become eligible for employment opportunities
- Eligibility: Those with mental health concerns or connected to mental health supports
  - ✓ Benefits

✓ Low-cost meals

Opportunities for growth

✓ Mentorship/Coaching

✓ Flexible schedule

Address: 295 East 11th Avenue, Vancouver BC, V5T 2C4 Phone: 604-675-2357

Email: <u>clubhouseinfo@coastmentalhealth.com</u> https://www.coastmentalhealth.com/what-we-do/pillar-employment-and-education/

If you are a youth (ages 19-30) please contact Jolene at: **Phone:** 778-222-5246 | **Email**: <u>youngadults@coastmentalhealth.com</u>







## Embers Eastside Works

Industries: (Light Labour) (Peer Work)

- Helps those with traditional employment barriers find jobs (resume help, minor tech programs, soft-skills training, ongoing support connections to basic needs, etc.)
  - ✓ Skills training/Upgrading✓ Flexible schedule
- Mentorship/CoachingTransportation support
- ✓ Opportunities for growth
- ✓ No reference/resume needed

✓ Substance use support

Hours: *Monday - Friday:* 10am – 4pm Address: 57 East Hastings Street (The Lux), Vancouver BC, V6A 0A7 Phone: 604-620-4587 Email: <u>eastsideworks@embersvancouver.com</u> https://emberscanada.org/our-programs/embers-eastside-works/

## **Embers Staffing Solutions**

Industries: (Construction) (Janitorial) (Security) (Warehousing)

- Provides a supportive work environment and a ladder of opportunities
- Walk in, take an orientation, and get a job the next day
  - ✓ Benefits

- ✓ Transportation support
- ✓ Opportunities for growth
- ✓ No reference/resume needed

- Skills Training/Upgrading
   Mentorship/Coaching
- ✓ Free meals
   ✓ Work gear provided
- Hours: *Monday Friday:* 5:30am 5:00pm; *Saturday:* 6am 9am Address: 240-111 West Hastings Street, Vancouver BC, V6B 1H4 Phone: 604-692-0781 | Email: <u>vancouver@embersstaffing.com</u> https://embersstaffing.com/looking-for-work/

## Enterprising Women Making Art

Industries: (Self-Employment) (Art)

- A self-employment initiative that works with women artists and artisans to produce and market women's visual art and handmade products
- Builds women's capacities, knowledge, and increasing their access to markets and sales
- Eligibility: For women and women-identifying folk in Vancouver's Downtown Eastside who are impacted by violence and face significant barriers to traditional employment
  - ✓ No reference/resume needed ✓ Variety of free workshops ✓ Drop-In

Hours: Monday - Friday: 10:00am - 5:00pm

Address: 800 East Hastings Street, Vancouver BC, V6A 1R6

Phone: 604-685-8043 | Email: <u>EWMA@atira.bc.ca</u>

https://atira.bc.ca/what-we-do/program/enterprising-women-making-art/



# Hives for Humanity

Industries: (Beekeeping) (Gardening) (Craftsmanship)

- Opportunities include: Pollinator Gardening, Therapeutic Beekeeping, Beeswax Candles and **Honey Production**
- Mentorship-based programming that supports at-risk populations of people with respect and joy
  - ✓ Flexible schedule
- ✓ Skills training/Upgrading
- ✓ Mentorship/Coaching
- ✓ No reference/resume needed

Paid work placement

**COVID-19 Update:** Call or email ahead for intake.

Hours: Monday – Friday: 9am - 5pm

Address: 1245 Glen Drive, Vancouver BC, V6A 3M8

Phone: 778-889-3421 | Email: info@hivesforhumanity.com

https://www.hivesforhumanity.com/

#### S XX Indigenous Youth Employment Program (IYEP)

Industries: (Job-Readiness)

- · Learn the 'basics' of securing a job, listen to guest speakers, and learn new life skills for time management, anxiety, budgeting, meditation and more
- Course Length: 16-weeks (3 days a week for 8 weeks, then 8 weeks of paid employment (21 hours a week))
- Eligibility: Indigenous youth ages 17-29, in a stable position regarding mental wellness and/or substance misuse
  - ✓ Resume writing

✓ Mentorship/Coaching

 Transportation support ✓ Free meals

Address: 2106 Commercial Drive, Vancouver BC, V5N 4B4 Phone: 778-957-1475 | Email: tashajohnson@froghollow.bc.ca

https://www.driveyouthemployment.ca/indigenous-youth-employment-program/

# InterviewME

Industries: (All)

- Holds digital hiring events, coordinates your interviews and provides the necessary interview preparation so that you feel confident
- Eligibility: Ages 15-30

✓ Mentorship/Coaching

#### Address: Now online

Email: interviewme@gv.ymca.ca | Register: https://marsdd.formstack.com/forms/interviewme\_bc https://www.gv.ymca.ca/employment-services





Industries: (Construction) (Food Services) (Pottery)

- Long-term, flexible employment for those who face barriers to work in the traditional workforce
  - ✓ Flexible schedule

Address: 1803 East 1st Ave., Vancouver BC, V5N 1B2 Phone: 604-734-2104 Email: info@justwork.ca http://www.justwork.ca/

## Kettle SEED

Industries: (Landscaping) (Community Cleaning) (Food Services) (Customer Service) (Peer Work)

- Helps you acquire the practical skills and confidence needed to transition from unemployment to satisfying and meaningful paid supported employment
- Eligibility: Must have lived experience with mental illness

✓ Flexible schedule
 ✓ Mentorship/Coaching
 Hours: Monday – Thursday: 9:30am - 5pm
 Address: 1725 Venables Street, Vancouver BC, V5H 2H3
 Phone: 604-251-1126 | Email: <u>ktauber@thekettle.ca</u>
 https://www.thekettle.ca/supported-employment-seed

✓ Ongoing support

# Megaphone

#### Industries: (Magazine and calendar sales)

- If you are experiencing poverty, homelessness, and/or living on a low fixed income, and looking for a way to earn money through a flexible job - come to a vendor training to learn more
- Walk-in on Tuesdays or Thursdays at 3pm for an orientation
  - ✓ Flexible schedule
- ✓ No reference, ID, or resume needed
- ✓ Mentorship/Coaching
- ✓ Work gear provided

Hours: Monday - Friday: 10am - 3pm

✓ Skills training/Upgrading

Address: 312 Main St., Vancouver BC, V6A 2T2 Phone: 604-255-9701 | Email: <u>info@megaphonemagazine.com</u> <u>http://www.megaphonemagazine.com</u>



# Mission Possible (MP)

Industries: (Community Cleaning) (Landscaping) (Property Cleaning) (Job-Readiness)

- Supports individuals with employment training and individual coaching, and through offering supportive, transitional work opportunities
- Info sessions held every week on Wednesday at 1pm (open to all self-identified women) and Thursday at 1pm (all genders). <u>Please call ahead to register.</u>
- MP Maintenance is a full-service exterior property cleaning company
- MP Neighbours complete regular neighbourhood routes in the Downtown Eastside to provide outreach and referral services to people on the streets, checking in with businesses, and building connections, as well as needle pick-up
  - ✓ Benefits

- ✓ Skills training/Upgrading
- ✓ Opportunities for growth

- ✓ Free meals (on weekends)
- ✓ Mentorship/Coaching
- No reference/resume needed

✓ Flexible schedule

### Hours: Monday - Friday: 9am - 3pm

Address: 648 East Hastings St., Vancouver BC, V6A 1R1 Phone: 604-253-4469 | Email: <u>office@mission-possible.ca</u> <u>https://www.mission-possible.ca/services</u>

# Musqueam Career Development Program

Industries: (Trades) (Tourism) (Health) (Administration) (Retail/Sales) (Hospitality)

- Assists and supports community members seeking employment or training for up to 3 months
- Eligibility: Musqueam members
  - ✓ Mentorship/Coaching
- ✓ Support plan

✓ Transportation support

- ✓ Work gear provided
- Referrals to other services
- Address: 6735 Salish Drive, Vancouver BC, V6N 4C4

#### Phone: 604-263-3261 | Email: info@musqueam.bc.ca

https://www.musqueam.bc.ca/departments/community-services/employment-and-training/

## Potluck Cafe

Industries: (Food Services)

- Provides kitchen training and life skills support for those with barriers to traditional employment
- Drop by with a resume or contact the Employment Support Worker
  - ✓ Benefits

✓ Free meals

- ✓ Mentorship/Coaching
- ✓ Work gear provided
- ✓ Opportunities for growth
   ✓ Skills training/Upgrading
   Hours: Monday Friday: 8:30am 4:30pm

Address: 30 West Hastings St., Vancouver BC, V6B 1G4

Phone: 604-609-7368 | Email: info@potluckcatering.com

https://potluckcatering.org/



# Street Youth Job Action (SYJA)

Industries: (Community Cleaning)

- Gives youth the opportunity to earn money, build confidence and skills, while connecting them to supports that lead to improved outcomes in their lives
- Work a five-hour shift helping to clean the streets of downtown Vancouver of graffiti, posted flyers, and hazardous materials like needles
- Eligibility: Youth under 25
  - ✓ Job search support✓ Work gear provided
- ✓ Mentorship/Coaching

✓ Resume writing

- ✓ Opportunities for growth
- ✓ Free meals

**COVID-19 Update:** Regular drop-in services have been significantly reduced **Address:** Directions Youth Services Centre, 1138 Burrard Street, Vancouver BC, V6Z 1Y7 **Phone:** 604-633-1472 | **Toll-free:** 1-866-249-6884 **Email:** <u>directions@fsgv.ca</u> https://www.directionsyouthservices.ca/street-youth-job-action

The Binners Project

#### Industries: (Community Cleaning)

- Earn extra money and connect with the binning and recycling community
- To join, drop by a meeting: Tuesdays
   5pm 6pm
  - ✓ Flexible schedule
  - ✓ Mentorship/Coaching
  - ✓ Skills training/Upgrading
  - ✓ No reference/resume needed

Address: 312 Main St., Vancouver BC, V6A 2T2 (Entrance on Cordova St) Email: <u>info@binnersproject.org</u> https://www.binnersproject.org

## WISH Supportive Employment Program

Industries: (Peer Work)

 Develop the skills, experience and confidence required to reduce reliance on sex work and/or to transition out of sex work altogether if that is your goal

Address: 330 Alexander St., Vancouver BC, V6A 1C3

Phone: 604-681-9244 | Email: info@wishdropincentre.org

https://wish-vancouver.net/program/supportive-employment-program/





# Work BC 🇰 😚 🗱 📢

Access employment services including job search resources, skills assessment, training, work experience placement and online services

✓ Variety of free workshops
✓ Job search support

✓ Skills training/Upgrading

#### 134 East Hastings

Address: 134 East Hastings St., Vancouver BC, V6A 1N4 Phone: 1-800-763-1681 | Email: <u>centre-vancouver-134easthastings@workbc.ca</u> <u>http://workbccentre-vancouver-134easthastings.ca/</u>

#### **Burrard**

Address: 900-1200 Burrard St., Vancouver BC, V6Z 2C7 Phone: 604-334-6372 | Email: <u>centre-vancouver-burrard@workbc.ca</u> https://workbccentre-vancouver-burrard.ca/

#### **Commercial**

Address: 312-2555 Commercial Dr., Vancouver BC, V5N 4C1 Phone: 604-708-9300 | Email: <u>centre-vancouver-commercial@workbc.ca</u> <u>http://workbccentre-vancouver-commercial.ca/</u>

#### East 3rd

Address: 110 East 3rd Ave., Vancouver BC, V5T 1C8 Phone: 236-886-1481 | Email: <u>centre-vancouver-east3rd@workbc.ca</u> https://www.workbccentre-vancouvermidtown-east.ca/

#### Vancouver South

Address: 7575 Cambie St., Vancouver BC, V6P 3H6 Phone: 604-263-5005 | Email: <u>centre-vancouversouth@workbc.ca</u> <u>http://workbccentre-vancouversouth.ca/</u>

#### West Broadway

Address: 300-2150 West Broadway, Vancouver BC, V6K 4L9 Phone: 604-688-4666 | Email: <u>centre-vancouvermidtown-west@workbc.ca</u> https://workbccentre-vancouvermidtown-west.ca/

#### West Pender

Address: 200-250 West Pender St., Vancouver BC, V5B 1S9 Phone: 604-334-6372 | Email: <u>centre-vancouver-westpender@workbc.ca</u> <u>https://workbccentre-vancouver-westpender.ca/</u>



# WorkWithUs

Industries: (All)

- Connects individuals with work opportunities in a variety of industries
  - ✓ Benefits

- Flexible schedule
- ✓ Opportunities for growth

Hours: *Monday – Friday:* 8am – 5pm Phone: 604-409-4090 | Email: <u>info@work-with-us.org</u> https://work-with-us.org/

# YMCA – Youth Employment Bootcamp

Industries: (Job-readiness)

- Helps youth build the skills needed to find and maintain a job
- Sign up for an information session
- Eligibility: Participants must be between age 15 and 30; not currently attending school; a Canadian citizen, permanent resident, or refugee (convention refugee or protected person)
  - ✓ Paid training
    ✓ No reference/resume needed

Address: 955 Burrard Street, Vancouver BC, V6Z 1Y2

Phone: 604-685-8066 | Email: yeb@gv.ymca.ca

https://www.gv.ymca.ca/employment-services

# YWCA Aspire

Industries: (Job-readiness) (Administration)

- Assists newcomer refugee women in gaining valuable new skills, training opportunities and work experience
- 6 weeks of employment workshops and 6 weeks one-on-one support
- Eligibility: Self-identified newcomer refugee women who are permanent residents or protected persons (convention refugees); legally able to work in Canada, and unemployed, underemployed and not a full-time student
  - ✓ 12-week program
- ✓ Financial assistance for
- ✓ Peer support

- ✓ Support plan
- transit and childcare

Address: 4th Floor - 535 Hornby Street, Vancouver BC, V6C 2E8

Phone: 604-323-4233 | Email: aspire@ywcavan.org

https://ywcavan.org/aspire

# YWCA Job Futures 55+

## Industries: (Job-Readiness)

- Prepares mature workers with employment barriers in achieving sustainable employment through skills training and employment supports
- Sign up for an information session and see if this program is right for you!
- Eligibility: ages 55 and over
  - ✓ 10-week program
- Transportation support
- ✓ Coaching/Mentorship
- ✓ Support plan ✓ Job search support

**COVID-19 Update:** This program is online or on-on-one

Phone: 604-220-7183 or 604-818-1082 | Email: jobfutures@ywcavan.org

https://ywcavan.org/job-futures



## Do you want to find volunteer opportunities?

# Broadway Youth Resource Centre - Youth Volunteer Program

- Offers Vancouver youth aged 13-24 one-to-one support to empower youth leadership in the community through placement in volunteer activities such as gardening, social media, kitchen, Youth Action Committee, and special events
- Eligibility: Ages 13-24
  - ✓ Training provided

Address: 2455 Fraser Street, Vancouver BC, V5T 1T1 Phone: 604-709-5720 | Email: <u>byrc@pcrs.ca</u> <u>https://pcrs.ca/our-services/byrc-youth-volunteer-program/</u>

### Canadian Mental Health

- Build skills, learn more about mental health and meet new people
- Please fill out an application at your nearest branch
  - ✓ Interview needed ✓ Reference needed

Address: Suite 905 – 1130 West Pender St., Vancouver BC, V6E 4A4

#### Phone: 604-688-3234

https://cmha.bc.ca/get-involved/volunteer/

## Charity Village

• The top Canadian source for nonprofit jobs, training and volunteer opportunities

#### Phone: 1-800-610-8134

https://charityvillage.com/app/volunteer-listings

#### City of Vancouver

- The City and Park Board have a diverse range of volunteer opportunities to fit your goals, skills
   and schedule
- Take a quiz and find your volunteer match: <u>https://vancouver.ca/people-programs/volunteering.aspx</u>





### DTES Women's Centre Skills Development Program

- Empowers women who live in the Downtown Eastside for overall life improvement and to build individual and collective capacity for ownership, leadership, and positive change
- Eligibility: Ages 18 and over; self-identified women (cis, trans, 2S)
- Opportunities Include:
  - ✓ Kitchen volunteer
  - ✓ Floor volunteer
  - ✓ Special event volunteer

- ✓ Emergency shelter volunteer
- ✓ Programming/Workshop facilitator

Hours: *Tuesday - Saturday:* 10am - 5pm Address: 302 Columbia Street, Vancouver BC, V6A 4J1 Phone: 604-681-8480 | Email: <u>skills@dewc.ca</u> <u>https://dewc.ca/volunteer</u>

#### Go Volunteer

GoVolunteer.ca website is easy to use and lists hundreds of volunteer opportunities
 Address: 1183 Melville St., Vancouver BC, V6E 2X5
 Phone: 604-875-9144 | Email: info@govolunteer.ca
 https://www.govolunteer.ca/

#### Museum of Vancouver

• Lead educational programs, do research or data administration, or help at special events **Address:** 1000 Chestnut Street, Vancouver BC, V6J 3J9 https://museumofvancouver.ca/volunteer-opportunities

#### Battered Women's Support Services

- Learn valuable skills in the areas of crisis intervention, group facilitation, administrative support, retail sales and/or public speaking
- Opportunities include:
  - ✓ Crisis line & intake program
     ✓ Office volunteer
     ✓ My Sister's Closet

Phone: 604-687-1868 | Email: information@bwss.org https://www.bwss.org/take-action/volunteer/

#### Mom2Mom Child Poverty Initiative Society

- Join a community of women who care for one another while modelling strength, personal responsibility, and integrity
- Volunteers give their time, compassion, stability and consistency, and serve as role models and nurturing friends who can walk the journey of motherhood with our moms

Address: #500 - 610 Main Street, Vancouver BC, V6A 2V3 Phone: 604-343-6514 | Email: <u>info@m2mcharity.ca</u> https://www.m2mcharity.ca/volunteer



## Society for the Prevention of Cruelty to Animals (SPCA)

- From dog walking to fundraising to special events, the SPCA offers a range of volunteer opportunities
  - ✓ Attend an interview or info session
     ✓ Training provided

Address: 1245 East 7th Ave., Vancouver BC, V5T 1R1

Phone: 604-681-7271

https://spca.bc.ca/ways-to-help/volunteer/

# Vancouver Aboriginal Friendship Centre Society

Help out at the Vancouver Aboriginal Friendship Centre – help with special events, cooking and programs

Address: 1607 East Hastings St., Vancouver BC, V5L 1S7

Phone: 604-251-4844 | Email: info@vafcs.org

http://www.vafcs.org/programs/volunteer-program/

#### Volunteer Vancouver

Provides volunteer information and listings of opportunities in your local community
 Email: info@volunteeringvancouver.ca
 https://volunteeringvancouver.ca/volunteer-opportunities/

https://volunteeringvancouver.ca/volunteer-opportunities/



Learning, Training and Skills

## Do you want to learn a new skill, or further your learning or training?

# Active Career Connect and Engagement Project

- Connects Internationally Trained Immigrants (ITIs) to employment opportunities that enhance their self-sufficiency to develop their careers in Canada
- Connects you with paid work placement, support and guidance, and networking opportunities
- Offers services online and information sessions every Tuesday morning ٠
- Eligibility: Internationally Trained Professional; a permanent resident or Canadian citizen • ✓ Mentorship/Coaching

#### Address: Now Online Phone: 604-684-1628 | Email: info@success.bc.ca https://successbc.ca/accep/

# Advancing Women's Awareness Regarding Employment (AWARE) 🛉 🔊 🌍 💳

Industries: (Computer Skills) (Food Services)

- Supports women to identify their skills, interests and to develop personal and career goals
- Includes basic computer skills, First Aid, Food Safe and Serving It Right
- Eligibility: Women with a history of trauma and abuse, under-employed and/or unemployed ٠
  - ✓ Counselling ✓ Resume writing ✓ Soft skills development

#### Address: Please call for the location

Phone: 778-628-1867 | Email: Claudia@bwss.org https://www.bwss.org/support/programs/career-exploration/

# Baristas Training Program

Industries: (Food Services)

- Provides life skills guidance, employment skills coaching, training certifications, and work • experience with Starbucks in preparation for employment
- Eligibility: Ages 16-30; lives in the Lower Mainland; able to attend each class via Zoom with video and audio; has not completed a post-secondary degree or participated in another program funded by Access BladeRunners
  - ✓ Course length: 5 weeks, Tuesday, Wednesday and Thursday from 1pm-4pm
- ✓ Paid training (\$75/week)

COVID-19 Update: Now online. Please connect by phone or email if you have questions Phone: 604-999-2301 | Email: baristas@pcrs.ca

https://pcrs.ca/service-types/employment/
## Boys & Girls Club Employment Now

Industries: (Administration) (Customer Service)

- Two-week skills training course to teach you interview techniques, resume & cover letter preparation and workshop topics to help you prepare for work
- Financial supports for transportation, clothing and footwear
- Eligibility: Ages 17-29; legally entitled to work in Canada; has an internet connection
  - ✓ Course length: 10 days
  - ✓ Mentorship/Coaching
  - ✓ Job search support
  - ✓ Resume writing
  - ✓ Financial assistance
  - Transportation support

Address: 2875 St George Street, Vancouver BC, V5T 3R8 Phone: 604-591-9262 ext. 117 | Email: <u>employmentprograms@bgcbc.ca</u> <u>https://bgcbc.ca/employment-services/</u>

### Canadian Citizenship Preparation (YMCA of Greater Vancouver)

- Offers support and helps you prepare to take the Canadian Citizenship Test
- Eligibility: Must be a permanent resident
  - ✓ Course length: 10 weeks

Address: 955 Burrard St., Vancouver BC, V6Z 1Y2 Phone: 778-990-4856 | Email: <u>connections@gv.ymca.ca</u> <u>https://www.gv.ymca.ca/immigrant-services</u>

#### Career Paths for Skilled Immigrants (PICS)

Industries: (Food Services) (Customer Service)

- Assists skilled immigrants with experience in sales and service occupations (corporate sales management, retail and wholesale trade management, and restaurant and food service management) to obtain employment in their field
- Financial support for skill enhancement, career planning, language training and networking
- Eligibility: Permanent Resident or awaiting PR Status, or a convention refugee and protected person outside Canada; 3 years pre-arrival experience in the fields of Sales and Service (one year if 19-30 years of age; CLB 6 (intermediate to advanced English), not receiving EI or BCEA
  - ✓ Job search support
    ✓ Mentorship/Coaching
    ✓ Financial support

Address: 8153 Main St. Vancouver BC, V5X 3L2 (Vancouver office) Phone: 604-596-7722 | Email: <u>careerpaths@pics.bc.ca</u> <u>https://pics.bc.ca/programs/employment/career-paths-for-skilled-immigrants/</u>



# Career Paths for Skilled Immigrants (ISS of BC)

Industries: (Job-Readiness) (ESL) (Construction) (IT & Technology)

- If you are a newcomer to Canada with professional experience, get help rebuilding your career in British Columbia
- Get access to training funds, learn occupation-specific language, connect to employers, and gain Canadian work experience
- Eligibility: A resident of city of Vancouver; Permanent resident within last 5 years; 3 years prearrival experience in field (one year if 19-30 years of age). Must have: minimum CLB 6 for regulated professions or minimum CLB 5 for unregulated professions; pre-arrival experience; be underemployed or unemployed; and not receiving EI or BCEA.
  - ✓ Course length: 11-20 months
  - $\checkmark\,$  Job search support

✓ Support plan

✓ Mentorship/Coaching

✓ Financial support

Address: Now online

**Phone**: Construction & Engineering; and Technology Professions: 604-375-2105 Regulated and Non-Regulated Professions: 236-985-7359

Email: careerpaths@issbc.org

https://issbc.org/our-services/career-paths-skilled-immigrants-regulated-unregulated

