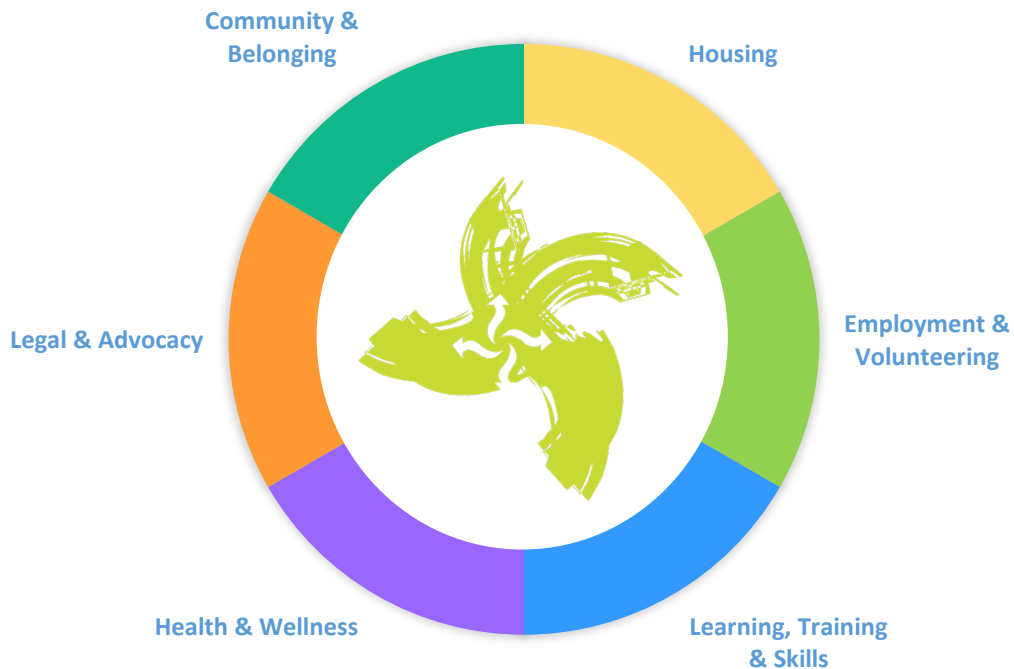


Want2

THE LIFE INTENTIONS ACTION PAPER PLANNER



Want2

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Version 100723

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HOUSING

1. Would you like to stay in the Vancouver area? Yes No Maybe

2. If **No or Maybe**, what community within BC or across Canada would you like to move to, if support was provided to help you get there?

3. Why did you select this community?

4. In the next year, would you like to move to other housing in the Vancouver area?
 Yes No Maybe

5. If **Yes or Maybe**, what neighborhood would you like to move to?

6. What type of housing would you like to move into? (*Check all that apply*)

- | | |
|---|--|
| <input type="checkbox"/> Supportive housing | <input type="checkbox"/> Studio apartment |
| <input type="checkbox"/> Subsidized housing | <input type="checkbox"/> Shared apartment with partner/roommate(s) |
| <input type="checkbox"/> Basement Suite | <input type="checkbox"/> Other: _____ |

7. What supports would you require to reach your housing intentions? (*Check all that apply*)

- | | |
|--|--|
| <input type="checkbox"/> Apartment rental search | <input type="checkbox"/> Immigrant/refugee settlement services |
| <input type="checkbox"/> First month's rent and security deposit | <input type="checkbox"/> Moving expenses (e.g., U-Haul truck) |
| <input type="checkbox"/> Modest household furnishings and kitchen essentials | <input type="checkbox"/> Transportation costs to move to another community |
| <input type="checkbox"/> Rent subsidy | <input type="checkbox"/> 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

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

- Yes No Maybe

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

- | | | |
|---|--|--|
| <input type="checkbox"/> Administration | <input type="checkbox"/> Janitorial | <input type="checkbox"/> Restaurant/Hospitality |
| <input type="checkbox"/> Arts | <input type="checkbox"/> Landscaping | <input type="checkbox"/> Retail/Sales |
| <input type="checkbox"/> Community cleaning | <input type="checkbox"/> Peer Support/Mentor | <input type="checkbox"/> Security |
| <input type="checkbox"/> Construction | <input type="checkbox"/> Pest control | <input type="checkbox"/> Skilled trade (e.g., plumber) |
| <input type="checkbox"/> Customer service | <input type="checkbox"/> Professional designation
(e.g. teacher, accountant,
etc.) | <input type="checkbox"/> Self-Employed |
| <input type="checkbox"/> Food services | | <input type="checkbox"/> Tourism |
| | | <input type="checkbox"/> Other: _____ |

3. What supports would help you achieve your work intentions? (*Check all that apply*)

- | | | |
|--|---|---|
| <input type="checkbox"/> Career counselling | <input type="checkbox"/> Help with job search | <input type="checkbox"/> Upgrading certificates/high school |
| <input type="checkbox"/> Computer skills training | <input type="checkbox"/> Interview skills | <input type="checkbox"/> Vocational training |
| <input type="checkbox"/> Clothing/equipment provided | <input type="checkbox"/> English classes | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Flexible work schedule | <input type="checkbox"/> Resume building | |

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

LEARNING, TRAINING & SKILLS

1. What is the highest level of learning or training you have completed?

- Highest grade completed (Please specify): _____
 - Vocational training (Please specify): _____
 - Partially completed college or university (Please specify): _____
 - College/University graduate (Please specify): _____
 - Trade/Technical designation (Please specify): _____
 - Certificates completed (Please specify): _____
-
-

2. Do you want to further your learning, training or skills in the next year?

- Yes No Maybe

3. If **Yes or Maybe**, what do you intend to do?

- | | |
|--|--|
| <input type="checkbox"/> Computer skills training | <input type="checkbox"/> Trade/technical/vocational training |
| <input type="checkbox"/> College/university classes | <input type="checkbox"/> Upgrading high school classes |
| <input type="checkbox"/> GED classes/finishing high school | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> English language classes (ESL) | |

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

VOLUNTEERING

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

- Yes No Maybe

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

- | | |
|--|--|
| <input type="checkbox"/> Arts & Culture | <input type="checkbox"/> LGBTQIA2S+ |
| <input type="checkbox"/> Community Development & Housing | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Disability Services | <input type="checkbox"/> Religion & Spirituality |
| <input type="checkbox"/> Education & Research | <input type="checkbox"/> Seniors |
| <input type="checkbox"/> Environment & Animals | <input type="checkbox"/> Sports & Recreation |
| <input type="checkbox"/> Family & Children | <input type="checkbox"/> Volunteer Coordination |
| <input type="checkbox"/> Health & Social Services | <input type="checkbox"/> Women's Services |
| <input type="checkbox"/> Immigrant Services | <input type="checkbox"/> Youth Development |
| <input type="checkbox"/> Indigenous Services | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Law, Advocacy & Politics | |

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

HEALTH & WELLNESS

Physical Health

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

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

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

Yes No Maybe

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

Dental Health

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

1	2	3	4	5	6	7	8	9	10
No 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

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

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

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

Yes No Maybe

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

Eyesight

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

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

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

Yes No Maybe

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

Substance Use

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

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

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

Yes No Maybe

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

Mental Wellness

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

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

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

Yes No Maybe

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

LEGAL

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

- Yes No Maybe

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

- Child custody
- Fines and pending charges (e.g., Criminal charges, unfiled taxes)
- Permanent resident status/immigration
- Other: _____

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

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

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

- Yes No Maybe

2. If **Yes or Maybe**, in what area(s) do you need advocacy help? (*Check all that apply*)

- | | |
|--|--|
| <input type="checkbox"/> Accessing housing, employment, or income benefits | <input type="checkbox"/> ID replacement |
| <input type="checkbox"/> Filing taxes | <input type="checkbox"/> Victim services |
| <input type="checkbox"/> Help managing finances | <input type="checkbox"/> Immigrant/refugee settlement services |
| | <input type="checkbox"/> Other: _____ |

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

COMMUNITY & BELONGING

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

Yes No Maybe

2. If **Yes or Maybe**, what would interest you? (*Check all that apply*)

- | | |
|---|---|
| <input type="checkbox"/> Access to city pools or skating rinks | <input type="checkbox"/> Fitness |
| <input type="checkbox"/> Arts & crafts | <input type="checkbox"/> Movie nights |
| <input type="checkbox"/> Childcare and parenting resources | <input type="checkbox"/> Music |
| <input type="checkbox"/> Connect with the local community | <input type="checkbox"/> Reading & writing |
| <input type="checkbox"/> Connect with a religious or spiritual group or service | <input type="checkbox"/> Seniors groups and events |
| <input type="checkbox"/> Cultural activities & learning | <input type="checkbox"/> Sports & recreation |
| <input type="checkbox"/> Disability services & groups | <input type="checkbox"/> Technology & digital literacy |
| <input type="checkbox"/> (English) language & immigration resources | <input type="checkbox"/> "Things to do" or events around town |
| | <input type="checkbox"/> Other: _____ |

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

DEMOGRAPHICS

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











1. What is your age?

- Under 18
- 18-24 years old
- 25-54 years old
- 55+
- Prefer not to say

2. What gender do you identify with?

- Male
- Female
- Non-binary
- Prefer not to say
- Other: _____

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

- Everyone (19+) 
- Indigenous (Status Indians, Non-status Indians, First Nations, Metis, Inuit) 
- LGBTQIA2S+ (lesbian, gay, bisexual, transgender, queer, two-spirited) 
- Women 
- Men 
- Youth 
- Family 
- Seniors 
- 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)

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

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

STEP 1: _____ _____ _____	Target Date: _____	<input type="checkbox"/> ✓ When completed
STEP 2: _____ _____ _____	Target Date: _____	<input type="checkbox"/> ✓ When completed
STEP 3: _____ _____ _____	Target Date: _____	<input type="checkbox"/> ✓ When completed

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

7. How often will I check in with them? _____

8. When will I check in with them? (*Date*): _____

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

	Challenge	Solution
1		
2		
3		

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

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

MAKING MORE OF THE CHANGES I WANT (optional)

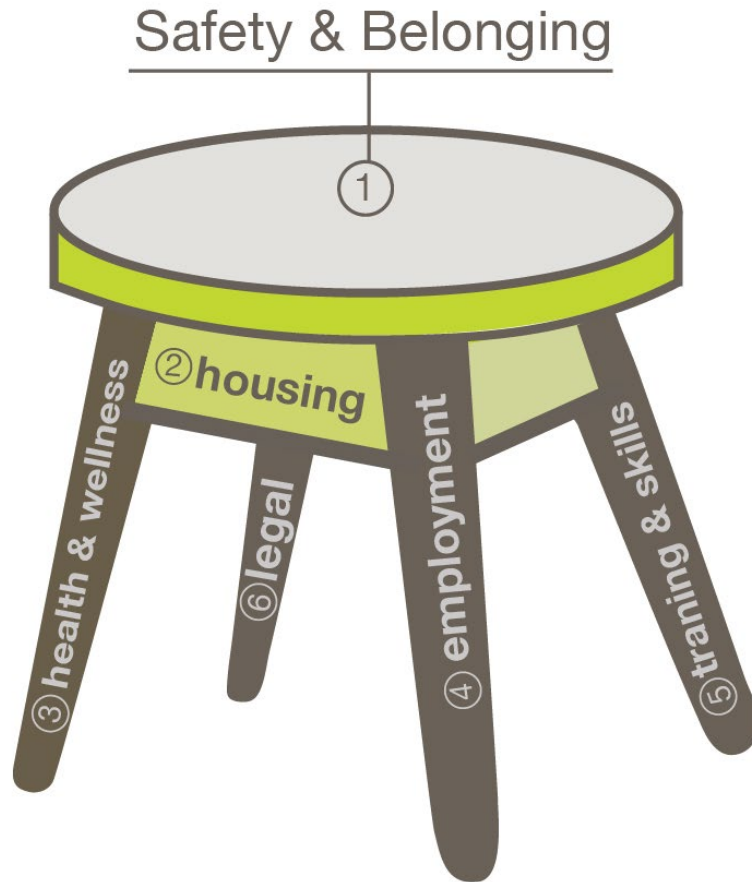
1. After I have completed my previous goal, my next focus is:

- Housing
- Employment
- Learning, Training & Skills
- Volunteering
- Health & Wellness:
 - Physical Dental Hearing
 - Eyesight Substance Use Mental Wellness
- Legal & Advocacy
- Community & Belonging
- Other: _____

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

Congratulations!
You completed your
life intentions action
plan!





























Thriving Citizens



Streetohome Stool




Companion Guide to Services




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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

-  Everyone (19+)
-  Disability
(Visible & Invisible)
-  Family

-  Immigrant & Convention Refugee
-  Indigenous
-  LGBTQ2SAI+

-  Men
-  55+ Seniors
-  Women
-  Youth

About the Guide

To be included in the **Companion Guide to Services**, resources must align with the Streethome Stool (<http://www.streethome.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 Streethome volunteers. The most current version of the Guide can be found at <https://www.streethome.org/project/smart-cities-life-intentions/>. If you become aware of outdated information in the resource guide, please contact Streethome by calling 604-629-2711 ext. 103 or email info@streethome.org.



Want2

The Life Intentions Action Planner is now online!



Scan the QR code to launch want2.ca

Housing

Are you looking for different housing?

Find the most up-to-date resources at www.want2.ca



BC Housing

- Provides housing assistance for vulnerable individuals

- ✓ Financial assistance for housing

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

Rental Assistance Program (RAP)

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

Phone: 604-433-2218

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

Shelter Aid for Elderly Renters (SAFER)

- Provides monthly direct deposit payments to subsidize rents for BC seniors with low to moderate incomes
- Eligibility: Ages 60 and over; must have low or moderate income; and lived in BC for 1 year

Phone: 604-433-2218

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

Subsidized Housing

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

Phone: 604-433-2218

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

Supportive Housing Registration

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

Phone: 604-433-2218

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

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

Housing

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

- 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

SHINE (Seniors Services Society)

- Supports vulnerable seniors who are at risk of becoming homeless to navigate housing, mental health, and addiction support.
- Please call 604-520-6621 for an assessment over the phone

Phone: 604-520-6621 | **Email:** christinep@seniorsservicessociety.ca

<https://www.seniorsservicessociety.ca/shinebc/>

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



Housing

West End Seniors Network Housing Navigation

- 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 Vancouver

Address: Kay's Place, 118-1030 Denman Street, Vancouver, BC, V6G 2M6

Phone: 604-669-7339 | **Email:** susan@wesn.ca

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

Vancouver Aboriginal Friendship Society Reaching Home

- Provides a range of services to Indigenous Peoples who are homeless or at risk of homelessness, including housing placement, financial assistance, and case management to ensure that individuals have access to the support they need to secure and maintain safe and stable housing.

