Want2

THE LIFE INTENTIONS ACTION PAPER PLANNER



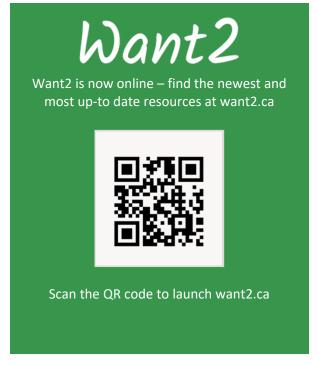




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HOUSING	
1. Would you like to stay in the Vancouver area	? Pres No Maybe
 If <u>No or Maybe</u>, what community within BC of if support was provided to help you get there 	•
3. Why did you select this community?	
4. In the next year, would you like to move to ot ☐ Yes ☐ No ☐ Maybe	ther housing in the Vancouver area?
5. If <u>Yes or Maybe</u> , what neighborhood would y	you like to move to?
6. What type of housing would you like to move	into? (Check all that apply)
☐ Supportive housing	☐ Studio apartment
☐ Subsidized housing	☐ Shared apartment with
Basement Suite	partner/roommate(s)
	Other:
7. What supports would you require to reach yo	our housing intentions? (Check all that apply)
☐ Apartment rental search	☐ Immigrant/refugee settlement services
First month's rent and security deposit	☐ Moving expenses (e.g., U-Haul truck)
 Modest household furnishings and kitchen essentials 	 Transportation costs to move to another community
☐ Rent subsidy	Other:

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

Administration	be of work would you prefer to \square	
Administration Arts		☐ Restaurant/Hospitality☐ Retail/Sales
	Landscaping	
☐ Community cleaning☐ Construction	☐ Peer Support/Mentor☐ Pest control	☐ Security☐ Skilled trade (e.g., plumber
☐ Customer service☐ Food services	Professional designation (e.g. teacher, accountant, etc.)	☐ Self-Employed☐ Tourism☐ Other:
3. What supports would help	you achieve your work intentic	ons? (Check all that apply)
☐ Career counselling☐ Computer skills training	☐ Help with job search☐ Interview skills	Upgrading certificates/high school
☐ Clothing/equipment	☐ English classes	☐ Vocational training
provided Flexible work schedule	Resume building	Other:
'	e, strengths and skills can you be this before, I can ask for help	

LEARNING, TRAINING & SKILLS

 What is the highest level of learning or trainir 	ng you have completed?
☐ Highest grade completed (Please specif	y):
☐ Vocational training (Please specify):	
☐ Partially completed college or university	(Please specify):
☐ College/University graduate (Please spe	ecify):
☐ Trade/Technical designation (Please spe	ecify):
☐ Certificates completed (Please specify):	
2. Do you want to further your learning, training	or skills in the next year?
	or skills in the next year.
☐ Yes ☐ No ☐ Maybe	
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 skil	
raining or skill development intentions? (e.g., I friends, I'm determined)	nave done this before, I can ask for help from
·	

VOLUNTEERING

raising ion & Spirituality ors s & Recreation
ors
s & Postostion
3 & IVERIGION
nteer Coordination
en's Services
n Development
r:
ring to support your volunteer from friends, I'm determined)

HEALTH & WELLNESS

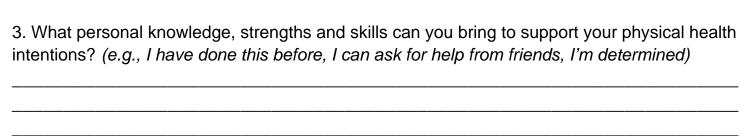
Physical Health

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 s	services	in the	next vea	ar?
<u> </u>	, you want	to occiv	priyoloai	HOGHER			IIOAL YOU	•

☐ Yes ☐ No ☐ Maybe



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 dental issues									Serious 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)

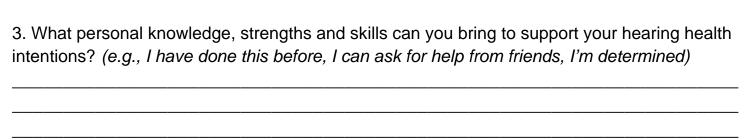
Hearing

in them media yearate year earrent hearing. (1 leace energy	1. How would	you rate	your current	hearing?	(Please circle)
---	--------------	----------	--------------	----------	-----------------

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

2.	Dο	vou	want to	seek	hearing	services	in	the	next	vear	?
		y	Wait to	CCCIN	110011119	001 11000			110/1	y Oai	

☐ Yes ☐ No ☐ Maybe



Eyesight

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

1	2	3	4	5	6	7	8	9	10
No									Serious
evesight issues									evesiaht 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)

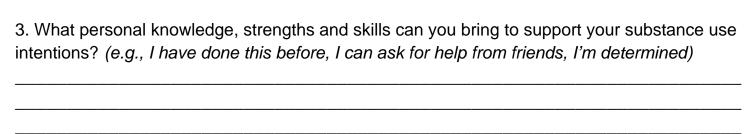
Substance Use

1. HOW WOULD YOU TALE YOUR SUBSTAILED USE TOOT: IT IEASE CITED	rate your substance use (SU)? (<i>Please circle</i>)
--	--

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

Do you want to seek substance use service	es in th	e next '	vear?
---	----------	----------	-------

☐ Yes ☐ No ☐ Maybe



Mental Wellness

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

1	2	3	1	5	6	7	Q	Q	10
	_	3	4	5	U	1	O	9	10
No									Serious
MW issues									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

 Do you want to seek legal assistance in the new Yes No Maybe 	ext year?
2. If <u>Yes or Maybe</u> , in what area(s) do you need	legal help? (Check all that apply)
 ☐ Child custody ☐ Fines and pending charges (e.g., Cri ☐ Permanent resident status/immigration ☐ Other: 3. What personal knowledge, strengths and skills 	on
intentions? (e.g., I have done this before, I can a	nsk for help from friends, I'm determined)
ADVOCACY (Accessing benefits, finance) 1. Do you want to seek advocacy services in the Yes No Maybe	
2. If Yes or Maybe , in what area(s) do you need	advocacy help? (Check all that apply)
Accessing housing, employment, or income benefitsFiling taxesHelp managing finances	□ ID replacement□ Victim services□ Immigrant/refugee settlement services□ Other:
income benefits Filing taxes	☐ Victim services ☐ Immigrant/refugee settlement services ☐ Other: s can you bring to support your advocacy

COMMUNITY & BELONGING

1. Do you want to find recreational, community, cu	ultural or spiritual activities or resources in
the next year?	
☐ Yes ☐ No ☐ Maybe	
2. If Yes or Maybe , what would interest you? (Ch	neck all that apply)
☐ Access to city pools or skating rinks	Fitness
☐ Arts & crafts	☐ Movie nights
☐ Childcare and parenting resources	☐ Music
☐ Connect with the local community	☐ Reading & writing
 Connect with a religious or spiritual group or service 	☐ Seniors groups and events☐ Sports & recreation
Cultural activities & learningDisability services & groups(English) language & immigration resources	☐ Technology & digital literacy ☐ "Things to do" or events around town ☐ Other:
3. What personal knowledge, strengths and skills of and belonging intentions? (e.g., I have done this beddetermined)	

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)
☐ Everyone (19+) 📫
\square Indigenous (Status Indians, Non-status Indians, First Nations, Metis, Inuit) $$
LGBTQIA2S+ (lesbian, gay, bisexual, transgender, queer, two-spirited)
□ Women 🕆
☐ Men 1
☐ Youth 🧩
☐ Family †**
☐ Seniors (55+)
☐ Immigrant and Convention Refugee
Disability (Visible and Invisible)

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)

	•	ore <u>supp</u> seful to m	 rtunities	in the Co	ompanio	n Guide

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



- 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? (Date): _____

ar	e:	
	Challenge	Solution
1		
2		
3		

9. Some challenges that I may experience and solutions that will work for me

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 previous goal, my next focus is:
☐ Housing
☐ Employment
☐ Learning, Training & Skills
☐ Volunteering
☐ Health & Wellness:
□ Physical □ Dental □ Hearing
☐ Eyesight ☐ Substance Use ☐ Mental Wellness
☐ Legal & Advocacy
☐ Community & Belonging
☐ Other:

MY RESOURCES

Page	Resource
	

MY RESOURCES

Page	Resource
	

Congratulations! You completed your life intentions action plan!

Thriving Citizens

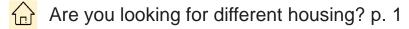


Companion Guide to Services



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

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

Icon Guide



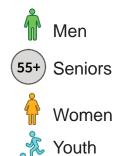
Disability
(Visible & Invisible)

Family





LGBTQ2SAI+



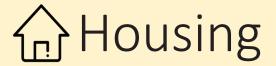
About the Guide

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

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

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-life-intentions/. 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?

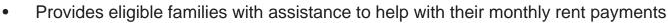
BC Housing M

Provides housing assistance for vulnerable individuals

✓ Financial assistance for housing

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

Rental Assistance Program (RAP)



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-programs/RAP

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



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-programs/SAFER

Subsidized Housing 1 55+







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 1



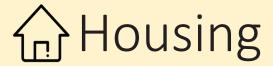
Housing for low-income individuals with on-site supports to help those who need assistance in finding and maintaining housing stability

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



Carnegie Outreach



Assistance in: finding housing options and provides support with the application and move-in process; maintaining tenancies; accessing social benefits; get or replace ID; referrals to shelters and health (including mental health and substance use) services; accessing harm reduction supplies

Hours: *Monday – Friday:* 9am – 4pm

Address: 392 Powell Street, Vancouver, BC, V6A 1G4

Phone: 604-665-3318 | Email: carnegie.outreach@vancouver.ca

https://vancouver.ca/parks-recreation-culture/carnegie-centre-outreach-programs.aspx

Homeward Bound 1



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: carnegie.outreach@vancouver.ca

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: <u>susan@wesn.ca</u>

http://wesn.ca/housing-navigation/



<u>Urban Aboriginal Navigation Team</u> ₱



Meets the specific needs of Aboriginal peoples in Metro Vancouver to connect them to community resources including housing support services, rental assistance, subsidies, food security and temporary/crisis assistance, as well as health and cultural connections.

Hours: Monday - Friday: 9am - 5pm

Address: 1607 East Hastings Street, Vancouver, BC, V5L 1S7

Phone: 604-251-4844 ext. 306 | Email: info@vafcs.org http://www.vafcs.org/programs/reaching-home-program/

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. Please apply online.

Hours: Monday - Friday: 10am - 3pm

Address: #200-739 Gore Avenue, Vancouver, BC, V6A 2Z9

Phone: 604-566-9685 | Email: vrb@niccss.ca

https://apply.bcrentbank.ca/apply/vancouver-rent-bank

NOTE: If you are a recent newcomer to Canada, please reach out to settlement services (page 94) for help with finding housing.

Do you want to find new work opportunities?

ACCESS #

Industries: (Administration) (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: #110-1607 East 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.

✓ Flexible schedule

✓ Benefits

✓ Mentorship/Coaching

✓ 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

https://atira.bc.ca/

BladeRunners *



Industries: (Construction) (Trades)

Connects youth with work opportunities in construction and trades, as well as housing supports

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 ✓ Mentorship/Coaching✓ Opportunities to✓ Transportation support✓ Job placement

✓ Opportunities for growth

needed

✓ Skills training/Upgrading

✓ Free meals

✓ Work gear provided

✓ No reference/resume

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/



CleanStart Property Services

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

✓ Mentorship/Coaching ✓ Transportation support

✓ Flexible schedule

✓ Skills training/Upgrading

Hours: Everyday: 8am – 5pm

Address: 312 Main Street, Vancouver, BC V6A 2T2

Phone: 1-855-297-8278 (Toll Free) | Email: info@cleanstartbc.ca

https://www.cleanstartbc.ca

Coastal Eden Cafe



Industries: (Food Services)

Provides a supportive and caring work environment for those who might otherwise be excluded from the workforce due to their past struggles 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: info@coastaledencafe.com

https://coastaledencafe.com/employment/

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

✓ Flexible schedule

✓ Opportunities for growth

✓ Mentorship/Coaching

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

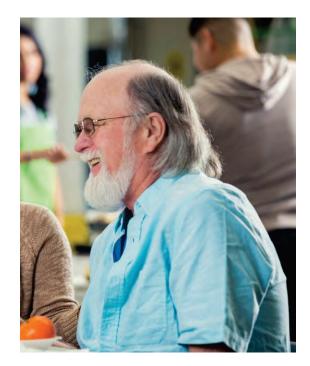
Phone: 604-675-2357

Email: clubhouseinfo@coastmentalhealth.com

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: youngadults@coastmentalhealth.com





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
- ✓ Mentorship/Coaching
- ✓ Opportunities for growth

- ✓ Flexible schedule
- ✓ Transportation support
- ✓ 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: eastsideworks@embersvancouver.com

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

- ✓ Skills Training/Upgrading
- ✓ Free meals

✓ No reference/resume needed

- ✓ Mentorship/Coaching
- ✓ 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: vancouver@embersstaffing.com

https://embersstaffing.com/looking-for-work/

Hives for Humanity 1111



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
- ✓ No reference/resume needed

✓ Mentorship/Coaching

NOTE: Call or email ahead for intake. CLOSED for Winter Rest: Dec 16, 2022 - April 1, 2023.