#### Coast Learning Centre: Basic Education Courses

Industries: (English) (Math) (Computer Skills)

- Gr. 3-8 equivalency courses
  - ✓ Course length: 2 classes per week

Address: 295 E 11th Ave., Vancouver BC, V5T 2C4

Phone: 604-675-2363 | Email: info@coastmentalhealth.com https://www.coastmentalhealth.com/what-we-do/pillar-employment-and-education/

#### Computer Literacy Workshops

Industries: (Computer Skills)

- Teaches you to use a computer
- Eligibility: Francophones living in precarious situations in Greater Vancouver

Address: 213 - 312 Main Street, Vancouver BC, V6A 2T2 Phone: 604-683-7337 | Email: laboussole@lbv.ca https://en.lbv.ca/que-faisons-nous



# Continuing and Adult Education Vancouver

Industries: (English) (Math) (Computer Skills) (Science) (Humanities)

- Offer structured and self-paced courses for students looking to complete their high school education or upgrade courses for college or university program entry
- Monday-Friday classes are 2 hours and 15 minutes long; Saturday classes are 5 and a half • hours long
- Eligibility: Ages 16 and older •
  - ✓ Course length: 5 weeks (6 days a week)

Address: Classes are currently online; in-person classes are held at the Gathering Place or the South Hill Education Centre

Phone: 604-713-5770 | Email: adulteducationadvisors@vsb.bc.ca

https://govsb.ca/Adult

New student intake: https://www.vsb.bc.ca/Student\_Learning/Adult\_Education/Pages/New-Students.aspx

# Dan's Legacy Intro to Cook

#### Industries: (Food Services)

- Trains you to be successful in restaurant and/or kitchen environments
- Eligibility: Ages 19-29
- ✓ Course length: 3 months
- ✓ Counselling ✓ Transportation support
- ✓ Job search support
- ✓ Free meals

Address: 311-815 5th Avenue, New Westminster, BC Phone: 604-328-3653 | Email: dan@danslegacy.com https://danslegacy.com/

## East Van Learning Centre

- Integrates academic, recreational and counselling activities for students who require a higher staff-to-student ratio or modified coursework
- Eligibility: Students 13-16 in the Vancouver School District who are working on completing • grades 8-10

Address: 2455 Fraser St., Vancouver BC, V5T 0E5

**Phone:** 604-709-5720 | **Email:** byrc@pcrs.ca

https://pcrs.ca/our-services/east-van-learning-centre-formerly-eagle-high-and-west-coast-alternate/

### Embers Training

Industries: (Construction)

- Workshops, one-on-one mentorship and career development initiatives to guide our workers' long-term success
- Eligibility: Must be working for Embers for 30-90 days before going into training Hours: Monday - Friday: 5:30am - 6pm; Saturday: 6am - 10am

Address: 240-111 West Hastings Street, Vancouver BC, V6B 1H4

Phone: 604-692-0781 | Email: lynne@emberscanada.org https://embersstaffing.com/looking-for-work/

#### Employ to Empower Development Program

Industries: (Small Business Training)

- An interactive curriculum to help DTES residents learn basic business knowledge to make their business idea or product become a reality
- Topics include how to write a business plan, marketing, social media, selling online, cashflow and budgeting
  - ✓ Course length: 10 weeks
- ✓ Skills training/Upgrading
- ✓ Soft skill development
- $\checkmark$  Business development courses

Address: 405-268 Keefer Street, Vancouver BC, V6A 1X5

Phone: 778-928-1221 | Email: <u>christina@employtoempower.com</u> <u>https://employtoempower.com/development/</u>

#### HAVE Culinary Training Society – Culinary Training Program

Industries: (Food Services)

- Struggling to find stable employment because you face challenges with a physical disability, mental health, poverty, addiction or homelessness? HAVE provides culinary job training and work opportunities to individuals in Vancouver who experience barriers to employment.
- Learn cleaning, prepping and cooking skills
- Drop by between 8am and 2pm to meet with our counsellor & job developer
- Intake is ongoing and classes start each Monday
- ✓ Course length: 8 weeks ✓ Job sear
  - ✓ Job search support
     ✓ Transportation support
- ✓ Work gear provided
- ✓ Ongoing support

Address: 374 Powell Street, Vancouver BC, V6A 1G4 Phone: 604-696-9026 | Email: <u>info@have-cafe.ca</u> https://www.have-cafe.ca/8-week-culinary-training-program

## HAVE Culinary Training Society – ITA Professional Cook 1 Certification Program

Industries: (Food Services)

✓ Free meals

- For students who want to further their culinary training, we offer support in finding funding for post-secondary schools or finding places with employers that offer apprenticeship programs
- HAVE provides culinary job training and work opportunities to individuals in Vancouver who
  experience barriers to employment, including physical disabilities, mental health, poverty,
  addiction and/or homelessness
  - ✓ Course length: 28 weeks
- ✓ Transportation support
- ✓ Mentorship/Coaching
- ✓ Work gear provided

✓ Job search support

Address: 374 Powell Street, Vancouver BC, V6A 1G4 Phone: 604-696-9026 | Email: <u>info@have-cafe.ca</u> <u>https://www.have-cafe.ca/ita-professional-cook-1-program</u>





✓ Mentorship/Coaching

#### Intercultural Logistics and Transportation Operations Project



Industries: (Self-Employment) (Job Readiness)

- Do you want to learn skills to run your own business in the transportation operations industry (taxi, bus, limo, any other job)? Includes: Employment readiness training, career exploration, job shadowing/work experience, business plan writing, occupational skills training, employment/business supports, strengthened job search experience, development of work action plan and networking opportunities.
- Eligibility: Ages 55 and older; not in full time school; underemployed/unemployed/precariously employed; legally entitled to work in Canada; job motivated and ready
  - ✓ Course length: 8 weeks

✓ Job search support

- Coaching/MentorshipFirst Aid training
- ✓ Class 4 Restricted and Unrestricted License

✓ Skills training/Upgrading

Address: 8153 Main St,. Vancouver BC, V5X 3L2 (Vancouver office) Phone: 604-596-7722 ext. 124 | Email: <u>manjinder.thandi@pics.bc.ca</u> <u>https://pics.bc.ca/programs/employment/iltop-55/</u>

# Junior Data Analyst Program

Industries: (IT and Tech)

- Get job-ready in six-months and equipped with a certificate in Microsoft Azure Fundamentals.
- This program is for you if you enjoy complex, critical and technical analysis, and testing and validating data
- Eligibility: Ages 17-30; must have a high school diploma or GED and a valid social insurance number (SIN) or valid work permit; be unemployed, under-employed or facing financial challenges and barriers to employment
- Must have prior knowledge in IT, technical and/or programming with a minimum of Grade 12 level statistics, calculus or advanced functions knowledge. Applicants have demonstrated interest in or working knowledge of Structured Query Language (SQL) and, experience working with Microsoft Excel. Applicants will have taken courses or have experience or working knowledge in R or Python Statistical Programming and have either taken courses or have an understanding of machine learning. Must have advanced English language skills, level 7 and above including speaking, reading, writing and understanding.
  - ✓ Course length: 15 weeks,
     ✓ Mentorship/Coaching
     ✓ Job placement support
     Monday to Friday, 8:45am 1pm

#### Address: Online

Phone: 604-362-4711 | Email: admissions@npowercanada.ca https://npowercanada.ca/junior-data-analyst-program/

# Junior IT Analyst Program

Industries: (IT and Tech)

- Equips you with marketable skills for tech-enabled jobs including IT support tasks and customer support to be job-ready in less than six months. You don't need any prior knowledge in IT to apply.
- Eligibility: Ages 17-30. Must have a high school diploma or GED and a valid social insurance number (SIN) or valid work permit and be unemployed, under-employed or facing financial challenges and barriers to employment. Must have advanced English language skills, level 7 and above including speaking, reading, writing and understanding.
  - ✓ Course length: 15 weeks, Monday to Friday, 8:45am - 1pm
     ✓ Mentorship/Coaching
     ✓ Job placement support

#### Address: Now Online

Phone: 604-495-0580 | Email: <u>admissions@npowercanada.ca</u> <u>https://npowercanada.ca/junior-it-analyst-program/</u>

# Leadership Education and Development (LEAD)

- Helps empower newcomer women to gain confidence and become active in their community
- Classes and guest speakers explore topics such as the financial skills, goal setting and career planning, the Canadian government, health care, and volunteerism
- Eligibility: Newcomer women who speak enough English (CLB 5) and are interested in selfdevelopment, curious about job-readiness, training, or higher education
  - ✓ Course length: 2 classes a week

#### Address: Now online

Phone: 604-298-5888 | Email: programs@pirs.bc.ca https://pirs.bc.ca/programs-services/lead/



#### Industries: Arts

- Therapeutic art workshops and opportunities to work on community murals
- Create art, build peer relationships, and connect to community resources
- Eligibility: Ages 15-30, interested in art and in need of employment, mental health or housing support
- ✓ Mentorship/Coaching

🗸 Drop-in

✓ Paid work placement

**COVID-19 Update:** There is no drop-in, but groups meet online on Thursdays **Address:** 2106 Commercial Drive, Vancouver BC, V5N 4B4

Phone: 604-253-9675 | Email: <u>Ashleigh@froghollow.bc.ca</u>, <u>robin@froghollow.bc.ca</u>, <u>https://www.facebook.com/froghollowmakeit/</u>



### Migrant Worker's Program

- Customized workshops and educational sessions in the worker's first language (when available)
- Participants learn about their legal protections, rights and responsibilities, hazard identification and the workers compensation system
- Eligibility: Must be a migrant worker

Address: 200-5118 Joyce Street, Vancouver BC, V5R 4H1 Phone: 604-433-1453

Toll Free: 1-888-223-5669

Email: ohsadmin@bcfed.ca https://www.healthandsafetybc.ca/programs/mig rant-workers/



#### Mission Possible Employment Readiness Program for Training and Supportive **Transitional Employment**

Industries: (Job-Readiness) (Community Cleaning)

- Offers pre-employment training, coaching and support to help you achieve your goals
- Information sessions are held every Wednesday at 1 pm (self-identified women only) or Thursday at 1 pm (all genders) at 648 East Hastings St.
- Spots are limited so please sign up online, call or email the office to reserve a spot!
  - ✓ Paid training
- ✓ Mentorship/Coaching
- ✓ Flexible schedule

✓ Job placement

Address: 648 East Hastings Street, Vancouver BC, V6A 1R1

Phone: 604-253-4469 | Email: office@mission-possible.ca

https://www.mission-possible.ca/what-we-do/employment-readiness-program/pages/join-ourprogram

# Musqueam Education Homework Club



- Tutors for elementary and high school
- Eligibility: Musqueam members

Address: 6735 Salish Drive, Vancouver BC, V6N 4C4

Phone: 604-263-3261 | Email: info@musqueam.bc.ca

https://www.musqueam.bc.ca/departments/community-services/education/

# Native Education College – The Essentials: Skills, Culture, Knowledge

Industries: (Administration) (Security) (Small Business Training) (Computer Skills)

- Tuition-free job training, group activities and independent studies to help enhance skills for better opportunities at school, work and life
- Cultural teachings are a component of the program and designed to encourage students to • share with and learn from others as well as celebrate the diverse Indigenous nations they are from
- Attend 1 mandatory info session (held every Tuesday at 2pm) and submit an online application
- Classes are currently held online
- Email a statement of interest in the program and resume to Amanda (akai@necvancouver.org)
  - ✓ Transportation support ✓ Job search support ✓ Childcare support ✓ Free meals

Address: 285 East 5th Avenue, Vancouver BC, V5T 1H2

Phone: 604-873-3761 Ext. 333 | Email: akai@necvancouver.org http://www.necvancouver.org/programs/business/the-essentials-skills-culture-knowledge

# Native Youth Learning Centre

- Connect with and explore your culture and spirituality, while accessing a wide range of education and training opportunities
  - Eligibility: Indigenous youth, ages 15-30
  - ✓ Job search support ✓ Resume writing
- ✓ Drop-in

✓ Food support

Hours: Monday - Thursday: 4pm-8pm; Friday: 1pm-5pm

Address: 1618 East Hastings St., Vancouver BC, V5L 1S6 Phone: 604-254-7732 | Email: 2spirit@unya.bc.ca

https://unya.bc.ca/programs/native-youth-learning-centre/

### Opportunities Fund

- Tuition for short-term training (e.g., pre-apprentice training, placements, and practicums); wage subsidies for employers; income support and consulting to start a small business; and/or employment assistance services
- Eligibility: Have a permanent disability or chronic health condition; are unemployed or underemployed and legally eligible to work in Canada; have not established a claim for Employment Insurance (EI) benefits within the last five years

Hours: Monday - Friday: 8:30am - 4:30pm

Address: #900 – 1200 Burrard Street, Vancouver BC, V6Z 2C7

Phone: 1-866-377-3670 | Email: oppsfund@opendoorgroup.org https://www.opendoorgroup.org/programs/oppsfund/

## Refugee Employment Services

- Provides one-on-one information sessions to discuss job development options and work skills, help with the job search and preparation, and referrals for additional supports
- Eligibility: Must be a permanent resident

#### **COVID-19 Update:** We are providing services by phone, email and online

Phone: 236-668-5629 | Email: res@mosaicbc.org

https://www.mosaicbc.org/services/employment/refugee-employment-services/

# Sarah Mclachlan School of Music 55+

Industries: (Music)

- We offer a full spectrum of music programming and learning resources for youth and seniors
- Please apply online

Address: 138 E 7th Ave., Vancouver BC, V5T 1M6

Phone: 604-709-4415 or 778-870-3166

https://www.sarahschoolofmusic.com/

#### Self-Employment for Newcomers

Industries: (Self Employment)

- Offers immigrants and newcomers the opportunity to become a small business owner
- Eligibility: Must be a permanent resident, protected person or a convention refugee
  - ✓ Course length: 8 weeks, Monday to Thursday
- ✓ Transportation support✓ Job placement
- Childcare supportSupport plan
- 🗸 Su

**NOTE:** Please apply online (<u>http://bit.ly/senc5</u>) <u>https://www.gv.ymca.ca/immigrant-services</u>

#### Small Business BC

#### Industries: (Self-Employment)

- Provides those looking to be self-employed with products, resources and services to assist successful entry into small business ventures
  - ✓ Free and paid resources

**COVID-19 Update:** Closed for in-person visits but all services are available by phone or email **Address:** 550-555 W. 12<sup>th</sup> Ave., Vancouver BC, V5Z 3X7

Phone: 604-775-5525 | Toll-free: 1-800-667-2272 | Email: <u>askus@smallbusinessbc.ca</u> <u>https://smallbusinessbc.ca</u>

# Squamish First Nations Training & Trades Centre

Industries: (Trades)

•

- Training in a variety of trades including carpentry and plumbing
  - Eligibility: First Nations Status, Non-Status, Métis, or Inuit
  - ✓ No reference/resume needed
  - ✓ Job search support
- ✓ Mentorship/Coaching
- ✓ Transportation support
- rt 🗸 Childca
- Childcare support

COVID-19 Update: Please call ahead for intake Hours: *Monday - Friday:* 9am - 4:30pm Address: 3-1500 Railway St., North Vancouver BC, V7J 1B5 Phone: 604-980-7946 | Email: tradescentre@squamish.net https://www.facebook.com/Nexw7aystway/

#### <u>TechWomen</u>



#### Industries: (IT and Tech)

- Introductory web development and design, and technical language skills for the digital industry
- 8 weeks of language training, 5-10 weeks coding & design classes, and an 8-week practicum
- Eligibility: Must be a woman who is a landed immigrant, caregiver (with open work permit), refugee claimant or naturalized citizen with basic computer skills and CLB 6 or higher
  - ✓ Course length: 21-26 weeks
    ✓ Skills training/Upgrading

Address: 2610 Victoria Dr., Vancouver BC, V5N 4L2 Phone: 604-684-2561 | Email: <u>techwomen@issbc.org</u> <u>https://issbc.org/our-services/techwomen</u>

## This Way ONward

#### Industries: (Customer Service)

- Gain customer service skills through a series of workshops (once a week) and a paid internship with Old Navy
- Eligibility: Ages 16-24
  - ✓ Course length: 10 weeks (pre-employment training)

Phone: 236-888-4756 | Email: <u>GAPtraining@pcrs.ca</u> https://pcrs.ca/service-types/employment/

#### UBC Learning Exchange

#### Industries: (Computer Skills)

- Drop-ins and free workshops to develop computer skills
- See online schedule for various Tech Café times and locations

Hours: Wednesday and Thursday: 1:30pm - 2:30pm, 3pm - 4:30pm; Address: 612 Main Street, Vancouver BC, V6A 2V3 Phone: 604-827-2777 | Email: learning.exchange@ubc.ca https://learningexchange.ubc.ca/

- ✓ Free meals
- ✓ Paid training
- ✓ Work gear provided

✓ Paid work experience: 10 weeks

#### WISH Learning Centre

#### Industries: (Computer Skills) (English) (Arts)

- Supports self-identified women and gender diverse adult learners working in the sex trade, offering a range of activities designed to develop women's communication skills, their ability to self-advocate and stabilize their lives
- Women can access one-on-one tutoring to upgrade their education
- Includes: learning computer skills, writing, and engaging in arts and crafts

Hours: Monday, Tuesday: 6pm - 8:30pm

Address: 330 Alexander St., Vancouver BC, V6A 1C3 Phone: 604-681-9244 | Email: info@wishdropincentre.org

https://wish-vancouver.net/



#### Industries: (Food Services)

- Get help with employment preparation and settlement support while learning how to cook and • learn about the food industry
- Eligibility: Newcomer youth ages 16-30
  - ✓ Course length: 6 weeks

**Hours:** Tuesday and Wednesday evenings

Address: Frog Hollow Neighbourhood House, 2131 Renfrew St., Vancouver BC, V5M 4M5 Phone: 604-251-1225 | Email: Paulina@froghollow.bc.ca

https://www.froghollow.bc.ca/programs-services/youth/

#### YMCA Childcare Career Exploration

Industries: (Early Childhood Education)

- Participants learn from childcare professionals currently working in the field, strengthen communication skills, and networking
- Topics include parenting in Canada, credentials, career path, volunteering, and interview skills. Participants will learn about transitioning to a career in the childcare field in Canada.
- Eligibility: Ages 19 years or older; must be a permanent resident or refugee •
  - ✓ Skills training/Upgrading ✓ Resume writing ✓ Course length: 10 weeks
  - ✓ Mentorship/Coaching

Address: 955 Burrard Street, Vancouver BC, V6Z 1Y2

Phone: 604-374-5465 | Email: connections@gv.ymca.ca https://www.gv.ymca.ca/employment-services

#### YMCA Digital Literacy Exchange

#### Industries: (Computer Skills)

1-hour workshops get you comfortable with the digital world

Covid-19 update: All appointments (or classes or workshops) are now online

Phone: 604-939-9622 | Email: ydigital@gv.ymca.ca

https://www.gv.ymca.ca/employment-services

# YMCA Early Childhood Education Assistant (ECEA) Training

Industries: (Early Childhood Education)

- Prepares young adults and newcomers for jobs in Early Childhood Education
- Get skills and certification for jobs like Early Childhood Education Assistants for kids ages 2-5 •
- Eligibility: Ages 30 and over (some exceptions possible); Must have completed English 12, • LINC Level 7 or equivalents; be unemployed or precariously employed; a Canadian citizen, permanent resident or confirmed refugee
  - ✓ Skills training/Upgrading ✓ Mentorship/Coaching

Address: 955 Burrard Street, Vancouver BC, V6Z 1Y2 Phone: 778-386-0853 Email: eceatraining@gv.ymca.ca https://www.gv.ymca.ca/employment-services



Industries: (Administration)(Customer Service)

- Supports youth to find work in administration and customer service
- Paid training and work experience, follow-up support and professional certifications •
- Please register online •
- Eligibility: Ages 15-30; must be a Canadian citizen, permanent resident or a confirmed refugee •
  - ✓ Course length: 14 weeks
- ✓ Ongoing support
- YWCA additional services
- ✓ Skills training/Upgrading ✓ Paid training

Address: 2nd Floor, 1256 Granville Street, Vancouver, BC V6Z 1M4 Phone: 604-605-4666 | Email: accelerate@ywcavan.org

https://ywcavan.org/accelerate

### YWCA Axis

#### Industries: (Administration)(Customer Service)

- One-to-one employment program for immigrant women who have experienced domestic violence to help them develop an employment or training plan to achieve sustainable employment or further education
- Eligibility: Immigrant women who have or are currently experiencing domestic violence; must be a Canadian citizen, permanent resident or a confirmed refugee, living in Metro Vancouver, unemployed or precariously employed; have photo ID and a social insurance number (SIN)
  - ✓ Course length: 12 weeks
- ✓ Ongoing support
- YWCA additional services

- ✓ Mentorship/Coaching
- ✓ Skills training/Upgrading
- ✓ Multiple languages offered

- ✓ Soft skill development
- ✓ Referrals to other services

#### Address: Online

Phone: 604-313-6527 | Email: axis@ywcavan.org https://ywcavan.org/axis



# YWCA Gear Up

Industries: (Bike Mechanic)

- Equips youth with the skills, certification and employer connections to work as a bike mechanic
- Includes skills development workshops, Intro to Bike Mechanics Certificate and work experience •
- Eligibility: Ages 15-30; a Canadian citizen, permanent resident or confirmed refugee
  - ✓ Paid training ✓ Job search support ✓ Course length: 13 weeks

Address: 2nd Floor, 1256 Granville Street, Vancouver BC, V6Z 1M4

#### Phone: 604-605-4666 or 604-250-9342 | Email: gearup@ywcavan.org

https://ywcavan.org/gear-up

# YWCA Launch2Success 🗱 🧮 💮

Industries: (Entrepreneurship)

- Work with advisors, mentors and business networks to successfully develop and grow their business ideas
- Eligibility: Ages 15-29; be unemployed or precariously employed; a Canadian citizen, ٠ permanent resident or confirmed refugee
  - ✓ Course length: 16 weeks
    - ✓ Receive a stipend

#### Address: Now online

Phone: 778-222-0482 | Email: launch2success@ywcavan.org https://ywcavan.org/launch2success



#### Industries: (Skilled Trades)

- Explore high-paying careers in trades such as heavy equipment operator, construction, carpentry, welding, plumbing, sheet metal, electrical
- Receive certifications such as Occupational First Aid, Construction Safety Training System and Forklift Training
- Eligibility: Self-identified woman not actively participating in and receiving financial supports from another provincially or federally funded labour program; be unemployed or precariously employed; a Canadian citizen, permanent resident or confirmed refugee
  - ✓ Course length: 12 weeks ✓ Skills training/Upgrading
    - Mentorship/Coaching Job search support
- ✓ Work experience
- ✓ Transportation support

✓ Childcare support

Address: Online component + site tours

Phone: 604-809-1001 or 604-258-8987 | Email: levelup@ywcavan.org https://ywcavan.org/level-up

### YWCA Tech Connect Industries: (IT and Tech)

- Supports newcomer women with experience in IT to secure careers in the tech industry
- Eligibility: Self-identified immigrant or refugee women with background and experience in IT; • legally entitled to work in Canada (permanent residents, confirmed refugee status, or live-in caregivers); unemployed or underemployed; proficient in English (CLB 6 or higher)
  - ✓ Course length: 10 weeks
- ✓ Job search support

Ongoing support

- ✓ Transportation support
- ✓ Childcare support

Address: Now online Phone: 604-216-1670 | Email: techconnect@ywcavan.org https://ywcavan.org/tech-connect

## Do you need help learning English?

#### Bilingual Conversation Workshops

- Brings together Anglophones and Francophones to speak in their second language
- Eligibility: Francophones living in precarious situations in Greater Vancouver
- Address: 213- 312 Main Street, Vancouver BC, V6A 2T2

Phone: 604-683-7337 | Email: laboussole@lbv.ca

https://en.lbv.ca/que-faisons-nous

### Community Connections

Industries: (ESL)

- Offers volunteer experience, English conversation circles, and connects immigrants with a volunteer to practice English and learn from
- Eligibility: PR status, protected person, temporary foreign worker
  - ✓ Variety of Workshops ✓ Mentorship/Coaching

Address: Welcome Centre, 2610 Victoria Dr., Vancouver BC, V5N 4L2 Phone: 604-684-2561 | Email: volunteer.vanrich@issbc.org https://issbc.org/our-services/community-connections

### Community English Classes (Pacific Immigrant Resources Society)

#### Industries: (ESL)

- Provides different levels of English language instruction (ESL) for immigrant and refugee women
- Lessons address the needs of women participants and helps connect them with their community

Hours: Tuesdays & Thursdays: 9:30am-11am

Address: Currently online Phone: 778-608-4208 | Email: info@pirs.bc.ca https://pirs.bc.ca/programs-services/english-language-learning/

- ✓ Mentorship/Coaching
- ✓ YWCA additional services

# EAL/ESL English as Second Language



Industries: (ESL)

- Educates participants about workplace health and safety
- Improves language skills while learning about workers' rights in health and safety topics such as workplace violence, preventing back injuries, workplace chemicals (WHMIS) and hazards
  - ✓ Course length: 9 weeks

Hours: Saturday 10am - 12pm Address: 200-5118 Joyce Street, Vancouver BC, V5R 4H1 Phone: 604-433-1453 | Toll-free: 1-888-223-5669 | Email: ohsadmin@bcfed.ca https://www.healthandsafetybc.ca/programs/eal/

#### English Conversation Sessions

- English conversation sessions (75 minutes) and activities (for beginners and intermediate learners)
- Registration is by appointment only
- Eligibility: Canadian citizens and refugees who are 19 years of age and older

Hours: Wednesday and Thursday: 1:30pm - 2:30pm, 3pm - 4:30pm;

Address: 612 Main Street, Vancouver BC, V6A 2V3

Phone: 604-822-6169 | Email: groff.lai@ubc.ca

https://learningexchange.ubc.ca/



# LINC Classes (Language Instruction for Newcomers to Canada)

- LINC provides basic and intermediate level English training for adult newcomers to Canada
- NOTE: You will need to take a free placement assessment at the LINC Assessment and Referral Centre before registering
- Eligibility: Must be a newcomer to Canada, 17 years old or older, and approved for permanent residence. Canadian citizens, temporary visitors, temporary foreign workers and refugee claimants who have not yet received a positive decision on their refugee status claim **cannot** take LINC classes.