Hours: Monday – Friday: 9am - 5pm

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

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

<https://vafcs.org/housing-security>

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 3 months of statements for all bank and credit card accounts
✓ 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 108) for help with finding housing.



Employment

Do you want to find new work opportunities?

Find the most up-to-date resources at www.want2.ca



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

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

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/>

Bidders Project

Industries: (Community Cleaning)

- Earn extra money that's flexible to your schedule.
- Connect with the binning and recycling community.
- Build your skills through our monthly training program. Learn more in: recycling expertise, reporting on key data and metrics, and professionalism, leadership, and other soft-skills.
- To join, drop by a meeting: Tuesdays 5pm - 5:30pm.

- ✓ 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@biddersproject.org

<https://www.biddersproject.org>

Employment

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 | ✓ Opportunities for growth | ✓ No reference/resume needed |
| ✓ Transportation support | ✓ Job placement | ✓ Work gear provided |
| ✓ Skills training/Upgrading | ✓ Free meals | |

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

Address: 1848 Commercial Dr. Vancouver, BC, V5N 4A5

Phone: 604-688-9116 | **Email:** bladerunners@accessfutures.com

<https://www.accessfutures.com/bladerunners/>

Canadian Council on Rehabilitation and Work **Employment Services**

Industries: (Job-Readiness)

- Offers support and training for job seekers with disabilities (physical, sensory, medical, learning and/or mental health disabilities)
- | |
|-----------------------|
| ✓ Resume writing |
| ✓ Mentorship/Coaching |
| ✓ Job search support |

Address: 2005 Quebec Street, Vancouver, BC, V5T 2Z6

Email: vancouver@ccrw.org

<https://ccrw.org/employment-services/job-seekers-and-workers/>



Career Zone Youth Employment Centre (YWCA)

- Access a range of free employment services. These include workshops, one-to-one career support, access to funding for training, personalized resume and cover letter review, and more. Career Zone is currently providing both in-person and virtual services.
 - Eligibility: Aged 16-30
- | | | |
|----------------------|------------------------|-----------------------|
| ✓ Job search support | ✓ Resume writing | ✓ Mentorship/Coaching |
| ✓ Financial support | ✓ Variety of workshops | |

Hours: Monday-Wednesday and Friday: 9:30am-5pm, Thursdays:10am-5pm (closed everyday 1pm-2pm)

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

Phone: 604-605-4666 | **Email:** careerzone@ywcavan.org

<https://ywcavan.org/career-zone>



Employment

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

• Please send a resume by email to info@cleanstartbc.ca

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

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
- Please send a resume and cover letter to apply
- 3-6 month program

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

- ✓ Flexible schedule
- ✓ Low-cost meals
- ✓ 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

Employment

Embers Eastside Works

Industries: (Light Labour) (Peer Work)

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

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/eastside-works/>

Embers Staffing Solutions

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

- Provides a supportive work environment and a ladder of opportunities
- If you work for Embers for specific amount of times, you'll be eligible for worker support programs, help with services like (free food, getting IDs, clothing, connection to resources and connecting with mental health support), matched savings programs, and health and dental programs
- Take an orientation Monday, Wednesdays and Fridays at 10:15am
- ✓ Skills Training/Upgrading
- ✓ Mentorship/Coaching
- ✓ Work gear provided
- ✓ Transportation support
- ✓ Free meals
- ✓ Opportunities for growth
- ✓ No reference/resume needed

Hours: Monday - Friday: 5:30am - 5:30pm; Saturday: 6am - 10am

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

Phone: 604-692-0781 | **Email:** vancouver@embersstaffing.com

<https://embersstaffing.com/job-board/>

Employment Navigator

Industries: (Job-Readiness)

- Helps single mothers access resources and education during the pre-employment and employment stages, empowering them with the tools and skills necessary to overcome barriers and achieve financial independence
- Participants receive detailed information about bursaries, scholarships and government funding opportunities
- Eligibility: Single mothers who live in Metro Vancouver or the Fraser Valley and have a desire to achieve employment

Address: Various locations

Phone: 778-554-6704 | **Email:** mtaunu@ywcavan.org

<https://ywcavan.org/employment-navigator>

Employment

Environmental Youth Alliance

- Various land-based education and environmental job skill training programs in Vancouver's Eastside. Connect with nature, build relationships with peers, explore your interests, and grow new skills to steward the land and pursue jobs related to environmental justice.
- Led by youth educators who identify as Indigenous, Black, or People of Colour and integrate Indigenous teachings through visits from Elders and Knowledge Keeper
- Eligibility: *Varies depending on program.* Youth ages 18-25 who identify as Black, Indigenous, People of Colour, or living with a disability.

Address: #500-610 Main Street, Vancouver, BC, V6A 2V3

Phone: 604-689-4446 | **Email:** info@eya.ca

<https://eya.ca/>



Hives for Humanity

Industries: (Beekeeping) (Gardening) (Craftsmanship)

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

NOTE: Call or email ahead for intake.

Hours: Monday – Friday: 9am - 5pm

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

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

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

Employment

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 16-29 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: 604-253-9675 | **Email:** tasha@froghollow.bc.ca

<https://www.drivethemployment.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



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/>



Employment

Kettle SEED

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

- Helps you acquire the practical skills and confidence needed to transition from unemployment to satisfying and meaningful paid supported employment
 - Eligibility: Must have lived experience with mental illness
- ✓ Flexible schedule ✓ Mentorship/Coaching ✓ Ongoing support

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

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

Phone: 604-251-1126 | **Email:** mjerome@thekettle.ca

<https://www.thekettle.ca/supported-employment-seed>

Megaphone

Industries: (Magazine and calendar sales)

- If you are experiencing poverty, homelessness, and/or living on a low fixed income, and looking for a way to earn money through a flexible job come to a vendor training session to learn more
 - Walk-in on Monday, Tuesday, and Friday for questions or training
- ✓ Flexible schedule ✓ No reference, ID, or resume needed ✓ Mentorship/Coaching
✓ Skills training/Upgrading ✓ Work gear provided

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 who wish to transform their lives by offering training, coaching, and meaningful work opportunities
- Free breakfast Saturdays at 8:30 am at 543 Powell Street
- MP Maintenance is a full-service exterior property cleaning company
- MP Neighbours complete regular regular neighbourhood routes in the Downtown Eastside, providing referral services to people on the streets, checking in with businesses, building connections between these diverse groups, as well as picking up needles.

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

Hours: Monday - Friday: 9am – 3:30pm

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>

Employment

Musqueam Employment and Training Department

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: 604-269-3461 | **Email:** employassist@musqueam.bc.ca

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

Pathways to Success

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
- 3 days a week, 4 hours a day (all paid)
 - ✓ Course length: 12 weeks
 - ✓ 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://www.potluckcatering.org/pathwaystosuccess>

Painter Sisters

Industries: (Arts)

- Provides women affected by violence and who face barriers to employment with a skill that allows them to regain entry to full-time employment and to attain financial independence
- All women who successfully complete the training will be hired part-time by the Painter Sisters.
- Provides job safety skills, technical painting skills (Job preparation to completion), first aid (level 1), essential workplace skills, how-to for minor home repair, and training will include on-site hands-on instruction in real work environment as well as in training facility
 - ✓ Course length: 12 weeks
 - ✓ Skills training/Upgrading
 - ✓ Mentorship/Coaching
 - ✓ Referrals to other services
 - ✓ Job search support

Address: #201-190 Alexander Street, Vancouver, BC, V6A 1B5

Phone: 604-681-4437 | **Email:** paintersisters@atira.bc.ca

<https://atira.bc.ca/what-we-do/program/painter-sisters/>

Employment

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 24, eligible to work in Canada
 - ✓ Job search support
 - ✓ Work gear provided
 - ✓ Mentorship/Coaching
 - ✓ Resume writing
 - ✓ Opportunities for growth
 - ✓ Free meals



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>

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: 334 Alexander St., Vancouver, BC, V6A 1C3

Phone: 604-669-9474 | **Email:** info@wishdropincentre.org

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

Employment



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: 604-334-6372 | **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: 604-829-2300 | **Email:** info-vancouvermidtown-east@workbc.ca
<https://www.workbccentre-vancouvermidtown-east.ca/>

Vancouver South

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

Phone: 604-263-5005 | **Email:** info-vancouversouth@workbc.ca
<http://workbccentre-vancouversouth.ca/>

West Broadway

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

Phone: 604-688-4666 | **Email:** info-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/>

Employment

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)
- | | | |
|---------------------------|-------------------|------------------|
| ✓ Course length: 10 weeks | ✓ Ongoing support | ✓ Resume writing |
| ✓ Paid training | ✓ 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)

- Helps newcomer refugee women to kick-start a meaningful career in Canada. Join the info session to learn more.
 - 20 weeks of career counseling (6 weeks of employment workshops, 2 weeks of job development, and up to 12 weeks of follow-up)
 - Job placement support with WorkBC wage subsidy
 - Financial support for micro-credentials
 - 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
- | | | |
|-----------------------|--|----------------|
| ✓ Support plan | ✓ Financial assistance for transit and childcare | ✓ Peer support |
| ✓ Mentorship/Coaching | | |

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

Phone: 778-222-0482 | **Email:** aspire@ywcavan.org

<https://ywcavan.org/aspire>

Employment

YWCA PowerUp



Industries: (Self-Employment) (Small Business)

- Offers two streams to suit your goals, strengths, and preferences
- PowerUp Explore: For aspiring entrepreneurs exploring the idea of self-employment. Participants take part in interactive assessments and training sessions with Business Advisors to get them started on their journey to entrepreneurship.
- PowerUp Ready: Flexible 10-week business training for women entrepreneurs ready to start or grow their businesses.
- Eligibility: Self-identifying women who are looking to develop skills; Canadian citizen or Permanent Resident

✓ Mentorship/Coaching

Address: 535 Hornby Street, Vancouver, BC, V6C 2E8

Phone: 604-968-4151 | **Email:** powerup@ywcavan.org

<https://ywcavan.org/powerup>

YWCA Job Futures 55+

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, not actively participating in, and receiving financial supports from another provincially or federally funded labour market program; living in Metro Vancouver; unemployed or precariously employed and not a full-time student

✓ 10-week program

✓ Transportation support

✓ Coaching/Mentorship

✓ Support plan

✓ Job search support

Address: This program is hybrid – partially online and partially in person

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

<https://ywcavan.org/job-futures>

YWCA Skills for Success



Industries: (Manufacturing)

- Prepares participants for careers in the manufacturing industry
- 8 weeks of workshops and 8 weeks of paid placements
- Eligibility: A self-identified racialized or visible minority person (all genders); interested in a manufacturing industry career path; Permanent Resident, Protected Person (Convention Refugee) in Canada or Canadian Citizen

✓ Financial supports available

Address: 720 E. Hastings St, Vancouver, BC, V6A 1R5

Phone: 778-554-2290 or 604-335-0887 | **Email:** ms4s@ywcavan.org

<https://ywcavan.org/skills-for-success>



Volunteering

Do you want to find volunteer opportunities?

Find the most up-to-date resources at www.want2.ca



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/support>

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-programs/youth-engagement-program/>

Canadian Mental Health Association

- 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: #905-1130 West Pender St., Vancouver, BC, V6E 4A4

<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>



Volunteering

City of Vancouver

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

DTES Women's Centre Skills Development Program

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

✓ Clothing Room Attendant	✓ Shelter Support Worker
✓ Food Prep & Food Service	✓ Street Market Vendor
✓ Receptionist	✓ Workshop Facilitator

Hours: Tuesday – Saturday: 10am - 5pm

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

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

<https://dewc.ca/programs/skills-development>

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/>

Environmental Youth Alliance

- Various job training and recreational programs to help you develop skills and confidence. Connect with nature, explore your interests, and grow new skills to steward the land and pursue jobs related to environmental justice.
- Led by youth educators who identify as Indigenous, Black, or People of Colour and integrate Indigenous teachings through visits from Elders and Knowledge Keeper
- Eligibility: Youth ages 18-25 who identify as Black, Indigenous, People of Colour, or living with a disability.

Address: #500-610 Main Street, Vancouver, BC, V6A 2V3

Phone: 604-689-4446 | **Email:** info@eya.ca

<https://eya.ca/>



Volunteering

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/>

Kinnections

- Mentoring for self-identifying Indigenous youth who are matched with trained, screened volunteer mentors.
- Volunteer mentors meet with youth for two to four hours per week, for at least a year.
- Volunteers in this program share skills and knowledge, and receive ongoing training in areas such as cultural awareness, life skills coaching, conflict resolution, online safety, mental health, and healthy boundaries, while gaining valuable experience. Mentors receive training before being matched with youth, and support and training from UNYA staff continues throughout the mentorship

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

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

<https://unya.bc.ca/programs/kinnections-program/>

Museum of Vancouver

- Lead educational programs, do research or data administration, or help at special events

Address: 1100 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

- Volunteer for a community of support for people in recovery from substance use, other addictions, 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>



Volunteering

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

Address: 1205 E 7th Ave, Vancouver, BC V5T 1R1

Phone: 604-879-7721 | **Email:** volunteers@spca.bc.ca

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

Strathcona Community Policing Centre

- Champions safety and wellbeing in Strathcona through volunteer programs and services that offer meaningful opportunities to contribute to the community.
- Connects residents with CPC programs and other community-based services

Hours: *Tuesday-Thursday: 8:30am - 4:30pm; Friday: 10am - 4pm; Saturday: 10am - 2pm*

Address: 872 East Hastings Street, Vancouver, BC, V6A 1R6

Phone: 604-717-0622 | **Email:** info@strathconacpc.ca

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

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:** eventscoordinator@vafcs.org

<https://vafcs.org/volunteer>

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?