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/



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: 22-weeks including 12-week practicum
- Eligibility: Indigenous youth ages 17-29 in a stable position regarding mental wellness and/or substance misuse

✓ Resume writing

✓ Transportation support

✓ Paid work placement

✓ Mentorship/Coaching

✓ 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://interviewme.mystartr.ca/

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

Just Work 1



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

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

✓ Flexible schedule

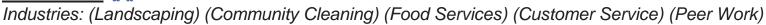
Address: 1803 East 1st Ave., Vancouver, BC, V5N 1B2

Phone: 604-734-2104 Email: info@justwork.ca http://www.justwork.ca/





Kettle SEED



- 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 ✓ Ongoing support

Hours: Monday - Thursday: 9:30am - 5pm

Address: 1725 Venables Street, Vancouver, BC, V5H 2H3

Phone: 604-251-1126 | Email: ktauber@thekettle.ca https://www.thekettle.ca/supported-employment-seed

Megaphone 1



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
- Walk-in on Tuesdays or Thursdays at 3pm for an orientation
 - ✓ Flexible schedule ✓ No reference, ID, or ✓ Skills training/Upgrading
 - ✓ Mentorship/Coaching ✓ Work gear provided resume needed

Hours: Monday – Friday: 9am - 4:30pm

Address: 312 Main St., Vancouver, BC, V6A 2T2

Phone: 604-255-9701 | Email: info@megaphonemagazine.com

https://www.megaphonemagazine.com/become_a_vendor

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 non-binary folks) and Thursday at 1pm (all genders). Please call ahead to register.
- Free breakfast Saturdays at 8:30am at 543 Powell Street
- 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

- ✓ Flexible schedule
- ✓ Mentorship/Coaching
- ✓ No reference/resume needed

✓ Free meals

Hours: Monday - Friday: 9am - 3pm

Address: 648 East Hastings St., Vancouver, BC, V6A 1R1 Phone: 604-253-4469 | Email: office@mission-possible.ca

https://www.mission-possible.ca/how-we-help



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

- ✓ Opportunities for growth
- ✓ Skills training/Upgrading
- ✓ Work gear provided

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

Address: 289 East Hastings St., Vancouver, BC, V6A 2Z4 Phone: 604-609-7368 | Email: info@potluckcatering.com

https://potluckcatering.org/

Red Fox Society Youth Internship Program ** **



Industries: (Mentorship)

- Work as part of a team to deliver a wide range of programs including child and family recreation, arts and cultural programs
- Participate in physical literacy sessions, recreation outings, sessions on digital and financial literacy, and connect with Indigenous Elders
- Eligibility: Ages 18-25, living in Metro Vancouver and who are Indigenous, racialized, or living with a disability

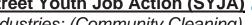
Address: #500-610 Main Street, Vancouver, BC, V6A 2V3 Phone: 604-343-6536 | Email: info@redfoxsociety.org

https://www.redfoxsociety.org/copy-of-youth





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 paid five-hour shift helping to clean the streets of downtown Vancouver of graffiti, posted flyers, and hazardous materials like needles
- Eligibility: Youth under 25, eligible to work in Canada
 - ✓ 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: directions@fsgv.ca

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
- ✓ Skills training/Upgrading
- ✓ No reference/resume needed

✓ Mentorship/Coaching

Address: 312 Main St., Vancouver, BC, V6A 2T2 (Entrance on Cordova St)

Email: info@binnersproject.org 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/





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: centre-vancouver-134easthastings@workbc.ca

http://workbccentre-vancouver-134easthastings.ca/

Burrard

Address: 900-1200 Burrard St., Vancouver, BC, V6Z 2C7

Phone: 604-334-6372 | Email: centre-vancouver-burrard@workbc.ca

https://workbccentre-vancouver-burrard.ca/

Commercial

Address: 312-2555 Commercial Dr., Vancouver, BC, V5N 4C1

Phone: 604-708-9300 | Email: centre-vancouver-commercial@workbc.ca

http://workbccentre-vancouver-commercial.ca/

East 3rd

Address: 110 East 3rd Ave., Vancouver, BC, V5T 1C8

Phone: 236-886-1481 | Email: centre-vancouver-east3rd@workbc.ca

https://www.workbccentre-vancouvermidtown-east.ca/

Vancouver South

Address: 7575 Cambie St., Vancouver, BC, V6P 3H6

Phone: 604-263-5005 | Email: centre-vancouversouth@workbc.ca

http://workbccentre-vancouversouth.ca/

West Broadway

Address: 300-2150 West Broadway, Vancouver, BC, V6K 4L9

Phone: 604-688-4666 | Email: centre-vancouvermidtown-west@workbc.ca

https://workbccentre-vancouvermidtown-west.ca/

West Pender

Address: 200-250 West Pender St., Vancouver, BC, V5B 1S9

Phone: 604-334-6372 | Email: centre-vancouver-westpender@workbc.ca

https://workbccentre-vancouver-westpender.ca/



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 ages 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/YEB

Young Leaders Program



Industries: (Mentorship)

Local teens mentor their younger peers while learning how to lead

Teenagers are hired as care workers that work as leaders and an hourly wage is given

Eligibility: Youth in grades 8-12

Hours: Monday - Friday: 9:30am - 5:30pm (program occurs after school)

Address: 558 Powell Street, Vancouver, BC, V6A 1G9

Phone: 604-800-4783

https://promisevancouver.ca/youngleaders/

Youth the Future *



Industries: (Job-Readiness)

Works with ambitious young people with disabilities (physical, sensory, medical, learning and/or mental health disabilities), who are looking to find part-time employment

Eligibility: Youth ages 15-30 living with a disability and willing to work 20 hours a week

✓ Course length: 22 weeks

✓ Paid workshops

✓ Skills training/Upgrading

✓ Resume writing

Phone: 604-909-4065 ext.503 | Email: ytfvancouver@ccrw.org https://ccrw.org/about-us/programs/youth-the-future-program/





Youth Works ** **



Industries: (Job-readiness)

- Get paid while attending virtual workshops and short-term certification training including: interview skills, resume & cover letter preparation and a variety of topics to help you find and keep a job
- Eligibility: Ages 15-30; a Canadian citizen, permanent resident, or refugee (convention refugee) or protected person)

✓ Paid training

✓ Ongoing support

✓ Resume writing

✓ Job placement

Address: Now online

Phone: 604-591-9262 ext. 117 | Email: youthworks@bgcbc.ca

https://www.bgcbc.ca/employment/

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; 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: 778-222-3278 | 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

✓ Transportation support √ 10-week program

✓ Coaching/Mentorship

✓ Support plan

✓ Job search support

COVID-19 Update: This program is online or one-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?

Aboriginal Mothers Centre



Provides an environment where Aboriginal mothers and their children thrive in an equitable and supportive community that is rich in cultural and holistic values

Address: 2019 Dundas Street, Vancouver, BC, V5L 1J5

Phone: 604-558-2627 | Email: info@aboriginalmothercentre.ca

https://www.aboriginalmothercentre.ca/

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/

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: byrc@pcrs.ca

https://pcrs.ca/our-services/byrc-youth-volunteer-program/

Canadian Mental Health Association ¹



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 Parks Board have a diverse range of volunteer opportunities to fit your goals, skills and schedule
- Take a guiz and find your volunteer match: https://vancouver.ca/peopleprograms/volunteering.aspx

DTES Women's Centre Skills Development Program



✓ Emergency shelter volunteer

✓ Programming/Workshop facilitator

- 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

Hours: Tuesday - Saturday: 10am - 5pm

Address: 302 Columbia Street, Vancouver, BC, V6A 4J1

Phone: 604-681-8480 | Email: skills@dewc.ca

https://dewc.ca/volunteer

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 increases 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: EWMA@atira.bc.ca

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

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

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: info@m2mcharity.ca

https://www.m2mcharity.ca/volunteer

Recovery Cafe 1



Volunteer for a community of support for people in recovery from substance use and trauma associated with homelessness, mental illness and poverty

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

Address: 620 Clark Drive, Vancouver, BC, V5L 3H8 Phone: 604-559-1771 | Email: dmurphy@thekettle.ca

https://www.thekettle.ca/recoverycafe

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 | Email: volunteers@spca.bc.ca

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/

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 in person and online
- Eligibility: Internationally Trained Professional; a permanent resident or Canadian citizen
 - ✓ Mentorship/Coaching

Address: #250 - 3665 Kingsway, Vancouver, BC, V5R 5W2

Phone: 778-819-0728 ext. 1011 | Email: accep-info@success.bc.ca

https://successbc.ca/accep/

Advancing Women's Awareness Regarding Employment (AWARE)









- Includes short term certifications such as First Aid, Food Safe and Serving It Right, longterm training, one-on-one and group workshops for employment readiness and job search support
- Eligibility: Women with a history of trauma and abuse, under-employed and/or unemployed
 - ✓ Soft skills development
- ✓ Counselling

✓ Resume writing

Address: Please call for the location, program is hybrid (in-person and online)

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 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: 6 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) (Job-Readiness)

- 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: 2 weeks
 - ✓ Mentorship/Coaching
 - ✓ Job search support
 - ✓ Resume writing
 - ✓ Financial assistance
 - ✓ Transportation support



Phone: 604-591-9262 ext. 117 | Email: employmentprograms@bgcbc.ca

https://bgcbc.ca/employment-services/



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: Now online

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

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

Career Paths for Skilled Immigrants (PICS)



Industries: (Customer Service) (Hospitality) (Retail/Sales)

- Assists skilled immigrants with experience in sales and service occupations (corporate sales management, retail and wholesale trade management, hospitality, insurance, real estate & financial brokerage sectors) 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 assistance

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

Phone: 604-596-7722 | Email: careerpaths@pics.bc.ca

https://pics.bc.ca/programs/employment/career-paths-for-skilled-immigrants/



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 (1 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

✓ Mentorship/Coaching

✓ Financial assistance

✓ Job search support

✓ Support plan

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 Clubhouse Learning Centre: Basic Education Courses



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

Gr. 3-8 equivalency courses

✓ Course length: 2 classes per week, 6 weeks

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/



Industries: (Computer Skills)

Teaches you to use a computer

Eligibility: Francophones living in precarious situations in Greater Vancouver

Address: #217-312 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)

- Offers 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 5.5 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/page/5252

Dan's Legacy Intro to Cook



Industries: (Food Services)

Trains you to be successful in restaurant and/or kitchen environments

Eligibility: Ages 19-29

✓ Counselling ✓ Job search support ✓ Course length: 3 months

✓ Transportation support ✓ Free meals

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

https://danslegacy.com/dans-warehouse/

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 ages 13-16 in the Vancouver School District, 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/

Edx 111

Variety of online courses from hundreds of universities including UBC, Harvard, and more https://www.edx.org/

Embers Training



Industries: (Construction)

- Workshops, one-on-one mentorship and career development initiatives to guide 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://emberscanada.org/our-programs/embers-academy/

Employ to Empower Entrepreneurship Skills Training Program



Industries: (Self-Employment, Small Business Training)

- Interactive curriculum (starts quarterly) to help people in and around the DTES learn how to build a business plan
- After completing the course, you can apply to get mentorship, network, attend peer gatherings, access various workshops as well as training on how to run your own online store
- Contribute to the community through various projects/events
- Ideation workshops: 2-hour workshop to learn more about starting your own business and to come up with specific business ideas - Every 2nd Thursday of the month from 6-8pm
 - ✓ Course length: 10 weeks, ✓ Variety of workshops ✓ Business development courses 1 class a week (2 hours)

Address: #350-319 W. Pender St, Vancouver, BC, V6B 1T3

Email: lara@employtoempower.com

https://employtoempower.com

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
 - ✓ Work gear provided ✓ Job search support ✓ Course length: 8 weeks
 - ✓ Ongoing support ✓ Free meals ✓ Transportation support

Note: Temporarily closed for renovations

Address: 374 Powell Street, Vancouver, BC, V6A 1G4 Phone: 604-696-9026 | Email: info@have-cafe.ca

https://www.have-cafe.ca/8-week-culinary-training-program

HAVE Culinary Training Society - ITA Professional Cook 1 Certification Program



Industries: (Food Services)

- 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
 - ✓ Mentorship/Coaching ✓ Transportation support ✓ Course length: 28 weeks ✓ Work gear provided ✓ Free meals ✓ Job search support

Note: Temporarily closed for renovations

Address: 374 Powell Street, Vancouver, BC, V6A 1G4 Phone: 604-696-9026 | Email: info@have-cafe.ca

https://www.have-cafe.ca/ita-professional-cook-1-program

Intercultural Logistics and Transportation Operations Project (55+)





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

✓ Coaching/Mentorship

✓ Class 4 Restricted and **Unrestricted License**

✓ Job search support

✓ First Aid training

✓ Skills training/Upgrading

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

Phone: 604-596-7722 ext. 124 | Email: Jaskarndeep.dindsa@pics.bc.ca

https://pics.bc.ca/programs/employment/iltop-55/

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: 604-495-0580 | 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.
 - ✓ Mentorship/Coaching ✓ Course length: 15 weeks, ✓ Job placement support Monday to Friday, 8:45am - 1pm

Address: Now Online

Phone: 604-495-0580 | Email: admissions@npowercanada.ca

https://npowercanada.ca/junior-it-analyst-program/

Leadership Education and Development (LEAD) ()

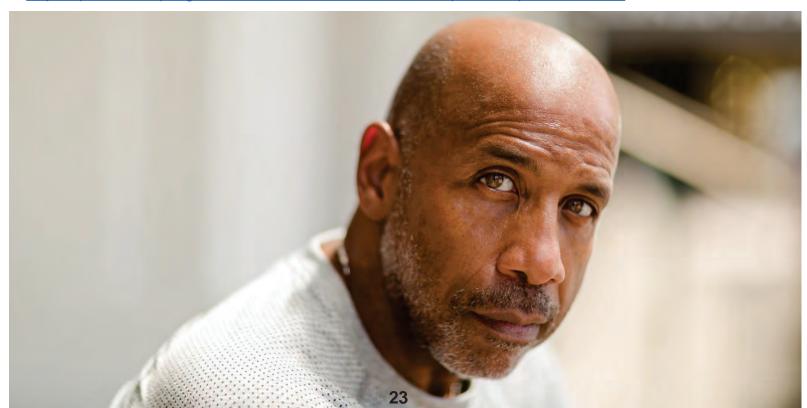


- Helps empower newcomer women to gain confidence and become active in their community
- Classes and guest speakers explore topics such as the financial skills, goal setting and career planning, the Canadian government, health care, and volunteerism
- Eligibility: Newcomer women who speak enough English (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/womens-leadership-development/lead-2/