#### LINC Assessment and Referral Centre

Industries: (ESL)

- Assesses for eligibility and training level using the Canadian Language Benchmarks (CLB) Placement Test, then gives referrals to an appropriate LINC school
- Mail or fax the application form and necessary documents to Western ESL Services
   Address: Western ESL Services, #208-2525 Commercial Drive, Vancouver BC, V5N 4C1
   Phone: 604-876-5756 | Email: lincinfovancouver@telus.net

Application: <u>https://issbc.org/wp-content/uploads/2015/02/LINC\_APPLICATION\_FORM1.pdf</u> <u>https://issbc.org/our-resource/register-for-linc</u>

#### LINC (Collège Educacentre)

Address: 842 Thurlow Street, Vancouver BC, V6E 3Z8 Hours: *Monday - Thursday:* 6:15pm - 8:45pm (online) Phone: 604-708-5100 ext. 1502 | Email: <u>msousamartins@educacentre.com</u> <u>https://educacentre.com/en/settlement-services/linc/</u>

#### LINC (ISS of BC)

Address: Welcome Centre, 2610 Victoria Dr. Vancouver BC, V5N 4L2 Phone: 604-684-2561 http://issbc.org/service-types/linc-language-instruction-for-newcomers-to-canada

#### LINC (MOSAIC)

Address: Currently Online Phone: 604-284-8825 or 604-708-3905 | Email: <u>lincvan@mosaicbc.org</u> <u>https://www.mosaicbc.org/services/language/linc/</u>

#### Learning in Action

- Connect with a volunteer for conversational English
- Eligibility: Must be a LINC student, CLB 3 and higher

Address: Welcome Centre, 2610 Victoria Dr. Vancouver BC, V5N 4L2

Phone: 604-684-2561

https://issbc.org/our-services/learning-in-action



Industries: (ESL)

- Learn English while exploring employment, continuing education, professional networking, and volunteering opportunities
- Eligibility: Immigrant and refugee women who speak English at an intermediate level

Address: Currently online

Phone: 778-608-4285 | Email: info@pirs.bc.ca https://pirs.bc.ca/programs-services/english-language-learning/

## YMCA Conversations for Life (§

- Supports newcomers to build confidence, language skills, knowledge & intercultural relationships through weekly discussions
- Course length: 4 weeks
- Eligibility: Permanent resident or convention refugee

#### Address: Now Online

Phone: 778-990-4856 | Email: connections@gv.ymca.ca

https://www.gv.ymca.ca/immigrant-services

### YMCA Conversation Club



- Practice English language skills, meet new friends and learn more about life in Canada
- Trained volunteer facilitators lead small group discussions about Canadian customs and culture
- Eligibility: Permanent resident or convention refugee

Hours: Wednesdays: 10:30am - 11:30am

#### Address: Now online

Phone: 778-990-4856 | Email: connections@gv.ymca.ca

https://www.gv.ymca.ca/immigrant-services



### Do you want to improve your job-readiness (ie. Resume building, interviewing)?

#### Building Bridges



Industries: (Job-readiness)

- Learn facilitation, leadership, business and general communication skills, networking, public speaking and financial literacy skills in a group setting
- Eligibility: Skilled immigrant and refugee women; English level CLB 6 or higher; able to commit to a 20-week program, including an additional 20 hours of project-based work
  - ✓ Course length: 20 weeks ✓ Skills training/Upgrading
- ✓ Soft skills development

Hours: Wednesdays: 6pm - 8:30pm Address: Now online Phone: 604-298-5888 | Email: programs@pirs.bc.ca https://pirs.bc.ca/programs-services/building-bridges/

# Drive Youth Employment Services

Industries: (Job-Readiness)

- Helps you find employment, training and community resources
- Drop-in resource room with free printing and scanning, employment and life skills workshops
- Eligibility: Ages 16-30
  - ✓ Job search support
  - ✓ Transportation support
  - ✓ Resume writing

Hours: Monday – Thursday (Drop-in): 10am - 4:30pm; Friday (Appointment only): 10am - 4:30pm Address: 2106 Commercial Drive, Vancouver BC, V5N 4B4

Phone: 604-253-9675 | Email: rosie@froghollow.bc.ca https://www.driveyouthemployment.ca/ /

## Employment, Life Skills & Training

Industries: (Job-readiness)

- Provides resources and training to help you find meaningful employment
  - ✓ Resume writing ✓ Skills training/Upgrading

Address: 1607 East Hastings St., Vancouver BC, V5L 1S7 Phone: 604-251-4844 | Email: <u>employment@vafcs.org</u> http://www.vafcs.org/programs/employment-life-skills/



# Job Search Assistant Workshops



#### Industries: (Job-readiness)

- Ask all your questions about your CV, the keys to a good application and access WorkBC services
- Eligibility: Francophones living in precarious situations in Greater Vancouver •

```
Address: #213 - 312 Main Street, Vancouver BC, V6A 2T2
```

Phone: 604-683-7337 | Email: laboussole@lbv.ca

https://en.lbv.ca/que-faisons-nous



#### Industries: (Job-readiness)

- Provides: personal development workshops; career planning; interview skills training; help finding employment; connections to employers, networking events and mentors
- Eligibility: Must be a permanent resident, refugee (government-assisted and privatelysponsored), refugee claimant or naturalized Canadian citizen
  - ✓ Mentorship/Coaching ✓ Resume writing ✓ Job search support

#### Phone: 604-684-3599 | Email: jobquest@issbc.org https://issbc.org/our-services/jobquest

### Workplace Connections Mentoring

Industries: (Job-readiness)

- Connects newcomers to mentors in a variety of professions to assist with resume help, further • education and cultural differences
- Please apply online
- Eligibility: Must be a permanent resident eligible to work in Canada, with 2 years of experience in their chosen profession
  - ✓ Mentorship/Coaching

COVID-19 Update: We are providing services by phone, email and online

#### Phone: 604-254-9626 | Email: mentors@mosaicbc.org

https://www.mosaicbc.org/services/employment/workplace-connections-mentoring/

### Workplace Integration for Multi-barriered Individuals

#### Industries: (Job-readiness)

- Improve employability through group facilitated job readiness training
- Financial supports for occupational skills training ۲
- Eligibility: Unemployed, multi-barriered Canadian citizens; permanent residents or refugees . living in BC; and not a full-time student or actively participating in another provincially or federally funded labour market program

✓ Mentorship/Coaching

✓ Job search support

✓ Skills training/Upgrading

Address: #102-8159 Main St., Vancouver BC, V5X 3L2 Phone: 604-324-7733 ext. 406 | Email: <u>kcchau@pics.bc.ca</u> https://pics.bc.ca/programs/employment/wimbi/



### YMCA – Youth Beat

#### Industries: (Job-Readiness)

- Supports unemployed or underemployed youth who experience mental health barriers to
  obtaining or maintaining employment with an opportunity to earn up to \$600
- Includes First Aid training, as well as mindfulness, money skills, and diversity workshops
- 5 weeks training and 12 weeks of support during work placement
- Eligibility: Ages 15-29
  - ✓ Skills training/Upgrading
    ✓ Mentorship/Coaching
- ✓ Includes YMCA gym membership

Address: 955 Burrard Street, Vancouver BC, V6Z 1Y2 Phone: 604-685-8066 | Email: <u>youthbeat@gv.ymca.ca</u> https://www.gv.ymca.ca/employment-services



#### Industries: (Job-Readiness)

- Learn resume writing and interview skills, communication and conflict resolution skills, and get hands on training
- Eligibility: Ages 13-17. Open to all youth, but priority is given to newcomer youth **Hours:** *Tuesday, Wednesday, Thursday:* 3:30pm 6pm

Address: Frog Hollow Neighbourhood House, 2131 Renfrew St., Vancouver BC, V5M 4M5 Phone: 604-251-1225 | Email: <u>orissa@froghollow.bc.ca</u> https://www.froghollow.bc.ca/programs-services/youth/

#### YWCA FOCUS@Work

#### Industries: (Job-Readiness)

- Helps women find their passions and strengths to find meaningful employment
- Includes online workshops, and up to five one-to-one coaching sessions
- Please sign up for an online information session first!
  - ✓ Course length: 12 weeks ✓ Resume writing

✓ Job search support

✓ Mentorship/Coaching

Hours: Monday - Friday: 10am - 12pm

#### Address: Now online

Phone: 604-699-1788 | Email: focus@ywcavan.org

https://ywcavan.org/focus

#### YWCA MindSet

#### Industries: (Job-Readiness)

- Offers a safe, stigma-free environment for participants wanting support for stress management, anxiety and/or depression to achieve balance and gain motivation to pursue their goals
  - ✓ Course length: 12 weeks
- Support plan
- Transportation support
- Counselling

- ✓ Skills training/Upgrading
- ✓ Peer support✓ Financial assistance for

food, clothing

Address: 295 East 11th Ave (Coast Mental Health), Vancouver, V5T 2C4 Phone: 604-209-5796 | Email: <u>mindset@ywcavan.org</u> https://ywcavan.org/mindset

# YWCA Pathways to Leadership



#### Industries: (Job-Readiness)

- Online program that helps immigrant and refugee single mothers build confidence, develop leadership skills and explore career or training options
- Eligibility: Immigrant and refugee single mothers of any status are welcome ٠
- ✓ Mentorship/Coaching ✓ Course length: 12 weeks

#### Address: Now online

Phone: 604-219-8952 | Email: singlemothers@ywcavan.org https://ywcavan.org/pathways-leadership

#### YWCA Restart

#### Industries: (Job-Readiness)

- Offers a safe, stigma-free environment to support participants in achieving their employment and education goals
- Eligibility: Self-identified women with justice system involvement •
  - ✓ Course length: 8 weeks
- ✓ Support plan
- Transportation support ✓ Counselling
- Skills training/Upgrading
- ✓ Peer support
- ✓ Financial assistance for food, clothing

#### Address: Now online

Phone: 604-209-8271 | Email: restart@ywcavan.org https://ywcavan.org/restart

## YWCA Strive

Industries: (Job-Readiness)

- Support youth transitioning or have transitioned out of foster care with basic life and employability skills to support a successful transition to independence
- Provides certifications, debt assistance, access to youth workers
- Eligibility: Ages 17-24; transitioning/transitioned out of care; must be working less than 20 hours a week; live in Metro Vancouver
  - ✓ Course length: 6 weeks
- ✓ Support plan
- ✓ YWCA additional services

- ✓ Paid training
- ✓ Free counselling

- ✓ Referrals to other services

**COVID-19 Update:** All appointments (or classes or workshops) are now online Address: 2nd Floor, 1256 Granville Street, Vancouver BC, V6Z 1M4 Phone: 604-619-8078 | Email: strive@ywcavan.org https://ywcavan.org/strive



## Do you want help with physical health?

# 

- Confidential testing and treatment of sexually transmitted infections (STIs)
- No MSP required
- Limited number of drop-ins available, but an appointment is preferred
  - ✓ Counselling ✓ Drop-in ✓ STI treatment

Hours: Monday, Tuesday, Thursday, Friday, Saturday: 8:30am - 4 pm; Wednesday: 8:30am - 7:30pm; Thursday: 9:30am - 4pm Address: 655 West 12th Ave., Vancouver BC, V5Z 4R4 Phone: 604-707-5600

http://www.bccdc.ca/our-services/our-clinics/sexually-transmitted-infections-clinics#Our--Clinic

## **Building Blocks (MOSAIC)**



- Nurses and social workers help monitor baby's health and development, answer questions about feeding, potty training and developmental changes, give ideas on how to play, interact and discipline your child and share information on how to prepare them for school
- The MOSAIC Family Support Home Visitor will meet you approximately once a week to answer questions or concerns and provide parenting advice
- Eligibility: First-time parents (immigrants and convention refugees) with a baby under 6 months old

COVID-19 Update: We are providing services by phone, email and online Hours: Monday - Friday: 9am - 5pm

Phone: 604-254-9626 | Email: info@mosaicbc.org

https://www.mosaicbc.org/services/family-children-youth/building-blocks-vancouver/

#### Catherine White Holman Wellness Centre



- Provides low-barrier wellness services to transgender and gender non-conforming people
- Free services regardless of citizenship, health insurance or residential address
- Services are offered out of REACH Community Health Centre
- Please look online for specific clinic dates and times ۰
  - ✓ Basic care

✓ Counselling

✓ Mental health services

- ✓ Transgender services
- ✓ STI treatment

- ✓ Substance use services
- Address: Reach Community Health, 1145 Commercial Dr., Vancouver BC, V5L 3X3 Phone: 604-442-4352 | Email: contactus@cwhwc.com http://www.cwhwc.com



#### City Centre Urgent Primary Care Centre

- For patients with non-life-threatening injuries and illnesses that should be addressed by a health care provider within 12 to 24 hours, but do not require the level of service or expertise found in an emergency department
- Please bring your care card for x-ray and laboratory services

Hours: Monday – Saturday: 8am - 10pm; Sunday: 9am - 5pm

Address: Three Bridges Community Health Centre, 1290 Hornby St., Vancouver BC, V6Z 0A3 Phone: 604-416-1811 | Email: <u>citycentreupcc@seymourhealth.ca</u>

https://www.citycentreupcc.ca/

#### Columbia Street Community Clinic

- Service includes assessment and same-day prescriptions for methadone, suboxone and OAT
- Please call for inquiries and appointments
  - ✓ Basic care
    ✓ Mental health & wellness
    ✓ Substance use services

COVID-19 Update: The clinic is unable to take on new clients at this time

Hours: Monday – Friday: 9am - 12pm and 1:30pm - 4pm

Address: 350 Columbia St., Vancouver BC, V6A 4J1

Phone: 604-879-7906 (Press 1)

https://www.phs.ca/project/phs-primary-care-clinic/

#### Downtown Community Health Centre

- Provides free clinic and referral services, support groups, and a full range of addiction and mental health services
- Clients seeking assessment for methadone & suboxone should drop in during opening hours
- Eligibility: Clients must reside in the Downtown Eastside and have no other primary care provider
  - ✓ Basic care
    ✓ Mental health & wellness
    ✓ Substance use services
  - ✓ Support services

Hours: *Everyday*: 9am - 6pm (including holidays) Address: 569 Powell St., Vancouver BC, V6A 1G8 Phone: 604-255-3151 http://www.vch.ca/Locations-Services/result?res\_id=1360

## East Van Youth Clinic - Robert and Lily Lee Family Community Health Centre

- Confidential services for youth
- Services include: birth control, emergency contraception, pap tests (unavailable during dropin except on Saturdays) and pregnancy testing and counselling, as well as testing and treatment of sexually transmitted infections
- Eligibility: Ages 24 and younger
  - ✓ Basic care
    ✓ Counselling
    ✓ Drop-ins available

**COVID-19 Update:** By appointment only. Please leave a message at 778-871-7132. **Hours:** *Monday - Friday*: 9am - 5pm **Address:** 1669 East Broadway (at Commercial), Vancouver BC, V5N 1V9 **Phone:** 604-675-3986



### First Nations Health Authority (FNHA) - Medical Supplies & Equipment (MS&E) Benefits

- Medical supplies and equipment coverage for eligible FNHA clients who receive care at home
- Clients must have a prescription or written recommendation for an eligible MS&E item to • receive coverage

#### Address: #701-1166 Alberni Street, Vancouver BC, V6E 3Z3

Phone: 1-855-550-5454 (Toll Free) | Email: HealthBenefits@fnha.ca https://www.fnha.ca/benefits/medical-supplies-and-equipment

## Foundry Vancouver - Youth Health Centre

- Mental health and substance use support, primary care, peer support and social services
- Eligibility: Ages 12-24 •
- ✓ Mental health & wellness
- ✓ Drop-ins available

✓ Peer support

✓ Basic care

- ✓ Substance use services
- ✓ Referrals to other services

Hours: Monday - Friday: 9am - 5pm; Drop-in Monday - Friday: 1pm - 5pm Address: 1260 Granville St., Vancouver BC, V6Z 1M4 Phone: 604-806-9415 | Email: ICYMHP@providencehealth.bc.ca

https://foundrybc.ca/vancouver-granville/

#### Health Initiative for Men T



- Early, rapid and standard HIV testing; STI testing; vaccinations for Hepatitis A, B, HPV • (Human Papilloma Virus) for those under the age of 27
  - ✓ Counselling

- ✓ Medical services
- ✓ STI testing

- ✓ Variety of free workshops

- ✓ Harm reduction Servicess

COVID 19 Update: Please visit the Clinical Services section of our Covid-19 response page for the most up-to-date information regarding hours and services Address: #416-1033 Davie St., Vancouver BC, V6E 1M7 Phone: 604-488-1001 | Email: office@checkhimout.ca

https://checkhimout.ca/

### Keefer Walk-in and Medical Clinic

- Doctors speak English, Cantonese and Mandarin
- Please bring your care card

COVID-19 Update: At this time, we only offer Virtual Health and Telemedicine Hours: Monday - Friday, 8:30am - 5pm; Sun: 9am - 5pm Address: 118 Keefer St., Vancouver BC, V6A 1X4 Phone: 604-674-7403 http://keefermed.ca



## Kettle Health Clinic

- Provides easy access to health care services for individuals with mental health issues, substance use and/or living with homelessness
  - Make an appointment or drop in
    - ✓ No Care Card needed
- ✓ Women's health

✓ Basic care

- ✓ Mental health assessment
- ✓ Referrals to other services
- ✓ Drop-ins available

✓ Foot care

✓ STI treatment

✓ Disability applications

**COVID-19 Update:** Calling ahead to book an appointment is preferred Hours: Monday: 9:30am - 4:30pm; Wednesday and Thursday: 9:30am - 3pm Address: 1725 Venables St., 2<sup>nd</sup> Floor, Vancouver BC, V5L 2H3 Phone: 604-251-5237

https://www.thekettle.ca/community-services

### Kílala Lelum

- Offers team-based, comprehensive and culturally informed healthcare services, in order to provide health equity for people on the DTES
  - ✓ Basic care

- ✓ Mental health & wellness
- ✓ Traditional healing

✓ Counselling

✓ Indigenous Elders available

Hours: Everyday: 9:30am - 5pm Address: 626 Powell St., Vancouver BC, V6A 1H4 Phone: 604-620-4010 | Email: info@uihhc.ca

https://kilalalelum.ca/clinics-programs/programs/primary-care/

## Lu'ma Medical Centre

Provides culturally safe healthcare to families

Note: We are currently placing families and individuals who would like to access primary care at Lu'ma Medical Centre on a waitlist. Please contact us for a placement.