Find the most up-to-date resources at www.want2.ca



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 immigrants; a permanent resident or Canadian citizen; residing in BC or Ontario
- ✓ 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)



Industries: (Career Development) (Job-readiness)

- Supports women to identify their skills, interests and to develop personal and career goals
 - Includes short term certifications such as First Aid, Food Safe and Serving It Right, long-term 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
 - To apply, please fill out the referral form and upload your resume and cover letter.
 - Eligibility: Ages 16-30; lives in the Lower Mainland; has not completed a post-secondary degree or participated in another program funded by Access BladeRunners; must be a Canadian Citizen or permanent resident
- ✓ Course length: 6 weeks ✓ Paid training (\$75/week)

Hours: Tuesday, Wednesday and Thursday from 1pm-4pm

Address: Hybrid at different locations – please email for the address

Phone: 604-999-2301 | **Email:** baristas@pcrs.ca

<https://pcrs.ca/our-programs/baristas-program/>

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 or in Canada under CUAET measures.
- ✓ Course length: 10 weeks

Address: Now online

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

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

Career Paths for Skilled Immigrants – Health (Douglas College)

Industries: (Job-Readiness) (ESL) (Health)

- Work one-to-one with career coaches and gain valuable resources needed to launch your career in Canada's health care system as a nurse, physician, sonographer, or health care assistant
- Eligibility: Have 1 year of international work experience as a Certified Nurse (RN/LPN/RPN), Physician (General Practitioner or Specialist), Sonographer, or Health Care Assistant; meet the following English language requirements: Sonographer, Health Care Assistant: Minimum CLB 6+ or equivalent, Nurses, Physicians: No more than one level below the regulatory requirements; be a Permanent Resident (10 years or less) currently living in British Columbia; be unemployed or not working in your pre-landing profession

Address: 700 Royal Avenue New Westminster, BC V3M 5Z5

Phone: 604-588-7772 | **Email:** careerpaths@douglascollege.ca

<https://www.douglascollege.ca/programs-courses/training-group/employment-services-career-development/internationally-trained-health>

Career Paths for Skilled Immigrants – Education & Social Services (Douglas College)

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

- Work one-to-one with career coaches and gain valuable resources needed to launch your career in Canada's health care system as a social service worker, community service worker, university professor, college or vocational Instructor, early childhood educator or ECE teaching assistant
- Eligibility: Have 1 year of international work experience as a Social Service Worker, Community Service Worker, University Professor, College or Vocational Instructor, Early Childhood Educator or ECE Teaching Assistant; meet the following English language requirements: Social Service Worker, Community Service Worker, University Professor, College or Vocational Instructor: Minimum CLB 6+ or equivalent, Early Childhood Educator or ECE Teaching Assistant: Minimum CLB 5+ or equivalent; be a Permanent Resident (10 years or less) currently living in British Columbia; be unemployed or not working in your pre-landing profession

Address: 700 Royal Avenue New Westminster, BC V3M 5Z5

Phone: 604-588-7772 | **Email:** careerpaths@douglascollege.ca

<https://www.douglascollege.ca/programs-courses/training-group/employment-services-career-development/internationally-trained-edu>

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: 604-324-7733 | **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)

- Helps newcomers with professional experience struggling to find work by re-aligning their profession to a career in BC. Career Paths focuses its services based on their education, training, and experience in regulated occupations (requiring an educational certificate & experience) and unregulated professions or alternative careers (do not require a license)
 - Provides self-paced, flexible services and get access to training funds, learn occupation-specific language, connect to employers, and gain Canadian work experience
 - Info sessions are offered every Tuesday from 12pm to 1pm
 - Eligibility: A resident of city of Vancouver; Permanent resident within last 10 years; 3 years pre-arrival 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. Clients who are receiving IE, BCEA may be eligible for Career Path. Clients receiving Hardship Assistance may also be eligible for CPSI.
- ✓ Course length: 12-24 months ✓ Mentorship/Coaching ✓ Financial assistance
✓ Job search support ✓ Support plan ✓ Skills training/upgrading

Address: Now online

Phone: Construction & Engineering, and Technology Professions: 604-375-2105

Non-regulated and Regulated Professions: 604-360-3574

Email: careerpaths@issbc.org

<https://issbc.org/our-programs-and-services/career-paths-for-skilled-immigrants/>

Learning, Training and Skills

Coast Clubhouse Learning Centre: Basic Education Courses

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

- Gr. 3-8 equivalency courses
- Please call for more information, as these courses are not offered all the time

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

Phone: 604-675-2363 | **Email:** info@coastmentalhealth.com

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

Computer Literacy Workshops

Industries: (Computer Skills)

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

Address: #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 3 hours long; Saturday classes are 5.5 hours long
 - Eligibility: Ages 16 and older
- ✓ Course length: 5 weeks (6 days a week)

Address: Self-paced 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
- | | | |
|---------------------------|--------------------------|----------------------|
| ✓ Course length: 3 months | ✓ Counselling | ✓ Job search support |
| ✓ Free meals | ✓ Transportation support | |

Address: 641 Columbia Street, New Westminster, BC, V3M 1A8

Phone: 604-764-9453 | **Email:** help@danslegacy.com

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



Edx

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

Embers Learn and Earn

Industries: (Construction)

- Gain skills and learn about the Canadian labour market
- Eligibility: Ages 15 and up

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/embers-training/>

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/embers-training/>

Embers Youth Programs and Career Exploration

Industries: (Construction)

- Learn about the Canadian labour market and different career options
- Eligibility: Ages 15-29; unemployed or precariously employed; not in full-time education; a Canadian citizen or permanent resident

Hours: Monday – Friday: 5:30am - 6pm; Saturday: 6am - 10am

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

Phone: 604-692-0781 | **Email:** jessica@emberscanada.org

<https://emberscanada.org/embers-training/>

Learning, Training and Skills

Employ to Empower - Entrepreneurship / Self-employment



Industries: (Self-Employment, Small Business Training)

- Ideation workshop: 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
- Business Skills Training Program: Interactive curriculum (starts quarterly) to support people in the community with building a business plan
- 10 weeks, 1 class a week (2-3 hours)
- Bring your business idea and meet other entrepreneurs
- After graduating, you can apply to receive mentorship, network, attend peer gatherings, and access various workshops
- Contribute to the community through various projects/events
 - ✓ Course length: 10 weeks, 1 class a week (2 hours)
 - ✓ Variety of workshops
 - ✓ Business development courses

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

Email: isa@employtoempower.com

<https://employtoempower.com>

Frames Film Program



Industries: (Film Production)

- Provides opportunities for youth to learn the basics of filmmaking in a supportive, safe and fun environment
- Eligibility: Identify as Indigenous or an Ally; ages 16-30; living in the Lower Mainland; facing a barrier in your life (e.g., housing, mental health, food insecurity, substance use)
 - ✓ Course length: 12 weeks, 3x year
 - ✓ Transportation support
 - ✓ Self-referrals accepted
 - ✓ Free meals
 - ✓ Mentorship/Coaching

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

Phone: 250-878-2405 | **Email:** amandarose@froghollow.bc.ca

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

HAVE Culinary Training Society – Culinary Peer Training Program



Industries: (Food Services)

- HAVE provides culinary job training to individuals in Vancouver who experience barriers to employment (e.g., physical disability, mental health, poverty, substance use or homelessness)
- Learn cleaning, prepping and cooking skills
 - ✓ Mentorship/Coaching
 - ✓ Transportation support
 - ✓ Work gear provided

Address: 374 Powell Street, Vancouver, BC, V6A 1G4

Phone: 604-696-9026 | **Email:** info@have-cafe.ca

<https://www.have-cafe.ca/>

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 18 and over; 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, 4 hours/day

Address: Online

Phone: 604-495-0580 | **Email:** outreach@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 18 and over. Must have a high school diploma or GED and a valid social insurance number (SIN) or valid work permit and be unemployed, under-employed or facing financial challenges and barriers to employment. Must have advanced English language skills, level 7 and above including speaking, reading, writing and understanding.
- ✓ Course length: 15 weeks, ✓ Mentorship/Coaching ✓ Job placement support
Monday to Friday, 4 hours/day

Address: Now Online

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

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

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

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

Phone: 604-253-9675 | **Email:** driveemployment@froghollow.bc.ca

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

Melius Mentorship Network

- Guides and preps refugee and immigrant youth for post-secondary education. Provides one-on-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

- 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 Thursday at 1pm
 - 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:** erp@mission-possible.ca

<https://www.mission-possible.ca/employment-readiness-program>

Musqueam Education Homework Club



- Tutors for elementary and high school
- Monday and Wednesday from 3:30-5:30pm in the library (second floor of the community centre)
- 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 15-30
- ✓ 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/>

Sarah McLachlan School of Music



Industries: (Music)

- We offer a full spectrum of music programming and learning resources for youth, and ukulele classes for seniors
- Please apply online
- Eligibility: Ages 0-24, and 55 and over; facing socio-economic barriers to access

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

Industries: (Self Employment)

- Offers immigrants and other newcomer to Canada the opportunity to obtain the knowledge and skills to become a small business owner.
- Eligibility: Ages 19 and over; must be a permanent resident, protected person or a convention refugee; living in Canada fewer than five years

- ✓ Course length: 10 weeks
- ✓ Mentorship/Coaching
- ✓ Transportation support
- ✓ Job placement
- ✓ Childcare support
- ✓ Support plan

Hours: Typically, 9:30 a.m. to 12:30 p.m., Monday to Friday

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

Email: YGV-SEForNewcomers@bc.ymca.ca

<https://www.gv.ymca.ca/self-employment-newcomers>



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

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 fields including carpentry, piping, electrical, business administration, project management, leadership, etc.
- Eligibility: First Nations Status, Non-Status, Métis, or Inuit

- ✓ No reference/resume needed
- ✓ Job search support
- ✓ Mentorship/Coaching
- ✓ Transportation support
- ✓ Childcare subsidy
- ✓ Meal subsidy
- ✓ Paid training
- ✓ Work gear provided

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

Address: #3-1500 Railway St., North Vancouver, BC, V7J 1B5

Phone: 604-980-7946 | **Email:** tradescentre@squamish.net

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

Learning, Training and Skills

STRIDES Opportunities Fund

- Provides different types of services including job search, pre-employability, wage subsidies, work placements, and employer awareness initiatives that encourage employers to hire persons with disabilities
- STRIDES is also able to provide other financial supports to assist the candidate towards a successful wage subsidy or self-employment intervention. Such supports include living, travel, disability supports, adaptive technology, and skills for employment.
- Eligibility: Must self-disclose as having a disability that impacts their ability to obtain or maintain employment; be 16 years or older; is a Canadian citizen, permanent resident or has refugee status; legally allowed to work in Canada; requires assistance to prepare for, obtain and keep employment or self-employment, as well as to advance in their careers.

Phone: 1-866-377-3670 | **Email:** strides@opendoorgroup.org

<https://www.opendoorgroup.org/programs/oppsfund/>

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

Address: Multiple locations

Phone: 236-888-7456 | **Email:** thiswayonward@pcrs.ca

<https://pcrs.ca/our-programs/this-way-onward/>

UBC Learning Exchange

Industries: (Computer Skills) (ESL)

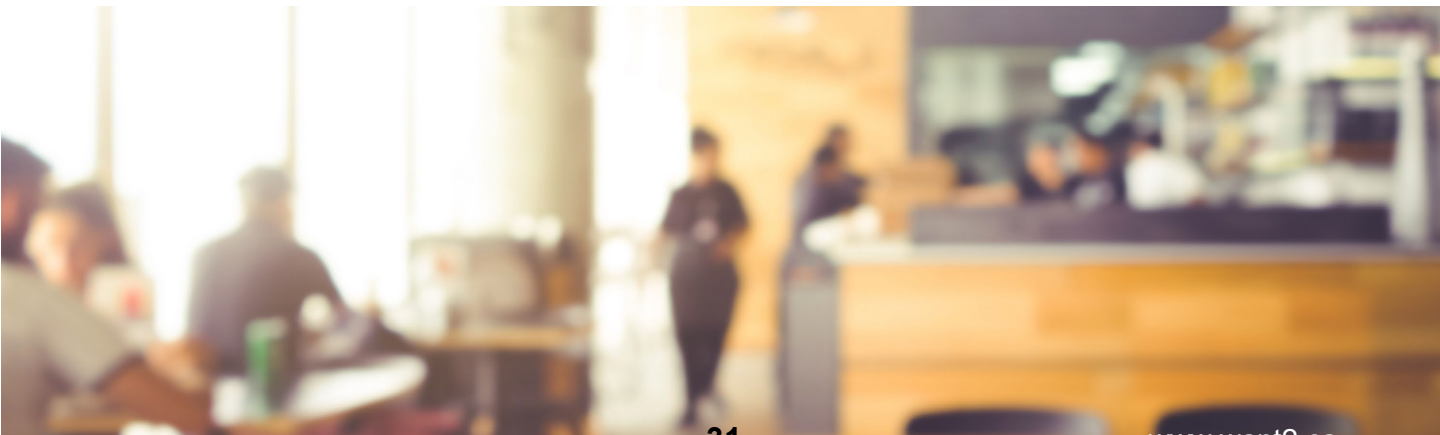
- Drop-ins and free workshops to develop computer skills. Also offers English conversation classes and activities.
- See online schedule for various Tech Café times and locations

Hours: *Tuesday:* 9am – 12pm; *Wednesday and Thursday:* 9am – 12pm, 1pm - 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 self-advocate and begin to connect to learning
- Participants can access one-on-one tutoring to upgrade their education. Includes: learning computer skills, writing, and engaging in arts and crafts

Hours: *Monday & Tuesday:* 6pm – 8:30pm

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

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

<https://wish-vancouver.net/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 (permanent resident or convention refugee) youth ages 15-30
 - ✓ Course length: 8 weeks

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@bc.ymca.ca

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

YMCA Early Childhood Education Assistant (ECEA) Training

Industries: (Early Childhood Education)