Lighthouse Labs



Industries: (IT and Tech)

- Learn the basics of web development, iOS development, and data
- Online courses on HTML, Javascript, Python and cybersecurity

https://free-courses.lighthouselabs.ca/

Make It



Industries: (Arts)

- Therapeutic art workshops and opportunities to work on community murals
- Create art, build peer relationships, and connect to community resources
- Paid work placement (paid by project via honorarium)
- Eligibility: Ages 15-30, who identify as living with a disability, interested in art and needing support around mental health, housing, and employment.
 - ✓ Mentorship/Coaching

✓ Drop-in

✓ Paid work placement

COVID-19 Update: Therapeutic Art Workshop meets both in person and on zoom (depending on the week) on Thursdays

Address: 2106 Commercial Drive, Vancouver, BC, V5N 4B4

Phone: 604-253-9675 | Email: Ashleigh@froghollow.bc.ca, robin@froghollow.bc.ca

https://www.facebook.com/froghollowmakeit/

Melius Mentorship Network



- Guides and preps refugee and immigrant youth for post-secondary education. Provides oneon-one mentorship with university students, tutoring service, university application, scholarship guidance, and more!
 - ✓ Mentorship/Coaching

Email: meliusmentorships@gmail.com https://www.meliusmentorship.com/

Migrant Worker Program 55



- 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/migrant-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 1pm (self-identified women and nonbinary folks) or Thursday at 1pm (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/employment-readiness-program

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 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 11-30

✓ Job search support

✓ Resume writing

✓ Drop-in

✓ Food support

Hours: Monday - Thursday: 3:30pm - 7:30pm; Friday: 1pm - 4:30pm

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 mental disability restricting their ability to perform daily activities; legally eligible to work in Canada; have not established a claim for Employment Insurance (EI) benefits within the last five years; and requires assistance to prepare for, obtain and maintain employment or self-employment

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 ukulele classes for seniors
- Please apply online

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

Phone: 604-709-4415 or 778-870-3166 | Email: info@sarahschoolofmusic.com

https://www.sarahschoolofmusic.com/

Self-Employment for Newcomers 5



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,
✓ Transportation support

✓ Childcare support

Monday to Thursday

✓ Job placement

✓ Support plan

NOTE: Please apply online (http://bit.ly/senc5) https://www.gv.ymca.ca/self-employment

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. 12th Ave., Vancouver, BC, V5Z 3X7

Phone: 604-775-5525 | Toll-free: 1-800-667-2272 | Email: askus@smallbusinessbc.ca

https://smallbusinessbc.ca

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
- ✓ Mentorship/Coaching ✓ Transportation support
- ✓ Free meals ✓ Paid training

- ✓ Job search support
- ✓ Childcare support
- ✓ Work gear provided

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/sntrainingandtradescentre

TechWomen 1



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

✓ Skills training/Upgrading ✓ Course length: 8 months

Address: 2610 Victoria Dr., Vancouver, BC, V5N 4L2 Phone: 604-684-2561 | Email: techwomen@issbc.org

https://issbc.org/our-services/techwomen

This Way ONward



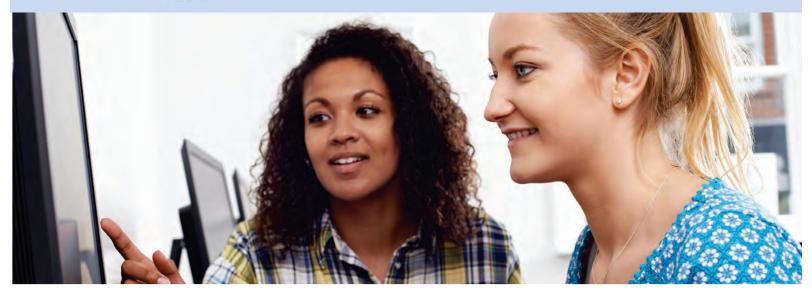
Industries: (Customer Service)

- 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) ✓ Paid work experience: 10 weeks

Phone: 236-888-4756 | Email: GAPtraining@pcrs.ca

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/

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 their communication skills, their ability to selfadvocate and stabilize their lives
- Participants can access one-on-one tutoring to upgrade their education. Includes: learning computer skills, writing, and engaging in arts and crafts

Hours: Everyday: 6pm - 12am

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

https://wish-vancouver.net/program/learning-centre/

Yes Chef! 🥕



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: 604-561-9118 | Email: phuong@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 their communication skills, and network. Participants will learn about transitioning to a career in the childcare field in Canada.
- Topics include parenting in Canada, credentials, career path, volunteering, and interview skills.
- Eligibility: Ages 19 years or older; must be a permanent resident or refugee

✓ Course length: 10 weeks

✓ Resume writing

✓ Skills training/Upgrading

✓ 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 Early Childhood Education Assistant (ECEA) Training



- 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 18-29; 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/ecea-training

YWCA Accelerate *



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

✓ Paid training

✓ Skills training/Upgrading

Address: Now online

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
 - ✓ Course length: 13 weeks
- ✓ Paid training
- ✓ Job search support

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 Off the Leash



Industries: (Animal Care)

- Prepares you for entry-level careers in the pet and animal care industry
- Eligibility: Between 15-30 years of age; interested in creating a sustainable career; unemployed and able to participate in a full-time, 14-week program (i.e. not a full-time student); a Canadian citizen, permanent resident or confirmed refugee status, legally entitled to work in Canada
 - ✓ Course length: 14 weeks
- ✓ Ongoing support

- ✓ YWCA additional
- ✓ Mentorship/Coaching
- services

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

Phone: 604-605-4666

Email: offtheleash@ywcavan.org https://ywcavan.org/off-the-leash

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

✓ Mentorship/Coaching

✓ Transportation support

✓ Ongoing support

✓ YWCA additional services

✓ Childcare support

Address: Now online

Phone: 604-216-1670 | Email: techconnect@ywcavan.org

https://ywcavan.org/tech-connect

Do you want to find 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: #217- 312 Main Street, Vancouver, BC, V6A 2T2

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

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

Community Connections (5)



Industries: (ESL)

Offers volunteer experience, English conversation circles, and connects immigrants with a volunteer to practice English and learn from

Eligibility: Has PR status, protected person, temporary foreign worker

✓ Mentorship/Coaching

✓ Variety of Workshops

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

Phone: 604-684-2561 | Email: info@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/

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: Permanent residents and refugees who are 19 years of age and older

Hours: Tuesday, Wednesday and Thursday: 10:30am - 11:30am; 1:15pm - 2:15pm

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

Phone: 604-822-6169 | Email: learning.exchange@ubc.ca

https://learningexchange.ubc.ca/community-based-programs/learn-english/



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 Vancouver ESL Services

Address: Vancouver ESL Services, #208-2525 Commercial Drive, Vancouver, BC, V5N 4C1

Phone: 604-876-5756 | Email: <u>lincinfovancouver@telus.net</u>

Application: https://issbc.org/wp-content/uploads/2015/02/LINC_APPLICATION_FORM1.pdf https://issbc.org/our-resource/register-for-linc

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: msousamartins@educacentre.com

https://educacentre.com/en/settlement-services/linc/

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)

• Hybrid class (2 days in person, 3 days online)

Address: #304-2730 Commercial Drive, Vancouver, BC, V5N 5P4

Phone: 604-684-8825 | Email: lincvan@mosaicbc.org

https://mosaicbc.org/our-programs/free-english-classes-in-vancouver/

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

Moving Forward



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/

Pathways to Childcare Careers



Industries: (ESL) (Early Childhood Education) (Job Readiness)

- Occupation-specific English training program for women interested in working in the early learning and childcare field
- Please register online
- Eligibility: Women who are permanent residents, convention refugees or protected persons, CLB 5 or equivalent in English (online assessment will be provided), and able to attend all program sessions
 - ✓ Course length: 3 months
 ✓ Job search support
- ✓ Transportation support

- ✓ Mentorship/Coaching
- ✓ Paid work experience
- ✓ Childcare support

✓ Soft skill development

(4 weeks)

Address: Online via Zoom and in-person at 7485 Salisbury Ave, Burnaby, BC, V5E 3A5

Phone: 778-608-4168 | Email: childcare@pirs.bc.ca

https://pirs.bc.ca/childcare-training/

YMCA Conversations for Life (



- Supports newcomers to build confidence, language skills, knowledge & intercultural relationships through weekly discussions
- Course length: 4 weeks
- Eligibility: Participants must have Permanent Resident or convention refugee status in Canada. This program is also open to CUAET visa holders

Address: Now Online

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

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

YMCA Conversation Club (



Industries: (ESL)

- 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: Participants must have Permanent Resident or convention refugee status in Canada. This program is also open to CUAET visa holders.

Hours: Wednesdays: 10:30am - 12pm

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) (Computer Skills)

- 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

✓ Soft skills development

✓ Course length: 20 weeks ✓ Skills training/Upgrading Hours: Wednesdays: 6pm - 8:30pm

Address: Now online

Phone: 604-298-5888 | Email: programs@pirs.bc.ca

https://pirs.bc.ca/programs-services/womens-leadership-development/building-bridges-2/

Drive Youth Employment Services





Industries: (Job-Readiness)

- Youth specialist WorkBC centre with employment counsellors available to work 1:1 with eligible youth
- Helps you find employment, training and community resources including information about other youth programs on site, and training opportunities in the community
- Drop-in resource room with free printing and scanning, and community information
- Eligibility: Ages 16-30 for the resource room; additional criteria for WorkBC services

✓ Job search support

✓ Resume writing

Hours: Monday - Friday: 10am - 4:30pm, closed 12pm - 1pm 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: employment@vafcs.org http://www.vafcs.org/programs/employment-life-skills/

In Motion & Momentum+



Industries: (Job-Readiness)

· Online program that helps participants tap into their full potential and improve their career readiness, through goal setting and action planning

• Register for an online intake session

• Eligibility: Canadian citizenship, permanent residency or confirmed refugee status; a minimum Grade 5 literacy level; basic digital literacy and access to technology; a desire and commitment to participate fully

✓ Course length: 13 weeks

Address: Online

Phone: 604-209-0275 | Email: imm@ywcavan.org

https://ywcavan.org/motion-momentum

Job Quest 🕥



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

✓ Job search support

✓ Mentorship/Coaching

✓ Resume writing

Phone: 604-684-3599 | Email: jobquest@issbc.org

https://issbc.org/our-services/jobquest





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: #217-312 Main Street, Vancouver, BC, V6A 2T2

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

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

Skilled Immigrant InfoCentre



Industries: (Job-Readiness) (Small Business)

Online and in-person resource centre that helps newcomers to Canada find the information they need to get a job, explore careers or start a business

✓ Resume writing

✓ Variety of workshops

Address: Central Library, Level 4, 350 W. Georgia St., Vancouver, BC, V6B 6B3

Phone: 604-331-3603 | Email: siic@vpl.ca

https://www.vpl.ca/siic



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://mosaicbc.org/our-programs/career-mentoring-for-newcomers-to-canada/

Workplace Integration for Multi-barriered Individuals





Industries: (Job-readiness)

- Improve employability through group facilitated job-readiness training
- Financial supports for occupational skills training
- 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
 - ✓ Job search support
- ✓ Mentorship/Coaching
- ✓ Skills training/Upgrading

Address: #102-8159 Main St., Vancouver, BC, V5X 3L2 Phone: 604-324-7733 ext. 406 | Email: kcchau@pics.bc.ca

https://pics.bc.ca/programs/employment/wimbi/

Youth Breakthrough to Employment and Training (YBEAT)

Industries: (Job-Readiness)

- Pre-employment and job-readiness skills (résumé building, interview prep, and job maintenance)
- Workplace communication and conflict resolution strategies, and 1-1 support from a dedicated Employment Coach
- Workshops such as First Aid, Mindfulness, Diversity and Inclusion, and more
- Volunteer and/or work placement after program completion along with up to \$600 cash in completion bonuses
- Eligibility: Ages 17-29 living in Vancouver or the Lower Mainland; Canadian Citizen, Permanent Resident or Confirmed Refugee; unemployed or precariously employed (<20 hours/week); and experiencing stress, anxiety, low mood/depression, or other mental health barriers to employment
 - ✓ Course Length: 5 weeks
- ✓ Mentorship/Coaching
- ✓ Skills training/Upgrading

- ✓ Resume writing
- ✓ Ongoing support
- ✓ Includes YMCA gym membership

Eventbrite Page for Information Sessions: https://ymcayouthbeat.eventbrite.ca

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

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

https://www.gv.ymca.ca/ybeat

Youth Skills **



Industries: (Job-Readiness)

- Learn resume writing and interview skills, communication and conflict resolution skills, and get hands on training
- To Apply: Pick up an application from Frog Hollow Neighbourhood House or from the BASE space in the cafeteria at Van Tech and drop it off at Frog Hollow Neighbourhood House
- Eligibility: Grades 9-12. Open to all youth, but priority is given to newcomer youth

Hours: Tuesday, Wednesday, Thursday: 3:30pm - 6pm

Address: Vancouver Technical Secondary School, 2600 E Broadway, Vancouver, BC, V5M 1Y5

Phone: 604-251-1225 | Email: orissa@froghollow.bc.ca 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: 604-900-5782 | Email: focus@ywcavan.org

https://ywcavan.org/focus

YWCA MindSet 11



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
 - ✓ Transportation support
 - ✓ Counselling

- ✓ Support plan
- ✓ Skills training/Upgrading
- ✓ Peer support
- ✓ Financial assistance for food, clothing

Address: 295 East 11th Ave. (Coast Mental Health), Vancouver, BC, V5T 2C4

Phone: 604-209-5796 | Email: mindset@ywcavan.org

https://ywcavan.org/mindset

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
 - ✓ Paid training



- ✓ Support plan
- ✓ Counselling
- ✓ YWCA additional services
- ✓ 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 to find a bursary or scholarship?