Address: 2970 Nanaimo St., Vancouver BC, V5N 5G3

Phone: 604-558-8822 | Email: Booking@LumaMedical.ca

http://lnhs.ca/luma-medical-centre/

#### Multicultural Family Centre (REACH Community Health Centre)

- Works with immigrants and refugee communities to deliver culturally-responsive health promotion programs and education workshops
- Parenting programs with information on parenting in Canada ٠
- Programs and services in English, Spanish, Vietnamese, and Arabic
- Assists with navigating the health care system, referrals, filling out forms

Address: 1145 Commercial Drive, Vancouver, BC, V5L 3X3

#### Phone: 604-216-3135

https://www.reachcentre.bc.ca/mfc



# Musqueam Pre- and Post-Natal Group

- Assists with child health supports for pre-natal and post-natal families
- Please contact us to register
- Eligibility: Musqueam members

Address: 6735 Salish Drive, Vancouver BC, V6N 4C4

Phone: 604-362-9200 | Email: chn@musqueam.bc.ca

https://www.musqueam.bc.ca/departments/community-services/health/

## Native Youth Health and Wellness Centre (UNYA)

A youth clinic providing culturally-relevant, welcoming, accessible health and wellness services

:15

- Approaches health & wellness with both Indigenous and Western perspectives & knowledge
- Cares for your overall wellbeing in a way that focuses on your strengths and takes into account the effects of trauma
- Eligibility: Indigenous youth; ages 12-30
  - ✓ No Care Card needed
- ✓ Indigenous Elders available

✓ Basic care ✓ Counselling

- ✓ Referrals to other services
- ✓ Drop-ins available
- ✓ Substance use services
- ✓ Support services
- ✓ Women's health

**NOTE:** Please call ahead to book an appointment or check the program calendar for times Address: 1640 East Hastings Street, Vancouver BC, V5L 1S6

Phone: 604-253-5885 | Text: 778-837-5083 | Email: nativeyouthwellness@unya.bc.ca https://unya.bc.ca/programs/native-youth-health-wellness-centre/

#### **Options for Sexual Health**

- Champions and celebrates the sexual health of all people in BC by supporting, providing, and promoting inclusive and accessible health care and education
  - ✓ STI testing

✓ Women's health

✓ Reduced fees

Address: 3550 East Hasting St., Vancouver, BC V5K 2A7 Phone: 604-731-4252 | Toll Free: 1-800-739-7367 | Email: Info@optbc.org https://www.optionsforsexualhealth.org/





# Physical Health

# Pender Community Health Centre

- Provides a range of health care and support services to people who have acute, chronic, palliative or rehabilitative health care needs, including mental health and substance use needs
- Eligibility: Clients must reside in Vancouver and have no other primary care provider

✓ Support services

- ✓ Basic care
- ✓ Counselling

Hours: Monday - Friday: 9am - 6pm

Address: 59 West Pender St., Vancouver BC, V6B 1R3

Phone: 604-669-9181

http://www.vch.ca/Locations-Services/result?res\_id=1340

## PICS HIV and Hepatitis C Intervention Project

- Provides health workshops and resources to immigrants and refugee claimants to mitigate the stigma of HIV and HCV and to encourage the public to seek medical examination
  - ✓ Peer support ✓ Support services

Address: 8153 Main St., Vancouver, BC V5X 3L2

Phone: 604-596-7722 ext. 132

https://pics.bc.ca/programs/community-programs/health/community-innovation/

## Raven Song Community Health Centre

- Provides public and community health services, mental health and addiction services, speech therapy, home health services, youth health services
- Eligibility: Clients must reside in Vancouver and have no other primary care provider
  - ✓ Basic care
- ✓ Mental health & wellness
- ✓ Counselling
- Hours: Monday Friday: 8am 5pm

Address: 2450 Ontario St., Vancouver BC, V5T 4T7

Phone: 604-709-6400

✓ Basic care ✓ Counselling

http://www.vch.ca/locations-services/result?res id=1365

Address: #101 – 533 East Hastings St., Vancouver BC, V6A 1P9

Phone: 604-216-1699 | Email: sheway.sheway@vch.ca

### Sheway Medical Clinic

- Provides health and social services supports to pregnant women and women with infants under 18 months, dealing with drug and alcohol issues
  - ✓ No Care Card needed

https://www.vahs.life/sheway

Hours: Monday – Friday: 10:30am - 3:30pm

- ✓ Women's health
- ✓ Mental health & wellness
- ✓ Drop-ins available
  - ✓ Substance use services

✓ Referrals to other services

✓ Substance ese services

✓ Substance use services





# TELUS Health MyCare

- Check symptoms, consult with doctors and access your health records for free on your phone, tablet or computer where and when it's convenient for you
- Doctor consultations for BC residents are covered under the Medical Services Plan (MSP)
- Download on Google Play or the Apple App Store

✓ Get a prescription or referral ✓ See a doctor (through video) ✓ Check your symptoms https://www.telus.com/en/personal-health/my-care

# Three Bridges Community Health Centre 🇰 🗱 💳

- Get basic health care and learn how to keep yourself healthy
  - ✓ Transgender services ✓ Substance use services

Hours: Monday - Friday: 8:15am - 6:30pm Saturday: 8:15am - 9pm; Sunday: 8:15am - 5:30pm Address: 4th Floor, 1128 Hornby St., Vancouver BC, V6Z 2L4 Phone: 604-331-8900

http://www.vch.ca/Locations-Services/result?res id=686

#### Trans Specialty Care at Three Bridges Health Community Centre

- Provides specialized care to transgender and gender diverse persons
- Eligibility: Ages 15 and older living in the Vancouver Coastal Health region. Youth, refugee claimants, and individuals with post-operative complications living outside the VCH Region will be given consideration on a case-by-case basis.
  - ✓ Hormone initiation and ✓ Assistance with identity stabilization document changes
- ✓ Surgical care planning & referrals
- ✓ Post-operative information & care

✓ Limited counselling

**COVID-19 Update:** Due to the COVID-19 pandemic, this location or service may be operating at reduced or adjusted hours. Please contact this location or service provider for further details. Hours: Monday - Friday: 4pm - 8pm

Address: 4th Floor, 1128 Hornby St., Vancouver BC, V6Z 2L4 Phone: 604-331-8901

http://www.vch.ca/Locations-Services/result?res id=1342





#### Vancouver Women's Health Collective



- Provides a safe space for self-identified women, including non-binary and gender nonconfirming individuals, to access information and services for their health needs, as well as provide complementary health and wellness services
  - ✓ No Care Card needed
- ✓ Counselling

- ✓ Basic care
- ✓ Women's health
- ✓ STI testing✓ Variety of workshops
- ✓ Referrals to other services
- ✓ Transgender services

**COVID-19 Update:** Currently only available for existing clients – call 604-875-3290 to make an appointment

Hours: Monday - Friday: 11am - 7pm Address: 29 West Hastings St., Vancouver BC, V6B 1G4 Phone: 604-736-3290 (Existing Patients) | 604-736-5262 (Main Line) Email: <u>center@womenshealthcollective.ca</u> <u>https://www.womenshealthcollective.ca/</u>

#### WISH Health Clinic

- Women can access this safe, women-only clinic in a familiar setting
  - ✓ No Care Card needed ✓ Women's health ✓ STI testing
  - ✓ Basic care

**COVID-19 Update:** The Nurse Practitioner program in the health clinic is temporarily suspended, however the Kilala Lelum Mobile clinic comes once a month. Please call for more information. **Address:** 330 Alexander St., Vancouver BC, V6A 1C3

Phone: 604-720-5331 (Sonya) or 236-777-5879 (Jenny)

Email: <u>inreach1@wishdropincentre.org</u> (Sonya) or <u>inreach2@wishdropincentre.org</u> (Jenny) <u>https://wish-vancouver.net/</u>



# Youth Clinic at the Broadway Youth Resource Centre

- Confidential drop-in services for youth
- Eligibility: Ages 24 and younger
  - ✓ Basic care✓ STI testing

CounsellingWomen's health

- ✓ Drop-ins available
- COVID-19 Update: By appointment only. Please leave a message at 778-871-7132.

Hours: Thursday: 2:30pm - 5pm

Address: 2455 Fraser St., Vancouver BC, V5T 1T1

Phone: 604-786-2228

http://www.vch.ca/locations-services/result?res\_id=1084

# Youth Clinic at Three Bridges Community Health Centre

- Confidential drop-in services for youth
- Ask about health, sexual, and wellness-related issues
- Eligibility: Ages 24 and younger
  - ✓ Basic care

- ✓ Substance use services
- Drop-ins available
- ✓ Counselling
- ✓ Mental health & wellness
- ✓ Transgender services

**COVID-19 Update:** By appointment only. Please leave a message at 778-871-7132.

Hours: Monday – Friday: 8:30am – 8pm; Saturday: 10:30am – 5pm

Address: 4<sup>th</sup> Floor, 1128 Hornby St., Vancouver BC, V6Z 2L4 Phone: 604-633-4220

http://www.vch.ca/locations-services/result?res\_id=1084

### Youth Pregnancy & Parenting Program

- Supports pregnant youth and their babies
  - Eligibility: Ages 24 and younger
  - ✓ Basic care
- ✓ Free meals

✓ Transportation support

✓ Counselling

Address: Robert and Lily Lee Family Community Health Centre, 1669 East Broadway, Vancouver BC, V5N 1V9

Phone: 604-675-3982 | Email: <u>yppp@vch.ca</u> http://www.vch.ca/Locations-Services/result?res\_id=282

## Find a Family Doctor:

Call 811 to ask for referrals to services in your area

BC College of Family Physicians - https://bccfp.bc.ca/for-the-public/find-a-family-doctor/

College of Physicians and Surgeons of BC - https://www.cpsbc.ca/physician\_search

BC Doctor Directory -https://www.bcdoctordirectory.ca/vancouver

🛱 Dental

## Do you want to access dental services?

# First Nations Health Authority (FNHA) - Dental Benefits

- Dental care benefits are available to eligible FNHA clients
- Covers most dental services, including basic checks, crowns, fillings, root canals and more

Address: 701-1166 Alberni Street, Vancouver BC, V6E 3Z3

Phone: 1-855-550-5454 (Toll Free) | Email: <u>HealthBenefits@fnha.ca</u>

https://www.fnha.ca/benefits/dental

#### Mid-Main Community Health

- Accepts most private and all government insurance plans
- For those without dental insurance, we provide a 10% discount

**NOTE:** The clinic location will be moving in March 2022 **Hours:** *Monday - Thursday:* 9am - 6pm; *Friday -Sunday:* 9am - 5pm **Address:** 3998 Main Street, 2nd Floor, Vancouver BC, V5V 3P2 **Phone:** 604-873-3602 | **Email:** <u>midmainreception@midmain.net</u> https://www.midmain.net/dental/

Portland Community Dental Clinic

- Provides quality general dentistry including restorative, preventative, extractions, crowns, complete & partial dentures and root canals
- Accepts all residents within the boundaries of the Downtown Eastside
- Please call to book and appointment, and discuss fees and arrangements

#### Hours: Monday - Thursday: 9am - 5pm

Address: 12 East Hastings Street, Vancouver BC, V6A 1M9

Phone: 778-371-0060 | Email: pcdc@phs.ca

https://www.phs.ca/project/portland-clinic-dentistry/

#### Reach Dental Clinic

- Offers a limited discount to low-income patients without any type of insurance
- Has a limited subsidy program for individuals and families living on social assistance

Hours: Monday - Friday: 8:15am - 5:15pm; Saturday: 8:30am - 4:15pm

Address: 1145 Commercial Drive, Vancouver BC, V5L 3X3

#### Phone: 604-254-1331

http://www.reachcentre.bc.ca/dental

# Strathcona Community Dental Clinic

- Accepts most private and all government insurance plans
- Staff speak English, Cantonese and Mandarin
- Provides a 20% discount for seniors in the community who have no dental coverage
- Eligibility: For youth under 19, seniors over 65, and adults with children

#### Hours: Monday - Friday: 9am - 5pm

Address: 601 Keefer Street, Vancouver BC, V6A 3V8 Phone: 604-713-4485

http://www.strathcona-health.ca

# 🕅 Dental

# UBC Dentistry

- Services include: general dentistry, dental hygiene, pediatric dentistry, root canals, braces, gum disease, implants and crowns, bridges and dentures
- Appointments are 3 hours
- Patients who qualify for government assistance should obtain the necessary authorization of eligibility before treatment begins. The clinic collects from the government agency directly.

**COVID-19 Update:** Not all programs are accepting new patients, please call ahead **Address:** 2151 Wesbrook Mall, Vancouver BC, V6T 1Z3 **Phone:** 604-822-2112

https://www.dentistry.ubc.ca/treatment/about/

# Vancouver Aboriginal Health Society Dental Clinic

- Provides dental exams, cancer screening, x-rays, prescriptions, dental fillings, simple/surgical dental extractions, crowns, bridges, dentures, cleanings, root canals
- For patients without dental coverage, a donation fee will be suggested during your screening
- Eligibility: Must be a resident of the Downtown Eastside and living on low income

**COVID-19 Update:** We are currently only providing Emergency and Essential (urgent) care.

Please call or email the office to access a pre-screening process.

Hours: Monday - Friday: 9am - 4pm

Address: 455 East Hastings Street, Vancouver BC, V6A 1P7

Phone: 604-254-9900 | Email: dentalclinic@vahs.life

https://vahs.life/dental-clinic

# Vancouver Community College (VCC) Dental Clinic

- Offers basic dental hygiene care (\$30, includes the \$5 screening fee)
- Will refer dental treatments to a community dentist
- Dental insurance is not accepted at the VCC dental clinic

# Address: Room 348B, 250 West Pender Street, Vancouver BC, V6T 1Z3 Phone: 604-443-8499

https://www.vcc.ca/services/eat-shop--more/dental-clinic/

## Vancouver Public Health Children's Dental Program

- Targeted prevention and early intervention of early childhood dental disease
- Eligibility: Children under 36 months living in Vancouver, eligible children grade 7 and under, students up to grade 12 with a dental emergency

Note: Please fill out an online application if you child is over 3 years old

Hours: Monday - Friday: 8:30am - 4pm

Address: Robert and Lily Lee Family Community Health Centre, 200-1669 East Broadway, Vancouver BC, V5N 1V9

Phone: 604-675-3981

http://www.vch.ca/Locations-Services/result?res\_id=98





#### Do you want to access hearing services?

### **Connect Hearing** (55)

• Provide free hearing tests for clients aged 50+. Call to book an appointment! **COVID-19 Update:** Open, by appointment only. No walk-ins. Our doors may be locked, if you are visiting for an appointment please knock loudly.

Hours: Monday - Friday: 9am - 5pm

Address: 2620 Commercial Dr, Vancouver BC, V5N 4C4

Phone: 604-566-9876 | Toll-free: 888-501-2661 | Email: info@connecthearing.ca/ https://www.connecthearing.ca/

### Wavefront Centre for Communication Accessibility – Lend an Ear

- Receive a hearing test, a permanent loan of one hearing aid, an earmold, and one-year of repair service
- Cost: \$140

**NOTE:** This program relies on donations of used hearing aids, and usually has a waitlist **Hours:** *Monday - Friday:* 9am - 5pm; *Saturday:* 9am - 5pm (closed for lunch from 12-1 pm) **Address:** 2005 Quebec Street, Vancouver BC, V5T 2Z6

Phone: 604-736-7391 | Email: info@wavefrontcentre.ca https://www.wavefrontcentre.ca/hearingclinic/lend-an-ear-program/







#### Do you want to access vision services?

# Downtown Eastside Eye Clinic



- Provides low barrier, high quality eye care to underserved populations
- Offers free eye exams and referrals for other services
  - ✓ No Care Card needed

#### Hours: Monday - Friday: 9am - 5pm

Address: 623 Powell Street, Vancouver BC, V6A 1H2 (Entrance in back alley) Phone: 604-620-3599

https://downtown-eastside-eye-clinic.business.site

#### First Nations Health Authority – Vision Benefits

- Vision care benefits are available to eligible FNHA clients
- Covers basic eye exams, glasses and contacts
- Contact the toll-free number for inquiries or to sign up

#### Address: #701-1166 Alberni Street, Vancouver BC, V6E 3Z3

Phone: 1-855-550-5454 (Toll Free) | Email: <u>HealthBenefits@fnha.ca</u> http://www.fnha.ca/benefits/vision-care

#### Tru-Valu Optical

- People on disability or social assistance, veterans, as well as First Nations and Inuit are covered by Government plans
- Seniors (65+) and youth (19 and under) are covered by MSP
- Contact us with your B.C. Medical PHN, and if applicable First Nations Status Number or Veterans DVA Number and we will contact the respective agencies for authorization of your eye exam

Address: 833 W Broadway, Vancouver BC, V5Z 1J9 Phone: 604-873-3941 Email: info@tru-valuoptical.com https://tru-valuoptical.com/insurance/



#### Do you want to alter your substance use?

#### **Service Navigation**



- Navigates a range of mental health & substance use services for Vancouver residents, (ages 17+), for non-urgent & urgent intervention (including VCH-Licensed bed-based Support **Recovery and Treatment**)
- Call or walk-in between 7:30am to 11pm to be assessed (calling before is preferred)

✓ Referrals to counselling ✓ Referrals to other services ✓ No appointment needed Address: 803 West 12th Avenue, Vancouver BC, 1M9

Phone: 604-675-3700

http://www.vch.ca/locations-services/result?res\_id=1186

### Do you need harm reduction services?

#### Get Your Drugs Tested

- The test takes less than five minutes and does not destroy the sample
- Samples can be dropped off for testing at 880 East Hastings during operating hours, or mailed in
  - ✓ Drop-ins available

Hours: Everyday: 12pm - 8pm Address: 880 E Hastings St., Vancouver, BC V6A 1R6 Phone: 778-819-0922 | Email: GYDT.info@gmail.com https://getyourdrugstested.com/

#### Insite Supervised Injection Site

- Supervised harm reduction service for injection drug users, including a supervised injection room, health education, and access to treatment services on site
- Eligibility: Ages 16 and older

COVID-19 Update: Currently only offering injection and nurse services.

Hours: Everyday: 9am – 2am

Address: 139 East Hastings St., Vancouver BC, V6N 1N5

**Phone:** 604-687-7483

http://www.vch.ca/locations-services/result?res\_id=964

#### **Molson Overdose Prevention Site**

Provides access to a clean, safe space where injections are witnessed and overdoses are responded to

Hours: Everyday: 1pm – 11pm

Address: 166 East Hastings St., Vancouver BC, V6A 1N4 (alley entrance) https://www.phs.ca/program/molson-overdose-prevention-site-mops/



#### Needle Exchange

• Map of needle exchange services with address, phone numbers and hours of operation <a href="http://www.vch.ca/public-health/harm-reduction/needle-exchange">http://www.vch.ca/public-health/harm-reduction/needle-exchange</a>

#### Overdose Prevention Society

• A safe space to be monitored while injecting or smoking substances, to help prevent and recover from overdoses

Hours: Everyday: 8am - 10pm

Address: 390 Columbia St., Vancouver BC, V6A 4J1, inhalation site located at 62 East Hastings Phone: 778-952-2015 | Email: <u>blyth2008@gmail.com</u>

https://www.vancityops.com/

#### Powell Street Getaway Safe Consumption Site

- Monitors clients for signs and symptoms of an overdose, teach about safer drug use practices, and refer clients to other health care services such as substance use treatment and counselling
- Clients can use substances via injection, snorting or swallowing
- Eligibility: Ages 19 and older
  - ✓ Referrals to other services

**Note:** The Powell Street Getaway is moving to 450 E. Hastings in 2022

Hours: Everyday: 9am - 9pm (last clients accepted 30 minutes before closing)

#### Address: 528 Powell St., Vancouver BC, V6A 1G5

Phone: 604-255-7026

https://lookoutsociety.ca/what-we-do/resource-centres/

#### SisterSpace

- Harm reduction services for women who inject drugs, including an injection room, health education, access to treatment and health care services, housing support, legal advocacy and other related services on site
- Coffee, tea, juice and snacks, and showers are available
  - ✓ Referrals to other services
    ✓ Peer support

Hours: Everyday: 6pm - 12pm (next day)

Address: 135 Dunlevy Ave, Vancouver BC, V6A 3A4 Phone: 604-681-4437 | Toll Free: 1-877-455-2233 | Email: <u>info@atira.bc.ca</u> https://atira.bc.ca/what-we-do/program/sisterspace/

#### St. Paul's Overdose Prevention Site

- Provides access to a clean, safe space where injections are witnessed and overdoses are responded to
  - ✓ Referrals to other services
     ✓ Peer support

Hours: Everyday: 11am – 11pm

Address: 1081 Burrard St., Vancouver BC, V6Z 1Y6 (Entrance off Thurlow Street) Phone: 604-360-8182

http://www.vch.ca/Locations-Services/result?res\_id=1427


## VANDU (Vancouver Area Network of Drug Users)

- A group of users and former users who work to improve the lives of people who use drugs through user-based peer support and education, and committed to increasing the capacity of people who use drugs to live healthy, productive lives
- Includes harm reduction services, including an overdose prevention site, clinical support and harm reduction supplies

Address: 380 East Hastings St., Vancouver BC, V6A 1R1 Phone: 604-683-6061 | Email: vandu@vandu.org https://vandureplace.wordpress.com/

### Western Aboriginal Harm Reduction Society

- A group of urban Aboriginal peoples who live, work, and play in Vancouver's Downtown Eastside neighbourhood
- Works to improve the quality of life for Aboriginal people who use illicit drugs and/or alcohol by encouraging the development of support, education, and training programs that reflect the values of Aboriginal people

Address: 380 East Hastings St., Vancouver BC, V6A 1P4 Phone: 604-683-6061 | Email: <u>wahrsdtes@gmail.com</u> https://wahrs.ca/





# Do you need withdrawal management services?

#### Daytox at the Robert & Lily Lee Community Health Centre

- A medically monitored, six-week outpatient withdrawal management program
- Referrals for counselling and methadone services
- Eligibility: Ages 19 years and older; living in Vancouver
- ✓ Counselling
  ✓ Referrals to other services

Hours: Open 7 days a week (call for specific hours)

Address: 1669 East Broadway, Vancouver BC, V5N 1V9 Phone: 1-866-658-1221 (to sign up); 604-675-2455 ext. 3 (for program information) http://www.vch.ca/Locations-Services/result?res\_id=557

# Directions Youth Detox

- A comfortable, home-like, voluntary detox
- Young people detoxing from substances that do not require around-the-clock medical supervision can access this resource
- Eligibility: Ages 16-24
  - ✓ Referrals to other services

Phone: 604-872-4349 | Toll-free: 1-877-872-4349 | Email: <u>directions@fsgv.ca</u> https://www.directionsyouthservices.ca/youth-detox

### Downtown Eastside Connections Clinic -Powell Street

- Low-barrier addictions clinic serving those (18 or older) with opioid use disorder living or interacting regularly within the DTES and have no regular healthcare provider
- Calling prior to walking in is preferred
  - No appointment needed
  - ✓ Referrals to other services
  - Opioid substitution therapy
  - ✓ Referrals to counselling

Hours: Monday - Friday: 8:30am - 7:30pm; Weekends & holidays: 8:30am - 5:30pm Address: 623 Powell St., Vancouver BC, V6A 1H2 Phone: 604-675-3600 http://www.vch.ca/Locations-Services/result?res\_id=1372



# Salvation Army Vancouver Harbour Light Detox

- Medically supported detox centre that provides acute withdrawal management services
- Call Access Central at 604-675-3700 for a telephone assessment and to book a detox intake appointment

Substance Use

- If you need do not have a telephone, please drop by and knock on the door
- Eligibility: Ages 19 and older
  - ✓ Assistance finding funding for treatment and recovery
- ✓ Mental health & wellness ✓ Medical services
- ✓ Referrals for treatment and recovery

COVID-19 Update: Walk-in beds are not currently available, please call Access Central Address: 119 East Cordova Street, Vancouver BC, V6A 1K8

Phone: 604-646-6844

https://vancouverharbourlightsa.ca/detox/

# START - Substance Use Treatment and Response Team

- Provides rapid access to out-patient detox
- Eligibility: Ages 16 and over; resident of Vancouver; must have a support person if under the age of 19; must not have a history of seizures
  - ✓ Appointment required ✓ Individual detox plan
- ✓ Withdrawal management
- ✓ Referrals for counselling
- Opioid substitution therapy
- ✓ Referrals to other services

Address: 377 East 2<sup>nd</sup> Ave., Vancouver BC, V5T 1B9 Phone: 604-658-1278 | Email: start.team@vch.ca

https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=41274913

### Rapid Access Addiction Clinic (RAAC) at St. Paul's Hospital

- Connects patients seeking treatment for substance use disorders with evidence-based treatment including harm reduction
- After stabilization, individuals are transferred to a community care provider for ongoing support
  - ✓ No Care Card needed

Hours: Everyday: 9am - 4pm

Phone: 604-806-8867

- ✓ Referrals to other services ✓ Opioid substitution therapy
- ✓ Withdrawal management

Address: 2C-210, St. Paul's Hospital, 1081 Burrard St., Vancouver BC, V6A 1Y6

https://www.providencehealthcare.org/rapid-access-addiction-clinic-raac

- ✓ Individual detox plan
- ✓ Drop-ins available





# Do you need addiction treatment services?

The following addiction treatment resources provide access to methadone/suboxone treatment programs for adults 19+ years old who live in Vancouver, planned tapering of addictive substances, clinical assessment, counselling, specialized treatment planning, aftercare, and follow-up

#### Downtown Community Health Centre

Address: 569 Powell Street, V6A 1G8 Phone: 604-255-3151 http://www.vch.ca/Locations-Services/result?res\_id=1360

#### Evergreen Community Health Centre

Address: 3425 Crowley Drive, V5R 6G3 Phone: 604-707-3620 http://www.vch.ca/Locations-Services/result?res\_id=726

#### Salvation Army Vancouver Harbour Light Addiction Treatment Address: 119 E. Cordova St. V6A 1K8 Phone: 604-646-6800

http://www.harbourlightbc.com/index.php/programs /treatment

NOTE: Please fill out an intake form online

#### Pender Community Health Centre

Address: 59 West Pender St., V6B 1R3 Phone: 604-669-9181 http://www.vch.ca/Locations-Services/result?res\_id=1340

NOTE: Please call for an intake appointment

# Raven Song Community Health Centre

Address: 2450 Ontario St., V5T 4T7 Phone: 604-709-6400 http://www.vch.ca/Locations-Services/result?res\_id=1365