- Prepares young adults and newcomers for jobs in Early Childhood Education
- Get skills and certification for jobs like Early Childhood Education Assistants for kids ages 2-5
- Eligibility: Ages 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; living in the Vancouver, Lower Mainland or Fraser Valley area
 - ✓ Skills training/Upgrading
 - ✓ Mentorship/Coaching

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

Phone: 778-386-0853 | **Email:** eceatraining@bc.ymca.ca

<https://www.gv.ymca.ca/ecea-training>

YMCA Self-Employment

Industries: (Self Employment)

- Online program that takes you from business concept, to running day-to-day business operations.
- Eligibility: Ages 18 and over; eligible to work in Canada; unemployed or under-employed, working less than 20 hours a week; with an active EI, reachback or disability designation
 - ✓ Course length: 48 weeks
 - ✓ Mentorship/Coaching

Address: Online

Email: cindy.quinones@bc.ymca.ca

<https://www.gv.ymca.ca/self-employment>

Youth For Entrepreneurship (Y4E)

Industries: (Self Employment) (Small Business)

- Workshops on a variety of topics including funding and financing, establishing your brand, identifying your target audience and making the most of social media
- Eligibility: Ages 15-24

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

<https://ymcagta.org/youth-programs/y4e#signup-y4e>

YWCA Accelerate

Industries: (Administration)(Customer Service)

- Supports youth to find work in entry level administration and customer service
 - Paid training and work experience, follow-up support and professional certifications
 - Please register online: <https://ywcavan.org/accelerate>
 - Eligibility: Ages 15-30; must be a Canadian citizen, permanent resident or a confirmed refugee
- ✓ Course length: 6 weeks of workshops ✓ Ongoing support ✓ YWCA additional services
✓ Paid training ✓ Skills training/Upgrading

Address: 2nd Floor, 1256 Granville Street, Vancouver, BC

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 violence to help them develop an employment or training plan to achieve sustainable employment or further education
- Eligibility: Immigrant women who is a survivor off violence; resident of BC

- ✓ 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; legally able to work in Canada; unemployed, underemployed (working less than 20h/week) and not a full-time student

✓ 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 16-29 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: 12 weeks

✓ Ongoing support

✓ YWCA additional services

✓ Mentorship/Coaching

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: 12 weeks

✓ Job search support

✓ Mentorship/Coaching

✓ Transportation support

✓ Ongoing support

✓ YWCA additional services

✓ Childcare support

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

Phone: 604 219 8525 | **Email:** techconnect@ywcavan.org

<https://ywcavan.org/tech-connect>



Do you want to find help learning English?

Find the most up-to-date resources at www.want2.ca



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

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:** volunteer.vanrich@issbc.org

<https://issbc.org/our-services/community-connections>

Community English Classes (Pacific Immigrant Resources Society)

Industries: (ESL)

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

Address: Please call for the most up-to-date location and hours

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

<https://pirs.bc.ca/programs-services/english-language-learning/>

EAL/ESL English as a 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: Online

Phone: 604-433-1453 | **Toll-free:** 1-888-223-5669 | **Email:** ohsadmin@bcfed.ca

<https://www.healthandsafetybc.ca/programs/eal/>

English Conversation Program

- English conversation sessions (approx. 1 hour) and activities (for beginners and intermediate learners)
- Registration is by appointment only
- Eligibility: Canadian citizens, permanent residents, refugees, long-term work permit and study permit holders who are 19 years of age and older

Hours: *Classes are Tuesday to Thursday*

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

Phone: 604-822-6169 | **Email:** ecp.info@ubc.ca

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



LINC Classes (Language Instruction for Newcomers to Canada)

Industries: (ESL)

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

Phone: 604-876-5756 | **Email:** lincinfovancouver@telus.net

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. 1103 | **Email:** lincvancouver@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

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

Phone: 604-684-8825 | **Email:** LINCvancouver@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: Please call for the most up-to-date location and hours

Phone: 604-298-5888 | **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 (4 weeks)
 - ✓ Childcare support
 - ✓ Soft skill development

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: 955 Burrard St, Vancouver, BC V6Z 1Y2

Phone: 778-990-4856 | **Email:** connections@bc.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.

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

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

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

Do you want to improve your job-readiness (e.g., Resume writing)?

Find the most up-to-date resources at www.want2.ca



Afghan Women's Employment



Industries: (Job Readiness)

- Employment and training program that supports Afghan refugee women in exploring and securing careers or further education in Canada
- Virtual and in-person services offered in first language (Dari and Pashto)
- Eligibility: Afghan refugee self-identified women, legally entitled to work in Canada, unemployed or underemployed and not a full-time student
- ✓ English conversation circles
- ✓ Job search support
- ✓ Financial support for childcare
- ✓ Mentorship/Coaching

Address: 535 Hornby Street, Vancouver, BC, V6C 2E8

Phone: 604-202-3026 | **Email:** awe@ywcavan.org

<https://ywcavan.org/afghan-womens-employment>

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
- ✓ Course length: 20 weeks
- ✓ Skills training/Upgrading
- ✓ Soft skills development

Address: Now online

Phone: 604-298-5888 | **Email:** shabib@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:** dyes@froghollow.bc.ca

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

Learning, Training and Skills

Employment, Life Skills & Training

Industries: (Job-readiness)

- Provides life skills, career exploration, Indigenous Culture training-workshops, wrap-around programs, and in-house referrals to empower Indigenous People with the skills and tools required to secure employment and/or education

✓ Resume writing

✓ Skills training/Upgrading

✓ Indigenous Elders available

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

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

<https://vafcs.org/elst>

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 privately-sponsored), 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>

Job Search Assistant Workshops

Industries: (Job-readiness)

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

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

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

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

PRISM Employment Support Services

Industries: (Job Readiness)

- One-to-one coaching sessions with an employment advisor for: career exploration, job search techniques, values, navigating change, resumes, cover letters, interview skills and salary negotiation, and mock interviews. In-person, online and hybrid options available
- Please complete a participation form online, and send your resume and cover letter to employment@qmunity.ca
- Eligibility: Canadian citizens, protected refugees, or permanent residents living in BC who identify as 2SLGBTQIA+. Clients need to have access to a computer, WIFI, and working webcam with sound (the library or a WorkBC station have these if you do not have your own)

✓ Course length: 4 months or 14 sessions

✓ Job search support

✓ Mentorship/Coaching

✓ Resume writing

Address: 1170 Bute Street, Vancouver, BC, V6E 1Z6

Phone: 1-800-566-1170 | **Email:** employment@qmunity.ca

<https://qmunity.ca/employment/>

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
- Offers a variety of workshops on job search and skills, and small businesses
 - ✓ 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>

Survive to Thrive

Industries: (Job-Readiness)

- Offers specialized employment and skills training services for survivors of violence and/or abuse
- Eligibility: Those who have experienced any form of violence and/or abuse, from any source, at any point in life; not actively participating in, and receiving financial supports from another provincially or federally funded labour market program; Canadian citizen, permanent resident or protected person legally entitled to work in Canada; unemployed or precariously employed

- ✓ Course length: 12 weeks
- ✓ Financial supports for childcare, transit and clothing
- ✓ Support groups
- ✓ Referrals to counselling
- ✓ YWCA additional services
- ✓ Referrals to other services



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

Phone: 604-936-5694 or 778-877-1533 | **Email:** survivetothrive@ywcavan.org

<https://ywcavan.org/survive-to-thrive>

Learning, Training and Skills

Workplace Connections Mentoring

Industries: (Job-readiness)

- Connects newcomers to mentors in a variety of professions to assist with local job market insights, job-search strategy, accreditation processes, professional networking, and understanding Canadian workplace culture
 - Please apply online
 - Eligibility: Must be a permanent resident, protected person, or under the CUAET program. Be eligible to work in Canada and living here for less than 5 years, with 2 years of prior experience in their chosen profession
- ✓ Mentorship/Coaching ✓ Job search support

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

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/>

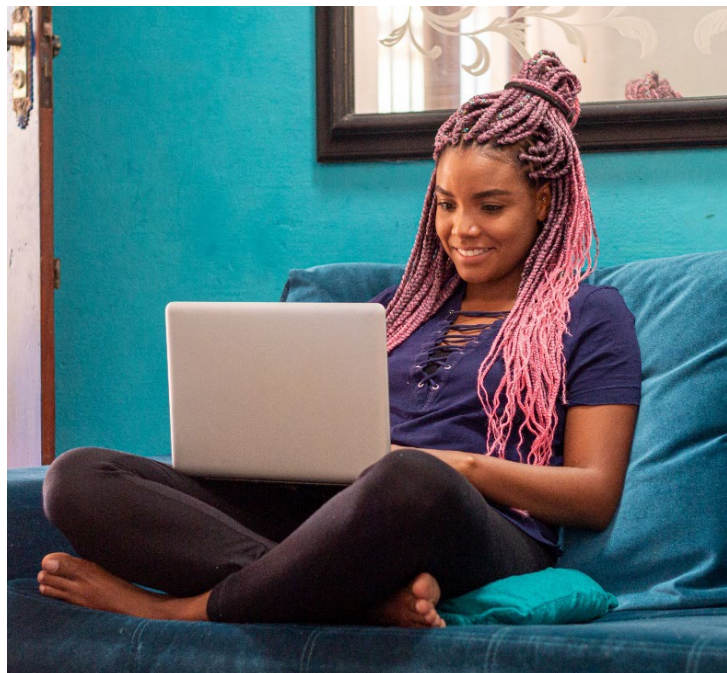
YMCA Ignite

Industries: (Job-Readiness)

- Virtual platform that offers workshops on employment and leadership development for youth
- Eligibility: Ages 15 – 29

Address: Online

<https://ymca.myabsorb.ca/#/>



Learning, Training and Skills

Youth Breakthrough to Employment and Training

Industries: (Job-Readiness)

- Supports youth experiencing mental-health barriers to achieve their employment goals
- Supported job search and coaching towards a self-directed work placement after completion of the program
- Up to \$1000 cash in completion bonuses!
- Five-week program
- Eligibility: Ages 17-29; Canadian Citizen, Permanent Resident or a Confirmed Refugee; unemployed or under-employed; lives in the Vancouver or Lower Mainland area; experiencing stress, anxiety, low mood or other mental-health barriers to employment (no official diagnosis required)

✓ Job search support

✓ Resume writing

✓ Mentorship/Coaching

✓ YMCA gym membership

Address: Online workshops

Email: youthbeat@bc.ymca.ca

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

Youth Skills

Industries: (Job-Readiness)

- Learn resume writing, interview skills, communication, conflict resolution skills, and get 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

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 Believe

Industries: (Job-Readiness)

- Employment support program for 2SLGBTQIA+ newcomers and refugees
- Eligibility: Self-identified gender-diverse or 2SLGBTQIA+ newcomers who are also one of the below:
 - A Permanent Resident in Canada
 - Convention Refugee or Protected Person
 - Ukrainian temporary residents
 - Temporary Foreign Worker with work permit under s.112 of the IRPR
 - Live-in Caregivers (except language training)

✓ Mentorship/Coaching

✓ Resume writing

✓ Referrals to other services

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

Email: believe@ywcavan.org

<https://ywcavan.org/believe>

Learning, Training and Skills

YWCA FOCUS@Work

Industries: (Job-Readiness)

- Helps women find their passions and strengths to find meaningful employment
 - Includes online workshops, and one-to-one and group coaching sessions
 - Please sign up for an online information session as a first step, available on the website.
 - Eligibility: Self-identifying women, including non-binary and gender diverse people; actively looking for employment; able to commit to two weeks of online and in-person workshops followed by weekly activities
- ✓ Course length: 2 weeks + 10 weeks of supported job search ✓ Resume writing ✓ Job search support

Hours: Monday – Friday: 10am - 3pm

Address: 535 Hornby Street - 4th floor, Vancouver, BC

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

<https://ywcavan.org/focus>

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 (WHIMIS, Serving it Right, Superhost (all online) and will offer FoodSafe Level 1 and Emergency First Aid & CPR) and access to youth workers.
 - Optional 8 weeks of paid job placements
 - Eligibility: Ages 16-29; transitioning/transitioned out of care; legally entitled to work in Canada; must be working less than 20 hours a week; live in Metro Vancouver
- ✓ Course length: 6 weeks ✓ Support plan ✓ YWCA additional services
✓ Paid training ✓ Counselling ✓ Referrals to other services

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

Phone: 604-970-0139 | **Email:** strive@ywcavan.org

<https://ywcavan.org/strive>



Do you want to find a bursary or scholarship?

Find the most up-to-date resources at www.want2.ca



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 one-on-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/>

Learning, Training and Skills

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 post-secondary institution for at least one additional year

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

CMHA BC Scholarships and Bursaries



- The Canadian Mental Health Association offers a variety of scholarships and bursaries to help individuals with mental illness further their pursuit of post-secondary education.
- Eligibility: BC post-secondary students who live with mental illness or addiction.

Email: mahboubbeh.asgari@cmha.bc.ca

<https://cmha.bc.ca/programs-services/scholarships-and-bursaries/>

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://newrelationshiptrust.ca/apply-for-funding/student-funding/student-scholarship-and-bursaries/>

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.bcscs.org/wp-content/uploads/2020/01/2020-Yes2Me-Application-FULL.pdf>



Physical Health



Do you want help with physical health?

Find the most up-to-date resources at www.want2.ca

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>

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>

Boulevard Youth Clinic



- Confidential services for youth including: birth control, emergency contraception, pap tests, pregnancy testing and counselling, and testing and treatment of sexually transmitted infections
 - Eligibility: Ages 24 and younger
- ✓ Counselling ✓ STI Testing ✓ Basic Care

Hours: *Tuesday:* 2pm – 4:30pm; *Thursday:* 3:30pm – 6pm

Address: 2110 West 43rd Ave., Vancouver, BC, V6M 2E1

Phone: 778-871-7132

<https://www.vch.ca/en/location-service/boulevard-youth-clinic-pacific-spirit-community-health-centre>

Building Blocks (MOSAIC)



- Family Support Home Visitor, Nurse and social worker 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 to answer questions or concerns and provide parenting advice
- Eligibility: First-time parents living in the Vancouver area (Referral can be made as early as the third trimester of pregnancy, or anytime before the baby turns 6 months old.)