Help finding and navigating scholarships

Adoptive Families Association of BC 🎁 🏃



List of scholarships available for post-secondary education for youth in/from care, and also includes a list of post-secondary institutions that waive tuition or have reduced tuition for former youth in care

https://www.bcadoption.com/other-scholarships-and-bursaries

Aged Out 🎊



Has a comprehensive list of scholarships and bursaries available to youth in/from care in BC https://agedout.com/education/find-scholarships-and-bursaries

Education Planner BC



Online resource to find scholarships and tips when applying https://www.educationplannerbc.ca/plan/finance/scholarship

Melius Mentorship Network



Guides and preps refugee and immigrant youth for post-secondary education. Provides oneon-one mentorship with university students, tutoring service, university application and scholarship guidance and more!

Email: meliusmentorships@gmail.com https://www.meliusmentorship.com/

StudentAid BC



Online resource to find scholarships and tips when applying

https://studentaidbc.ca/explore/grants-scholarships

BC Scholarship Society Indigenous Awards (Irving K. Barber Indigenous Awards)



- \$1000-\$5000 (multi-year) award for students pursuing trades training, apprenticeship, diploma, certificates, degree or post-degree programs
- Eligibility: Students who identify as Indigenous First Nations (Status or Non-Status), Métis or Inuit

https://www.bcscholarshipsociety.ca/indigenous-awards/about-this-award/

BC Scholarship Society Women in Technology Scholarships



- Recognizes women excelling in Computer/Data Science, Engineering or Mathematics at the post-secondary level. At least two of the 15 scholarships are dedicated to Indigenous women
- Eligibility: Must have completed a minimum of one-year of post-secondary studies (30 credits) leading to an undergraduate degree, diploma or certificate in Computer/Data Science, Engineering, or Mathematics, and will be continuing in your studies at a BC public postsecondary institution for at least one additional year

https://www.bcscholarshipsociety.ca/women-in-tech/about-this-scholarship/

Federation of BC Youth In Care Networks - Dream Fund



- Awards Education Achievement and Reach for Success bursaries to current and former youth in care, pursuing education or skill-building opportunities.
- Eligibility: Ages 14-24; currently in care or a former youth in care either under a continuing custody order (CCO) or temporary custody order (TCO, Voluntary Care Agreement or Special Care Agreement) or Youth Agreement in BC under the Child, Family and Community Services Act; must have a cumulative total of one year in government care.

http://fbcyicn.ca/what-we-offer/programs/financial-supports

Rise Grant 👫



Grant program to help children and youth in and out of care participate in recreational activities Email: risegrant@isparc.ca https://isparc.ca/rise-grants/

Indspire Bursaries and Scholarships



- Available for Indigenous students across Canada
- There are awards for all areas of study, from trades to health careers

https://indspire.ca/programs/students/bursaries-scholarships/

New Relationship Trust Scholarships and Bursaries



Provides awards for BC First Nations Students from the diploma to doctoral level of studies. https://www.newrelationshiptrust.ca/funding/for-students/

Yes2Me Scholarship



Celebrates the efforts of young people living with mental illness by rewarding them with an incentive to pursue their educational goals and confidently build a better self https://www.bcss.org/wp-content/uploads/2020/01/2020-Yes2Me-Application-FULL.pdf

Youth Educational Assistance Fund for Former Youth in Care



A grant available to former youth in care between ages 19 and 24 that provides up to \$5,500 per year for a maximum of four grants

https://studentaidbc.ca/explore/grants-scholarships/youth-educational-assistance-fund-formeryouth-care#Am_I_eligible?

Do you want help with physical health?

BCCDC STI Clinic



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

✓ STI treatment

✓ Counselling

✓ Drop-in

Hours: Monday, Tuesday, Thursday, Friday, Saturday: 8:30am - 4pm;

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 your 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://mosaicbc.org/our-programs/parenting-support-for-first-time-parents/

Seymour Health (formally 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: citycentreupcc@seymourhealth.ca

https://www.seymourhealth.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: 778-871-7132

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



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 ✓ Basic care ✓ Drop-ins available

✓ Substance use services ✓ Peer support ✓ Referrals to other services

✓ Eating disorder support

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 🏗



- Offers primary health care, counselling, and consultation with nurses
- 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 Services

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

Physical Health

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

✓ Referrals to other services

✓ Basic care

✓ Mental health assessment

✓ Drop-ins available

✓ Foot care

✓ STI treatment

✓ Disability applications

COVID-19 Update: Calling ahead to book an appointment is preferred

Hours: Monday-Friday: 9:30am - 4:00pm, closed for lunch from 11:30am - 1pm

Address: 1725 Venables St., 2nd Floor, Vancouver, BC, V5L 2H3

Phone: 604-251-2854

https://www.thekettle.ca/venables-drop-in

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
- 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 & wellness services
- 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
- ✓ Substance use services

✓ Basic care

- ✓ Referrals to other services
- ✓ Support services

✓ Counselling

- ✓ Drop-ins available
- ✓ 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

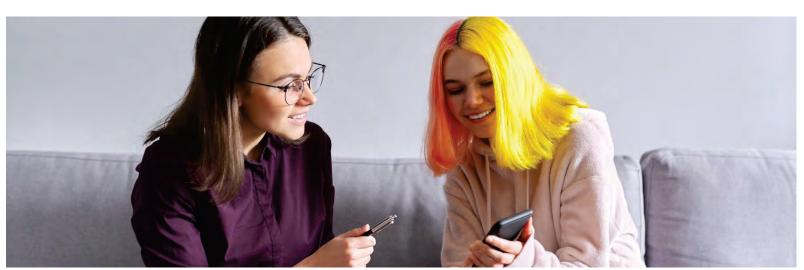
✓ Women's health

✓ 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/



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

✓ Basic care

✓ Support services

✓ Substance use services

✓ 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

✓ Referrals to other 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

✓ Substance use services

✓ Counselling

Hours: Monday - Friday: 8am - 5pm

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

Phone: 604-709-6400

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

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

✓ Women's health

✓ Drop-ins available

✓ Basic care

- ✓ Mental health & wellness
- ✓ Substance use services

✓ Counselling

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

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

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

https://www.vahs.life/sheway

Physical Health

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

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



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 stabilization
 - ✓ Limited counselling
 - ✓ Assistance with identity document changes
 - ✓ Surgical care planning & referrals
 - ✓ Post-operative information & care

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

✓ Referrals to other services

✓ Transgender services

✓ Basic care

- ✓ STI testing

- ✓ Women's health
- ✓ Variety of workshops

Hours: Monday – Friday: 11am - 7pm

Address: 29 West Hastings St., Vancouver, BC, V6B 1G4

Phone: 604-736-5262 | Email: center@womenshealthcollective.ca

https://www.womenshealthcollective.ca/

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: inreach1@wishdropincentre.org (Sonya) or inreach2@wishdropincentre.org (Jenny)

https://wish-vancouver.net/program/wish-health-clinic/



Youth Clinic at the Broadway Youth Resource Centre



- Confidential drop-in services for youth
- Eligibility: Ages 24 and younger

✓ Counselling ✓ Basic care

✓ Women's health

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: 778-871-7132

✓ STI testing

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

✓ Drop-ins available

✓ Counselling

Address: Robert and Lily Lee Family Community Health Centre, 1669 East Broadway,

Vancouver, BC, V5N 1V9

Phone: 604-675-3982 | Email: yppp@vch.ca

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



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: HealthBenefits@fnha.ca

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

Hours: Monday - Thursday: 9am - 6pm; Friday - Sunday: 9am - 5 pm

Address: 2265 Main Street, Vancouver, BC, V5T 1J5

Phone: 604-873-3602 | Email: midmainreception@midmain.net

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 an appointment, and discuss fees and arrangements

Hours: Monday - Thursday: 9am - 5pm, closed 1pm - 2pm for lunch

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 | Email: dental@reachcentre.bc.ca

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

Dental



Smiles4Canada



- Facilitates the low-cost orthodontic treatment plan of youth across Canada. Participants pay \$500 (approximately 10% of what orthodontics typically cost).
- Applications open in January and close in April and include: a patient information form, copy of your birth certificate, financial information form, personal statement and dental examination form and digital photos.
- Eligibility: Ages 7-14; must be able to demonstrate financial need, using the Federal Low-Income Cut-offs

Phone: 416-491-3186

Email: administration@smiles4canada.ca

https://smiles4canada.ca/

Strathcona Community Dental Clinic







- Accepts most private and all government insurance plans
- Staff speak English, Cantonese and Mandarin
- Provides a 20% discount to those 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

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

Hours: Monday - Friday: 8:15am - 5pm

Address: 2151 Wesbrook Mall, Vancouver, BC, V6T 1Z3

Phone: 604-822-2112

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



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

your child is over 3 years old

Hours: Monday - Friday: 8:30am - 4pm Address: Robert and Lily Lee Family Community Health Centre, 210-1669 East Broadway, Vancouver, BC, V5N 1V9

Phone: 604-675-3981

http://www.vch.ca/Locations-Services/result?res_id=98

West Georgia Dental Centre



- 15% lower fees than the BC fee guide for those without insurance or if insurance won't cover the work needed
- Call us, tell us what you need and we will give you a quote so you know the cost before you

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

Address: The Burrard Building (15th floor), 1501-1030 W Georgia Street, Vancouver, BC, V6E 2Y3

Phone: 604-687-6945 | Email: reception@wgdc.ca

https://wgdc.ca/



இ» Hearing

Do you want to access hearing services?

Connect Hearing

Provides free hearing tests for clients aged 65 and older. 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, closed for lunch from 12pm - 1pm

Address: 2517 Commercial Dr, Vancouver, BC, V5N 4C1

Phone: 604-681-1652 | Toll-free: 1-888-501-2661 | 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

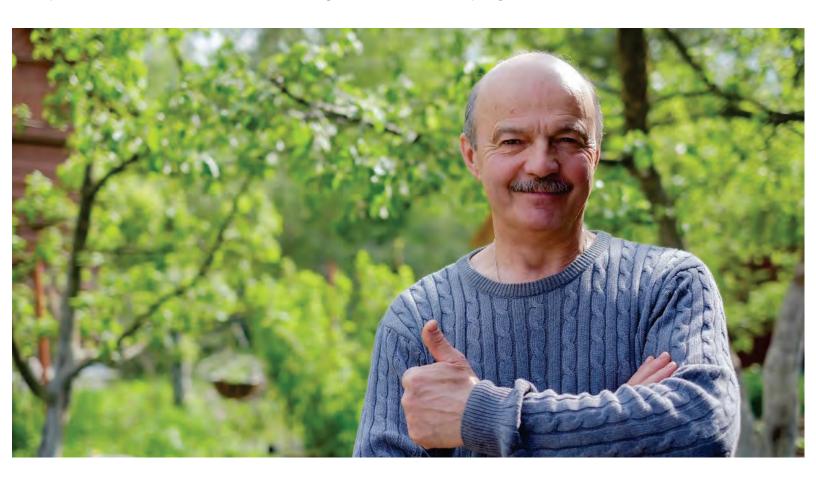
Cost: \$140

NOTE: This program relies on donations of used hearing aids, and usually has a waitlist

Hours: Monday - Saturday: 9am - 5pm, closed for lunch from 12pm - 1pm

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 - 4pm, closed for lunch 12pm - 12:30pm

Address: 623 Powell Street, Vancouver, BC, V6A 1H2 (Entrance in back alley)

Phone: 604-620-3599

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: HealthBenefits@fnha.ca

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

Hours: Monday-Friday: 9:30am - 6:00pm; Saturday: 10am - 4pm

Address: 843 W. Broadway, Vancouver, BC, V5Z 1J9 Phone: 604-873-8732 | Email: info@tru-valuoptical.com

https://tru-valuoptical.com/insurance/

Do you want to change your substance use?

Service Navigation

VGH Access & Assessment Centre



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 9:30pm to be assessed (calling before is preferred)

✓ Referrals to counselling
✓ Referrals to other services ✓ No appointment needed

Hours: Everyday: 7:30 am - 9:30pm

Address: 803 West 12th Avenue, Vancouver, BC, 1M9

Phone: 604-675-3700

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

Do you want to find harm reduction services?

Get Your Drugs Tested



The test takes 10-15 minutes and does not destroy the sample

Samples can be dropped off for testing at 880 East Hastings during operating hours, or mailed in; first come, first serve

✓ Drop-ins available

Hours: Everyday: 12pm - 8pm

Address: 880 E Hastings St., Vancouver, BC V6A 1R6

Phone: 778-819-0922 | Email: info@getyourdrugstested.com

https://getyourdrugstested.com/

Insite Supervised Injection Site T



Supervised harm reduction service for injection drug users, including a supervised injection room, health education, and access to treatment services on site

Eligibility: Private intake for those under 21 years old

Hours: Everyday: 9am - 3am

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 http://www.vch.ca/public-health/harm-reduction/needle-exchange

Overdose Prevention Society



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

NOTE: We will be moving mid-February to new location

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/

PnP & Me



- 16-week group counselling program designed to support you in identifying and achieving health goals related to sexualized substance use (party and play)
- After an intake appointment, you will also have access to a peer-led drop-in program, individual counselling, and referrals to services outside of HIM
- Incentives are available for participation all you need to do is show up!