# South Mental Health and Substance Use Services

Hours: Monday – Friday: 8:30am to 5:00pm Address: Suite 200, 1200 West 73<sup>rd</sup>, V6P 6G5 Phone: 604-266-6124 https://find.healthlinkbc.ca/ResourceView2.aspx?or

g=53965&agencynum=17675990

### Union Gospel Mission 1

Address: 601 E. Hastings Street, V6A 1R2 Phone: 604-253-3323 Email: <u>contact@ugm.ca</u> <u>https://www.ugm.ca/services/alcohol-drug-</u> <u>recovery/</u>

#### Vancouver Addiction Matrix Program

Address: 1128 Hornby Street, V6Z 2L4 Phone: 604-331-8900 Email: vamp@vch.ca http://www.vch.ca/locationsservices/result?res\_id=1016





# Do you need recovery management supports?

#### Avalon Recovery Society

- Dedicated to helping women in recovery from addiction
- Support groups, resource library, internet access, clothing closet, and volunteer opportunities
  - ✓ Drop-in
    ✓ Counselling
    ✓ Urgent & non-urgent Intervention

Hours: Everyday: 10am - 4:30pm

Address: 5957 West Boulevard, Vancouver BC, V6M 3X1 Phone: 604-263-7177 | Email: <u>avalonvancouver@avaloncentres.org</u> https://avalonrecoverysociety.org

# Boys & Girls Club Substance Use Counselling Services

- Provides substance-use services and support to vulnerable youth
- Offers counselling and support services for youth and families
  - ✓ Counselling

- ✓ Peer support
- ✓ Referrals to other services

✓ Drop-ins available

Hours: Monday - Friday: 9am - 5pm

Address: 2875 St. George Street, Vancouver BC, V5T 3R8

Phone: 604-879-6554 | Email: info@bgcbc.ca

https://bgcbc.ca/counselling-support-services/substance-abuse-counselling-services/

# Embers Eastside Works Substance Use Support & Employment Program

- Provides long term substance use support to individuals who have gained employment and want to address their substance use
- Offers client-centered counselling, case management support and addiction medicine access and support.
- Access to employment services
  - ✓ Counselling ✓ Drop-in

Hours: Monday - Friday: 10am - 4pm

Address: 57 East Hastings Street (The Lux), Vancouver BC, V6A 0A7 Phone: 604-518-0833

Email: <u>eastsideworks@embersvancouver.com</u>

https://emberscanada.org/our-programs/embers-eastside-works/

# Heatley Community Health Centre

- Provides primary care, mental health and substance use services, harm reduction and addictions services
  - ✓ Support services ✓ Indigenous Elders available
- ✓ Mental health & wellness

Address: 330 Heatley Ave., Vancouver BC, V6A 3G3

Phone: 604-253-4401

http://www.vch.ca/locations-services/result?res\_id=1418



# Native Courtworker and Counselling Association of BC Alcohol and Drug Outpatient

- Develops healing and wellness plans that work with individuals' current life circumstances and capabilities
- Provides counselling and workshops on personal wellness, healthy relationships, cultural activities, and non-violent communications
  - ✓ Counselling

Hours: *Monday - Friday:* 8:30am - 4:30pm Address: 520 Richards Street, Vancouver BC, V6B 3A2 Phone: 604-628-1134 | Email: <u>nccabc@nccabc.net</u> https://nccabc.ca/health/alcohol-drug-outpatient-services/

#### <u>PRISM</u>

- Does not provide direct client services, but will help connect you to someone who does
- Referrals to LGBT2QIA2S+ groups, counselling, resource information and community services
  - ✓ Referrals to other services

Address: Three Bridges Community Health Centre, 1128 Hornby St., Vancouver BC, V6Z 2L4 Phone: 604-331-8900 ext. 23816 | Email: prism@vch.ca http://www.vch.ca/prism

### QuitNow

- Customized program that uses evidence-based strategies to build a personalized approach to quit or reduce tobacco and e-cigarette use
- Phone, text and online support available
  - ✓ Peer support ✓ Support plan

Address: 2675 Oak Street, Vancouver BC, V6H 3Z6 Phone: 604-731-5864 | Email: <u>quitnow@bc.lung.ca</u> https://quitnow.ca/

### Musqueam Alcohol and Drug Program

- Provides support and referrals to services for clients returning from treatment or in recovery
- Eligibility: Musqueam members

Hours: *Monday – Friday*: 5pm - 9pm; *Saturday – Sunday:* 10am - 5pm Address: 6735 Salish Drive, Vancouver BC, V6N 4C4

**Phone:** 604-652-1368 | **Email:** <u>nnadap.bmorin@musqueam.bc.ca</u> (Brad) <u>https://www.musqueam.bc.ca/departments/community-services/health/</u>



## Sisters Together Active in Recovery (STAR)

- Group programming for women in early and later stages of recovery, support drop-in groups, art therapy groups, acupuncture (co-ed), SMART recovery group (co-ed), short-term individual counselling
- Provides access to addictions medicine, mental health support, rehabilitation (occupational therapy, recreation therapy, peer support, employment counselling), and harm reduction supplies
- Eligibility: All women are supported. This is a bisexual, gay, and transgender inclusive service.
  - ✓ Drop-in ✓ Counselling ✓ Peer support

Address: Airport Square Tower, 1200 West 73rd Avenue, Unit 220, Vancouver BC, V6P 6G5 Phone: 604-266-6124 | Email: star@vch.ca

http://www.vch.ca/Locations-Services/result?res\_id=499

# UNYA Young Bears Lodge



- Culturally-based, holistic healing live-in lodge, looking to make changes to their relationship with drugs or alcohol
- Young Bears Lodge is Indigenous in focus, spirit and operations, with support from Elders and peer mentors, cultural activities, and practices
- Eligibility: Indigenous youth; ages 13-18; living in the Vancouver Coastal Health region
  - ✓ Indigenous Elders available ✓ Counselling ✓ Peer support

Address: Main Office: 1618 East Hastings Street Vancouver, BC, V5L 1S6 Phone: 604-322-7577 | Email: ybl.intake@unya.bc.ca https://unva.bc.ca/programs/young-bears-lodge/





### Vancouver Alano Club

- Provides a safe and accepting gathering place for those affected by addiction
- Encourages people to seek renewal of their lives through recovery; to be healthy, happy and productive community members
- Eligibility: Ages 16 and older
  - ✓ AA Meetings
    ✓ Sober social events

✓ Peer support

**COVID-19 Update:** Open for meetings. Space is limited, doors open 20 minutes before the meeting begins.

Hours: *Monday – Friday:* 9:30am - 9:30pm; *Saturday – Sunday:* 9:30am - 12pm Address: 1525 West 7th Avenue, Vancouver BC, V6J 1S1 Phone: 604-736-5110 | Email: <u>vanalano@shaw.ca</u>

https://www.vanalano.com/

### Vancouver Recovery Club

- Safe and drug-free 24-hour drop-in and referral centre that provides immediate support for clients seeking help with addiction and recovery
  - ✓ Referrals

✓ Counselling

Snack bar

✓ Drop-in

Hours: Open 24/7 Address: 2775 Sophia St., Vancouver BC, V5T 3L1 Phone: 604-708-9955 | Email: admin@vancouverrecoveryclub.com/

# Watari Community Addictions

#### Counselling Team

- Works with individuals, couples and families around issues related to problem substance misuse
- Intakes take approximately 30-45 minutes. Once completed, a counsellor is assigned to you. Sometimes there's a bit of a wait, however, we do our best to support you as soon as possible.
  - ✓ Counselling

Hours: Monday - Friday: 9am - 4:30pm

Address: Suite 200 – 678 East Hastings Street, Vancouver BC, V6A 1R1 Phone: 604-254-6995 | Email: <u>heather@watari.ca</u> <u>https://www.watari.ca/community-programs-watari/substance-misusecounselling/</u>





# Do you want mental wellness support?

## **Service Navigation**





- Navigates a range of mental health & substance use services for Vancouver residents, (ages 17+), for non-urgent & urgent intervention (including VCH-Licensed bed-based Support Recovery and Treatment)
- Call or walk-in between 7:30am to 11pm to be assessed (calling before is preferred) ٠
  - ✓ No appointment needed ✓ Referrals to counselling ✓ Referrals to other services

Address: 803 West 12th Avenue, V5Z 1M9 (access through the laneway/service road) Phone: 604-675-3700

http://www.vch.ca/locations-services/result?res id=1186

## Adlerian Psychology Association of British Columbia

- Offers low-cost counselling services to those in the Greater Vancouver Area
- \$60 with a Masters intern or lower, based on an income sliding scale

Hours: Monday - Friday: 9am - 9pm; Saturdays: 9am - 6pm Address: #440-2184 West Broadway, Vancouver, BC V6K 2E1 Phone: 604-742-1818| Email: apabc@adler.bc.ca https://adlercentre.ca/

# Adult Mental Health Program (Robert and Lily Lee Family Community Health Centre)

- Serves clients diagnosed with a major mental illness and experiencing significant problems that interfere with their functioning in the community
- Please call the VGH Access & Assessment Centre (604-675-3700) for a referral
- Eligibility: Ages 19 and older

Address: 1669 East Broadway, Vancouver BC, V5Z 4H5 Phone: 604-675-3990

### Adult Mental Health Program (Heatley Community Health Centre)

- Serves clients diagnosed with a major mental illness and experiencing significant problems that interfere with their functioning in the community
- Please call the VGH Access & Assessment Centre (604-675-3700) for a referral
- Eligibility: Ages 19 and older

Hours: Monday - Friday: 8:30am - 5pm; Saturday: 9am - 5pm Address: 330 Heatley Ave., Vancouver BC, V6A 3G3 Phone: 604-253-4401

62

# Mental Wellness

# **BC Hearing Voices Network**

- Hearing Voices Groups provide a safe space for people to share their experiences and support one another. Group members are welcome to talk about any issue that is important to them.
- These peer support groups, involving social support and belonging; not therapy or treatment
  - Peer support

COVID-19 Update: Support groups are now online Phone: 604-708-5274 | Email: jasmit.sumra@vch.ca https://bchearingvoicesnetwork.wordpress.com/

# **Battered Women's Support Services Counselling**

- Confidential space to talk about your experiences, and get information and support
- Eligibility: Women current experiencing abuse or who are survivors of abuse

## Address: Please call for the location

Phone: 604-687-1867 | Email: information@bwss.org https://www.bwss.org/support/programs/counselling/

# Battered Women's Support Services Support Groups

Connect with other women to alleviate isolation, share information, develop coping and recovery skills, and plan for a life free from abuse

Address: Please call for the location

Phone: 604-687-1867 | Email: supportgroups@bwss.org https://www.bwss.org/support/programs/support-groups/

# Catherine White Holman Wellness Centre

- Provides low-barrier wellness services to transgender and gender non-conforming people
- Access immediate support, resources, and referrals to other services
- Appointments made at the front desk are on a first-come, first-served basis

Address: Reach Community Health, 1145 Commercial Dr., Vancouver BC, V5L 3X3

Phone: 604-442-4352 | Email: contactus@cwhwc.com

http://www.cwhwc.com

# Child and Youth Aboriginal Mental Health Outreach

- Offers culturally appropriate mental health counselling to Aboriginal youth and their families
- Call for assessment

Hours: Monday – Friday: 8:30am - 4:30pm (closed from 12pm - 1pm for lunch) Address: Main Office: Suite 200, 550 Cambie St., Vancouver BC, V6B 2N7 Phone: 604-688-0551 | Crisis Support Line: 604-874-2300 Email: outreach@unva.bc.ca









# Mental Wellness

# Child and Youth Cross Cultural Mental Health Program



- Provides mental health services to youth and families in Mandarin and Cantonese
- Eligibility: Ages 6-18; must be a resident of Vancouver •
  - ✓ Counselling ✓ Referrals to other services

Hours: Monday - Friday: 8:30am - 5pm

Address: Suite 355, 2750 East Hastings St., Vancouver BC, V5K 1Z9

**Phone:** 604-675-3896

https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=17650074

# Child and Youth Mental Health (Pacific Spirit Community Health Centre

- Serves children, youth and their families with moderate to serious mental health difficulties
- Walk in for an intake assessment
- Eligibility: Ages 5-18; must be a resident of Vancouver
  - ✓ Counselling ✓ No Care Card needed
- ✓ Referrals to other services

Intake Hours: Tuesday: 12pm - 6pm; Thursday: 9am - 3om Office Hours: Monday - Friday: 9am - 5pm Address: 2110 West 43rd Ave., Vancouver BC, V6M 2E1 Phone: 604-267-3970

# Child and Youth Mental Health Program (Three Bridges Community Health Centre)

- Serves children, youth and their families with serious mental health difficulties and/or social. emotional or behavioural disturbances
- Please bring your Care Card

Hours: Monday, Tuesday, alternate Wednesdays and Fridays: 9am - 5pm Wednesdays and Thursdays: 9am - 8pm Address: Suite 101, 1128 Hornby St., Vancouver BC, V6Z 2L4 Phone: 604-311-8908

# Coast Clubhouse at Coast Mental Health

- Offers low-cost nutritious meals, social, recreational, education and employment opportunities for members
- Eligibility: Must have diagnosed mental illness. Call or drop-in to discuss member intake. Hours: Monday - Friday: 8:30am - 3:45pm

Address: 293 East 11th Ave., Vancouver BC, V5T 2C4

Phone: 604-675-2357 | Email: info@coastmentalhealth.com https://www.coastmentalhealth.com/what-we-do/pillar-services/

64

# Mental Wellness

# Coast Resource Centre at Coast Mental Health

- Offers low-cost breakfast, lunch and snacks, social and recreational activities, peer support workers and homeless outreach services
- Lunch (\$2) served from 12pm 1pm
  - ✓ Drop-in

Hours: Tuesday - Saturday: 9am - 1pm; 2:30pm - 4pm Address: 1225 Seymour St., Vancouver BC, V6B 3N6 Phone: 604-683-3787 | Email: info@coastmentalhealth.com https://www.coastmentalhealth.com/what-we-do/pillar-services/

# Dr. Peter AIDS Foundation Groups

- Weekly men's and women's support groups for those living with HIV
- Eligibility: Individuals diagnosed with HIV. Please attend a weekly group to learn more
- ✓ Mental health & wellness ✓ Substance use services

Address: 1110 Comox St., Vancouver BC, V6E 1K5

Phone: 604-608-1874 | Email: info@drpeter.org

https://www.drpeter.org/care-services/

# East Van Youth Clinic (Robert and Lily Lee Family Community Health Centre)

- Serves children, youth and their families with serious mental health difficulties and/or social, emotional or behavioural disturbances
- Eligibility: Ages 24 and younger

COVID-19 Update: All Vancouver youth clinics are now by appointment only. Please call and leave a message at 778-871-7132.

Hours: Monday - Wednesday: 3pm - 6pm; Friday: 2pm - 5pm

Address: 1669 East Broadway Vancouver BC, V5N 1V9

**Phone:** 604-675-3986

http://www.vch.ca/Locations-Services/result?res id=1156

# Family Involvement & Support Program

- Provides education and support to families involved in the care of family members with mental illness and/or addiction
- If your loved one is experiencing a mental health crisis, please contact the Access and • Assessment Centre at 604-675-3700

✓ Counselling ✓ No care card needed Hours: Monday - Friday: 8:30am - 4:30pm

Address: Suite 220 - 1200 West 73rd Ave Vancouver, BC V6P 6G5

Phone: 604-314-9032 | Email: lsabella.mori@vch.ca

https://www.spotlightonmentalhealth.com/family-involvement/

✓ Referrals to other services







# Family Connections Support Group

- Family members can share experiences and support each other
- Group runs twice a month

COVID-19 Update: All meetings are now via zoom. Please call 236-885-8169 or 604-290-3817 for more information.

Address: Now online

Phone: 604-290-3817

https://www.spotlightonmentalhealth.com/family-involvement/

# First Nations Health Authority (FNHA) – Mental Health Benefits Mental Health benefits and the line in the second sec

- Mental Health benefits are available to eligible FNHA clients
- Covers counselling services including psychologists, clinical counsellors, and social workers
- No limit to hours of coverage. Hours increase if deemed clinically necessary •
- FNHA clients may also access the Mental Wellness and Substance Use team for those • seeking help with mental health and substance use

### Address: 701-1166 Alberni Street, Vancouver BC, V6E 3Z3

Phone: 1-855-550-5454 (Toll Free) | Email: HealthBenefits@fnha.ca https://www.fnha.ca/benefits/mental-health

# Foundry Vancouver Granville

- Offers counselling services for youth and young adults
- Drop-in counselling available from 1pm 4pm
- Care Card is preferred but not mandatory
- Eligibility: Ages 12-24
  - ✓ Substance use services ✓ Counselling
- Referrals to other services

Hours: Monday - Friday: 9am - 6pm Address: 1260 Granville St., Vancouver BC, V6Z 1M4 Phone: 604-806-9415 | Email: ICYMHP@providencehealth.bc.ca https://foundrybc.ca/vancouver-granville/

# Getting Though It (Vancouver Association for Survivors of Torture)

- Weekly psychosocial support group for refugees "getting through" their refugee claim
  - ✓ Multiple languages

Hours: Wednesdays: 10am - 12pm

Address: Now online

Phone: 604-588-3071 | Email: referrals@vast-vancouver.ca

https://vast-vancouver.ca/our-services/



# Mental Wellness

# Here2Talk

- Connects students with mental health support
- 24/7 access to counselling and community referral services, via app, phone and web
- Eligibility: All students currently registered in a B.C. post-secondary institution
  - ✓ Counselling
    ✓ Referrals to other services

**Phone:** 604-642-5212 | **Toll-free:** 1-877-857-3397 https://here2talk.ca/main

# Indian Residential School Survivors Society

- Supports the emotional, mental and spiritual development, along with healing and recovery through culturally-based values and guiding principles for Survivors, families and communities
  - ✓ Counselling

Address: 44 East Cordova St., Vancouver BC, V6A 4G8 Phone: 604-985-4464 | Email: reception@irsss.ca https://www.irsss.ca/services/counselling

# Infant and Childhood Mental Health Service

- Provide treatment and support to families who have concerns about their child's ability to manage socially, emotionally, and/or behaviorally
- Intake by appointment only; please call 604-675-3996, evening intakes are available
- Eligibility: Infants and children under 6; living in Vancouver
  - ✓ Counselling
     ✓ Mental health assessment
     ✓ Referrals to other services

**COVID-19 Update**: This location or service may be operating at reduced or adjusted hours. Please contact this location or service provider for further details.

Hours: Monday - Friday: 9am - 5pm

Address: Robert and Lily Lee Family Community Health Centre, Suite 420, 1669 East Broadway, Vancouver BC, V5N 1V9

Phone: 604-675-3996

http://www.vch.ca/Locations-Services/result?res\_id=81

# Kelty Mental Health (Joseph and Rosalie Segal and Family Health Centre)

- Online therapy with resources available by phone, email and online
- You can register in the program by calling 604-875-4111 ext. 23614
- Eligibility: Ages 16 and older, open to joining an 8-week online therapy program

**NOTE:** The therapist assisted program is full and not taking new referrals at present, however self-help resources are still available

Address: Level 2, 803 West 12th Ave., Vancouver BC, V5Z 1N1

**Phone:** 604-875-4111 ext: 23614

https://www.keltyskey.com/



# Mental Wellness

#### Kettle Health Clinic

- Offers mental health assessments, system navigation, crisis intervention and referrals to mental health services
- The mental health drop-in program provides community and social interaction, and • access to various programs within the Kettle

Hours: Monday: 9:30am - 4:30pm; Wednesday and Thursday: 9:30am - 3pm

Address: 2<sup>nd</sup> Floor, 1725 Venables St,. Vancouver BC, V5L 2H3

Phone: 604-251-2854

•

https://www.thekettle.ca/community-services /

## Latin American Outreach (Watari Counselling and Support Society)

Program for the Latin American Community in DTES, provides health promotion, education, substance use counselling and support around immigration issues

Address: #200-678 East Hastings St, Vancouver, BC, V6A 1R1

Phone: 604-782-5084 | Email: berta@watari.ca

https://www.watari.ca/community-programs-watari/latin-american-outreach/

# Living Systems Counselling

- Offers counselling for family, couples, addiction, and mental health issues
- Interns see clients at the lower sliding fee scale (\$15-\$65) •
- The membership fee is \$10 for one year or \$25 for three years •
  - ✓ Counselling ✓ Mental health assessment

Address: Gastown Office: #310-304 W Cordova St., Vancouver, V6B 1E8

Phone: 604-926-5496 | Email: info@livingsystems.ca https://livingsystems.ca/

# Mental Health Resource Centre - MPA Society

- A welcoming environment where community members living with mental illness can socialize and engage in peer support
- Provides outreach, crisis intervention, activities, social gatherings, access to shower and laundry facilities, use of computers and internet, and meals. Please call to book an appointment to use the shower and laundry or register for activities.
- To become a member (free) call to book an intake appointment or drop by Thursday from • 11am-1pm
- Eligibility: Members need to have documentation of a diagnosed mental illness

COVID-19 Update: Only able to allow 30 members in at a time (first come, first served basis). Hours: Monday - Friday: 10am - 5pm

Address: 2275 Fir St., Vancouver BC, V6J 3B6

Phone: 604-482-3712 | Email: info@mpa-society.org

https://www.mpa-society.org/programs-services/resource-centre





67



# MMIWG (Missing and Murdered Indigenous Women and Girls) Services Supports families inter-deportional outprinter in the service of the service of

- Supports families, inter-generational survivors and all those who contribute their time and talents to support Indigenous women
  - ✓ Counselling

Address: 2017 Dundas St., Vancouver BC, V5L 1J5

**Phone:** 604-872-1849 | **Email:** <u>PAFNWcounseling@gmail.com</u> <u>https://pafnw.wordpress.com/mmiwg-services/</u>

#### Oak Counselling Services

- Provides a wide range of short-term (less than 1 year) professional, affordable counselling services to support you
- Offers reduced fees based on monthly household income

**NOTE:** Due to high demand for counselling services, there is typically a 3 - 6 month wait for our counselling services once you have completed an intake interview

Address: 949 West 49th Ave, Vancouver BC, V5Z 2T1

Phone: 24-hour voicemail 604-266-5611 | Email: info@oakcounselling.org

http://oakcounselling.org/

#### Musqueam Wellness Program

- Confidential service to chat on the phone or virtually about mental wellness
- Call or email to set up a time
- Eligibility: Musqueam members

Hours: Monday – Friday: 8:30am - 4pm

Address: 6735 Salish Drive, Vancouver BC, V6N 4C4

Phone: 604-250-2913 | Email: mentalwellness@musqueam.bc.ca

https://www.musqueam.bc.ca/departments/community-services/health/

#### Nisga'a Ts'amiks Counselling

- Counselling for parenting, COVID-19, anxiety, depression, coping skills, substance use, support for others and maintaining relationships.
- Eligibility: Nisga'a citizens

Address: 3973 Dumfries St, Vancouver BC, V5N 5R3

**Phone:** 604-646-4944 | **Email:** <u>nlpeoplehouse@gmail.com</u> (Tina Williams) <u>https://tsamiks.com/program-and-services</u>

### Open Door Group Thrive

- Promotes wellness and recovery through personalized leisure and education activities
- Offers peer support, support plan, mentorship/coaching, and a variety of free workshops
- Eligibility: Ages 17 and older; living in Richmond or Vancouver; identify as having a mental health condition or addiction

#### **NOTE:** Register online

Hours: Monday - Friday: 8:30am - 4:30pm

Address: 1151 W 8th Ave. (between Spruce and Alder Street) Vancouver BC, V6H 1C5 Phone: 604-876-0773 | Email: <u>kim.collens@opendoorgroup.org</u> https://www.opendoorgroup.org/programs/thrive/



# Mental Wellness

# Saa'ust Centre

- Offers services and supports to families and survivors of MMIWG
- Supports include referrals to counselling, statement-taking, cultural activities, prayer space and access to Elders and Knowledge Keepers
  - ✓ Referrals to other services
    ✓ Indigenous Elders available

Hours: Monday – Friday: 9am - 5pm

Address: 44 East Cordova, Vancouver BC, V6A 4G8

Phone: 604-684-1178 | Email: saa-ust@vancouver.ca

https://vancouver.ca/people-programs/saa-ust-centre.aspx

### S.A.F.E.R. Counselling Service

- Time-limited counselling for those who have made a suicide attempt, are currently suicidal or have suicidal ideation
- Offers support and education for people concerned about someone who is suicidal **NOTE:** Please call the Access and Assessment Centre to connect with S.A.F.E.R.