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

<https://mosaicbc.org/our-programs/parenting-support-for-first-time-parents/>



Physical Health

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) | **Email:** csccl@phs.ca

<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

<https://www.vch.ca/en/location/downtown-community-health-centre>

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



- Confidential services for youth including: birth control, emergency contraception, pap tests, pregnancy testing and counselling, as well as testing and treatment of sexually transmitted infections
- Also serves children, youth and their families with serious mental health difficulties and/or social, emotional or behavioural disturbances.
- Eligibility: Ages 24 and younger

- ✓ Basic care
- ✓ Counselling

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

Address: 1669 East Broadway (at Commercial), Vancouver, BC, V5N 1V9

Phone: 778-871-7132

<https://www.vch.ca/en/location-service/east-van-youth-clinic-robert-lily-lee-community-health-centre>

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>



Physical Health

Foundry Vancouver - Youth Health Centre

- Mental health and substance use support, primary care, peer support and social services
- Eligibility: Ages 12-24
 - ✓ Basic care
 - ✓ Peer support
 - ✓ Eating disorder support
 - ✓ Mental health & wellness
 - ✓ Substance use services
 - ✓ Drop-ins available
 - ✓ Referrals to other services

Hours: Monday – Friday: 9am - 5pm; *Drop-in Primary Care:* 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 consultations with nurses around STI testing/treatment, HIV testing, and vaccination, and free or low-cost counselling
- Please book an appointment online (him-testing.janeapp.com). If you do not have a healthcare card, please inform the nurse.
- To book a counselling appointment, please email: counselling@checkhimout.ca
- Early, rapid and standard HIV testing; STI testing; vaccinations for Hepatitis A, B, HPV (Human Papilloma Virus) for those under the age of 27; naloxone and harm reduction kits
 - ✓ Counselling
 - ✓ Harm reduction services
 - ✓ STI testing

Hours: Monday – Thursday: 3pm – 9pm; Friday - Saturday: 10am – 4pm

Address: #416-1033 Davie St., Vancouver, BC, V6E 1M7

Phone: 604-675-2767 | **Email:** office@checkhimout.ca

<https://checkhimout.ca/>

Keefe Walk-in and Medical Clinic

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

Hours: Monday – Friday, 8:30am - 5pm; Saturday: 9:30am - 3pm

Address: 118 Keefe St., Vancouver, BC, V6A 1X4

Phone: 604-674-7403

<http://kefermed.ca>

Kettle Health Clinic

- Provides easy access to health care services for individuals with mental health issues, substance use and/or living with homelessness
- Make an appointment or drop in
 - ✓ **No Care Card needed**
 - ✓ Basic care
 - ✓ Foot care
 - ✓ Women’s health
 - ✓ Mental health assessment
 - ✓ STI treatment
 - ✓ Referrals to other services
 - ✓ Drop-ins available
 - ✓ Disability applications

Hours: Monday: 9:30am – 4:30pm; Wednesday & Thursday: 9:30am – 3pm

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

Phone: 604-251-2854

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



Physical Health

Kilala Lelum

- Offers team-based, comprehensive and culturally informed healthcare services, in order to provide health equity for people on the DTES
 - Physicians and nurses focus on HIV management, Opioid agonist therapy (OAT), and other chronic conditions such as COPD, Diabetes and Hepatitis C
- | | | |
|---------------|-------------------------------|--------------------------|
| ✓ Basic care | ✓ Mental health & wellness | ✓ Traditional healing |
| ✓ Counselling | ✓ Indigenous Elders available | ✓ Substance use services |

Hours: *Everyday:* 9:30am - 5pm

Address: 626 Powell St., Vancouver, BC, V6A 1H4

Phone: 604-620-4010 | **Email:** info@uihbc.ca

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

Knight Street Youth Clinic

- Confidential services for youth including: birth control, emergency contraception, pap tests, pregnancy testing and counselling, as well as testing and treatment of sexually transmitted infections
 - Eligibility: Ages 24 and younger
- | | | |
|---------------|---------------|--------------|
| ✓ Counselling | ✓ STI Testing | ✓ Basic Care |
|---------------|---------------|--------------|

Hours: *Monday:* 2pm – 4:30pm; *Thursday:* 3:30pm – 6pm

Address: 6405 Knight Street, Vancouver, BC, V5P 2V9

Phone: 778-871-7132

<https://www.vch.ca/en/location-service/knight-street-youth-clinic-south-community-community-health-centre>

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
- ✓ Indigenous Elders available

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

Phone: 604-216-3135

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



Physical Health

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
- Drop-in counselling available but calling ahead is preferred
- Elders are able to see clients up to age 30 for spiritual/traditional healing & counselling support
- Eligibility: Indigenous youth; ages 12-24

- | | | |
|------------------------------|-------------------------------|--------------------------|
| ✓ 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 |

Address: 1640 East Hastings Street, Vancouver, BC, V5L 1S6

Phone: 604-253-5885 | **Text:** 778-837-5083 | **Email:** nativeyouthwellness@unya.bc.ca

<https://unya.bc.ca/programs/native-youth-health-wellness-centre/>

Options for Sexual Health



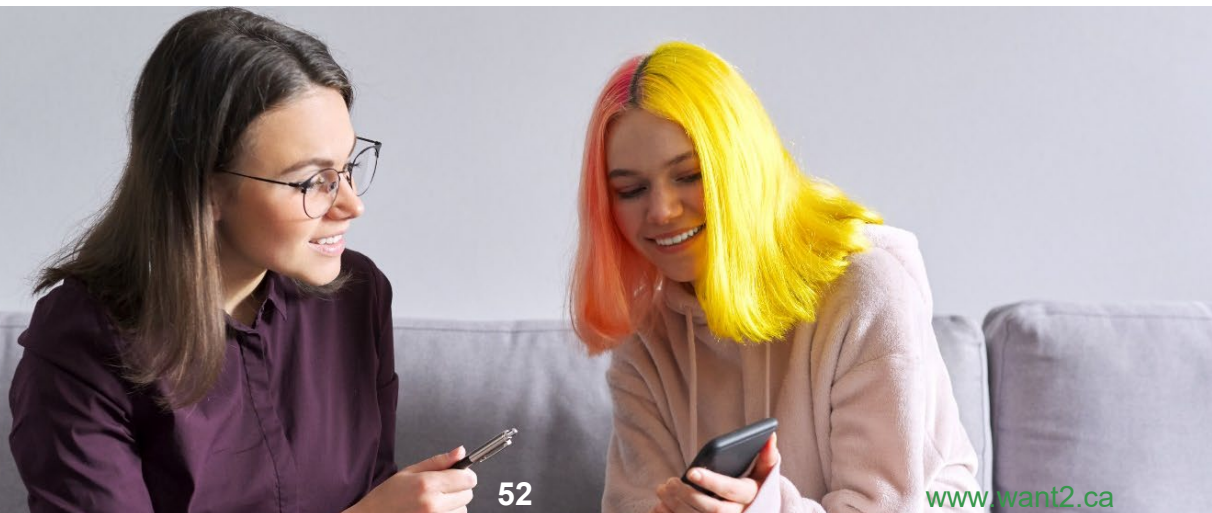
- Champions and celebrates the sexual health of all people in BC by supporting, providing, and promoting inclusive and accessible health care and education

- | | | |
|---------------|------------------|----------------|
| ✓ STI testing | ✓ Women's health | ✓ Reduced fees |
|---------------|------------------|----------------|

Address: 3550 East Hasting St., Vancouver, BC V5K 2A7

Phone: 604-731-4252 | **Toll Free:** 1-800-739-7367 | **Email:** Info@optbc.org

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





Physical Health

Pender Community Health Centre



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

Hours: Monday – Friday: 8:30am - 6pm

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

Phone: 604-669-9181

<https://www.vch.ca/en/location/pender-community-health-centre>

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: 8:30am - 5pm

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

Phone: 604-709-6400

<https://www.vch.ca/en/location/raven-song-community-health-centre>

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/>



Physical Health



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**
- ✓ Basic care
- ✓ Counselling
- ✓ Women's health
- ✓ Mental health & wellness
- ✓ Drop-ins available
- ✓ Substance use services

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

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

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

<https://www.vch.ca/en/location/sheway>

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
- ✓ Check your symptoms
- ✓ See a doctor (through video)
- ✓ Get a prescription or referral

<https://www.telus.com/en/personal-health/my-care>

Three Bridges Community Health Centre

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

Hours: Monday – Friday: 8:15am - 6:30pm; Saturday: 8:15am - 9pm; Sunday: 8:15am - 5:30pm

Address: 4th Floor, 1128 Hornby St., Vancouver, BC, V6Z 2L4

Phone: 604-331-8900

<https://www.vch.ca/en/location/three-bridges-community-health-centre-west-end>



Physical Health

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

<https://www.vch.ca/en/service/trans-specialty-care>

VAHS Women's Mobile Primary Care Clinic



- Wraparound low-barrier access care with knowledge keepers, elders and healers along with doctors, nurses, cultural support & outreach workers, and social services navigators
- ✓ **No Care Card needed**
- ✓ Women's health
- ✓ STI testing
- ✓ Basic care

Hours: Tuesdays & Wednesdays: 1pm - 3:30pm

Address: Parks at: the Cosmopolitan Hotel and Sister Square; on-call services to Raven's Lodge (UNYA)

Phone: 778-987-2341 | **Email:** mgreen@vahs.life

<https://www.vahs.life/womens-mobile-primary-care-clinic>

Vancouver Urban Health Centre



- Provides integrated, innovative and comprehensive health care to improve treatment outcomes for Indigenous and non-Indigenous peoples

- ✓ Basic Care
- ✓ Substance Use Services
- ✓ Get a prescription or referral

Hours: Monday - Friday: 9am - 5pm

Address: 219 Main St, Vancouver, BC V6A 2S7

Phone: 604-428-8932

Physical Health

Vancouver Women's Health Collective



- Provides a safe space for self-identified women, including non-binary and gender non-confirming individuals, to access information and services for their health needs, as well as provide complementary health and wellness services

- ✓ **No Care Card needed**
- ✓ Women's health
- ✓ Counselling
- ✓ Variety of workshops
- ✓ Naturopath clinic

NOTE: There is no longer a nurse practitioner clinic available

Hours: Monday – Friday Drop-In Centre: 1pm - 6pm

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

Phone: 604-736-5262 | **Email:** centre@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**
- ✓ Basic care
- ✓ Women's health
- ✓ STI testing

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 (Charlotte) or 236-777-5879 (Jenny)

Office Phone: 604-669-9474 | **Drop-In Centre Phone:** 604-681-9244

Email: inreach1@wishdropincentre.org (Charlotte) or inreach2@wishdropincentre.org (Jenny)

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



Youth Clinic at the Broadway Youth Resource Centre



- A nurse practitioner provides confidential health drop-in services for youth
- Eligibility: Ages 24 and younger
- ✓ Basic care
- ✓ Drop-ins available
- ✓ STI testing
- ✓ Counselling
- ✓ Women's health

Hours: Thursday: 2pm - 5pm

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

Phone: 604-709-5720

<https://pcrs.ca/our-youth-hubs/broadway-youth-resource-centre/>



Physical Health

Youth Pregnancy & Parenting Program

- Supports and provides maternity care for pregnant youth and their babies
 - Offers clothing and food donations when available
 - Eligibility: Ages 24 and younger, living in Vancouver
- | | | |
|---------------------------------|--------------------------|------------------------------------|
| ✓ Basic care | ✓ Free meals (at groups) | ✓ Transportation support |
| ✓ Counselling | ✓ Nutrition support | ✓ Referrals to community resources |
| ✓ Prenatal and parenting groups | | |

Hours: *Monday – Friday:* 8:30am – 4:45pm

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

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

<https://www.vch.ca/en/location-service/youth-pregnancy-parenting-program-robert-and-lily-lee-family-chc>



Do you want to access dental services?

Find the most up-to-date resources at www.want2.ca



Dental Public Health 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 – 4:30pm

Address: #200-1669 East Broadway, Vancouver, BC, V5N 1V9

Phone: 604-675-3981

<https://www.vch.ca/en/location-service/dental-public-health-program-robot-lily-lee-chc>

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 - Friday: 9am - 5pm

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 - Saturday: 8:15am - 5:15pm

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 14 and under; 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 for seniors in the community who have no dental coverage
- Eligibility: For youth under 19, seniors over 65, and adults with children

Hours: Monday – Friday: 9am - 5pm

Address: 601 Keefer Street, Vancouver, BC, V6A 3V8

Phone: 604-713-4485

<http://www.strathcona-health.ca>

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.
- Eligibility: Student dentists are looking for patients who require at least three treatments. If you meet the requirements and are accepted, you will be charged a \$20 screening fee, after which you will be placed on a waitlist to be assigned to a dental student. The wait can be several months due to the high volume of patients.

Hours: Monday – Friday: 8am - 12:30 pm, 2pm – 5pm

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

Phone: 604-822-2112

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

Dental

Vancouver Aboriginal Health Society Dental Clinic



- Provides dental exams, cancer screening, x-rays, prescriptions, dental fillings, simple/surgical dental extractions, crowns, bridges, dentures, cleanings, root canals.
- For patients without dental coverage, please ask for the low-cost fee guide
- Please call to book an appointment

Hours: Monday - Friday: 9am - 4pm

Address: 455 East Hastings Street, Vancouver BC, V6A 1P5

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

<https://www.vahs.life/dental-clinic>

Vancouver Community College (VCC) Dental Clinic



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

Address: 250 West Pender Street, Vancouver, BC, V6T 1Z3

Phone: 604-443-8499

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

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 come

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/>



Hearing

Do you want to access hearing services?

Find the most up-to-date resources at www.want2.ca



Connect Hearing

55+

- Provides free hearing tests for clients aged 65 and older. Call to book an appointment (approx. 1.5 hours)!

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: 604-566-9876 | **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 (\$95), a permanent loan of one hearing aid, an earmold, and one-year of repair service
- Come in for a 90-minute hearing assessment appointment to test your hearing, check your eligibility for the Lend an Ear program and discuss hearing aid options.
- If you've had your hearing tested within the last 6 months, they can use those results
- One Hearing Aid (loaned) Cost: \$140

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

Hours: Monday – Friday: 9am - 5pm

Address: 2005 Quebec Street, Vancouver, BC, V5T 2Z6

Phone: 604-736-7391 | **Email:** audiology@wavefrontcentre.ca

<https://www.wavefrontcentre.ca/hearingclinic/lend-an-ear-program/>





Do you want to access vision services?