Address: #310-1033 Davie St., Vancouver, BC, V6E 1M7 Phone: 604-488-1001 | Email: HIMpeer@checkhimout.ca

https://checkhimout.ca/pnp-and-me/

Powell Street Getaway Safe Consumption Site



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

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

Address: 450 E. Hastings Street, Vancouver, BC, V6A 1G5

Phone: 604-255-7026 | Email: psg@lookoutsociety.ca https://lookoutsociety.ca/what-we-do/resource-centres/

Substance Use

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: info@atira.bc.ca

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: wahrsdtes@gmail.com

https://www.facebook.com/profile.php?id=100064759747000



Do you want to find 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

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

✓ Opioid substitution therapy

✓ Referrals to other services

✓ Referrals to counselling

Hours: Everyday: 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



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
- New intakes should come early to drop-in, or call to book an intake appointment
 - ✓ No Care Card needed
- ✓ Referrals to other services
 ✓ Opioid substitution therapy

- ✓ Withdrawal management
- ✓ Drop-ins available
- ✓ Individual detox plan

Hours: Everyday: 9am - 4pm

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

Phone: 604-806-8867

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

Salvation Army Vancouver Harbour Light Detox



- Medically supported detox centre that provides acute withdrawal management services
- Call Access Central at 1-866-658-1221 for a telephone assessment and to book a detox intake appointment
- If you 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
- ✓ Referrals for treatment and recovery

COVID-19 Update: Walk-in beds are not currently available, please call Access Central at

1-866-658-1221

Address: 119 East Cordova Street, Vancouver, BC, V6A 1K8

Phone: 1-866-658-1221

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 or delirium tremens

 - ✓ Appointment required
 ✓ Opioid substitution therapy
- ✓ Individual detox plan

- ✓ Referrals for counselling after detox
- ✓ Referrals to other services
- ✓ Withdrawal management

Address: 377 East 2nd Ave., Vancouver, BC, V5T 1B9 Phone: 604-658-1278 | Email: start.team@vch.ca http://www.vch.ca/locations-services/result?res id=1212

Do you want 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: 604-872-2511 http://www.vch.ca/locationsservices/result?res_id=1361

FIR Square Combined Care Unit

Address: BC Women's, 3rd floor 4500 Oak Street, V6H 3N1

Phone: 604-875-2229

http://www.bcwomens.ca/our-services/pregnancyprenatal-care/pregnancy-drugs-alcohol#Services

NOTE: Please ask for the Patient Care

Coordinator

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

Salvation Army Vancouver Harbour

Light Addiction Treatment

Address: 119 E. Cordova St. V6A 1K8

Phone: 604-646-6800

http://www.harbourlightbc.com/index.php/progra

ms/treatment

NOTE: Please fill out an intake form online

South Mental Health and Substance Use

Services

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

Address: Suite 200, 1200 West 73rd, V6P 6G5

Phone: 604-266-6124

https://find.healthlinkbc.ca/ResourceView2.aspx?or

g=53965&agencynum=17675990

Union Gospel Mission

Address: 601 E. Hastings Street, V6A 1R2

Phone: 604-253-3323 Email: contact@ugm.ca

https://www.ugm.ca/services/alcohol-drug-

recovery/

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 want to find 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: Monday, Wednesday, Friday, Weekends: 10am - 4pm; Tuesday & Thursday: 10am - 9pm

Address: 5957 West Boulevard, Vancouver, BC, V6M 3X1

Phone: 604-263-7177 | Email: avalonvancouver@avaloncentres.org

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, press 0 | 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: kaley@emberscanada.org

https://www.susep.org

Gambling Support BC



- Provides information, support, referrals, and accompaniment to resources, including problem gambling counselling services and treatment groups, as well as community support organizations such as bankruptcy trustees, legal services, housing services, community mental health services, debt management services, Gambler's Anonymous meetings and peer support organizations
 - ✓ Referrals to other services ✓ Counselling

Intake Form: https://bcgaming.myoutcomesapp.com/Intake/

Phone: 1-888-795-6111 (toll-free)

https://www.bcresponsiblegambling.ca/support/services



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

Meeting Guide App



Provides a list of AA meetings in your location https://apps.apple.com/ca/app/meeting-guide/id1042822181

Metro Vancouver Indigenous Services Society



✓ Indigenous Elders available

- Provides mental health and substance use services, a safe space for community healing activities and referrals support to detox, daytox, residential treatment, BC Mood Disorder clinic, etc.
- Please fill out an intake form online or call the intake navigator
- Eligibility: open to Indigenous residents of Vancouver, North Vancouver, and Richmond
 - ✓ Counselling ✓ Support groups ✓ Referrals to other services ✓ Wellbriety

Address: Suite #100, 2732 East Hastings Street (Hastings and Slocan), Vancouver, BC, V5K 1Z9

Phone: 604-255-2394 ext. 110 | Email: intake@mviss.ca

Intake Form: https://www.mviss.ca/intake-form

https://www.mviss.ca/

Musqueam Alcohol and Drug Program



Provides support and referrals to services for clients returning from treatment or in recovery

Eligibility: Musqueam members

Hours: Nicolette: Monday - Wednesday, Friday: 8:30am - 4:30pm; Thursday: 1pm - 8pm

Brad: Wednesday - Friday: 6pm - 9pm; Saturday - Sunday: 1pm - 5pm

Address: 6735 Salish Drive, Vancouver, BC, V6N 4C4 Phone: 604-652-1368 (Brad); 236-558-8482 (Nicolette)

Email: nnadap.bmorin@musqueam.bc.ca (Brad); nnadap.nmoore@musqueam.bc.ca (Nicolette)

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



Native Courtworker and Counselling Association of BC Alcohol and Drug Outpatient Services + Detox Support





- 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: 604-628-1143 ext. 332 | Email: nccabc@nccabc.net

https://nccabc.ca/wellness/#indigenous-outpatient-addiction-counselling-detox-support

PRISM |



- Does not provide direct client services, but will help connect you to someone who does
- Referrals to LGBTQIA2S+ groups, counselling, resource information and community services
 - ✓ Referrals to other services ✓ Service navigation

Address: Three Bridges Community Health Centre, 1128 Hornby St., Vancouver, BC, V6Z 2L4

Phone: 604-331-8906 | 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
 - ✓ Support plan ✓ Peer support

Address: 2675 Oak Street, Vancouver, BC, V6H 3Z6 Phone: 1-877-455-2233 | Email: guitnow@bclung.ca

https://quitnow.ca/

Recovery Cafe



- A community of support for people in recovery from substance use and trauma associated with homelessness, mental illness and poverty
- Free membership based program- some weekly membership expectations. 24 hour sobriety (minimum) for entry.
 - ✓ Service navigation ✓ Recovery management supports

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

Address: 620 Clark Drive, Vancouver, BC, V5L 3H8 Phone: 604-559-1771 | Email: dmurphy@thekettle.ca

https://www.thekettle.ca/recoverycafe



SMART Recovery Family & Friends Online Meeting



Based on the concepts of Rational Emotive Behavior Therapy and Cognitive Behavioral Therapy, SMART Recovery is an evidence-based practical approach for people to learn about their unhelpful behaviors and replace them with helpful ones

Hours: Tuesdays: 6pm - 7pm

Zoom Link: https://smartrecovery.zoom.us/j/91012011101 | Meeting ID: 910 1201 1101

Phone: 604-862-0317 | Email: Bernice.Lee1@vch.ca

SMART Recovery Global Online Meeting



Based on the concepts of Rational Emotive Behavior Therapy and Cognitive Behavioral Therapy, SMART Recovery is an evidence-based practical approach for people to learn about their unhelpful behaviors and replace them with helpful ones

Hours: *Sundays*: 1:15pm – 2:30pm

Zoom Link: https://smartrecovery.zoom.us/j/92177780518 | Meeting ID: 921 7778 0518

Phone: 604-862-0317 | Email: Bernice.Lee1@vch.ca

SMART Recovery Robert & Lily Lee Family Community Health Centre In-Person Meeting



Based on the concepts of Rational Emotive Behavior Therapy and Cognitive Behavioral Therapy, SMART Recovery is an evidence-based practical approach for people to learn about their unhelpful behaviors and replace them with helpful ones

Hours: *Mondays*: 3:30pm – 4:30pm

Address: Room 325 – meet in 3rd floor reception area, 1669 E Broadway, Vancouver, BC, V5N 1V9

Phone: 604-862-0317 | Email: Bernice.Lee1@vch.ca

SMART Recovery Robert & Lily Lee Family Community Health Centre Online Wednesday Meeting



Based on the concepts of Rational Emotive Behavior Therapy and Cognitive Behavioral Therapy, SMART Recovery is an evidence-based practical approach for people to learn about their unhelpful behaviors and replace them with helpful ones

Hours: Wednesdays: 4pm - 5pm

Zoom Link: https://smartrecovery.zoom.us/j/93528986202 | Meeting ID: 935 2898 6202

Phone: 604-862-0317 | Email: Bernice.Lee1@vch.ca

SMART Recovery Robert & Lily Lee Family Community Health Centre Online Thursday **Meeting**



Based on the concepts of Rational Emotive Behavior Therapy and Cognitive Behavioral Therapy, SMART Recovery is an evidence-based practical approach for people to learn about their unhelpful behaviors and replace them with helpful ones

Hours: Thursdays: 6pm - 7pm

Zoom Link: https://smartrecovery.zoom.us/j/507754407 | Meeting ID: 507 754 407

Phone: 604-862-0317 | Email: Bernice.Lee1@vch.ca

SMART Recovery Three Bridges Community Health Centre In-Person Meeting



Based on the concepts of Rational Emotive Behavior Therapy and Cognitive Behavioral Therapy, SMART Recovery is an evidence-based practical approach for people to learn about their unhelpful behaviors and replace them with helpful ones

Hours: Saturdays: 11am - 12pm

Address: Room 215, 1128 Hornby Street, Vancouver, BC, V5N 1V9

Phone: 604-862-0317 | Email: Bernice.Lee1@vch.ca

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), 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.

✓ Peer support ✓ Counselling

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 for youth 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: Self-identified 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: 604-254-7732 | Email: ybl.intake@unya.bc.ca

https://unya.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

Hours: Monday - Thursday: 9:30am - 9:30pm; Friday: 9:30am - 3:30pm; Saturday - Sunday:

9:30am - 12pm

Address: 1525 West 7th Avenue, Vancouver, BC, V6J 1S1

Phone: 604-736-5110 | Email: vanalano@shaw.ca

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: info@vancouverrecoveryclub.com

http://www.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: info@watari.ca

https://www.watari.ca/community-programs-watari/substance-misuse-counselling/



Do you want mental wellness support?

Service Navigation

VGH Access & Assessment Centre



- 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 9:30pm to be assessed (calling before is preferred)
 - ✓ No appointment needed ✓ Referrals to counselling
 ✓ Referrals to other services

Hours: Everyday: 7:30am - 9:30pm

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: info@adlercentre.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



Battered Women's Support Services Counselling 🕈 🎁 🌕





Eligibility: Women currently experiencing abuse or who are survivors of abuse

Address: Please call for the location

Phone: 604-687-1868 | 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: 604-687-1868 | Email: supportgroups@bwss.org https://www.bwss.org/support/programs/support-groups/

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: admin@bchvn.ca

https://bchvn.ca/

Catherine White Holman Wellness Centre Counselling Services



- Provides low-barrier wellness services to transgender and gender non-conforming people
- ADHD assessments for those 18 years and older. Hormone and surgery readiness assessments for those 18 years and older, or 16-18 with the support of a parent/guardian.

Address: Online

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: 9am - 8:00pm (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@unya.bc.ca

https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=17676196

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Mental Wellness

Child and Youth Cross Cultural Mental Health Program



Eligibility: Ages 6-18; must be a resident of Vancouver

✓ Counselling ✓ Referrals to other services

Hours: Monday, Thursday, Friday: 8:30am - 5pm; Tuesday & Wednesday: 8:30am - 8pm

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

✓ Referrals to other services ✓ No Care Card needed ✓ Counselling

Intake Hours: Tuesday: 12pm - 6pm; Thursday: 9am - 3pm

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
- If you would like to become a member, please call 604-675-2357 for more information or drop by in person
- Eligibility: Have mental wellness concerns and are connected to services. Call or drop-in to discuss member intake.

Hours: Monday, Tuesday, Thursday, Friday: 8:30am - 3:45pm; Wednesday: 8am - 5:45pm

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/

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/



- Low-cost counselling for clients facing significant financial barriers
- \$60/session or less, and Dragonstone does not turn away people due to lack of funds
- Offers counselling in English, Farsi, Spanish, Cantonese and Mandarin
- Call and leave a message to book an appointment and ask about the sliding scale program
- Eligibility: Prioritized for people with disabilities and chronic health conditions, newcomers to Canada (including undocumented newcomers), LGBTQ people, people of colour, Indigenous people, and single parents.
 - ✓ Multiple languages available

Hours: Everyday: 10am - 8pm

Address: #203-4676 Main Street, Vancouver, BC, V5V 3R7

Phone: 604-738-7557 | Email: dragonstone.counselling@gmail.com

https://www.dragonstonecounselling.ca/

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/



Domestic & Relationship Violence Women's Support Group



- Provides the opportunity for women to meet with others who have had similar experiences, with the intention being to provide social and emotional support
- Enhances your understanding of the different types and cycles of abuse, how to co-parent with an abusive ex-partner, how to talk to your children about abuse, how to set healthy boundaries, and much more

Address: Online **Phone**: 604-254-5457

https://www.westcoastfamily.org/events/domesticwomensgroup-fe8

Early Psychosis Intervention



- Provides early identification and treatment for psychosis so that symptoms don't become too unmanageable and disruptive to your life
- Includes counselling, referrals to other services and family support
- Eligibility: Ages 13-30 with suspected or confirmed psychosis; must live in Vancouver or Richmond. Also works with families of people who are experiencing psychotic symptoms for the first time.