Address: 803 West 12th Avenue, V5Z 1M9 (access through the laneway/service road) Phone: 604-675-3700 (Access and Assessment Centre )

http://www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res\_id=474

### Sher Vancouver – The Courage Fund Free Crisis Counselling

 Confidential counselling provided by professional Masters-level Counsellors in multiple languages to 2SLGBTQ+ people in crisis or distress

Address: 187 East Hastings St., Vancouver BC, V6A 1R8

Email: <a href="mailto:info@shervancouver.com">info@shervancouver.com</a>

https://www.shervancouver.com/

# Trauma Counselling for Children Affected by Family Violence

- Focuses on improving the child/youth's emotional health and self-esteem and strives to support emotional expression, psychoeducation on abuse and problem-solving skills
- Eligibility: Ages 3-18; for children and youth who have been exposed to domestic violence

Address: Now online Phone: 604-436-1025 | Toll Free: 1-888-436-1025 Alternate during Covid-19: 236-865-1194

Email: againstviolence@vlmfss.ca https://www.vlmfss.ca/childrens-programs Mental Wellness

# Vancouver Association for Survivors of Torture

- Supports refugee mental health through counselling, group support, documentation, education and referrals to health, housing and settlement services
- The Getting Through It group is an online weekly support group for refugees "getting through" their refugee claim

Address: 2610 Victoria Dr., Vancouver, BC V5N 4L2

Phone: 604-588-3071 | Email: referrals@vast-vancouver.ca

https://vast-vancouver.ca/our-services/

# Vancouver Women's Health Collective 1

- Helps self-identified women, non-binary and gender non-conforming people, foster health, wellness and equity through feminist approaches to advocacy, shared knowledge and lowbarrier programs and services
- Counselling services for a range of issues
- All appointments are 45-60 minutes long

Hours: Monday - Friday: 11am - 7pm

Address: 29 West Hastings St., Vancouver, BC V6B 1G4 Phone: 604-736-5262 | Email: center@womenshealthcollective.ca

https://womenshealthcollective.ca/counselling/

# WAVAW Counselling and Support Groups

- One-to-one counselling and support groups for survivors of sexual assaults
- Supports you to cope with the impacts of violence, ranging from anger and grief to issues surrounding sexuality, intimacy, and trust
- Eligibility: Survivors of sexualized violence who have shared experiences of gender marginalization: cis and trans women, Two-Spirit, and/or non-binary people.

Phone: 604-255-6228 | Email: admin@wavaw.ca https://www.wavaw.ca/counselling/

# Wellness Together Canada

- Talk with a counsellor, join an online peer support group and access free mental wellness resources 24/7

Phone: 1-866-585-0445

https://wellnesstogether.ca/en-CA

# West End Mental Health Team (Three Bridges Community Health Centre)

Offers mental health support, case management, medication support, and psychosocial rehab Address: 3rd Floor, 1128 Hornby St. Vancouver, BC V6Z 2L4 Phone: Please call the Access and Assessment Centre at 604-675-3700







{♡ |

# Mental Wellness

# Y Mind Adult, Teen and Youth Groups

- Mindfulness groups for adults (31 years+), teens (13-18 years) and youth (18-30 years)
- 7-week online program to learn mindfulness techniques to manage stress and anxiety, and connect with others going through similar experiences
- Must attend an information session register for an upcoming information session by emailing us (please include your contact information and birth date)

Address: YMCA, 955 Burrard Street, Vancouver BC, V6Z 1Y2 Phone: 604-673-6182 | Email: <u>ymind@gv.ymca.ca</u> <u>https://www.gv.ymca.ca/mental-wellness</u>

# Youth Clinic at the Broadway Youth Resource Centre

- Confidential drop-in services
- Eligibility: Ages 24 and younger

Hours: Thursday: 2:30pm - 5pm

Address: 2455 Fraser St., Vancouver BC, V5T 1T1

Phone: 604-786-2228

http://www.vch.ca/locations-services/result?res\_id=1084

# Youth Mental Wellness Counselling at South Vancouver Youth Centre



- Mental health services for children and youth with serious mental health difficulties or social, emotional or behaviour disturbances
- Service is offered in English, but interpreters are available
- Eligibility: Ages 12-18

Hours: Monday – Friday: 9am – 6pm

Address: 4920 Fraser St., Vancouver BC, V5W 2Y8

#### Phone: 604-325-2004

http://www.vch.ca/Locations-Services/result?res\_id=73

# Youth Outreach Service

- Mental health and psychiatric assessments, and therapeutic counselling
- Eligibility: Ages 13-18; marginalized youth with no fixed address and who do not access officebased mental health services

Hours: Monday - Friday: 8:30am - 4:30 pm

Address: Suite 200, 550 Cambie St., Vancouver BC, V6B 2N7

Phone: 604-688-0551 | Crisis Support Line: 604-874-2300

http://www.vch.ca/Locations-Services/result?res\_id=82



Crisis Lines:

# BC Crisis Centre

- Multiple languages available
- 1-800-SUICIDE | 1-800-784-2433

#### Battered Women's Support Services **Crisis Line**

604-687-1867 | 1-855-687-1868

### BC Bereavement Hotline

604-738-9950 | 1-877-779-2223 (Monday-Friday, 9-5)

## Hope for Wellness Help Line



1-855-242-3310

Kids Help Phone 🧩

1-800-668-6868

Kuu-Us Crisis Services

1-800-588-8717



# Mental Health Support Line

310-6789

# Online Chat Service for Youth

www.YouthInBC.com (Noon to 1am)

# Online Chat Service for Adults

www.CrisisCentreChat.ca (Noon to 1am)

**Seniors Distress Line** 



604-872-1234

WAVAW Rape Crisis Centre

604-255-6344 | 1-877-392-7583

https://www.wavaw.ca/connect/ (Text and online chat available Monday-Friday, 9-5)

Vancouver Coastal Regional Distress Line

604-872-3311



1-800-563-0808

# Do you need legal aid?

### Access Pro Bono Society of British Columbia

To promote access to justice in British Columbia by providing and fostering quality pro bono legal services for people and non-profit organizations of limited means

Legal

Address: 300 – 845 Cambie Street, Vancouver BC, V6B 4Z9

**Phone:** 1-877-762-6664 or 604-878-7400 | **Email:** help@accessprobono.ca http://www.accessprobono.ca/

### Atira Women's Resource Society Legal Advocacy

- Provides legal assistance in a safe and confidential, women's-only space
- Eligibility: Low-income women, including transwomen, living in the Downtown Eastside

Address: 101 E. Cordova St. Vancouver BC, V6A 1K7 Phone: 604-800-8887 ext 103 | Email: volunteer\_advocate@atira.bc.ca https://atira.bc.ca/what-we-do/program/legal-advocacy/

## Battered Women's Support Services Legal & Advocacy Program

- Provides resources and referrals to housing and counsellors for women leaving abusive relationships
- Address: Please call for the location

Phone: 604-687-1867 | Email: information@bwss.org

https://www.bwss.org/support/programs/legal-advocacy/

## Catherine White Holman Wellness Centre

- Lawyers provide summary legal advice on a variety of topics including: family law, immigration law, human rights, employment, etc.
- Assists with ID services, legal identity document changes and notarization
- Our lawyers can provide support and guidance but cannot take on your case and act for you as your lawyer

**NOTE:** When you make an appointment to see a lawyer, please include a brief description of what your legal issue is, along with the names of any opposing parties

Hours: Please look online for current clinic dates and times

Address: 1145 Commercial Dr., Reach Community Health, Vancouver BC, V5L 3X3

Phone: 604-442-4352 | Email: lawyer@cwhwc.com

https://cwhwc.com/services/







# **▲**Legal

# Child & Youth Drop-In Legal Clinics

- Legal advocates help you to get to know your rights and get your questions answered
- Can provide legal advocacy representation but is unable to assist with financial matters
  Eligibility: Ages 9-19
- **COVID-19 Update:** The office is closed. Please contact us to set up an online appointment.

Hours: Monday – Friday: 9am – 5pm

Address: 303-1720 Grant Street, Vancouver, BC V5L 2Y7

Phone: 778-657-5544 ext. 101 | Email: cylc@scyofbc.org

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

# Community Legal Assistance Society

• Provides free legal assistance in the areas of: housing security, income security, human rights, mental health rights, and workers' rights

Address: 300-1140 West Pender Street, Vancouver BC, V6E 4G1

Phone: 604-685-3425 | Email: contact@clasbc.net

https://clasbc.net/

# Indigenous Community Legal Clinic

- Provides legal representation for those persons who qualify for legal assistance and have a legal issue that falls under the jurisdiction of the British Columbia provincial courts
  - ✓ Family law

Criminal charges

**COVID-19 Update**: Providing legal services only by phone and email until further notice **Hours**: *Everyday*: 8:30am - 12:30pm and 1:30pm - 4:30pm **Address**: 148 Alexander St., Vancouver BC, V6A 1B5 **Phone**: 604 822 1311 | **Email:** icle@allard.ubc.co

Phone: 604-822-1311 | Email: <u>iclc@allard.ubc.ca</u>

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

## Law Students Legal Advice Program



- Non-profit society, provides legal advice and representation for those who cannot afford it
  - ✓ Immigration law
  - ✓ Welfare law
  - ✓ Animal law
  - Employment law

- Canadian Pensions Plan benefits and Old Age Security
- ✓ Simple wills
- ✓ Tenancy disputes

**COVID-19 Update:** LSLAP clinics are operating remotely and drop-in clinics are suspended. Please call to book an appointment.

Phone: 604-822-5791

https://www.lslap.bc.ca/

# Legal

## Legal Aid BC

- Offers legal aid to BC residents with low incomes for serious family problems, child protection matters, criminal law issues, and some immigration, mental health, and prison law issues
  - ✓ Child protection matters

- ✓ Immigration law ✓ Family law
- ✓ Criminal charges

### **COVID-19 Update:** Now only taking phone applications

Hours: Monday, Tuesday, Thursday and Friday: 8:30am - 4:30pm; Wednesday: 8:30am - 12:30pm Address: #400 – 510 Burrard Street, Vancouver BC, V6C 3A8 Phone: 604-408-2172 | Toll-free: 1-888-577-2525

https://legalaid.bc.ca/

### Migrant Workers Centre



Staff lawyers and legal advocates help migrant workers with their immigration issues. **COVID-19 Update:** Services are provided by telephone, Zoom or WhatsApp Address: Suite #302, 119 West Pender Street, Vancouver BC, V6B 1S5 Phone: 604-669-4482 | Toll-free: 1-888-669-4482 | Email: info@mwcbc.ca https://mwcbc.ca/

#### MPA Society Court Services Program

- Assists those experiencing the effects of mental illness and addictions, who have become involved in the criminal justice system.
- To become a member (free) call to book an intake appointment •
- Eligibility: Members need to have documentation of a diagnosed mental illness

Address: 222 Main Street, Vancouver BC, V6A 2S8

Phone: 604-660-4292 (office) or 604-813-6967 (mobile) | Email: info@mpa-society.org https://www.mpa-society.org/programs-services/advocacy-social-justice/court-services

# Native Courtworker and Counselling Association of BC

- Provides information and guidance if you are charged with an offence
- Explains the nature of the charge, how the criminal justice system works and can direct you to ٠ various services that meet your needs.
- Eligibility: Persons of First Nations, Métis and Inuit descent. Common law relationships are also ٠ considered.

Hours: Monday - Friday: 8:30am - 4:30pm

Address: 520 Richards Street, Vancouver BC, V6B 3A2

Phone: 604-985-5355 | Toll-free: 1-877-811-1190 | Email: nccabc@nccabc.net

https://nccabc.ca/justice/native-courtworkers/

# **∮**Legal

# MOSAIC Legal Advocacy Program

- Provides information, summary advice, referrals and legal representation to low-income immigrants and refugees on: family law, immigrant law and poverty law, public benefits, debt and housing inquiries
- Eligibility: Priority assistance given to immigrants and refugees with low income, difficulty speaking or understanding English, little or no knowledge of the Canadian legal system and have issues not covered by other legal agencies

**COVID-19 Update:** Services are provided by telephone and email **Phone:** 604-254-9626 | **Email:** <u>legaladvocacy@mosaicbc.org</u> https://www.mosaicbc.org/services/settlement/legal-advocacy-program/

## Parent Legal Centres (Legal Aid BC)

A lawyer and an advocate will help you address the social worker's concerns about your children's safety. This service is available any time after a social worker contacts you.
 Hours: Wednesday: 9am - 12pm and 1pm - 2pm
 Address: Room 129, 800 Hornby Street, Vancouver BC, V6Z 2E1
 Phone: 604-601-6310 | Toll-free: 1-888-522-2752
 https://legalaid.bc.ca/legal\_aid/parents-legal-centres

## Rise Women's Legal Centre



- We are a community legal centre providing accessible legal services that are responsive to the unique needs of self-identifying women or any other oppressed and targeted genders
- Offers legal services in the area of family law, and can assist with some immigration matters, as well as correcting name and gender markers for gender diverse clients, first stage filing for human rights and police complaints, and help with Indigenous reclamation
  - Immigration law
    Family law
    Equality law

**COVID-19 Update:** Services provided by phone and email **Hours:** *Monday – Friday:* 9 am – 4 pm **Address:** 516 Richards St, Vancouver BC, V6B 3A2 **Phone:** 236-317-9000 | **Email:** <u>intake@womenslegalcentre.ca</u> https://womenslegalcentre.ca/

# Seniors First BC (



 Provides legal advice, advocacy and representation to people aged 55+ on legal issues involving tenancy, debt and government benefits

Address: #150-900 Howe Street, Vancouver BC, V6Z 2M4

**Phone:** 604-688-1927 | **Email:** <u>info@seniorsfirstbc.ca</u> http://seniorsfirstbc.ca/getting-help/getting-legal-help/

# Do you need help with advocacy?

## Ask An Advocate Chatline

Provides basic and clear information about income assistance and other income support programs, disability benefits (provincial and federal), and tenancy

https://askanadvocate.ca/

# **Chinese Community Policing Centre**



Assists Chinese speaking victims of crime by offering assistance, translation services, support and referral to other agencies

Hours: Monday - Saturday: 10am - 4pm

Address: 44 E Pender Street, Vancouver BC, V6A 3V6

Phone: 604-688-5030 | Email: info@chinesecpc.com

https://www.chinesecpc.com/



- Offers support, information and one-to-one assistance for people with all disabilities
- Supports you in applying for and appealing the denial of disability benefits, as well as help • filing income taxes.
- Please call for an appointment

Phone: 604-872-1278 | Toll-free: 1-800-663-1278 | Email: advocacy@disabilityalliancebc.org https://disabilityalliancebc.org/direct-service/apply-for-disability-benefits/

## DTES Women's Centre Advocacy Services

- Advocates provide appropriate referrals and assist in navigating a complex system of resources, improving accessibility in the process and giving support
- Assists with:

Society

✓ Ministry of Children & Family **Development** 

Children & Family Services

✓ Vancouver Aboriginal

- ✓ Ministry of Social **Development & Poverty** Reduction ✓ Residential Tenancy
- Canadian Pensions Plan benefits and Old Age Security
- ✓ Income supplements
- ✓ Welfare law

Hours: Sunday - Tuesday, Thursday - Saturday: 10am - 4pm; Wednesday: 11am - 4pm Address: 302 Columbia Street, Vancouver BC, V6A 4J1

Office

Phone: 604-681-8480 | Email: engagement@dewc.ca http://dewc.ca/programs/advocacy

# DTES Women's Centre - Victim Services 🛉 🔌

- Provides support and assistance to female victims of crime: reporting the crime, emotional support, accompaniment to court, hospital or any other judicial-related programs, and referrals to the appropriate places or affiliated resources
- Supports those who choose not to report for personal reasons or are afraid of retaliation
   Hours: Sunday Tuesday, Thursday Saturday: 10am 4pm; Wednesday: 11am 4pm
   Address: 302 Columbia Street, Vancouver BC, V6A 4J1

**Phone:** 604-681-8480 | **Email:** <u>engagement@dewc.ca</u> http://dewc.ca/programs/victim-services

#### First United Advocacy

- Offers assistance in a variety of legal areas, including social assistance, old age benefits, tenancy and other matters
- To meet with an advocate, call email or visit, in person, during the intake hours listed below **COVID-19 Update:** Please call or email to make a virtual appointment. If you are unable to reach

them by phone or email, they are doing limited intakes in-person for eviction and/or loss of income. **Hours:** *Monday, Wednesday and Friday:* 9am - 11am; *Tuesday and Thursday:* 12:30pm - 2:30pm **Address:** 542 East Hastings Street, Vancouver BC, V6A 1P8

Phone: 604-251-3323 ext. 101 | Email: advocacy@firstunited.ca https://firstunited.ca/our-work/legal-advocacy/

## Family Justice Access Centre



- Help with family and civil law issues including separation or divorce, income security, employment, housing or debt
- Can refer you to services and resources for your situation **COVID-19 Update:** Please call to make a virtual appointment **Address: #**290-800 Hornby Street, Vancouver BC, V6Z 2C5 **Phone:** 604-660-2084

https://www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/jac

#### Legal Advocate Support Program by British Columbia Civil Liberties Association

- Provides assistance to individuals who request information or have complaints about civil liberties law (police and privacy complaints, access to and protection of personal information, and free speech) – this includes faqs and suggestions on where to get legal help when needed
- Does not provide legal advice, representation, or counsel on any matters

**COVID-19 Update:** Due to the COVID-19 pandemic, the casework phone line is suspended **Hours:** *Monday – Friday:* 9am - 5pm

Address: Suite 306, 268 Keefer St., Vancouver BC, V6A 1X5

Phone: 604-687-2919 | Toll Free: 855-556-3566 | Email: info@bccla.org https://bccla.org/gethelp/get-help-general-public/

## Multicultural Outreach/ Stopping the Violence Program

- Supports immigrant, refugee, visible minority women, and women with immigration status issues who are experiencing physical, psychological, emotional or financial abuse; sexual assault and any other offences related to abusive relationships
- Offers confidential counselling, advocacy and support at the office and/or over the phone to women experiencing any form of abuse/sexual assault/violence
- Provided by bi-lingual, bi-cultural workers
- Crisis intervention and referrals to appropriate children's programs

**COVID-19 Update**: We are providing services by phone, email and online **Address:** Now online

Phone: 604-436-1025 | Toll Free: 1-888-436-1025 | Alternate during Covid-19: 236-865-1194 Email: <u>againstviolence@vlmfss.ca</u>

https://www.vlmfss.ca/multicultural-outreach

## Multicultural Victim Services



- Confidential program to support victims of all crimes in their recovery
- You do not need to report a crime to the police to receive help
- Eligibility: Immigrants, refugees and multicultural populations

COVID-19 Update: We are providing services by phone, email and online

Hours: Monday - Friday: 9am - 5pm

Address: Now online/email/phone

Phone: 236-512-6170 | Email: <u>victim.support@mosaicbc.org</u> https://www.mosaicbc.org/services/counselling/multicultural-victim-services/

# Plan Institute Disability Planning Helpline

• Experts will answer your questions about the Disability Tax Credit, the Registered Disability Savings Plan, trusts & estate planning, advocacy approaches, government benefit programs, social network building and more

Phone: 1-844-311-7526 | Email: info@planinstitute.ca

https://planinstitute.ca/rdsp-disability-planning-helpline/





 Promote safe equitable migration and communities of belonging for people fleeing persecution for sexual orientation, gender identity and expression, and HIV status

Address: QMUNITY, 1170 Bute Street, Vancouver BC, V6E 1Z6

**Email:** (refugee information) <u>info@rainbowrefugee.ca</u>; (drop-ins) <u>community@rainbowrefugee.ca</u> <u>https://www.rainbowrefugee.com/</u>

# Seniors Abuse and Information Line (55)

• Confidential information line for older adults to speak to a trained intake worker about abuse, mistreatment and any issues that impact the health and well-being of an older adult

Hours: Monday - Friday: 8am - 8pm; Saturday, Sunday: 10am - 5:30pm

Phone: 604-437-1940 | Toll-free: 1-866-437-1940

http://seniorsfirstbc.ca/getting-help/when-to-call-sail/

### St. Paul's Advocacy Office

 Offers services of information and support to persons experiencing difficulties in day-to-day living. These issues include accommodation needs, landlord-tenant disputes, health and disability issues, and access to social benefits and other government services.

Note: Please call to book an appointment Hours: Monday, Wednesday & Thursday: 10am - 2pm Address: 1130 Jervis Street, Vancouver BC, V6E 2C7 Phone: 604-683-4287 | Email: ao@stpaulsanglican.bc.ca https://www.stpaulsanglican.bc.ca/ministries/advocacy-office

### SRO Collaborative

 Supports SRO tenants in organizing for improved safety, habitability, affordability and sustainability in SRO buildings. Advocates for problems, help their neighbours who are facing maintenance and safety concerns, and meet together to share stories and supports.

Address: 131 Dunlevy Ave., Vancouver BC, V6A 3A4

Phone: 604-839-0379 | Email: dtes.sro.collab@gmail.com

https://dtescollaborative.org/



- Culturally-specialized front-line supports & advocacy for im/migrant women engaged in indoor sex work
- Programs are free & confidential, legal names or other identifying information are never required
- Information, advocacy and/or referrals can be provided regarding relevant sex work / indoor workspace related laws, health, legal matters (family, immigration, labour or legal), immigration processes, housing and relevant community or social services
- Abuser-alert for bad date and/or other violence reporting
- Services and programs provided in English, Cantonese and Mandarin; and translation support can be provided during appointments

Address: #325-1101 Seymour St., Vancouver BC, V6B 0R1

Phone: 604-719-6343 (English), 778-865-6343 (Cantonese & Mandarin)

Email: <u>netreach@swanvancouver.ca</u>

https://www.swanvancouver.ca/supports

# Tenant Resource & Advisory Centre

• Legal education for BC tenants. Use our plain language publications and resources to help you better understand and enforce your rights under the law.