Find the most up-to-date resources at www.want2.ca



Downtown Eastside Eye Clinic

- Provides low barrier, high quality eye care to underserved populations
- Offers free eye exams and referrals for other services
- Eligibility: Living in the DTES; low income

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

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



Substance Use



Do you want to change your substance use?

Find the most up-to-date resources at www.want2.ca

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:* 7:30 am – 9:30pm

Address: 803 West 12th Avenue (Joseph & Rosalie Segal Family Health Centre),
Vancouver, BC V5Z 1N1

Phone: 604-675-3700

<https://www.vch.ca/en/service/access-and-assessment-centre-aac>

Central Access Intake Team (Youth)



- Call to learn about options for youth struggling with substance use and self-refer to services designed to meet the needs of youth.
- These include prevention, counselling and treatment services.

Hours: *Everyday:* 10 am – 8pm

Phone: 604-209-3705 | **Email:** cait.youth@vch.ca

<https://www.vch.ca/en/service/youth-central-addiction-intake-team#wysiwyg--54296>

SHINE (Seniors Services Society)



- Supports vulnerable seniors who are at risk of becoming homeless to navigate housing, mental health, and addiction support.
- Please call 604-520-6621 for an assessment over the phone

Phone: 604-520-6621 | **Email:** christinep@seniorsservicesociety.ca

<https://www.seniorsservicesociety.ca/shinebc/>



Substance Use



Do you want to find harm reduction services?

Find the most up-to-date resources at www.want2.ca

Get Your Drugs Tested

- The test takes 10-15 minutes and may destroy some of the sample (less than half a grain of rice sized)
- Test strips are used to detect fentanyl or fentanyl analogs and benzodiazepines
- Samples can be dropped off for testing at 880 East Hastings during operating hours, or mailed in (please ask for the address); first come, first served
 - ✓ 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/>

Dr. Peter Centre Overdose Prevention Site

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

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

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

Hope to Health Overdose Prevention Site

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

Hours: *Everyday:* 9am – 7pm

Address: 611 Powell street Vancouver, BC V6A 1H2

Phone: 604-416-1517

<https://www.vch.ca/en/location/hope-health>

Insite Supervised Injection Site

- Supervised harm reduction service for injection drug users, including a supervised injection room, health education, and access to treatment services on site
- Eligibility: Private intake for those under 21 years old

Hours: *Everyday:* 9am – 2am

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

Phone: 604-687-7483

<https://www.vch.ca/en/location-service/supervised-consumption-service-insite>



Substance Use

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

<https://towardtheheart.com/site-finder>

Overdose Prevention Society

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

Hours: *Everyday:* 8am - 10pm

Address: Outdoor site - 390 Columbia St., Vancouver, BC, V6A 4J1; Indoor site - 141 East Hastings Street Vancouver, BC, V6A 4J1

Phone: 778-952-2015 | **Email:** vanops.volunteer@gmail.com

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

PnP & Me

- Group therapy program designed to support you in identifying and achieving health goals related to sexualized substance use (party and play)
- Incentives are available for participation – all you need to do is show up!
- No registration required, just drop-in

Hours: The Afterparty is every Wednesday night, 6:30-8:00pm, at #300-1033 Davie St.;

Group Counselling is every Thursday night, 6:30-8:00pm, at #416-1033 Davie St.

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
- Trans women, genderqueer women, and non-binary people who are significantly femme-identified are welcome
- ✓ Referrals to other services
- ✓ Peer support

Hours: *Everyday:* 6am – 12pm; 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:* 10am - 8pm

Address: 1081 Burrard St., Vancouver, BC, V6Z 1Y6 (Entrance off Thurlow Street)

Phone: 604-360-8182

<https://www.vch.ca/en/location-service/overdose-prevention-site-st-pauls-hospital>

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 and harm reduction supplies

Hours: *Everyday:* 10am-10pm

Address: 380 East Hastings St., Vancouver, BC, V6A 1R1

Phone: 604-683-6061 | **Email:** vandu@vandu.org

<https://vandreplace.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>



Substance Use

Do you want to find withdrawal management services?

Find the most up-to-date resources at www.want2.ca



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)

<https://www.vch.ca/en/location-service/daytox-robert-lily-lee-family-community-health-centre>

Downtown Eastside Connections Clinic



- 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
- Offers rapid access to opioid agonist treatments (OAT) and connections to other services
- Please call 1-866-658-1221 for a referral
- ✓ Opioid substitution therapy
- ✓ Referrals to other services

Note: Connections has temporarily paused intakes for new clients.

Hours: *Everyday:* 8:30am - 5:30pm

Address: 429 Alexander Street Vancouver, BC V6A 1C6

Phone: 604-675-3600 | **Access central referral line:** 1-866-658-1221

<https://www.vch.ca/en/location-service/addiction-medicine-downtown-eastside-connections-clinic>





Substance Use

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: Room 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
- Individuals also have a 24-hour support person to stay with them throughout their withdrawal process.
- Call Access Central at 1-866-658-1221 to self-refer
- Eligibility: Ages 19 and over; resident of Vancouver; have a substance-free, safe, stable environment in which they can detox

- ✓ Referrals for counselling after detox
- ✓ Opioid substitution therapy
- ✓ Individual detox plan
- ✓ Referrals to other services
- ✓ Withdrawal management

Address: 377 East 2nd Ave., Vancouver, BC, V5T 1B9

Phone: 604-658-1278 | **Email:** start.team@vch.ca

<https://www.vch.ca/en/service/substance-use-treatment-and-response-team-start>



Substance Use

Do you want addiction treatment services?

Find the most up-to-date resources at www.want2.ca



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/or follow-up

Downtown Community Health Centre



Address: 569 Powell Street, V6A 1G8

Phone: 604-255-3151

<https://www.vch.ca/en/location/downtown-community-health-centre>

Evergreen Community Health Centre



Address: 3425 Crowley Drive, V5R 6G3

Phone: 604-872-2511

<https://www.vch.ca/en/location/evergreen-community-health-centre>

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/pregnancy-prenatal-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

<https://www.vch.ca/en/location/pender-community-health-centre>

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

<https://vancouverharbourlightsa.ca/treatment/>

NOTE: Please fill out an intake form online

South Mental Health and Substance Use



Team

Hours: Monday – Friday: 8:30am - 5pm

Address: Suite 220, 1200 West 73rd, V6P 6G5

Phone: 604-266-6124

<https://www.vch.ca/en/location-service/addiction-medicine-south-mental-health-and-substance-use-team>

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/>



Substance Use

Do you want to find recovery management supports?
Find the most up-to-date resources at www.want2.ca



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, Saturday: 10am - 4pm; Tuesday & Thursday: 10am - 9pm; Saturday & Sunday: 12pm - 2pm

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

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

<https://avalonrecoveryociety.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
- Eligibility: Youth who are concerned about their own substance use or their friend's or family's substance use; Family members, or service providers, who are concerned about a youth's substance use.
- ✓ 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/>

Cognitive Assessment and Rehabilitation for Substance Use (CARSU)



- Supports adults with mild to moderate brain injuries related to an overdose to help them understand their unique needs and limitations, and link them to rehabilitation supports to improve their quality of life.
- To access CARSU, please speak with your health-care provider or self-refer by calling the Richmond MHSU central intake line at 604-204-1111.
- Intake services are available in English, Cantonese and Mandarin. Free interpretation services can also be used as needed for all language needs.
- Eligibility: Individuals living in the Vancouver Coastal Health region
- ✓ Support services
- ✓ Referrals to other services

Address: 7000 Westminster Hwy (Richmond Hospital), Richmond, BC V6X 1A2

Phone: 604-204-1111



Substance Use



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
 - ✓ Counselling
 - ✓ Referrals to other services

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

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

<https://www.bcreponsiblegambling.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

<https://www.vch.ca/en/location/heatley-community-health-centre>



Substance Use

Meeting Guide App

- Provides a list of AA meetings in your location

<https://www.aa.org/meeting-guide-app>

Metro Vancouver Indigenous Services Society

- 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
- ✓ Wellbriety
- ✓ Support groups
- ✓ Referrals to other services
- ✓ Indigenous Elders available

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

Phone: 604-255-2394 ext. 110 | **Email:** intake@mvis.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 - 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
- ✓ Indigenous Elders available

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>



Substance Use

Nisga'a Ts'amiks Vancouver Society

- Substance use support including healing circles, counselling, detox and treatment, and Alcoholics Anonymous group.
- Eligibility: Nisga'a citizens
 - ✓ Counselling
 - ✓ AA meetings

Hours: Monday – Friday: 9am-5pm

Address: 525 West 10th Avenue, Vancouver, BC, V5Z 3Y6

Phone: 604-646-4944 ext. 100 | **Email:** receptionist@tsamiks.com

<https://tsamiks.com/>

Prism Services

- 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

<https://www.vch.ca/en/location-service/prism-services-three-bridges-community-health-centre-west-end>

QuitNow

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

Address: 2675 Oak Street, Vancouver, BC, V6H 3Z6

Phone: 1-877-455-2233 | **Email:** quitnow@bclung.ca

<https://quitnow.ca/>

Recovery Cafe

- A community of support for people in recovery from substance use and other addictions, 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>



Substance Use

Recovery College YVR



- Short-term online and in-person courses and social support groups that empower you to pursue a meaningful life on your terms and develop your own resourcefulness
- Courses include art therapy, medication and mindfulness, support groups, SMART Recovery, mental wellness, and various hobby groups

Hours: *Monday, Wednesday, & Thursday:* 9am - 4:30pm

Address: Online and in-person at various locations

Phone: 778-836-9243 | **Email:** info@recoverycollegeyvr.ca

<https://recoverycollegeyvr.ca/>

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 Women's Only 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:* 6:30pm – 7:30pm

Zoom Link: <https://smartrecovery.zoom.us/j/94292609689> | **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



Substance Use



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: *Fridays:* 6pm – 7pm, or *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
✓ Counselling

✓ Peer support

Address: Airport Square Tower, 1200 West 73rd Avenue, Unit 220, Vancouver, BC, V6P 6G5

Phone: 604-266-6124 | **Email:** star@vch.ca

<https://www.vch.ca/en/service/sisters-together-active-recovery-star#wysiwyg--18051>

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/>



Substance Use

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
- Non-clinical supports include:
 - ✓ 12-step support meetings
 - ✓ Sober social events
 - ✓ Peer support
 - ✓ Mediation
 - ✓ Art therapy
 - ✓ Educational workshops
 - ✓ Yoga
 - ✓ Work experience/volunteering

Hours: *Monday – Wednesday:* 9:30am - 9:30pm; *Thursday - Friday:* 9:30am – 8:30pm;
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 Addiction Matrix Program

- 16-week abstinence-based intensive day treatment program
- VAMP offers an all-genders stream and a stream for Gay, Bi and Queer Men and Gender Diverse folks who are welcome to choose the stream that best matches their identity.
- Eligibility: Ages 18 and older living in Vancouver; Youth Stream for those ages 16-25

Address: 1128 Hornby Street Vancouver, BC V6Z 2L4

Phone: 604-331-8900 | **Email:** vamp@vch.ca

<https://www.vch.ca/en/location-service/vancouver-addiction-matrix-program-vamp-three-bridges-chc-west-end>

Vancouver Junction

- Substance use recovery services including health and wellness activities, social events and peer support, guidance & referrals to healthcare, harm reduction and recovery services.
- Sessions take place online, or in-person at Three Bridges (1128 Hornby St.) or Robert & Lily Lee (1669 E. Broadway, Vancouver).
- Register for sessions by email or phone
- Eligibility: Adults aged 19 and older, living in Vancouver, who use substances and are interested in recovery.
 - ✓ Service navigation
 - ✓ Peer support

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

Phone: 604-812-3139 | **Email:** vancouverjunction@vch.ca

<https://www.vch.ca/en/service/vancouver-junction>



Substance Use



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 to other services
 - ✓ Drop-in
 - ✓ Counselling
 - ✓ AA/NA Meetings
 - ✓ Snack bar

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/>





Mental Wellness

Do you want mental wellness support?

Find the most up-to-date resources at www.want2.ca



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 (Joseph & Rosalie Segal Family Health Centre), Vancouver, BC, V5Z 1N1

Phone: 604-675-3700

<https://www.vch.ca/en/service/access-and-assessment-centre-aac>

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/>

Grandview-Woodlands Mental Health Team (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 with moderate to severe mental health, substance use, and concurrent mental health and substance use disorders or conditions.

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

Address: 1669 East Broadway, Vancouver, BC, V5Z 4H5

Phone: 604-675-3990

<https://www.vch.ca/en/location-service/grandview-woodlands-mental-health-team-robert-lily-lee-community-health-centre>



Mental Wellness

Battered Women's Support Services Counselling



- Confidential space to talk about your experiences, and get information and support
- 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: 604-687-1867 | **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 are peer support groups, involving social support and belonging; not therapy or treatment
- ✓ Peer support

Address: Various locations and online

Email: info@bchvn.ca

bchvn.ca/

British Columbia Society for Male Survivors of Sexual Abuse



- Provides therapy and victim services for male-identifying persons who have been sexually abused at some time in their lives, or have experienced domestic violence
- Individual counselling is available on a sliding scale for those with financial barriers

- ✓ Counselling

Hours: Monday – Saturday: 9am – 5pm

Address: 3126 West Broadway, Vancouver, BC, V6K 2H3

Phone: 604-682-6482 | **Email:** victimservices@bc-malesurvivors.com

<https://bc-malesurvivors.com/>

Catherine White Holman Wellness Centre Counselling Services



- Low-barrier legal and wellness services to Two-Spirit, transgender, and gender non-conforming people
- Services include hormone and surgery readiness assessments (18 and up), and ADHD assessments
- Eligibility: Everyone living in British Columbia, regardless of status

Address: Online, in-person appointments may be available if needed

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

<http://www.cwhwc.com>



Mental Wellness

Cognitive Assessment and Rehabilitation for Substance Use (CARSU)



- Supports adults with mild to moderate brain injuries related to an overdose to help them understand their unique needs and limitations, and link them to rehabilitation supports to improve their quality of life.
 - To access CARSU, please speak with your health-care provider or self-refer by calling the Richmond MHSU central intake line at 604-204-1111.
 - Intake services are available in English, Cantonese and Mandarin. Free interpretation services can also be used as needed for all language needs.
 - Eligibility: Individuals living in the Vancouver Coastal Health region
- ✓ Support services ✓ Referrals to other services

Address: 7000 Westminster Hwy (Richmond Hospital), Richmond, BC V6X 1A2

Phone: 604-204-1111

Child and Youth Cross Cultural Mental Health Program



- Provides mental health services to youth and families in Mandarin and Cantonese
 - Walk in to self-refer Mondays and Tuesdays – 9 a.m. - 5 p.m.
 - Eligibility: Ages 5-18; must be a resident of Vancouver
- ✓ Counselling ✓ Referrals to other services

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

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

Phone: 604-675-3896

<https://www.vch.ca/en/location-service/child-youth-cross-cultural-mental-health-program-east-hastings-st>

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:* 8:00am - 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
- Breakfast (\$1) serviced from 9am – 10am, Lunch (\$2) served from 12pm – 1pm
- Free snack from 2:30pm – 3:30pm
- Eligibility: Have mental wellness concerns and are connected to services. Call or drop-in to discuss member intake.