Hours: *Monday – Friday:* 9am - 5pm

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

Phone: 604-675-3875

http://www.vch.ca/locations-services/result?res_id=814

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
- Calling ahead is preferred, but can accommodate drop-ins
- Eligibility: Ages 24 and younger

Hours: Monday - Wednesday: 3pm - 6pm; Friday: 2pm - 5pm Address: 1669 East Broadway Vancouver, BC, V5N 1V9

Phone: 778-871-7132

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

✓ Referrals to other services ✓ No care card needed ✓ Counselling

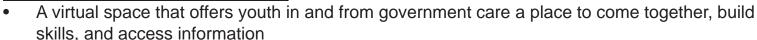
Hours: Monday - Friday: 8:30am - 4:30pm

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

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

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

Fed Connects Be Well Workshops



• Learn about selfcare, creating boundaries, and explore your interests and passions

Address: Now online

Phone: 604-353-3495 | **Email:** <u>shannon.dolton@fbcyicn.ca</u> <u>https://fbcyicn.ca/what-we-offer/programs/fed-connects</u>

First Nations Health Authority (FNHA) – Mental Health Benefits

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 online 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
 - ✓ Counselling ✓ Substance use services
- ✓ Referrals to other services

✓ Eating disorder support

Hours: Monday - Friday: 9am - 5pm

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://www.vastbc.ca/survivor#group-language

Here2Talk A



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 to be put on the waitlist
- Eligibility: Infants and children under 5; living in Vancouver

✓ Counselling ✓ Mental health assessment

✓ Referrals to other services

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 selfhelp 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/

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: Everyday: 9:30am - 11:30am & 1pm - 4pm

Address: 2nd 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; providing health promotion, education, substance use counselling and support around immigration issues
- Able to assist undocumented pregnant and parenting women in many ways, including with getting access to essential medical services, translating documents, completing paperwork and enrolling children in school
 - ✓ Counselling ✓ Support groups

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 online 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/

Looking Glass Online Peer Support Group



- Provide a safe, anonymous space for individuals who are affected by an eating disorder or disordered eating to connect to a recovery community and receive support in real-time
- Eligibility: Canadian residents aged 14 and older who are experiencing an eating disorder, disordered eating or body image issues

Hours: Monday, Friday, Sunday: 7:30pm - 9:00pm; Tuesday & Thursday: 12:00pm - 1:30pm and 4:30pm - 6:00pm and 7:30pm - 9:00pm; Wednesday: 6:30pm - 8:00pm and 8:30pm - 10:00pm

Address: Online

https://www.lookingglassbc.com/programs/online-peer-support-chats/

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

MMIWG (Missing and Murdered Indigenous Women and Girls) Services



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

Address: 2018 Wall Street, Vancouver, BC

Phone: 604-872-1849 | Email: counselling@pafnw.ca

https://pafnw.wordpress.com/mmiwg-services/

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/



<u>Musqueam Wellness Program</u> ♥



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: 236-558-9977 | Email: mentalwellness@musqueam.bc.ca https://www.musqueam.bc.ca/departments/community-services/health/

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

https://www.opendoorgroup.org/programs/thrive/

QMUNITY Counselling



• Offers ten sessions at a reduced cost of health and wellness counselling (\$60-\$120 based on circumstances and what is sustainable for you)

• In some circumstances, free counselling may also be an option for folks. If you are unable to afford our counselling fee we may still be able to accommodate you.

Note: The waitlist is currently 6-8 months

Address: Now online

Phone: 604-684-5307 | Email: counselling@qmunity.ca

https://qmunity.ca/get-support/counselling/





Recovery Cafe



- A community of support for people in recovery from substance use and trauma associated with homelessness, mental illness and poverty
- Free membership-based program some weekly membership expectations. 24-hour sobriety (minimum) for entry.
 - ✓ Recovery management supports ✓ Service navigation

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

Address: 620 Clark Drive, Vancouver, BC, V5L 3H8 Phone: 604-559-1771 | Email: dmurphy@thekettle.ca

https://www.thekettle.ca/recoverycafe

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
- ✓ Indigenous Elders available ✓ Referrals to other services

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 Feline Support Groups (5)



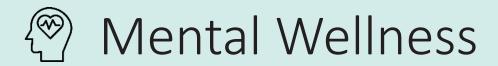


- A place for queer South Asian Women and their friends to connect, collaborate, and offer support to each other
 - ✓ Support groups

Address: Currently Online

Phone: 604-842-7340 | Email: info@shervancouver.com

https://www.shervancouver.com/







- A safe space for Queer South Asians and their friends to connect, collaborate, and offer support to each other
 - ✓ Support groups

Address: Currently Online

Phone: 604-842-7340 | Email: info@shervancouver.com

https://www.shervancouver.com/

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 Phone: 604-842-7340 | Email: info@shervancouver.com

https://www.shervancouver.com/

Stopping the Violence Counselling Services



- Counselling support for women who have experienced, or at risk of, abuse, threats, or violence in an intimate relationship, sexual assault or childhood abuse
- Staff are trained to work within multicultural communities, with women from diverse cultural backgrounds. Service available in English, Cantonese, Mandarin and Japanese

Hours: *Monday – Friday:* 9am - 5pm

Address: Now online Phone: 236-512-6093

https://mosaicbc.org/our-programs/counselling-support-for-victims-of-violence/

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

Vancouver Association for Survivors of Torture

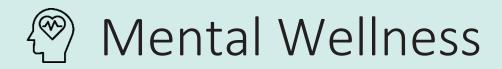


- Supports refugee mental health through counselling, group support, documentation, education and referrals to health, housing and settlement services
- The Getting Through It group is an online weekly support group for refugees "getting through" their refugee claim

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

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

https://www.vastbc.ca/



Ukrainian Women Support Circle



- Get support and make friends, learn self-care, reduce stress and increase self-confidence
- Group language in Ukrainian
 - ✓ Support groups

Address: Now online

Phone: 778-608 4118 | Email: ozabrodska@pirs.bc.ca

https://pirs.bc.ca/wp-content/uploads/2022/12/Ukrainian-Women-Support-Circle-2023.pdf

Vancouver Women's Health Collective





- 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 (approximately a 6-month waitlist)
- 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/

VCH Deaf, Hard of Hearing, & Deaf-Blind Well-Being Program (WBP)



- Provides counselling for people dealing with depression, anxiety, trauma, or anger difficulties.
- Supports individuals in navigating life changes, exploring identity issues, and enhancing wellness
- Deaf and hearing interpreters with experience in mental health interpretation available
- Please fill out an online referral form
- ✓ Peer support ✓ Multiple languages available ✓ Substance use support services
- ✓ Support groups ✓ Counselling

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

Address: #300 - 4211 Kingsway, Burnaby, BC, V5H 1Z6

Phone: 778-819-0951 | Text: 778-987-4174 | Email: WellBeing.Staff@vch.ca

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

http://deafwellbeing.vch.ca/services/overview/

VCH Deaf, Hard of Hearing, & Deaf-Blind Well-Being Program (WBP) Workshops



- Drop-in coffee (Wednesdays 1-3pm), and virtual workshops (check the calendar for dates and topics)
- Drop-in coffee is a social where people can get together to talk, play games or watch news on our big screen. Everyone is welcome!

Address: #300 – 4211 Kingsway, Burnaby, BC, V5H 1Z6

Phone: 778-819-0951 | Text: 778-987-4174 | Email: WellBeing.Staff@vch.ca

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

https://deafwellbeing.vch.ca/services/education/

Voices and Visions Support Groups



- Voices and Visions Support Groups provide a safe space for people to share their experiences with and support one another. This group explores living well with voices, visions, and other unique sensory experiences.
- These are peer support groups involving social support and belonging; not therapy or treatment
- Open to those with lived/living experience and their supporters

✓ Drop-in ✓ Support groups

✓ Peer support

Address: Online

Phone: 604-708-5274 | Email: vanvoicesandvisions@vch.ca https://www.spotlightonmentalhealth.com/voices-visions/

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 1



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

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: ymind@gv.ymca.ca

https://www.gv.ymca.ca/mental-wellness





Youth Clinic at the Broadway Youth Resource Centre

- Confidential drop-in services
- Eligibility: Ages 24 and younger

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: 778-871-7132

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

Métis Crisis Line



1-833-MétisBC (1-833-638-4722)

Online Chat Service for Youth



www.YouthInBC.com (Noon to 1am)

Online Chat Service for Adults



www.CrisisCentreChat.ca (Noon to 1am)

Provincial Refugee Mental Health Line



604-588-3071 (Press 2)

Seniors Distress Line (554



604-872-1234

Trans Lifeline



877-330-6366

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

VictimI inkBC



1-800-563-0808



Do you want 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
- Please book an appointment by phone or on the website

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: 604-331-1407 ext. 114 | Email: legaladvocate@atira.bc.ca

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

Battered Women's Support Services Legal Services & Advocacy Program





Provides resources & referrals to housing & 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





- Summary legal advice and support with ID changes including updating name and gender marker. Summary legal advice means we will listen to you and let you know what we think you should do.
- Assists with ID services, legal identity document changes and notarization
- Eligibility: Two-Spirit, trans, and gender-diverse people living in BC regardless of status.

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: Online

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

https://cwhwc.com/services/

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: Youth up to 19 years of age

COVID-19 Update: The office is closed. Please contact us to set up an online appointment.

Hours: *Monday – Friday:* 9am - 5pm

Address: #102-678 W. Broadway, Vancouver, BC V6J 1X6

Phone: 778-657-5544 | Email: cylc@scyofbc.org https://www.scvofbc.org/child-youth-legal-centre/



Community Legal Assistance Society



Provides free legal assistance for low-income people in the areas of: housing security, income security, human rights, mental health rights, and workers' rights, sexual harassment/gender discrimination in the workplace, and representation of people detained under the Mental Health Act

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

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: 604-822-5421 | Email: iclc@allard.ubc.ca

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 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

✓ Criminal charges

✓ Family law

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/

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: legaladvocacy@mosaicbc.org

https://mosaicbc.org/our-programs/legal-help-for-immigrants-and-refugees/

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: Must have self-identified mental health challenges (can include addictions)

Address: 222 Main Street, Vancouver, BC, V6A 2S8

Phone: 604-660-4292 (office) or 604-813-6967 (mobile) | Email: ewaite@mpa-society.org https://mpa-society.org/community-outreach/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 various services that meet your needs.

Eligibility: Persons of First Nations, Métis and Inuit descent. Common law relationships are also 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/court/#native-courtworker-services



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

People's Law School



Provides education and information to help people know their rights effectively deal with the legal problems of daily life

Hours: Monday - Friday: 9am - 5pm

Address: #1433-1130 W Pender Street, Vancouver, BC, V6E 4A4

Phone: 604-331-5400

https://www.peopleslawschool.ca/

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: 9am - 4pm

Address: 516 Richards St, Vancouver, BC, V6B 3A2

Phone: 236-317-9000 | Email: intake@womenslegalcentre.ca

https://womenslegalcentre.ca/

Seniors First BC



Provides assistance and support to older adults, and those assisting them, who are dealing with abuse or mistreatment, as well as navigating systems that impact older adults. Services are provided through a helpline ("Seniors Abuse and Information Line"), Victim Services program, Legal Advocacy program and an Elder Law Clinic.

Address: #150-900 Howe Street, Vancouver, BC, V6Z 2M4

Phone: 604-437-1940 | Toll-free: 1-866-437-1940 | Email: info@seniorsfirstbc.ca

http://seniorsfirstbc.ca/getting-help/getting-legal-help/



Do you want 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/

Disability Alliance BC



- 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 providing law clinics and 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:
 - ✓ Ministry of Children & Family Development
 - ✓ Vancouver Aboriginal Children & Family Services Society
- ✓ Ministry of Social **Development & Poverty** Reduction
- ✓ Residential Tenancy Office
- ✓ Canadian Pensions Plan benefits and Old Age Security
- ✓ Income supplements
- ✓ Welfare law

Hours: Sunday - Tuesday, Thursday - Saturday: 10am - 5pm; Wednesday: 11am - 5pm

Address: 302 Columbia Street, Vancouver, BC, V6A 4J1

Phone: 604-681-8480 | Email: admin@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 - 5pm; Wednesday: 11am - 5pm

Address: 302 Columbia Street, Vancouver, BC, V6A 4J1

Phone: 604-681-8480 | Email: admin@dewc.ca

http://dewc.ca/programs/victim-services

Family Justice Centres



- 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://www.clicklaw.bc.ca/helpmap/service/1019

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 or email to set up an appointment

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 - Friday: 9am - 4pm

Address: 542 East Hastings Street, Vancouver, BC, V6A 1P8

Phone: 604-251-3323 | Email: advocacy@firstunited.ca

https://firstunited.ca/how-we-help/legal-advocacy

Justice for Girls 🕆 🥕



Promotes the health, equality and dignity of teenage girls and young women who are living in poverty looking for help or support in relation to violence, poverty, discrimination or human rights

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

Phone: 604-837-1069 | Email: advocacy@justiceforgirls.org

http://www.justiceforgirls.org/advocacy--policy.html



Keeping Families Together



- Peer-led support group where parents dealing with the child welfare system come together to openly tell their story and vent confidentially over the comfort of food
- Advocates act in solidarity with parents and support them to find programs, attend court and witness child apprehensions
- Meets weekly over lunch
- Eligibility: Parents, extended family, adoptive parents, care-givers, and parent supporters navigating the child welfare system are welcome

Address: Raycam Community Centre, 920 E Hastings Street, Vancouver, BC, V6A 3T1

Phone: 604-512-3266 | Email: hello.keepingfamiliestogether@gmail.com

https://www.keeping-families-together.com/

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 fags 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 - Unceded territories of the xwməθkwəyəm

(Musqueam), Skwxwú7mesh (Squamish) and səlilwəta? (Tsleil-Waututh) 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 V



- 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 | Email: againstviolence@vlmfss.ca

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: 236-512-7149 | Email: victim.support@mosaicbc.org https://mosaicbc.org/our-programs/multicultural-victim-services/

Plan Institute RDSP & Disability Planning Helpline



Advisors will answer your questions about the Disability Tax Credit, the Registered Disability Savings Plan (RDSP), wills, trusts & estate planning, advocacy approaches, government benefit programs, personal support network building and more

Phone: 1-844-311-7526 | Email: info@planinstitute.ca https://planinstitute.ca/rdsp-disability-planning-helpline/

Rainbow Refugee





Promote safe equitable migration and communities of belonging for people fleeing persecution for sexual orientation, gender identity and expression, and HIV status

Address: #322-1033 Davie Street, Vancouver, BC, V6E 1M7

Email: info@rainbowrefugee.ca https://www.rainbowrefugee.com/

Seniors Abuse and Information Line



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/





SWAN Vancouver



- 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: netreach@swanvancouver.ca 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/





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 - 11am, 1pm - 4pm

Address: 2nd 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: info@vacpc.org

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://fsqv.ca/programs/victim-services/

411 Seniors Centre Society (55+



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

Note: The new centre at Fraser & 19th Ave is expected to be complete by the end of August. Please come to Glad Tidings Church in the meantime.