Hours: Monday, Tuesday, Thursday, Friday: 1pm - 5pm; Wednesday: 5:30pm - 8:30pm Phone: 604-255-0546 or 1-800-665-1185

https://tenants.bc.ca/z

### The Kettle Society

- Provides information, support, and representation to resolve income and disability problems
- Supports people living with a combination of mental illness, mental health problems, lowincome, or homelessness
- No appointment needed

**Hours:** Drop in *Monday, Tuesday and Thursday* from 9:30am - 4pm, closed from 12pm -1pm **Address:** 2<sup>nd</sup> Floor, 1725 Venables Street, Vancouver BC, V5L 2H3

Phone: 604-253-0669 | Email: advocacy@thekettle.ca

https://www.thekettle.ca/community-services

## Vancouver Aboriginal Community Policing Centre

- Delivers programs focused on safety, security, and crime prevention for Indigenous women, youth and the families of Missing and Murdered Indigenous Women and Girls.
- Provides opportunities to build a relationship with VACPC neighbourhood officer, and participate in cultural programming

Hours: *Monday – Friday:* 9am - 5pm Address: 1719 Franklin Street, Vancouver BC, V5L 1P6 Phone: 604-678-3790 | Email: <u>info@vacpc.org</u> https://vacpc.org/

#### Victim Services (Family Services of Greater Vancouver)

- Offers trauma-based support; safety planning; referrals to resources; support navigating the criminal justice system and community education about violence and crimes
- Eligibility: Anyone in need, whether or not they reported the crime to police

#### Hours: Monday – Friday: 9am - 5pm

Address: Family Services of Greater Vancouver, #201-1638 E Broadway, Vancouver BC, V5N 1W1 Phone: 604-731-4951

https://fsgv.ca/programs/victim-services/

# 411 Seniors Centre Society

- To give older adults voice and provide access to information, activities and sustainable services in a safe, culturally sensitive environment that enhances the quality of their lives
- Eligibility: Ages 55 and older

Hours: *Mondays – Fridays*: 9am - 4pm Address: #330-333 Terminal Ave., Vancouver BC, V6A 4C1 Phone: 604-684-8171 | Email: <u>contact411@411seniors.bc.ca</u> http://411seniors.bc.ca/

# Do you need settlement services as an immigrant or refugee?

# Action Commitment Transformation Program (ACT)

- Specialized services for immigrant and refugee families to support them toward a successful settlement and integration outcome
- Eligibility: New immigrants, permanent residents, protected persons and live-in caregivers **Address:** #101-27 West Pender Street, Vancouver BC, V6B 2T2

Phone: 604-638-9199 | Email: act@success.bc.ca

https://successbc.ca/act/?filter=settlement

### First Language Settlement Support

- Learn about Canada, schools, health care, housing, recreation and community services that help you and your family settle in your new community
- Provides case management services if you're facing many barriers and need special supports
- Eligibility: Canadian citizens, permanent residents, confirmed refugee, live-in caregiver or temporary foreign worker
  - ✓ Multiple languages ✓ Variety of workshops ✓ Referrals to other service providers

Address: Welcome Centre, 2610 Victoria Dr. Vancouver BC, V5N 4L2 Phone: 604-684-2561 | Email: <u>settlement@issbc.org</u> <u>https://issbc.org/our-services/first-language-settlement-support</u>

### Multicultural Helping House Society Settlement Services

- Provides one-on-one support, consultation and referrals, by appointment
- Staff can answer your questions about settlement related concerns such as: employment, government services and benefits, as well as immigration and work permits
- Eligibility: Temporary foreign workers, immigrants, refugee claimants, protected persons and naturalized citizens

COVID-19 Update: Services provided online and by telephone. Please call or email.

Address: 4802 Fraser St, Vancouver BC, V5V 4H4

Phone: 604-879-3277 | Email: <u>info@helpinghouse.org</u> http://helpinghouse.org/settlement

### Immigrant Settlement & Integration Program

- Offers one-on-one workshops for newcomers to develop English language skills, learn about Canada's labour market, network and develop professional and social networks, and settle into their local B.C. communities
- Variety of settlement workshops and career mentoring and coaching available
- Eligibility: Must be a permanent resident, protected person, convention refugee or a temporary foreign worker with approval of a work permit

Address: 28 West Pender Street, Vancouver, BC V6B 1R6 Phone: 604-684-1628

https://isiponline.ca/service-regions/vancouver



# Refugee Settlement and Integration Program (MOSAIC)

- Supports refugee claimants and asylum seekers who intend to file a refugee claim
- Supports in navigating the refugee claim process, accessing healthcare, legal aid and income assistance, finding English learning options, housing referrals and an orientation to Canada

Covid-19 Update: Services provided online and by telephone

Email: refugeeclaimant@mosaicbc.org

Phone: Spanish/English: 604-254-9626 ext.1022 (Gerardo) Kurdish/Arabic/English: 604-254-9626 ext.1026 (Salih) French/English: 604-254-9626 ext.1011 (Katherine) Mandarin/Cantonese/English: 604-254-9626 ext.1064 (Tracy) Farsi/English: 604-254-9626 ext.1027 (Parisa) Filipino/English: 604-254-9626 ext.110 (Rey) https://www.mosaicbc.org/services/settlement/rsip/

## SOS (Settlement Orientation Services)

- B
- Supports refugee claimants navigating through the claim and determination processes
- Provides first language settlement and housing services for refugee claimants

Address: Welcome Centre, 2610 Victoria Dr. Vancouver, BC V5N 4L2

Phone: 604-255-1881 | Email: <u>sos@issbc.org</u> https://issbc.org/our-services/sos-settlement-orientation-services

# Youth Settlement Program

- Learn about Canadian culture and your community while forming multicultural friendships and practicing your English
- Activities include field trips, homework support, food preparation, and skill development
- Arabic and Spanish speaking staff available
- Eligibility: Newcomer youth ages 10-18; ages 19-30 can see a youth settlement worker one-to-one

Address: Frog Hollow Neighbourhood House, 2131 Renfrew St., Vancouver BC, V5M 4M5 Phone: 604-251-1225 | Email: <u>rafif@froghollow.bc.ca</u> https://www.froghollow.bc.ca/programs-services/youth/

83

# Do you need help replacing your ID?

## Carnegie Outreach

- Assists with replacement ID
- Drop-in, no appointments

Hours: Monday – Friday: 9am - 4pm

Address: 392 Powell Street, Vancouver BC, V6A 1G4

Phone: 604-665-3318

Email: <a href="mailto:carnegie.outreach@vancouver.ca">carnegie.outreach@vancouver.ca</a>

#### Rise Women's Legal Centre



 We are a community legal centre providing accessible legal services including replacement ID, that are responsive to the unique needs of self-identifying women or any other oppressed and targeted genders

**COVID-19 Update:** Services provided by phone and email **Hours:** *Monday – Friday:* 9am – 4pm **Address:** 516 Richards St, Vancouver BC, V6B 3A2 **Phone:** 236-317-9000 | **Email:** <u>intake@womenslegalcentre.ca</u> <u>https://womenslegalcentre.ca/</u>

### The Kettle ID Bank

- Assists low income, homeless, and/or marginally housed individuals in obtaining and safely storing ID
- Arrive as early as 9:30am in order to sign up for an intake with the ID Bank worker on that day
- First-come, first-serve basis. Your visit may take up to an hour depending on your ID needs.
  - ✓ Application fees covered
  - ✓ No appointment necessary

Hours: Monday, Tuesday, Thursday: 9:30am - 11pm; 1pm - 3pm Address: 1725 Venables Street, Vancouver BC, V5L 2H3

Phone: 604-215-5494 | Email: <u>idbank@thekettle.ca</u> <u>https://www.thekettle.ca/id-bank</u>



# To replace your ID yourself, contact:

#### <u>BCID</u>

- Cost: \$35
- To get a BCID card, you must be 12 or older. To apply, visit any drivers licensing office and bring accepted ID
- Phone: 604-520-8222
- <u>https://www.icbc.com/driver-licensing/getting-licensed/Pages/Apply-for-an-enhanced-licence-ID-or-BCID.aspx</u>

#### **BC Photo Services Card**

- Cost: Free if on Ministry Assistance
- Please bring two pieces of ID (one must have your full name and date of birth) https://www2.gov.bc.ca/gov/content/governments/government-id/bc-services-card

#### **Birth Certificate**

- Cost: \$27 (if you were born outside of BC, birth certificates can range from \$10-50)
- Phone: 1-888-876-1633 (Toll free)

https://www2.gov.bc.ca/gov/content/life-events/order-certificates-copies

#### Canadian Passport

- Cost: \$120-160
- Phone: 1-800-567-6868 (Toll Free)

https://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html

#### **Drivers License**

- Cost: \$75 for a 5-year renewal, \$17 to replace a lost or stolen license
- Phone: 604-520-8222

https://www.icbc.com/driver-licensing/getting-licensed/Pages/Replace.aspx

#### Indigenous (Indian) Status Card

- Cost: Free (Passport photo needed)
- Phone: 604-666-2059

https://www.sac-isc.gc.ca/eng/1100100032374/1572457769548

#### SIN Number

- Cost: Free
- Phone: 1-800-622-6232
- Please bring a hard copy of your birth certificate

https://www.canada.ca/en/employment-social-development/services/sin.html

# Do you need help with your finances?

# Credit Counselling Society

Provides workshops and webinars that improve money management skills including using credit wisely

Hours: Monday – Thursday: 5:30am - 8pm; Friday: 5:30am - 4:30pm; Saturday: 7:30am - 3pm Address: 290-800 Hornby Street, Vancouver BC, V6Z 2C5

Phone: 604-527-8999 or 1-888-527-8999 | Email: info@nomoredebts.org https://www.nomoredebts.org/credit-counselling-society/consumer-services/credit-budgetingworkshops.html

# Financial Empowerment Program by Family Services of Greater Vancouver

- Money Skills Financial education workshop for people on low incomes that teach budgeting, credit/debit management, banking, saving and investing and consumerism
- Financial Coaching up to three one-on-one sessions with a financial coach to set financial ٠ goals, developing a budget/financial action plan and assistance with filing for government benefits

#### Hours: Monday - Friday: 9am - 5pm

Address: Family Services of Greater Vancouver, #201-1638 E Broadway, Vancouver BC, V5N 1W1 Phone: 604-731-4951 ext. 3166 | Email: moneyskills@fsgv.ca https://fsqv.ca/financial-empowerment/

# Public Guardian and Trustee of BC (PGT)

PGT provides direct financial management services for vulnerable individuals Hours: Monday - Friday: 8:30am - 4:30pm Address: #700-808 West Hastings St., Vancouver BC, V6C 3L3 Phone: 604-775-1001 (Adults) | 604-775-3480 (Children and Youth) Email: sta@trustee.bc.ca http://www.trustee.bc.ca/Pages/default.aspx

# Trust Program through Coast Mental Health

- Coast Mental Health's disability trust program helps you protect and manage your financial assets (trust funds)
- Funds placed in the trust program can be used for disability-related purposes, including anything that promotes the independence of the beneficiary

Hours: Monday - Friday: 8am - 4pm

Address: 293 East 11th Ave., Vancouver BC, V5T 2C3

Phone: 604-675-2321 | Email: trust@coastmentalhealth.com

www.coastmentalhealth.com/pillar-services/#TrustProgram

#### Vancouver Rent Bank



- Provides interest-free loans to families and individuals at risk of eviction or essential utility disconnection due to a temporary shortage of funds
- Loans can be used for rental arrears, utility arrears, security deposits and/or first month's rent
- Offers tools, workshops, and resources to better manage your finances, as well as connections to housing support services
- Eligibility: Must live in the city of Vancouver
  - ✓ Must be low-income
  - ✓ Must have two pieces of ID
  - ✓ Must have proof of tenancy
  - ✓ Must have 2 bank statements
- ✓ Must be 19 or older
- ✓ Have a bank account or are on income assistance
- ✓ Must have proof of income

**NOTE:** The full process from application to receiving a loan takes 1-3 weeks. **Covid-19 Update:** Vancouver Rent Bank drop-in will be closed until further notice. Online applications are accepted.

Hours: *Monday – Friday:* 10am - 3pm Address: #200-739 Gore Avenue, Vancouver BC, V6A 2Z9 Phone: 604-566-9685 | Email: <u>vrb@niccss.ca</u> <u>https://www.niccss.ca/services/vancouver-rent-bank/</u>



# ີ ເຫຼື Community and Belonging

# Would you like to find recreational activities to do?

Event Calendars

Find events in your neighbourhood
 City of Vancouver: <a href="https://www.straight.com/listings/events">https://www.straight.com/listings/events</a>
 Georgia Straight: <a href="https://www.straight.com/listings/events">https://www.straight.com/listings/events</a>
 Vancouver Community Network: <a href="https://www2.vcn.bc.ca/community-events/">https://www2.vcn.bc.ca/community-events/</a>

# Leisure Access Program

- The Leisure Access Program (LAP) provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost
- Eligibility: If you receive income assistance or social services from a Vancouver agency; if you have low income (but don't receive assistance), and/or if you have a child (0-17 years old) with a disability; must be a resident of Vancouver
  - ✓ Discounted recreation programs
  - Free admission to pools and skating rinks

Phone: 3-1-1 | Email: <u>lap@vancouver.ca</u> https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx

## Things to do in Vancouver

• Attractions, activities and events happening in Vancouver https://vancouver.ca/parks-recreation-culture/things-to-do.aspx


## Neighbourhood Houses 🛉 🎋 👬 🖘

A neighbourhood house is a welcoming, vibrant, multi-generational, culturally diverse place with many different programs that address the needs of the people who access it. They offer a wide range of cultural and recreational activities that help refugees, immigrants, and families expand their personal and world views. They also offer camping/outdoor experiences, workshops, courses and employment counselling. A small membership fee (\$5) may be required to join and use their services.

#### Cedar Cottage Neighbourhood House

Address: 4065 Victoria Drive, V5N 4M9 **Phone:** 604-874-4231 http://www.cedarcottage.org/

#### **Collingwood Neighbourhood House**

Address: 5288 Joyce Street, V5R 6C9 **Phone:** 604-435-0323 https://www.cnh.bc.ca/

 Annex Location Address: 3690 Vanness Avenue, V5R 5B6 **Phone:** 604-428-9142

#### **Downtown Eastside Neighbourhood**

House Address: 573 E. Hastings Street, V6A 1P9 **Phone:** 604-215-2030 http://dtesnhouse.ca/

#### **Frog Hollow Neighbourhood House**

Address: 2131 Renfrew Street (at 5th Ave), V5M 4M5 Phone: 604-251-1225 http://www.froghollow.bc.ca/

#### Gordon Neighbourhood House

Address: 1019 Broughton, V6G 2A7 Phone: 604-683-2554 https://aordonhouse.org/

#### **Kitsilano Neighbourhood House**

Address: 2305 West 7th Avenue, V6K 1Y4 **Phone:** 604-736-3588 http://www.kitshouse.org/

#### **Kiwassa Neighbourhood House**

Address: 2425 Oxford Street, V5K 1M7 **Phone:** 604-254-5401 https://www.kiwassa.ca/

#### Little Mountain Neighbourhood House

Address: 3981 Main Street, V5V 3P3 **Phone:** 604-879-7104 https://web2.lmnhs.bc.ca/

#### Marpole Neighbourhood House

Address: 8585 Hudson St (at 70th Ave), V6P 4M3 **Phone:** 604-628-5663 http://www.marpolenh.org

#### Mount Pleasant Neighbourhood House

Address: 800 East Broadway, V5T 1Y1 Phone: 604-879-8208 http://mpnh.org/

#### South Vancouver Neighbourhood House

Address: 6470 Victoria Drive, V5P 3X7 **Phone:** 604-324-6212 http://www.southvan.org/

### Would you like to find special interest groups and meetups?

#### ES Ø Aboriginal Front Door Society

- A culturally safe, peer-designed non-judgemental place for Aboriginal Peoples, and their friends and family in the Downtown Eastside
  - ✓ Ojibway and Cree language ✓ Elders Circles classes
- Morning smudges on Monday

Hours: Monday - Friday: 8am - 12pm and 1pm - 4pm Address: 384 Main Street (off Hastings), Vancouver BC, V6A 2T1 Phone: 604-697-5662 | Email: info@abfrontdoor.org https://abfrontdoor.org/

## Broadway Youth Resource Centre



- Provides a wide range of social, health, education, employment, and life skills services to youth
- Multi-service and multi-agency hub with a range of services all under one roof •
- Eligibility: Ages 13-24 ٠
  - ✓ Free meals

COVID-19 Update: Please email or phone if you have any questions

Hours: Monday - Friday: 2pm - 7pm Address: 2455 Fraser Street, Vancouver BC, V5T 0E6 Phone: 604-709-5720 | Email: byrc@pcrs.ca https://pcrs.ca/service-resource-centres/broadway-youth-resource-centre-2/

#### **Canadian Fitness Connection**

- 12-week program helps participants learn ways to stay fit while practicing English
- Meet new friends and explore Canadian life and culture •
- Eligibility: For immigrants ages 19 and older; must be a permanent resident or a convention • refugee

Address: YMCA, 955 Burrard St, Vancouver, BC V6Z 1Y2 Phone: 604-374-5465 | Email: connections@gv.ymca.ca https://www.gv.ymca.ca/immigrant-services

#### **Bilingual Conversation Workshops**

- Brings together Anglophones and Francophones to speak in their second language
- Eligibility: Francophones living in precarious situations in Greater Vancouver

Address: #213-312 Main Street, Vancouver BC, V6A 2T2

Phone: 604-683-7337 | Email: laboussole@lbv.ca

https://en.lbv.ca/que-faisons-nous

#### Coast Clubhouse at Coast Mental Health

- Offers low-cost nutritious meals, social, recreational, education and employment opportunities and free laundry facilities
- Eligibility: Must have diagnosed mental illness. Call or drop-in to discuss member intake.

Hours: Monday - Friday: 8:30am - 3:45pm Address: 295 East 11<sup>th</sup> Ave., Vancouver BC, V5T 2C4 Phone: 604-675-2357 | Email: info@coastmentalhealth.com https://www.coastmentalhealth.com/what-we-do/pillar-services/

#### Coast Resource Centre at Coast Mental Health

- Offers low-cost breakfast, lunch and snacks, laundry and shower facilities, social and recreational activities, peer support workers and homeless outreach services
- Lunch-to-go (\$2) served from 12pm 1pm
- Eligibility: Must have diagnosed mental illness. Call or drop-in to discuss member intake.

Hours: Tuesday - Saturday: 9am - 1pm; 2:30pm - 4pm

Address: 1225 Seymour St., Vancouver BC, V6B 3N6

**Phone:** 604-683-3787 | **Email:** <u>info@coastmentalhealth.com</u> <u>https://www.coastmentalhealth.com/what-we-do/pillar-services/</u>

### Community Centres in Vancouver

- Stay in shape, learn new skills, and meet new friends with activities in fitness, arts and crafts, culture, dance, swimming, skating, childcare, and more
- Services for low income and at-risk adults are available at Carnegie Community Centre, Evelyne Saller Centre, and Gathering Place Community Centre in the Downtown Eastside and Downtown South communities

Find a community centre near you: <u>https://vancouver.ca/parks-recreation-culture/community-and-cultural-centres.aspx</u>

### ConnecTra

- Events, workshops and a collection of links and contact information for the most widely used resources for people with disabilities in Metro Vancouver, BC
- Browse the categories to find an event, group, agency or service provider near you

Find a resource: https://connectra.org/

#### Covenant House Youth Drop-In Centre

- Offers recreational activities, help finding employment, referrals to other social services, and more for homeless and at-risk street youth
- Eligibility: Ages 16-24

Address: 1302 Seymour Street, Vancouver BC, V6B 3P3

Phone: 604-685-7474 Toll Free: 1-877-685-7474 | Email: info@covenanthousebc.org

https://www.covenanthousebc.org/

## Directions Youth Services Centre

- Drop-in to access supports, as well as a recording studio, video games, musical instruments, computers, music instruction, video production instruction, art classes and more
- Eligibility: Ages 24 and under, experiencing homelessness, sleeping rough, or precariously ٠ housed

#### Address: 1138 Burrard Street, Vancouver BC, V6Z 1Y7

Phone: 604-633-1472 | Toll-free: 1-866-249-6884 | Email: directions@fsqv.ca https://www.directionsyouthservices.ca/youth-services-centre/

## Dude's Club



- The Dude's Club's Vision is of a renewed role for men working with each other in building wellness and strong families and communities
- Provides space to facilitate a participant-led community for men's health and wellness. We do • this through different events prioritizing supportive relationships, engagement in health care, and Indigenous world views.
- Open to all individuals who self-identify as men

Hours: Talking Circle: Mondays: 2pm - 3pm; Gatherings: Thursdays: 4pm - 5pm Address: 626 Powell Street Vancouver, BC V6A 1H4

Phone: 778-244-8363 | Email: info@dudesclub.ca

https://www.dudesclub.ca/

#### Friends for Life Society



- Welcomes people living in Vancouver city centre and facing life challenges associated with HIV, Cancer, Hepatitis C and other illnesses to participate in specialized support programs
- Supports members in taking an active and supporting role in their healthcare and maintenance, and offers a range of supports so that clients can attain their personal wellness aspirations
- Eligibility: Someone who has been diagnosed with HIV, cancer, Hepatitis C or, in some cases, other life-challenging disease
  - ✓ Variety of workshops/activities

Address: 1459 Barclay Street, Vancouver BC, V6G 1J6

Phone: 604-682-5992 | Email: info@vancouverfriendsforlife.ca https://www.vancouverfriendsforlife.ca

#### Health Initiative for Men Events & Socials



Workshops, events and health-based programming to meet the mental, physical and social health needs of self-identified GBQ men and gender diverse people in BC

COVID 19 Update: Please visit the Clinical Services section of our Covid-19 response page for the most up-to-date information regarding hours and services

Phone: 604-488-1001 | Email: office@checkhimout.ca https://checkhimout.ca/events/



### I Belong LQBTQIA2S+

- Supports LGBTQIA2S+ immigrant newcomers by facilitating discussions around sexuality, gender, race, culture and class
- Additional language support available
  - ✓ Counselling✓ Peer support

**COVID-19 Update**: We are providing services by phone, email and online **Hours:** *Monday – Friday:* 9am – 5pm **Phone:** Maria Kuchapski at 604-762-1566 | **Email:** <u>ibelong@mosaicbc.org</u>

https://www.mosaicbc.org/services/settlement/lgbtq/

#### Immigrant Women Peer Support Program

- Meet other women to make new friends and build support networks while sharing your settlement experience
- 10-week support group and training program for women
- Peer Support Group Eligibility: Immigrant and refugee women 19 years or older
- Training Eligibility: Immigrant and refugee women aged 24 and older with a minimum CLB 5
  - ✓ Multiple languages offered

Address: Welcome Centre, 2610 Victoria Dr. Vancouver, BC V5N 4L2 Phone: 604-684-7498 | Email: <u>iwpsp@issbc.org</u> https://issbc.org/our-services/immigrant-women-peer-support-program

#### La Boussole Cultural Activities



- Includes language, writing, computer, photography, gardening and DIY workshops
- Eligibility: Francophones living in precarious situations in Greater Vancouver

Address: #213-312 Main Street, Vancouver BC, V6A 2T2 Phone: 604-683-7337 | Email: <u>laboussole@lbv.ca</u>

https://en.lbv.ca/que-faisons-nous

## Leave Out Violence Art Drop-In

- Join to explore a different art form every week
- Eligibility: Ages 13-25
- Hours: Wednesdays: 4pm 6pm

Address: Broadway Youth Resource Centre, 2455 Fraser St., Vancouver BC, V5T 0E5 Phone: 604-709-5728 (Call), 778-926-5728 (Text) | Email: info-bc@loveorganization.ca http://leaveoutviolence.org/bc/programs

### Leave Out Violence Media Arts Program

- Explore anti-violence and social justice issues affecting you and your community through art
- Eligibility: Ages 13-18

Address: Broadway Youth Resource Centre, 2455 Fraser St, Vancouver BC, V5T 0E5 Phone: 604-709-5728 (Call), 778-926-5728 (Text) | Email: info-bc@loveorganization.ca http://leaveoutviolence.org/bc/programs

# Lu'ma Aboriginal Youth Mentorship



- Supports youth and assists with their goals through advocating, connecting to community resources and cultural connections.
- Attend workshops, field trips and one-to-one mentorship sessions

Address: 2986 Nanaimo St., Vancouver BC, V5N 5G3

#### Phone: 604-558-5566

http://lnhs.ca/aboriginal-youth-mentorship/

#### Meetup Vancouver

Use Meetup to meet new people, learn new things, find support, get out of your comfort zone and pursue your passions with other like-minded people. Find a group or create your own!