✓ Drop-in

Hours: *Tuesday – Saturday:* 8:30am – 4:30pm

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/>

Dragonstone Counselling



- Low-cost counselling for clients facing significant financial barriers
- Sliding scale at \$80/session or less for those with financial hardships
- 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/>





Mental Wellness

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. 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

<https://www.vch.ca/en/service/early-psychosis-intervention-epi-programs#short-description--5656>

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

<https://www.vch.ca/en/location-service/east-van-youth-clinic-robert-lily-lee-community-health-centre>

Family Connections Support Group

- 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

Hours: 1st Thursday and 3rd Monday of the month: 6pm – 8pm

Address: Online

Phone: 604-736-2033 | **Email:** familyconnections@vch.ca

<https://www.spotlightonmentalhealth.com/family-involvement/family-connections-support-group/>

Fed Connects

- A virtual space that offers youth in and from government care a place to come together, build skills, and access information
- Fed Connects programming includes workshops, Fed Family chats, cultural activities and more.
- Eligibility: Youth ages 14-24 that have been or are currently in government care

Address: Virtual meetings using Zoom and Teams

Phone: 604-353-3495 | **Email:** shannon.dolton@fbcyicn.ca

<https://fbcyicn.ca/what-we-offer/programs/fed-connects>



Mental Wellness



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 Hearing Voices Group

- This group is for youth who hear voices, see visions, or have other unique sensory experiences/beliefs.
- Eligibility: Ages 24 and under

Address: Covenant House Vancouver, 1302 Seymour Street, Vancouver, BC V6B 3P3

Phone: 604-230-9446

<https://bchvn.ca/local-groups/vancouver/#foundry>

Foundry Vancouver Granville

- Offers counselling services for youth and young adults
- Drop-in counselling available Tuesday and Thursday 1pm - 4:30pm, and Wednesday 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 Through 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 via zoom, or in person at 2610 Victoria Drive, Vancouver, BC, V5N 4L2

Phone: 778-372-6593 | **Email:** referrals@vastbc.ca

<https://www.vastbc.ca/survivor#group-language>



Mental Wellness

Hearing Voices Study Club



- Open to people with lived experience as well as to other members of the community who are interested in learning more about hearing voices.
- This is a discussion and social group, not a support group.

Address: Mount Pleasant Neighbourhood House, 800 East Broadway, Vancouver, BC V5T 1Y1 (also available online)

Phone: 778-650-6916 | **Email:** studyclub@bchvn.ca

<https://bchvn.ca/local-groups/study-club/>

Here2Talk



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

Phone: 604-642-5212 | **Toll-free:** 1-877-857-3397

<https://here2talk.ca/main>

Indian Residential School Survivors Society



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

Address: 44 East Cordova St., Vancouver, BC, V6A 4G8

Phone: 604-985-4464 | **Email:** reception@irsss.ca

<https://www.irsss.ca/our-services>

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, Wednesday, Friday:* 9am - 5pm; *Tuesday & Thursday:* 9am – 7pm

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

Phone: 604-675-3996

<https://www.vch.ca/en/location-service/alan-cashmore-centre-infant-and-childhood-mental-health-service>

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



- Online therapy with resources available by phone, email and online
- Eligibility: Ages 16 and older, open to joining an 8-week online therapy program

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

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



Mental Wellness

Kettle Health Clinic



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

Hours: *Monday:* 9:30am – 4:30pm; *Wednesday & Thursday:* 9:30am – 3pm

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: First Lutheran Church, 5745 Wales St, Vancouver, BC V5R 3N3

#915-1125 Howe Street, Vancouver, BC, V6G 2K8

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 Wellness

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

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>

Oak Counselling Services



- Provides a wide range of short-term (less than 1 year) professional, affordable counselling services to support you
- Offers reduced fees ranging from \$20-100 based on monthly household income

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

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

Phone: 24-hour voicemail 604-266-5611 | **Email:** info@oakcounselling.org

<http://oakcounselling.org/>

Musqueam Wellness Program



- Confidential service to chat on the phone or virtually about mental wellness
- Call or email to set up a time
- Eligibility: Musqueam members

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

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

Phone: 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:* 9am - 4pm; *Tuesday, Wednesday, Thursday:* 9am - 6pm

Address: 1151 W. 8th Ave. (between Spruce and Alder Street) Vancouver, BC, V6H 1C5

Phone: 604-876-0773

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



Mental Wellness

Prospect Counselling + Training

- POC-led counselling practice that aims to provide low-cost, anti-oppressive, intersectional counselling for 19+ SDQTBPOC+ folx.
- Provides individual and relationship counselling by Master's-level students. Costs are determined by a sliding scale model (\$25-80 per 50 minute session) depending on one's financial situation. Consultations are booked online and sessions are also primarily online (Telehealth); we have locations in Vancouver and Burnaby if needed.
- Please book an appointment online

Address: 702- 525 W 8th, V5Z 1C6

Email: community@prospectcounselling.ca

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

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: 1170 Bute Street, Vancouver, BC V6E 1Z6

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>

Recovery College YVR

- Short-term online and in-person courses and social support groups that empower you to pursue a meaningful life on your terms and develop your own resourcefulness
- Courses include art therapy, medication and mindfulness, support groups, SMART Recovery, mental wellness, and various hobby groups

Hours: *Monday, Wednesday, & Thursday:* 9am - 4:30pm

Address: Online and in-person at various locations

Phone: 778-836-9243 | **Email:** info@recoverycollegeyvr.ca

<https://recoverycollegeyvr.ca/>



Mental Wellness

Salal Sexual Violence Support Centre



- Provides individual counselling and drop-in support circles for survivors of sexualized violence, as well as victim services such as hospital, police and court accompaniment
- Call the 24-Hour Crisis & Information Line to register for individual counselling or support circles 1-877-392-7583 or 604-255-6344
- Eligibility: Survivors of marginalized genders: cis and trans women, Two-Spirit, trans and/or non-binary people who have experienced sexualized violence

✓ Counselling

✓ Victim Services

Crisis Line: 1-877-392-7583 or 604-255-6344 | **Office:** 604-255-6228

Email: admin@salalsvsc.ca

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

Salal Counselling and Support Groups



- Individual and group counselling for survivors of sexualized violence
- Supports you to cope with the impacts of violence, ranging from anger and grief to issues surrounding sexuality, intimacy, and trust
- Call our 24-Hour Crisis & Information Line to register for Individual Counselling or Support Circles 1-877-392-7583
- 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@salalsvsc.ca

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

Saa'ust Centre



- Offers services and supports to families and survivors of MMIWG
- Supports include referrals to counselling, statement-taking, cultural activities, prayer space and access to Elders and Knowledge Keepers

✓ Referrals to other services

✓ Indigenous Elders available

Hours: *Monday – Friday:* 9am - 5pm

Address: 44 East Cordova, Vancouver, BC, V6A 4G8

Phone: 604-684-1178 | **Email:** saa-ust@vancouver.ca

<https://vancouver.ca/people-programs/saa-ust-centre.aspx>

S.A.F.E.R. Counselling Service



- Time-limited counselling for those who have made a suicide attempt, are currently suicidal or have suicidal ideation
- Offers support and education for people concerned about someone who is suicidal

NOTE: Please call the Access and Assessment Centre to connect with S.A.F.E.R.

Address: 803 West 12th Avenue (Joseph & Rosalie Segal Family Health Centre), Vancouver, BC, V5Z 1N1

Phone: 604-675-3700 (Access and Assessment Centre)

<https://vch.ca/en/service/suicide-attempt-follow-education-research-safer>



Mental Wellness

Sher Lotus Support Groups



- A place for queer and trans women, non-binary and two-spirited people to connect, collaborate
- ✓ Support groups

Address: Currently Online

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

<https://www.shervancouver.com/support-groups>

Sher Jupiter Support Groups



- A safe space for Queer South Asian men 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/support-groups>

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
- Please email info@shervancouver.com if you require a referral.

Address: 187 East Hastings St., Vancouver, BC, V6A 1R8

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

<https://www.shervancouver.com/support-groups>

SHINE (Seniors Services Society)

55+

- Supports vulnerable seniors who are at risk of becoming homeless to navigate housing, mental health, and addiction support.
- Please call 604-520-6621 for an assessment over the phone

Phone: 604-520-6621 | **Email:** christinep@seniorsservicessociety.ca

<https://www.seniorsservicessociety.ca/shinebc/>

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, French, Cantonese, Mandarin and Japanese

Hours: Monday – Friday: 9am - 5pm

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

Phone: 236-512-9739 | **Email:** women.support@mosaicbc.org

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



Mental Wellness



Strathcona 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 with moderate to severe mental health, substance use, and concurrent mental health and substance use disorders or conditions.

Hours: Monday – Friday: 8:30am – 5:15pm; Weekends: 9am – 5pm

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

Phone: 604-253-4401

<https://www.vch.ca/en/location-service/strathcona-mental-health-team-heatley-community-health-centre>

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 | **Email:** againstviolence@vlmfss.ca

<https://www.vlmfss.ca/childrens-programs>

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 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: 778-372-6593 | **Email:** referrals@vastbc.ca

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



Mental Wellness

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 low-barrier programs and services
- Counselling services for a range of issues (approximately a 6-month waitlist)

NOTE: The waitlist is currently full, however staff can assist you with other organizations currently accepting clients.

Hours: Monday – Friday: 11am - 7pm

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

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

<https://womenshealthcollective.ca/>

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 or contact the office for an intake appointment
- | | | |
|----------------------------------|--------------------------------|----------------|
| ✓ Substance use support services | ✓ Multiple languages available | ✓ Peer support |
| ✓ Counselling | ✓ Support groups | |

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/mental-health-deaf-education/>





Mental Wellness

Voices and Visions Support Groups



- Open to everyone who hears voices, sees visions, or has other unique sensory experiences/beliefs. You are welcome to bring your supporters.

✓ Drop-in

✓ Support groups

✓ Peer support

Address: Various locations and online

Phone: 604-708-5274 | **Email:** info@spotlightonmentalhealth.com

<https://www.spotlightonmentalhealth.com/voices-visions/>

Wellness Together Canada



- Talk with a counsellor, join an online peer support group and access free mental wellness resources 24/7

Phone: 1-866-585-0445

<https://wellnesstogether.ca/en-CA>

West End Mental Health Team (Three Bridges Community Health Centre)



- Serves individuals diagnosed with a major mental illness and experiencing significant problems that interfere with their functioning in the community.
- Eligibility: Ages 19 and over with moderate to severe mental health, substance use, and concurrent mental health and substance use disorders or conditions.

Address: 3rd Floor, 1128 Hornby St. Vancouver, BC V6Z 2L4

Phone: Please call the Access and Assessment Centre at 604-675-3700

<https://www.vch.ca/en/location-service/west-end-mental-health-team-three-bridges-community-health-centre-west-end>

Y Mind Adult, Teen and Youth Groups



- Mindfulness groups for adults (31 years+), teens (13-18 years) and youth (18-30 years)
- 7-week 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@bc.ymca.ca

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



Mental Wellness



Youth Assertive Outreach Mental Health Team at South Vancouver Youth Centre

- Provides counselling support to youth who may be disconnected from family, friends and community supports and often experience marginalization
- Eligibility: Youth up to age 18

Hours: Monday – Friday: 9am - 6pm

Address: #301-4920 Fraser St., Vancouver, BC, V5W 2Y8

Phone: 604-325-2004

<https://www.vch.ca/en/location-service/youth-assertive-outreach-mental-health-team-south-van-youth-centre>

Child & Youth Mental Health Teams

- Serves children, youth and their families with serious mental health difficulties and/or social, emotional or behavioural disturbances
- Provides mental health and psychiatric assessments, referrals, and therapeutic counselling
- Eligibility: Ages 5-18; residents of Vancouver

Locations:

Raven Song Community Health Centre - 2450 Ontario Street, Suite 300 - 3rd floor Vancouver, BC, V5T 4T7 | **Phone:** 604-872-8441

Three Bridges Community Health Centre - #101-1128 Hornby Street, Vancouver, BC, V6Z 2L4 | **Phone:** 604-331-8908

Goldcorp Centre for Mental Health - 2750 East Hastings Street Vancouver, BC, V5K 1Z9 | **Phone:** 604-675-3896

Pacific Spirit Community Health Centre - 2110 West 43rd Avenue Vancouver, BC, V6M 2E1 | **Phone:** 604-267-3970

<https://www.vch.ca/en/service/child-youth-mental-health-teams#short-description--12226>



Mental Wellness

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)

<https://youthspace.ca/> (6pm-midnight)

Online Chat Service for Adults 

www.CrisisCentreChat.ca (Noon to 1am)

Provincial Refugee Mental Health Line 

604-588-3071 (Press 2)

Seniors Distress Line 

604-872-1234

Trans Lifeline 

877-330-6366

Salal Sexual Violence Support Centre 

604-255-6344 | 1-877-392-7583

Text: 604-245-2425

<https://www.salalsvsc.ca/connect/> (Text and online chat available Monday-Friday, 9-5)

Vancouver Coastal Regional Distress Line 

604-872-3311

VictimLinkBC 

1-800-563-0808



Do you want legal aid?