Hours: Mondays - Fridays: 9am - 4pm

Address: Glad Tidings Church, 3456 Fraser Street, Vancouver, BC, V5V 4C4

Phone: 604-684-8171 | Email: info@411seniors.org

http://411seniors.bc.ca/



Do you want settlement services as an immigrant or refugee?

Action Commitment Transformation Program (ACT)



- Specialized services for immigrant and refugee families (adults and youth) through a casemanagement base and client-centred approach 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: 604-408-7274 ext. 2086 | Email: act@success.bc.ca

https://act.successbc.ca/

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 refugees, live-in caregivers or temporary foreign workers
 - ✓ Referrals to other services ✓ Multiple languages ✓ Variety of workshops

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

Phone: 604-684-2561 | Email: settlement@issbc.org

https://issbc.org/our-services/first-language-settlement-support

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

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: 604-359-1809 | Email: info@helpinghouse.org

http://helpinghouse.org/settlement



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
- Join social activities, help finding employment and counselling services

Covid-19 Update: Services provided online and by telephone

Hours: Monday – Friday: 8:30am - 4:30pm **Email:** refugeeclaimant@mosaicbc.org

Phone: Spanish/English: 604-254-9626 ext.1022 (Gerardo) Kurdish/Arabic/English: 604-254-9626 ext.1026 (Salih) French/German/English: 604-254-9626 ext.1417 (Sara) Mandarin/Cantonese/English: 604-254-9626 ext.1064 (Tracy)

Farsi/English: 604-254-9626 ext.1417 (Sara)

https://mosaicbc.org/our-programs/support-for-refugee-claimants/

SOS (Settlement Orientation Services)



- Supports refugee claimants navigating through the claim and determination processes
- Provides first language settlement and housing services for refugee claimants
 - ✓ Multiple languages available

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

Phone: 604-255-1881 | Email: sos@issbc.org

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

Hours: Monday - Friday: 10am - 3pm; Group Sessions on Saturdays 12pm - 4pm

Address: Frog Hollow Neighbourhood House, 2131 Renfrew St., Vancouver, BC, V5M 4M5

Phone: 604-251-1225 | Email: rafif@froghollow.bc.ca

www.froghollow.bc.ca/programs-services/settlement/settlement-youth-settlement-services





Do you want 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: carnegie.outreach@vancouver.ca

https://vancouver.ca/parks-recreation-culture/carnegie-centre-outreach-programs.aspx

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: info@womenslegalcentre.ca

https://womenslegalcentre.ca/

The Kettle ID Bank



- Assists low income, homeless, and/or marginally housed individuals in obtaining and safely storing
- 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.
- Lunch and coffee available
 - ✓ Application fees covered

✓ No appointment necessary

Hours: Monday, Tuesday, Thursday: 9:30am - 12pm; 1pm - 3pm

Address: 1725 Venables Street, Vancouver, BC, V5L 2H3

Phone: 604-215-5494 | Email: idbank@thekettle.ca

https://www.thekettle.ca/id-bank

QMUNITY Trans ID Clinic



• Provides notarial, administrative, and emotional support to lower-income folks who require assistance with name and gender marker change processes

Hours: 1st Wednesday and 3rd Friday of the month: 4pm - 6pm

Address: Main Location: 1170 Bute Street, Vancouver, BC, V6E 1Z6 Accessible Location: #610-1033 Davie Street, Vancouver, BC, V6E 1M7

Phone: 1-800-566-1170 | Email: <u>transid@qmunity.ca</u>

https://qmunity.ca/trans-id-clinic/



To replace your ID yourself, contact:

BCID

• 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

https://www.icbc.com/driver-licensing/getting-licensed/Pages/Apply-for-a-BCID.aspx

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 want help with your finances?

Adult Guardianship Program 🎢



- Provides direct financial management services for vulnerable individuals
- The Adult Guardianship Worker provides personalized and responsive care and services to help pay bills and create a budget
- Monthly service fee: \$60

Address: 317 E. Hastings St, Vancouver, BC V6A 1P3 Phone: 604-606-0335 | Email: tfan@thebloomgroup.org https://www.thebloomgroup.org/our-work/adult-guardianship/

Community Tax Clinics



- Find a free tax clinic in your area
- Remember to bring your tax slips and receipts

https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-incometax-program.html

Credit Counselling Society 1



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: Justice Access Centre, #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 teaches 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 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 | Email: moneyskills@fsqv.ca

https://fsqv.ca/financial-empowerment/

Lotus Light Income Tax Clinic



Holds income tax return preparation for low-income residents, seniors and students and newcomers to Canada

Address: #200-357 Hastings Street East, Vancouver, BC, V6A 1P3

Phone: 604-685-5548 | Email: llcsvancouver@gmail.com

https://vllcs.org/en/activity-2/llcs-hold-annual-free-income-tax-clinic-to-help-low-income-residents/



Public Guardian and Trustee of BC (PGT)

PGT provides direct financial management services for vulnerable individuals

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

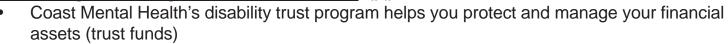
Address: #700-808 West Hastings St., Vancouver, BC, V6C 3L3

Phone: 604-660-4444 (Reception) | 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



 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:** <u>trust@coastmentalhealth.com</u> 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 ci
 - ✓ 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. Please apply online.

Hours: Monday - Friday: 10am - 3pm

Address: #200-739 Gore Avenue, Vancouver, BC, V6A 2Z9

Phone: 604-566-9685 | Email: <u>vrb@niccss.ca</u>

https://apply.bcrentbank.ca/apply/vancouver-rent-bank

Do you want to find recreational activities to do?

Event Calendars



Find events in your neighbourhood

City of Vancouver: https://vancouver.ca/news-calendar/calendar-of-events.aspx

Georgia Straight: https://www.straight.com/listings/events

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: lap@vancouver.ca

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://gordonhouse.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/

Do you want to find special interest groups and meetups?

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
- ✓ Morning smudges on Monday

classes

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/

Big Brothers Mentorship Program



Empowers children and youth through weekly mentorship

Check out our website to find the best program to enroll or refer a child or youth in your life

Address: #102-1193 Kingsway, Vancouver, BC V5V 3C9 Phone: 604-876-2447 | Email: officeadmin@bbgvf.com

https://www.bigbrothersvancouver.com/our-programs/big-brothers/

Big Sisters



- Empowers children and youth through weekly mentorship
- Eligibility: Female, transgender, and non-binary youth, ages 7-17, living in the Lower Mainland

Address: #200-5118 Joyce Street, Vancouver, BC, V5R 4H1

Phone: 604-873-4525 | Email: info@bigsisters.bc.ca

https://www.bigsisters.bc.ca/

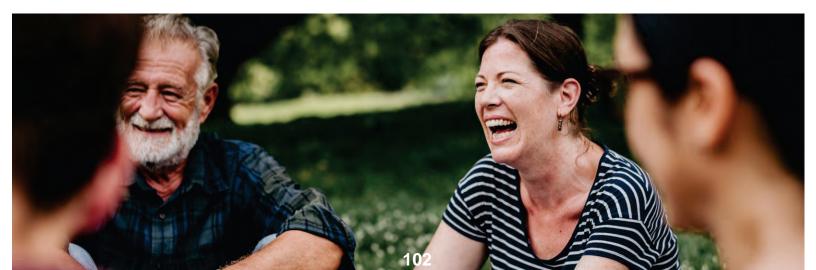


- Brings together Anglophones and Francophones to speak in their second language
- Eligibility: Francophones living in precarious situations in Greater Vancouver

Address: #217-312 Main Street, Vancouver, BC, V6A 2T2

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

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





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

✓ 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: <u>byrc@pcrs.ca</u>

https://pcrs.ca/service-resource-centres/broadway-youth-resource-centre-2/

Canadian Fitness Connection



- 8-week program helps participants learn ways to stay fit while practicing English
- Meet new friends and explore Canadian life and culture
- This offered is offered in 3 different variations: 2 cohorts for Women, 2 cohorts for youth (ages 16-24) and 2 cohorts for all ages and genders
- Eligibility: Participants must be a permanent resident, a convention refugee or a CUAET visa holder

Address: Robert Lee YMCA, 955 Burrard St, Vancouver, BC V6Z 1Y2

Phone: 604-374-5465 or 778-990-4856 | Email: connections@bc.ymca.ca

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

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: 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/

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 (\$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: info@coastmentalhealth.com https://www.coastmentalhealth.com/what-we-do/pillar-services/

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: https://vancouver.ca/parks-recreation-culture/communityand-cultural-centres.aspx

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 hot meals, showers and laundry facilities, clothing, weekly take home groceries, hygiene supplies, harm reduction kits, drug testing on site, 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 | 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 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/

DUDES Club ♥



- The DUDESs 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

Phone: 604-488-1001 | Email: office@checkhimout.ca

https://checkhimout.ca/events/

I Belong LQBTQIA2S+ (7)



- Supports LGBTQIA2S+ immigrant newcomers by facilitating discussions around sexuality, gender, race, culture and class
- Additional language support available

✓ Counselling

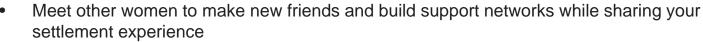
✓ Peer support

Address: 5575 Boundary Rd, Vancouver, BC, V5R 2P9

Phone: Maria Kuchapski at 604-762-1566 | Email: ibelong@mosaicbc.org https://mosaicbc.org/our-programs/services-for-newcomer-lqbtq-refugees/

Immigrant Women Peer Support Program





- 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: iwpsp@issbc.org

https://issbc.org/our-services/immigrant-women-peer-support-program



Inner Hope Youth Ministries

A home environment where youth can gather for meals, events and practical support

Access to individualized support, including advocacy, accompaniment to appointments, and visits in their homes or institutions

Address: 548 E. 29th Ave, Vancouver, BC, V5V 2R9 Phone: 604-767-1357 | Email: office@innerhope.ca

https://www.innerhope.ca/support.html

KidStart **

Mentoring for children and youth who face challenges at home, at school, with peers or in the community

Eligibility: Ages 6-12

Address: 3001 East Georgia Street, Vancouver, BC, V5K 2K8

Phone: 604-375-5437 | Email: kidstart@plea.bc.ca

https://www.kidstart.ca/

La Boussole Cultural Activities 🕥



Community activities to promote cultural exchanges, learning to speak French, and staying in touch with other Francophones

Includes language, writing, computer, photography, gardening and DIY workshops

Eligibility: Francophones living in precarious situations in Greater Vancouver

Address: #217-312 Main Street, Vancouver, BC, V6A 2T2

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

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

Leave Out Violence Art Drop-In



Join to explore a different art form every week

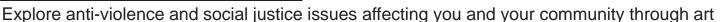
Eligibility: Ages 13-25

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



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

✓ Variety of workshops

✓ Resume writing

✓ 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 | https://www.svycyouthhub.com/

Mosaic Women's Support Group (Monthly)



Meet women and support each other, build self-confidence and learn practical skills in setting boundaries, effective communication and creating healthier relationships

Eligibility: All women age 19+

Hours: First Wednesday every month: 10am - 11:30am

Address: Now online

Phone: 236-512-9739 | Email: mmak@mosaicbc.org

https://mosaicbc.org/event/multicultural-womens-support-group/2023-04-27/

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 (available 10am-6:30pm Monday-Friday and 12pm-6pm Saturday & Sunday), 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-in Wednesday & Thursdays between 1-3pm

Eligibility: Members need to have documentation of a diagnosed mental illness

Hours: Monday - Friday: 10am - 7:30pm; Saturday, Sunday: 12pm - 7pm

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

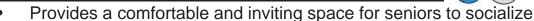
Offers cooking classes, computer literacy workshops, family and parenting workshops and community resources

Address: 4802 Fraser St, Vancouver, BC, V5V 4H4

Phone: 604-359-1809 | Email: malouc@helpinghouse.org

http://helpinghouse.org/womens-program

Multicultural Helping House Society Seniors Program 5



Offers outings and activities, information workshops, information on government assistance and resources

Address: 4802 Fraser St, Vancouver, BC, V5V 4H4

Phone: 604-359-1809 | Email: malouc@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: 236-233-2111 | Email: fengz@helpinghouse.org

http://helpinghouse.org/youth-wellness-program

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

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

MY (Multicultural Youth) Circle



- 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: MYCircleVan@issbc.org https://issbc.org/our-services/multicultural-youth-circle