Find or make a group: https://www.meetup.com/cities/ca/bc/vancouver/

#### Milieu Children & Family Services South Vancouver Youth Centre Youth Groups

- Provides services for at-risk youth that offer growth opportunities in academics, literacy, life skills, vocational skills, self-care, computer skills, and volunteer and community involvement
- Eligibility: Ages 12-18
  - ✓ Resume writing ✓ Variety of workshops
- ✓ Drop-ins available

Hours: Monday - Friday: 9am - 6:30pm Address: 4920 Fraser Street, Vancouver BC, V5W 2Y8 Phone: 604-325-2004 | Email: svyc@milieu.ca http://milieu.ca/children/services

## Mosaic Women's Support Group



- Meet women and support each other, build self-confidence and learn practical skills in setting boundaries, effective communication and creating healthier relationships
- Eligibility: All immigrant and refugee women age 19+

Hours: Wednesday: 9:30am - 11am

Address: Now online

Phone: 236-512-9739 | Email: mmak@mosaicbc.org

#### **MPA Society Resource Centre**

- A welcoming environment where community members living with mental illness can socialize and engage in peer support
- Provides outreach, crisis intervention, activities, social gatherings, access to shower and laundry facilities, use of computers and internet, and meals. Please call to book an appointment to use the shower and laundry or register for activities.
- To become a member (free) call to book an intake appointment
- Eligibility: Members need to have documentation of a diagnosed mental illness
- Hours: Monday Friday: 10am 5pm

Address: 2275 Fir Street, Vancouver BC, V6J 1S4

Phone: 604-482-3712 | Email: info@mpa-society.org

https://www.mpa-society.org/programs-services/resource-centre

#### **Multicultural Helping House Society Women's Program**

- Women's support groups for live-in caregivers
- Offers cooking classes, computer literacy workshops, family and parenting workshops and • community resources

Address: 4802 Fraser St, Vancouver BC, V5V 4H4

Phone: 604-879-3277 | Email: malouc@helpinghouse.org http://helpinghouse.org/womens-program

#### Multicultural Helping House Society Seniors Program

- Provides a comfortable and inviting space for seniors to socialize
- Offers outings and activities, information workshops, information on government assistance and • resources

55-

彩

Address: 4802 Fraser St, Vancouver BC, V5V 4H4 Phone: 604-879-3277 | Email: ericr@helpinghouse.org http://helpinghouse.org/seniors-program

#### Multicultural Helping House Society Youth Program

- Offers a variety of workshops, field trips and activities
- Join a youth support group or an English conversation circle
- Eligibility: Newcomer youth ages 13-25

Address: 4802 Fraser St, Vancouver BC, V5V 4H4 Phone: 604-879-3277 | Email: ericr@helpinghouse.org http://helpinghouse.org/youth-wellness-program



ີ ເຫຼື Community and Belonging

#### Musqueam Recreation Department

- Provides access to the Musqueam Community Centre and recreational opportunities and events to bring community members together
- Eligibility: Musqueam members

Address: 6735 Salish Drive, Vancouver BC, V6N 4C4

Phone: 604-263-3468 | Email: info@musqueam.bc.ca

https://www.musqueam.bc.ca/departments/community-services/employment-and-training/

### MY (Multicultural Youth) Circle (ISS of BC)

- Make friends and connect with other newcomer youth and develop new skills through workshops and field trips
- Eligibility: Immigrant and refugee youth; ages 14-24; living in Metro Vancouver **Address:** Welcome Centre, 2610 Victoria Dr. Vancouver BC, V5N 4L2

**Phone:** 604-684-7498 | **Email**: <u>MYCircleVan@issbc.org</u> https://issbc.org/our-services/multicultural-youth-circle

### Nisga'a Ts'amiks Social & Cultural Connection



- Monthly community events
- Eligibility: Nisga'a citizens
- Address: 3973 Dumfries St, Vancouver BC, V5N 5R3

Phone: 604-646-4944 | Email: <u>executiveassistant@tsamiks.com</u> https://tsamiks.com/ntvs-events

#### Pace Society

- Drop-in services, peer outreach, and weekly social groups for sex workers of all genders
- Supports in areas including: mental health, violence and sexual assault, grief and loss, legal, ID, criminal justice, employment transitioning, trans-specific services, bad date and third-party reporting, and substance use
- We also provide support for families and friends of sex workers

Hours: Monday – Thursday: 10am - 4pm

Address: 148 W. Hastings St., Vancouver BC, V5L 1J5

Phone: 604-872-7651 | Email: <u>support@pace-society.org</u> https://www.pace-society.org/services/support-services/

## Pacific Association of First Nations Women (PAFNW)

- Various cultural programming including Ojibway and Cree language learning, drum circles, mentorship, art, and cultural activities
- Annual Membership fee is \$5
  - ✓ Variety of workshops

**COVID-19 Update:** Available by email only **Address:** 2017 Dundas St., Vancouver BC, V5L 1J5 **Phone:** 604-872-1849 | **Email:** <u>info@pafnw.ca</u> <u>https://pafnw.wordpress.com/</u>

## Powell Street Getaway



- A welcoming and safe hang-out for local people living with mental illness
- Peer programs encourage people to participate in social and life skills development
- Includes harm reduction, a safe consumption site, meals/snacks and donated clothes

Note: The Powell Street Getaway is moving to 450 E. Hastings in 2022

Hours: Everyday: 9am - 9pm

Address: 528 Powell Street, Vancouver BC, V6A 1G9

**Phone:** 604-255-7026

https://lookoutsociety.ca/project/powell-street-getaway-resource-centre/

### Preteen Program

- Offers fun and supportive activities to students to gain life skills, social skills and self respect
- Eligibility: Ages 10-14. Open to all youth, but priority is given to newcomer youth

Hours: Tuesday, Wednesday, Thursday: 3:30pm - 6pm Address: Frog Hollow Neighbourhood House 2131 Renfrew St., Vancouver BC, V5M 4M5 Phone: 604-251-1225 | Email: melaniel@froghollow.bc.ca https://www.froghollow.bc.ca/programs-services/youth/

#### Qmunity



Drop-in groups, special events, information & referral services, support for parents, and a safer space for LGBTQ2SAI+ people and their allies

Address: Main Location: 1170 Bute Street, Vancouver BC, V6E 1Z6

Accessible Location: #610-1033 Davie Street, Vancouver BC, V6E 1M7

Phone: 604-684-5307 ext. 100 | Email: reception@qmunity.ca

https://qmunity.ca/groups/

#### 55 Renfrew Collingwood Seniors Society – Community Day Program

- The community drop-in offers opportunities for seniors to socialize with their peers, educational workshops/discussions, and recreational activities to enhance independent living skills, and a \$5 lunch
- Membership is \$10 a year

#### **COVID-19 Update: Program temporarily suspended**

Hours: Tuesday: 3pm - 5pm; Saturday: 10am - 2pm Address: 2970 East 22nd Avenue, Vancouver BC, V5M 2Y4 Phone: 604-430-1441 | Email: rcss@rencollseniors.ca http://www.rencollseniors.ca/

### Seniors Club (MOSAIC)



- Activities that encourage seniors to make new friends, learn new skills and join community events and English conversation circles
- Eligibility: Immigrants and refugees ages 55 years and older

COVID-19 Update: Services provided by phone, email and online (9am - 5pm, weekdays) Address: 5575 Boundary Road, Vancouver BC, V5R 2P9

Phone: 604-254-9626 ext. 1005 | Email: seniors@mosaicbc.org https://www.mosaicbc.org/services/settlement/seniors/

#### Sher Feline Support Groups



A place for queer South Asian Women and their friends to connect, collaborate, and offer support to each other

Address: Currently Online

Email: info@shervancouver.com https://www.shervancouver.com/

#### Sher Jupiter Support Groups



A safe space for Queer South Asians and their friends to connect, collaborate, and offer support to each other

Address: Currently Online

Email: info@shervancouver.com

https://www.shervancouver.com/

#### The Corner (Formerly Boys R Us)

- A safe space to drop-in, relax, eat, socialize and access health and social support services
- Eligibility: Male and transgender participants who work or used to work in the sex trade Hours: Wednesday, Thursday: 5:30pm - 9pm

Address: 4th floor, 1101 Seymour St., Vancouver BC, V6B 0R1

Phone: 604-893-2201 | Email: contact@aidsvancouver.org

https://www.aidsvancouver.org/volunteer-signup

## The Gathering Place



Accessible, engaging programs with a focus on food and nutrition, health, education, recreation, arts and culture, and community development for the Downtown South community Hours: Everyday: 10am - 8pm

Address: 609 Helmcken Street, Vancouver BC, V6B 5R1

**Phone:** 604-665-2391

https://vancouver.ca/parks-recreation-culture/gathering-place-location.aspx

#### Trans Newcomer Online Resource Club (MOSAIC)



Provides information and support to folks identifying as transgender, transsexual, nonbinary, gender nonconforming, etc.

https://www.mosaicbc.org/resources/trans/

#### **UBC Learning Exchange – Drop-In Program**

- Drop-in to use our computers, get involved with arts, culture and current affairs, or just relax and have a coffee
  - ✓ Drop-in

✓ Arts

✓ Variety of workshops

**COVID-19 Update:** Open Tuesdays and Thursdays for computer use, other programs online.

Hours: Wednesday and Thursday: 1:30pm - 2:30pm, 3pm - 4:30pm;

Address: 612 Main Street, Vancouver BC, V6A 2V3

Phone: 604-827-2777

https://learningexchange.ubc.ca/community-based-programs/drop-in//

## Urban Native Youth Association



- Offers a variety of recreational programs including sports and arts, as well as cultural activities and leadership opportunities for Indigenous youth
- Eligibility: Ages 11-24 •
- ✓ Recreation/Sports

Address: 1618 East Hastings Street, Vancouver BC, V5L 1S6

Phone: 604-254-7732 | Email: info@unya.bc.ca https://unva.bc.ca/programs/

# <u>Vancouver Aboriginal Community Policing Centre Youth Programs</u> Offers cultural, educational and reasts to

- Connects youth to Elders, role-models and community resources

Address: Wednesdays: Urban Native Youth Association, 1618 E. Hastings St, Vancouver BC, V5L 1S6

Thursdays: Broadway Youth Resource Centre, 2455 Fraser Street, Vancouver BC, V5T 0E6 Phone: 604-678-3790 | Email: info@vacpc.org

https://vacpc.org/

## Vancouver Aboriginal Friendship Centre Society (VAFCS)

- Helps families, youth, adults, elders and children maintain their aboriginal cultural ties and values, while providing programs in health and welfare, social services, human rights, culture, education, recreation and equality for all genders of Aboriginal People of all age groups
  - ✓ Recreation ✓ Family programs
  - ✓ Elders program

**COVID-19 Update:** The Centre remains closed to the public, however, essential programs are running. Please call ahead for more information.

Hours: Mondays – Fridays: 9am - 5pm

Address: 1607 East Hastings Street, Vancouver BC, V5L 1S7

Phone: 604-251-4844 | Email: info@vafcs.org

http://vafcs.org





✓ Cultural nights



## Vancouver Second Mile Society 45-

- Drop-in facility that provides a safe, friendly "living room" environment for seniors (45+) coming together to dine (at a nominal fee), relax, play games, and access informational resources that are central to their quality of life
- Eligibility: Low-income seniors ages 45 and older
  - ✓ Drop-in

Address: DTES Drop-in: 509 E Hastings St, Vancouver BC, V6A 1P9 Downtown South Drop-in: Third floor, 1067 Seymour Street, Vancouver BC, V6B 5S4 Phone: 604-254-2194 | Email: info@vsms.ca http://www.vsms.ca/

## Vancouver Venture for Diversity Society

 Provides support and services for children, youth, seniors and the mental health community, including cultural activities and gatherings

Address: 4125 Jericho Drive, Vancouver BC, V6N 0A4

Phone: 604-778-0042

https://vvfds.ca/

## VANDU (Vancouver Area Network of Drug Users)

 A group of users and former users who work to improve the lives of people who use drugs through user-based peer support and education, and committed to increasing the capacity of people who use drugs to live healthy, productive lives

Address: 380 East Hastings St., Vancouver BC, V6A 1R1

Phone: 604-683-6061 | Email: vandu@vandu.org

https://vandureplace.wordpress.com/

## Western Aboriginal Harm Reduction Society

- A group of urban Aboriginal peoples who live, work, and play in Vancouver's Downtown Eastside neighbourhood
- Works to improve the quality of life for Aboriginal people who use illicit drugs and/or alcohol by encouraging the development of support, education, and training programs that reflect the values of Aboriginal people

Address: 380 East Hastings St., Vancouver BC, V6A 1P4

Phone: 604-683-6061 | Email: <u>wahrsdtes@gmail.com</u> https://wahrs.ca/

# WISH Aboriginal Health & Safety

- Helps Indigenous women involved in the sex trade reclaim their culture
- Includes Indigenous evenings or mornings, individualized support, and cultural and creativity programs

#### **COVID-19 Update: Currently on hold**

Address: 330 Alexander St., Vancouver BC, V6A 1C3 Phone: 604-669-9479 | Email: indigenousmgr@wishdropincentre.org https://wish-vancouver.net/

#### WISH Drop-In Centre Society

Provides support to women who work in the street-based sex trade, who can find a safe place to rest, have a hot meal, shower and connect with the community

Address: 330 Alexander St., Vancouver BC, V6A 1C3

Phone: 604-669-9479 | Email: info@wishdropincentre.org

https://wish-vancouver.net/

#### Vancouver Public Libraries

Vancouver Public libraries offer not just a space to read, but learning opportunities such as classes and workshops, youth programs, and social events

Find a library: https://www.vpl.ca/hours-locations



- Provides recreation and sports facilities, youth leadership programs and social activities
  - ✓ Financial assistance for membership available

Address: 955 Burrard Street, Vancouver BC, V6Z 1Y2 Phone: 604-689-9622 | Email: robertlee@gv.ymca.ca https://www.gv.vmca.ca/

### Youth Advisory Committee

Advise, plan and lead events and projects for youth in the Hastings-Sunrise community Address: Frog Hollow Neighbourhood House, 2131 Renfrew St., Vancouver, BC, V5M 4M5 Phone: 604-251-1225 | Email: dakota@froghollow.bc.ca https://www.froghollow.bc.ca/programs-services/youth/

## YouthCo HIV & Hep C Society

- Youth leaders within the HIV and Hep C movements to reduce the impact of HIV and Hep C stigma on youth
- Social events range from make-up tutorials, picnics, craft circles, movie screenings, nature walks and more
- Takes a peer approach to conversations about sexual health, harm reduction, and stigma Phone: 604-688-1441 | Toll-free: 1-855-968-8426 | Email: info@youthco.org

https://www.youthco.org/



- Provides programs, services and opportunities for women, children, youth and their families across Metro Vancouver

Address: 535 Hornby Street, Vancouver BC, V6C 2E8

Phone: 604-895-5800 | Email: enquire@ywcavan.org

https://ywcavan.org/

# ີເຫຼື່ Community and Belonging

### 411 Seniors Centre Society (55+

- Become a member and organize events, volunteer, learn new skills or enjoy the company of others
- Eligibility: Ages 55 and older
  - ✓ Coffee and Tea for 50 cents
  - ✓ Public Computers

- ✓ Library✓ WiFi
- ✓ Workshops and Social Events

Hours: *Mondays – Friday:* 9am – 4pm Address: #330-333 Terminal Ave., Vancouver BC, V6A 4C1 Phone: 604-684-8171 | Email: <u>contact411@411seniors.bc.ca</u> <u>https://www.411seniors.bc.ca/</u>

### Do you need parenting or childcare support?

## <u>CCC (Circles of Care and Connection): Early Years Refugee Program</u>

- Provides early childhood development, family support and settlement services to refugee families
- CCC provides consistent and reliable relationships that foster confidence, decrease isolation and support parenting skills
- All services are provided in various languages
- Eligibility: Families who came to Canada as refugees or refugee claimants with children ages 0-6

Address: Welcome Centre, 2610 Victoria Drive, Vancouver BC, V5N 4L2 Phone: 778-372-6552 | Email: admin@mpfcs.ca https://www.mpfamilycentre.ca/family-drop-in

## Community Action Program for Children (MOSAIC)

- Weekly support group for parents and children
- Play based activities for children while parents receive information and settlement and family support services
- This program is offered in Korean, Vietnamese and Somali
- Eligibility: Immigrants and convention refugees with children 0-6 years old and living anywhere in the Greater Vancouver area

**COVID-19 Update:** Currently providing services by phone, email or online **Korean Contact**: Hyeran Lim, <u>hlim@mosaicbc.org</u>, 604-254-9626 (ext. 1031)

Vietnamese Contact: Mai Hoang, mhoang@mosaicbc.org, 604-254-9626 (ext. 1032)

Somali Contact: Xalima Mohamud, xmohamud@mosaicbc.org, 604-254-9626

https://www.mosaicbc.org/services/family-children-youth/community-action-program-for-children/

## Family Place

- Drop-in programs for families to come together, have fund, learn and support one another
  - Eligibility: Parents of children age 5 and under of Indigenous ancestry
  - ✓ Indigenous Elders available ✓ Drop-in
- ✓ Snacks provided

Address: 1607 East Hastings St., Vancouver BC, V5L 1S7 Phone: 604-251-4844 Ext. 313 | Email: info@vafcs.org

http://www.vafcs.org/programs/familyprogram/

## Home Instruction for Parents of Youngsters "HIPPY"

- A 30-week program that supports vulnerable and isolated mothers in their critical role as their child's first and most important teacher
- HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society and prepare their children for success in school and life
- Eligibility: Mothers experiencing cultural/social barriers with children aged 3-5

#### Address: Program done at participant's home Main Office: 508-1190 Melville Street, Vancouver BC, V6E 3W1 Phone: 604-676-8250 | Email: info@hippycanada.ca https://www.mothersmattercentre.ca/what-is-hippy/

### Home Visitors Program

- Early learning program with guided parent and child activities
- Access to community resources and services •
- Eligibility: Immigrant and refugee families with children aged 0-5
- **COVID 19:** Please call to register for more information

### Phone: 604-298-5888 | Email: info@pirs.bc.ca

https://pirs.bc.ca/programs-services/refugee-programs/

## Indigenous HIPPY

- Provides parents with weekly easy-to-use activity packets that will help them teach their ٠ children essential skills and habits needed to be ready for school
- 30-week program •
- Eligibility: Parents of children aged 3-5 of Indigenous ancestry

Address: Program done at participant's home

Main Office: 1607 East Hastings St., Vancouver BC, V5L 1S7

Phone: 604-880-5451 | Email: Osiris.hippy@vafcs.org

http://www.vafcs.org/programs/Indigenous-Hippy/

#### Mount Pleasant Family Centre Society Family Drop-In

- Drop-in activities for children includes play time, family time, singing stories, outdoor play time, • community health nurse visit, school readiness program
- Drop-in activities for adults includes skills workshops, health workshops and clinics, individual & • family support, referrals to other community resources, family field trips
- Eligibility: Children aged 0-6 and their parents or caregivers

Address: 2910 St. George St. (Robson Park), Vancouver BC, V5T 4L9

Phone: 604-872-6757 | Email: info@mpfamilycentre.ca

https://www.mpfamilycentre.ca/family-drop-in

# ໍ່ຕູ້ກື່ Community and Belonging



#### Nobody's Perfect Parenting Program

- Learn about child development, health and behaviour, and discuss real-life parenting situations and positive ways of parenting over six to eight weeks
- Eligibility: Parents of children from birth to age five
  - ✓ Childcare provided
    ✓ Snacks provided

Address: 2910 St. George St. Vancouver BC, V5T 4L9 Phone: 604-872-6757 | Email: <u>info@mpfamilycentre.ca</u> https://www.mpfamilycentre.ca/family-drop-in



- YWCA Crabtree Corner
- Services for single mothers
- Includes housing navigation, childcare, parenting programs and support groups, cultural & Indigenous programming, a community kitchen and programs for self-identified women who've experienced abuse
  - ✓ Peer support

- Childcare support
- ✓ Free meals

✓ Indigenous Elders available

Address: 533 E Hastings St., Vancouver BC, V6A 1P9 Phone: 604-216-1650

https://ywcavan.org/programs/crabtree-corner

#### YWCA Single Mother Support Groups

- Access companionship, peer support and community with other women parenting alone
- Eligibility: Participants are asked to commit to attending weekly
- Address: Now online

Phone: 604-250-6229 (Donna), 604-219-8952 (Joann)

Email: donnapatrick@ywcavan.org, jmckinlay@ywcavan.org

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

#### Would you like to find a cultural centre?

Cultural spaces and centres are places where people come together to express themselves through art and culture

#### Cultural Centres in Vancouver

Look for a cultural centre by clicking on the magnifying glass icon in the upper left corner of the map. Type in what kind of cultural centre you are looking for. E.g., "Aboriginal Friendship Society," "Chinese Cultural Centre," "Francophone." You can also expand the list on the right-hand side for a list of all centres by pressing: Cultural Centres are marked by a green circle.

Find a cultural centre: <a href="http://bit.ly/VancouverCulturalCentres">http://bit.ly/VancouverCulturalCentres</a>

#### Would you like to find a spiritual centre or place of worship?

#### Places of Worship in Vancouver

Find a temple, church, synagogue or other places of worship and meditation in Vancouver <u>bcpassport.com/vancouver-information/vancouver-vital-information/page/5/</u>

Find a temple, church, synagogue or other places of worship and meditation in the Lower Mainland: <u>https://www2.vcn.bc.ca/community-resources/wpbdp\_category/spiritual-spiritual-2/</u>

#### Unity of Vancouver (Spiritual Centre)

- Unity of Vancouver Spiritual Center a progressive New Thought community in Vancouver
- Weekly sharing of spiritual ideas Sundays from 11-12. Expect uplifting music, a relaxing guided meditation, some new insights. Newcomers are always welcome!
  - ✓ Childcare during service
    ✓ Meditation
    ✓ Spiritual classes and workshops

Address: 5840 Oak Street, Vancouver BC, V6M 2V9 Phone: 604-266-6281 | Email: <u>admin@UnityOfVancouver.org</u> <u>http://www.unityofvancouver.org/</u>

#### Vancouver Unitarians

- ŤŤ
- A community of diverse beliefs and shared values: spiritual growth, social justice, environmental sustainability, artistic expression, compassion
  - ✓ Meditation

✓ Spiritual classes and workshops

Address: 949 West 49<sup>th</sup> Ave., Vancouver BC, V5Z 2TI Phone: 604-261-7204 | Email: <u>info@vancouverunitarians.ca</u> <u>https://vancouverunitarians.ca/</u>

### **Abbreviation Glossary**

**BCEA:** BC Employment and Assistance **CLB:** Canadian Language Benchmark **DTES:** Downtown Eastside EAL: English as an additional language EI: Employment insurance **ESL:** English as a second language FNHA: First National Health Authority **GBQ:** Gay, bi, queer **ID:** Identification **ISS:** Immigration Services Society **IT:** Information technology LGBTQ2SAI+: Lesbian, Gay, Bisexual, Trans, Queer, 2S (Two-Spirit), Asexual/Aromantic and Intersex LINC: Language Instruction for Newcomers to Canada **MP:** Mission Possible **PR:** Permanent resident or permanent residency **SIN:** Social Insurance Number VCH: Vancouver Coastal Health **VAHS:** Vancouver Aboriginal Health Society WHMIS: Workplace hazardous materials information system

Find help wherever you are – the Life Intentions Planner is becoming a free mobile app! If you'd like to have first access to the app and provide feedback, please register at <u>want2.ca</u>.

To order more free copies of the Life Intentions Action Planner, please contact info@streetohome.org.

Thank you BC Corrections for your support in printing this tool.



Streetohome Foundation 103 - 525 Seymour Street Vancouver, BC V6B 3H7 Telephone: 604.629.2711 ext. 103