Nisga'a Ts'amiks Social & Cultural Connection



Monthly community events Eligibility: Nisga'a citizens

Address: 525 West 10th Avenue, Vancouver, BC, V5Z 3Y6 Phone: 604-646-4944 | Email: administration@tsamiks.com

https://tsamiks.com/events

Pace Society M



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

Hours: Monday - Thursday: 10am - 4pm

Address: 148 W. Hastings St., Vancouver, BC, V5L 1J5 Phone: 604-872-7651 | Email: info@pace-society.org

https://www.pace-society.org/what-we-do/

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

Address: 2018 Wall Street, Vancouver, BC, V5L 1J5

Phone: 604-872-1849 | Email: info@pafnw.ca

https://pafnw.wordpress.com/

Powell Street Getaway 🎁 🔑 🧪 (55+









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/



Promise Vancouver After-School Programs



- Engages youth in the Downtown Eastside with year-round programs that empower them to create, achieve, and grow as people.
- Financial aid is available for those in financial need (Programs cost \$10/day and financial aid is available to cover 50% and 100% of the cost)
- Eligibility: Priority given to families with financial need living within the V6A postal code (Downtown Eastside)

Hours: Monday - Friday: 9:30am - 5:30pm

Address: 558 Powell Street, Vancouver, BC, V6A 1G9

Phone: 604-800-4783 | Email: connect@promisevancouver.ca

https://promisevancouver.ca/asp-application/

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: Wednesday, Thursday: 3:30pm - 6pm; Friday: 3:30pm - 7pm

Address: Frog Hollow Neighbourhood House 2131 Renfrew St., Vancouver, BC, V5M 4M5

Phone: 604-251-1225 | Email: rafif@froghollow.bc.ca http://www.froghollow.bc.ca/programs-services/vouth/

QMUNITY (55+)





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@gmunity.ca

https://gmunity.ca/groups/

QMUNITY GabYouth



Provide a space for queer youth to meet and connect, and have a space to talk about identity with other peers

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@gmunity.ca

https://gmunity.ca/get-support/youth/



QMUNITY Seniors (55+)



Hosts social events, co-develop and provide educational workshops, assists in one-to-one support and referral services, while fostering connections within diverse communities to improve the lives of 2SLGBTQIA+ persons 55 years and older

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@gmunity.ca

https://gmunity.ca/get-support/olderadults/

Recovery Cafe '



A community of support for people in recovery from substance use and trauma associated with homelessness, mental illness and poverty

Free membership-based program - some weekly membership expectations. 24-hour sobriety (minimum) for entry.

✓ Recovery management supports ✓ Service navigation

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

Address: 620 Clark Drive, Vancouver, BC, V5L 3H8 Phone: 604-559-1771 | Email: dmurphy@thekettle.ca

https://www.thekettle.ca/recoverycafe

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 gueer South Asian Women and their friends to connect, collaborate, and offer support to each other

Support groups

Address: Currently Online

Phone: 604-842-7340 | 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

Support groups

Address: Currently Online

Phone: 604-842-7340 | Email: info@shervancouver.com

https://www.shervancouver.com/

The Corner (Formerly Boys R Us) 1



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







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

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

✓ Variety of workshops ✓ Drop-in

Hours: Wednesday and Thursday: 1pm - 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/community-based-programs/drop-in/

Ukrainian Women Support Circle



Get support and make friends, learn self-care, reduce stress and increase self-confidence

Group language in Ukrainian

✓ Support groups

Address: Now online

Phone: 778-608 4118 | Email: ozabrodska@pirs.bc.ca

https://pirs.bc.ca/wp-content/uploads/2022/12/Ukrainian-Women-Support-Circle-2023.pdf



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

✓ Arts

✓ Recreation/Sports

Address: 1618 East Hastings Street, Vancouver, BC, V5L 1S6

Phone: 604-254-7732 | Email: info@unya.bc.ca

https://unya.bc.ca/programs/

Vancouver Aboriginal Community Policing Centre Youth Programs



- Offers cultural, educational and recreational activities
- 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/programs/youth-programs/

Vancouver Aboriginal Friendship Centre Society (VAFCS) ◆ Helps families variable in the contract of the cont



- 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

✓ Cultural nights

✓ 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

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



Vancouver Second Mile Society (55+)



- 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 55+



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: wahrsdtes@gmail.com

https://www.facebook.com/profile.php?id=100064759747000

WISH Drop-In Centre 🕆



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

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

Address: 330 Alexander St., Vancouver, BC, V6A 1C3 Phone: 604-669-9479 | Email: info@wishdropincentre.org

https://wish-vancouver.net/program/drop-in-centre/



WISH Indigenous Health & Safety Program 👚 👫



Helps Indigenous women involved in the sex trade reclaim their culture

Includes Indigenous evenings or mornings, individualized support, and cultural and creativity programs

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

Phone: 604-669-9479 | Email: indigenousmgr@wishdropincentre.org

https://wish-vancouver.net/program/indigenous-health-safety/











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

YouthCo HIV & Hep C Society * \$\psi\$





- 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/



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

✓ Library

✓ Workshops and Social

✓ Public Computers

✓ WiFi

Events

Hours: *Mondays – Friday:* 9am - 4pm

Address: Glad Tidings Church, 3456 Fraser Street, Vancouver, BC, V5V 4C4

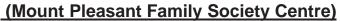
Phone: 604-684-8171 | Email: info@411seniors.org

https://www.411seniors.bc.ca/

Do you want parenting or childcare support?

CCC (Circles of Care and Connection): Early Years Refugee Program (5)





- 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

Address: Varies

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

https://mosaicbc.org/our-programs/family-support-for-newcomer-families/

Eastside Family Place Circle of Security



- Strengthen the bonds with your children and help them build secure relationships
- The Circle of Security figure is a central visual focused on helping caregivers reflect upon children's attachment needs in order to promote secure attachment with a child
- Cost: \$30 annual membership fee. Financial assistance is available if the membership price is a barrier.
- Eligibility: Children aged 0-6 and their parents or caregivers

Address: 1655 William Street, Vancouver, BC, V5L 2R3 Phone: 604-255-9841 | Email: info@eastsidefamilyplace.org https://eastsidefamilyplace.org/programs/circle-of-security/

Eastside Family Place Creating Connections and Calming the Self



- Children learn how to deepen attachment, foster emotional co-regulation and self-expression in a fun, creative environment
- Cost: \$30 annual membership fee. Financial assistance is available if the membership price is a barrier.
- Eligibility: Children aged 2-5 and their parents or caregivers

Address: 1655 William Street, Vancouver, BC, V5L 2R3

Phone: 604-255-9841 | Email: mrodrigues@eastsidefamilyplace.org

https://eastsidefamilyplace.org/programs/creating-connections-and-calming-the-self/

Eastside Family Place Drop-In



- Safe, secure and inclusive drop-in centre for families with young children
- Supports healthy development and early learning, and can provide resources and referrals to
- Cost: \$3 to attend the drop-in, plus \$30 annual membership. Financial assistance is available if the membership price is a barrier.
- Eligibility: Children aged 0-6 and their parents or caregivers

Hours: Monday, Wednesday, Friday: 9am-12pm; Tuesday, Thursday: 1pm-2:30pm

Address: 1655 William Street, Vancouver, BC, V5L 2R3

Phone: 604-255-9841 | Email: info@eastsidefamilyplace.org

https://eastsidefamilyplace.org/drop-in/

Eastside Family Place Music and Literacy

- Children enjoy a combination of movement, songs and rhymes while parents learn many fun ways to engage their child and promote early learning and literacy
- Cost: \$30 annual membership fee. Financial assistance is available if the membership price is a barrier.
- Eligibility: Children aged 0-5 and their parents or caregivers

Address: 1655 William Street, Vancouver, BC, V5L 2R3 Phone: 604-255-9841 | Email: info@eastsidefamilyplace.org

https://eastsidefamilyplace.org/programs/early-literacy-and-learning/

Eastside Family Place Nobody's Perfect



- Experiential program for parents to develop and strengthen their parenting skills.
- Cost: \$30 annual membership fee. Financial assistance is available if the membership price is a barrier.
- Eligibility: Children aged 0-6 and their parents or caregivers

✓ Childcare support

Address: 1655 William Street, Vancouver, BC, V5L 2R3 Phone: 604-255-9841 | Email: info@eastsidefamilyplace.org https://eastsidefamilyplace.org/programs/nobodys-perfect/

Family Place ₱₱



- Drop-in programs for families to come together, have fun, learn and support one another
 - Eligibility: Parents of children age 5 and under of Indigenous ancestry
 - ✓ Indigenous Elders available ✓ Snacks provided ✓ Drop-in

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: #512-1190 Melville Street, Vancouver, BC, V6E 3W1

Phone: 604-676-8250 | Email: info@hippycanada.ca https://www.mothersmattercentre.ca/what-is-hippy/

Home Visitors Program (5)



- 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 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/

Marpole Oakridge Family Place Drop-In



A child friendly environment with a wide variety of activities such as arts and crafts, puzzles, dramatic play, development of social skills, books, and games

Cost: \$2 to attend the drop-in Hours: Monday - Friday: 9am - 12pm

Address: 8188 Lord Street, Vancouver, BC, V6P 5X8

Satellite Location: Marpole Neighbourhood House, 8585 Hudson Street, Vancouver, BC, V6P 4M3

Phone: 604-263-1405 | Email: info@mofp.org

https://mofp.org/drop-in/

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.mpfcs@gmail.com

https://www.mpfamilycentre.ca/family-drop-in

Mount Pleasant Family Centre Society Nobody's Perfect



- 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 Street, Vancouver, BC, V5T 4L9 Phone: 604-872-6757 | Email: info@mpfamilycentre.ca

https://www.mpfamilycentre.ca/family-drop-in



South Vancouver Family Place Adult/Family Support



- One-on-one adult and group support programs for adults and families to talk about child development, discipline and guiding children, changing family relationships, attachment, strong emotions (anxiety, anger, tantrums, loneliness), taking care of ourselves, and generally finding ways to feel calm, happy and proud of ourselves and our children
- To register, please email or text 778-847-0467

Hours: Tuesday, Thursday: 9am-2pm; Wednesday, Friday: 9am-2pm

Address: 7710 Nanaimo Street, (Corner of 61st and Nanaimo Street), Vancouver, BC, V5P 4Y2

Phone: 604-325-5213 | Email: ed.svfp@gmail.com

https://www.southvancouverfamilyplace.org/counselling-and-adult-support/

South Vancouver Family Place Drop-In



- A child friendly environment with a wide variety of activities such as arts and crafts, puzzles, dramatic play, books, games, as well as parenting skills workshops, support and family counselling
- Coffee, tea and snacks available
- To register, please complete an online form and pay the annual \$20 fee in person
- Eligibility: Children aged 0-5 and their parents or caregivers

Hours: Tuesday, Thursday: 9am-2pm; Wednesday, Friday: 9am-2pm

Address: 7710 Nanaimo Street, (Corner of 61st and Nanaimo Street), Vancouver, BC, V5P 4Y2

Phone: 604-325-5213 | Email: ed.svfp@gmail.com

https://www.southvancouverfamilyplace.org/drop-in-family-resource-programs/

South Vancouver Family Place Nobody's Perfect



- 6-week program for parents with children 0-5 who want to strengthen their parenting skills
- Topics may include: Improving your relationships with your child and/or your partner; skills and techniques used by other people who have children of the same age; developing a better understanding of your child's emotions; self-care and enjoying your children
- To register, please email Carrie and pay the annual \$20 fee in person to join the South Vancouver Family Place
- Eligibility: Children aged 0-5 and their parents or caregivers
 - ✓ Multiple languages available

Address: 7710 Nanaimo Street, (Corner of 61st and Nanaimo Street), Vancouver, BC, V5P 4Y2

Phone: 604-325-5213 | Email: carrie.svfp@gmail.com

https://www.southvancouverfamilyplace.org/drop-in-family-resource-programs/

South Vancouver Family Place Positively Inspired Parents



- 6 to 8-week parent support program for wanting to continue the conversation about being parents and understanding children in more depth
- Offered 2 to 3 times a year
- Childminding is provided for children over 18 months
- To register, please email or text 778-847-0467
- Eligibility: Parents with children 0-5, who have taken the Nobodys' Perfect program

Hours: Monday: 9am-11am

Address: 7710 Nanaimo Street, (Corner of 61st and Nanaimo Street), Vancouver, BC, V5P 4Y2

Phone: 604-325-5213 | Email: carrie.svfp@gmail.com

https://www.southvancouverfamilyplace.org/drop-in-family-resource-programs/

South Vancouver Family Tiny Toes



- Parent-infant program focusing on physical, emotional and social wellness that encourages exploration of our well-being as people and our relationships with our babies. Offered 2 to 3 times a year
- Includes weekly grounding and relaxation exercises for parents, discussion about parenting, and fun activities that explore our personal wellness plus songs, bounces, and tickles for babies
- To register, please email or text 778-847-0467

Address: 7710 Nanaimo Street, (Corner of 61st and Nanaimo Street), Vancouver, BC, V5P 4Y2

Phone: 604-325-5213 | Email: carrie.svfp@gmail.com

https://www.southvancouverfamilyplace.org/drop-in-family-resource-programs/

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

Do you want 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 1



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: v Cultural Centres are marked by a green circle.

Find a cultural centre: http://bit.ly/VancouverCulturalCentres

Do you want 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 the Lower Mainland: https://www2.vcn.bc.ca/community-resources/wpbdp_category/spiritual-spiritual-2/

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: admin@UnityOfVancouver.org

http://www.unityofvancouver.org/

Vancouver Unitarians





- 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 49th Ave., Vancouver, BC, V5Z 2TI

Phone: 604-261-7204 | Email: info@vancouverunitarians.ca

https://vancouverunitarians.ca/

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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

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