Find the most up-to-date resources at www.want2.ca

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

<https://www.accessprobono.ca/get-legal-help>

Atira Women's Resource Society Legal Advocacy

- Provides legal assistance in a safe and confidential, women's-only space
- Calling is preferred over email
- Eligibility: Low-income women, including transwomen

Address: 101 East Cordova St. Vancouver, BC, V6A 1K7

Phone: 604-331-1407 ext. 114 | **Email:** volunteeradvocate@atira.bc.ca

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

Justice Centre at Battered Women's Support Services

- A community-based legal clinic, providing trauma and violence informed, multilingual, and culturally responsive legal services to diverse women who have experienced violence in BC.
- Can provide legal advice and representation, as well as assistance to unrepresented women with drafting Supreme Court forms in family law proceedings, including affidavits, desk order divorce applications, and financial statements.

Address: Please call for the location

Phone: 604-687-1867 | **Toll-free:** 1-855-687-1868 | **Email:** information@bwss.org

<https://www.bwss.org/support/programs/legal-advocacy/>

Catherine White Holman Wellness Centre

- Low-barrier legal and wellness services to Two-Spirit, transgender, and gender non-conforming people
- Supports with ID changes including updating name and gender marker, and legal advice
- Eligibility: Everyone living in British Columbia, regardless of status

Address: Online, in-person appointments may be available if needed

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

<https://cwhwc.com/>

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

Hours: *Monday – Friday:* 9am - 4pm

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

Phone: 778-657-5544 | **Email:** cylc@scyofbc.org

<https://www.scyofbc.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/get-legal-help/>

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
- Eligibility: Indigenous persons who qualify financially for legal assistance. Clients may be asked in confidence to provide the ICLC with information about their income and assets to determine whether the client is eligible.

✓ Family law

✓ Criminal charges

Hours: *Everyday:* 9am - 4pm

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

Drop-In Hours: *Tuesday, Thursday, Friday:* 9:30am – 4:30pm

Address: Carnegie Community Centre, 401 Main St., Vancouver, BC, V6A 2T7

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
 - Please call to apply
- | | | |
|----------------------------|-------------------|--------------------|
| ✓ Child protection matters | ✓ Immigration law | ✓ Criminal charges |
| | ✓ Family law | |

Hours: Monday, Tuesday, Thursday and Friday: 9am - 4pm; Wednesday: 9am - 2:30pm

Address: #400-510 Burrard Street, Vancouver, BC, V6C 3A8

Phone: 604-408-2172 | **Toll-free:** 1-866-577-2525

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

Migrant Workers Centre



- Helps temporary foreign workers with legal issues, particularly in employment and immigration
- Provides public legal education and advocate for any policy change in favour of the migrant workers.
- In-person walk-in clinics every other Saturday. Services are provided by telephone, teams or WhatsApp otherwise.

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

Address: #201-2730 Commercial Dr., Vancouver, BC, V5N 5P4

Phone: 236-479-7153 | **Email:** lap@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: 604-482-3700 (office) | **Email:** info@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: Monday - Friday: 8:30am - 4:30pm

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/>

Record Suspension Program (John Howard Society of British Columbia)



- Staff help you with the process to conceal your criminal record from being seen by employers or housing providers during a criminal record check. Staff can only support individuals with the application process. The application is sent to the Parole Board of Canada to make a decision on whether or not a person's criminal record will be suspended, and is not guaranteed.
- This helps remove barriers that may prevent you from accessing education, employment and long-term housing.
- Eligibility: Residents in the Lower Mainland and Northern BC. The required wait period has been completed (varies by offence); and you must have completed all sentences, even from the date of your last offence, which can include but are not limited to, paying all fines, meeting all terms of imprisonment, and/or completing any probation orders.

NOTE: There can be many fees associated with record suspensions. Staff try to make the process to be as low cost as possible, and help to create a financial plan to assist you.

Email: pardon@jhsbc.ca

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

Legal

Rise Women's Legal Centre

- Provides accessible legal services that are responsive to the unique needs of self-identifying women or any other oppressed and targeted genders, often around the Family Law Act and Divorce Act
- Offers legal services in the area of family law, and can assist with some immigration matters related to one's family law matter, as well as correcting name and gender markers for gender diverse clients, first stage filing for police complaints, and help with Indigenous name reclamation

✓ Immigration law

✓ Family law

✓ Equality law

Note: Services are provided primarily by phone, email, and video.

Hours: Monday – Friday: 9am - 4pm

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

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

<https://womenslegalcentre.ca/>



Advocacy

Do you want help with advocacy?

Find the most up-to-date resources at www.want2.ca



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/>

British Columbia Society for Male Survivors of Sexual Abuse

- Provides therapy and victim services for male-identifying persons who have been sexually abused at some time in their lives, or have experienced domestic violence
- Individual counselling is available on a sliding scale for those with financial barriers

Hours: Monday – Saturday: 9am – 5pm

Address: 3126 West Broadway, Vancouver, BC, V6K 2H3

Phone: 604-682-6482 | **Email:** victimservices@bc-malesurvivors.com

<https://bc-malesurvivors.com/>

Canadian Human Trafficking Hotline

- Confidential, multilingual service, operating 24/7 to connect victims and survivors with social services, law enforcement, and emergency services, as well as receive tips from the public
- Human trafficking is the exploitation of human beings for gain. It can exist in many forms including victims being caused to provide sexual services or labour through force, coercion, deception and/or abuse of trust, power or authority.

Phone: 1-833-900-1010

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

Chinese Community Policing Centre

- Assists Chinese speaking victims of crime by offering assistance, translation services, support and referral to other agencies

Hours: Monday – Friday: 9:30am – 4:30pm; 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/>

Advocacy

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: Monday – Tuesday, Thursday – Sunday: 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: Monday – Tuesday, Thursday – Sunday: 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 Access 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
- Calling to book an appointment is preferred

Hours: Monday – Friday: 8:30am – 4pm

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. 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>

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 navigating the child welfare system come together to openly tell their story and support one another
- Advocates act in solidarity with parents and support them to find programs, attend court and witness child apprehensions
- Meets weekly over zoom
- Eligibility: Parents, extended family, adoptive parents, care-givers, and parent supporters navigating the child welfare system are welcome

Address: Online

Phone: 604-512-3266 | **Email:** Lori@loridamon.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 factsheets 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 xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səliłwətaʔt (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

- 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

Address: Now online

Phone: 604-436-1025 | **Email:** againstviolence@vlmfss.ca

<https://www.vlmfss.ca/multicultural-outreach>

Advocacy

Multicultural Victim Services

- Confidential program to provide emotional support, information about your rights, and referrals if you've been a victim of a crime
- You do not need to report a crime to the police to receive help
- Eligibility: Victims of crime living in Vancouver or Burnaby, irrespective of gender or immigration status

Hours: Monday – Friday: 9am - 5pm

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

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@rdsp.com

<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: #620-1033 Davie Street, Vancouver, BC, V6E 1M7

Email: info@rainbowrefugee.ca

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

Salal Sexual Violence Support Centre

- Provides individual counselling and drop-in support circles for survivors of sexualized violence, as well as victim services such as hospital, police and court accompaniment
- Call the 24-Hour Crisis & Information Line to register for individual counselling or support circles 1-877-392-7583 or 604-255-6344
- Eligibility: Survivors of marginalized genders: cis and trans women, Two-Spirit, trans and/or non-binary people who have experienced sexualized violence

✓ Counselling ✓ Victim Services

Crisis Line: 1-877-392-7583 or 604-255-6344 | **Office:** 604-255-6228 | **Email:** admin@salalsvsc.ca

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

Seniors Abuse and Information Line (SAIL)

- Confidential information line for older adults and those who care about them to speak to a professional intake worker about abuse, mistreatment and any issues that impact the health and well-being of an older adult in BC. Language interpretation is available.

Hours: Monday – Friday: 8am - 8pm; Saturday, Sunday: 10am - 5:30pm. Excluding statutory holidays

Phone: 604-437-1940

Toll-free: 1-866-437-1940

<https://seniorsfirstbc.ca/programs/sail/>

Advocacy

Seniors First BC

55+

- Provides information, legal advocacy, support, and referrals to older adults across BC with issues affecting their well-being or rights, as well as concerned third parties. Services are provided through the Seniors Abuse and Information Line (SAIL), Victim Services Program, Legal Advocacy Program, Elder Law Clinic, Advance Planning Clinics, and Public Education and Outreach Program.



Address: #502-1281 W Georgia St., Vancouver, BC V6E 3J7

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

<https://seniorsfirstbc.ca/>

Strathcona Community Policing Centre

- Champions safety and wellbeing in Strathcona through volunteer programs and services that offer meaningful opportunities to contribute to the community.
- Connects residents with CPC programs and other community-based services
- ✓ Service navigation

Hours: *Tuesday-Thursday: 8:30am - 4:30pm; Friday: 10am - 4pm; Saturday: 10am - 2pm*

Address: 872 East Hastings Street, Vancouver, BC, V6A 1R6

Phone: 604-717-0622 | **Email:** info@strathconacpc.ca

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

SWAN Vancouver

- Culturally-specialized front-line supports & advocacy for im/migrant women engaged in indoor sex work
- Programs are free & confidential,
- 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>

Advocacy

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 | **Toll-free:** 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, low-income, 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

NOTE: Office closed for maintenance. Please call 604-678-3790, leave a message and we will get back to you in 1-2 business days.

Hours: *Monday – Friday:* 9am - 5pm

Address: 1719 Franklin Street, Vancouver, BC, V5L 1P6

Phone: 604-678-3790 | **Email:** info@vacpc.org

<https://vacpc.org/>

411 Seniors Centre Society

- To give older adults voice and provide access to information, activities and sustainable services in a safe, culturally sensitive environment that enhances the quality of their lives
- Eligibility: Ages 55 and older

Hours: *Monday – Friday:* 9am - 4pm

Address: 3502 Fraser Street, Vancouver, BC, V5V 4C5

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

<http://411seniors.bc.ca/>

Advocacy

Do you want help with bullying, sextortion or harrasment?

Find the most up-to-date resources at www.want2.ca



Children of the Street

- If you think you are being exploited or are worried about a situation, you're not alone. Talk to a trusted adult about what's happening.
- If you contact Children of the Street, they can connect you with local resources depending on where you live.

Hours: Monday – Friday: 8:30am - 4pm

Text: 604-866-6779 | **Email:** info@childrenofthestreet.com

<https://www.childrenofthestreet.com/youth/get-help/>

Cybertip.ca

- Report concerns about shared intimate images, online luring, sextortion or other areas involving child victimization on the internet
- In many cases, they'll reach out to services like Instagram and Snapchat to intervene in the moment to help get the sextorters' accounts disabled
- Staff work closely with a support services team to assist youth in crisis and help you and your family through the incident

Phone: 1-866-658-9022 | **Report:** <https://cybertip.ca/en/report/>

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

Erase | Report It Tool

- If there's something worrying you or your friends at school, let an adult know who can help resolve the situation
- Send a secure, anonymous and confidential message to your school or school district's safe school coordinator, who will follow up on it right away. You do not have to provide your name unless you want to.

<https://erasereportit.gov.bc.ca/>

Kids Help Phone

- Learn what to do if you're experiencing bullying
- Want to talk about it? Call or chat with a counsellor, or get crisis support by text

Phone: 1-800-668-6868 | **Text:** 686868

<https://kidshelpphone.ca/get-info/what-do-if-youre-experiencing-bullying/>

Advocacy



NeedHelpNow.ca

- Helps teens stop cyberbullying and the spread of sexual pictures or videos and provides support along the way
- If you or someone you know has been negatively impacted by a self/peer exploitation incident, we are here to help offer guidance on the steps you can take to get through it

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

Youth Against Violence Line

- Call anytime to get help with other issues you may be dealing with, such as gangs, bullying, harassment, intimidation, and sexual assault
- Won't ask for your name, or anyone else's, and will refer resources to you based on what community you're in
 - ✓ Multiple languages available

Phone: 1-800-680-4264 | **Text:** 604-836-6381 | **Email:** info@youthagainstviolenceline.com
<http://youthagainstviolenceline.com/index.html>

Advocacy

Do you want settlement services as an immigrant or refugee?

Find the most up-to-date resources at www.want2.ca



Action Commitment Transformation Program (ACT)



- Specialized services for immigrant and refugee families (adults and youth) through a case-management 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/>

ISS of BC 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 in your first language if you're facing many barriers and need special supports
- Eligibility: Naturalized Canadian citizens, permanent residents, confirmed refugees, live-in caregivers or temporary foreign workers

✓ Multiple languages

✓ Variety of workshops

✓ Referrals to other services

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

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

<https://issbc.org/our-programs-and-services/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
- Please call to make an appointment
- 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>

Advocacy

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

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

Email: refugeeclaimant@mosaicbc.org

Phone: Spanish/English: 604-254-9626 ext.1022 or 1021 (Gerardo and Lucia)

Kurdish/Arabic/English: 604-254-9626 ext.1026 (Salih)

French/German/English: 604-254-9626 ext.1417 or 1021 (Sara and Lucia)

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
- You must have at least one original identity document (I.D.) from your country of origin.
Examples: passport or travel document, birth certificate, marriage certificate, school records, national I.D. cards, voter registration card

✓ 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 10-30

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?

Find the most up-to-date resources at www.want2.ca



Status Card Clinic Program

- A welcoming and supportive environment where individuals can receive assistance with completing their application, ensuring that all necessary documentation is included, and submitting their application to the government for processing
- Call or email Colin Sanderson (Trusted Source) for more information and help.

Phone: 604-685-5548 | **Email:** colin@lnhs.ca

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 Community Advocate

- Can help with: police complaints, ID applications, accessing Rise for family law related matters, swearing documents, and Legal Aid BC advocacy
- Drop-ins are twice a month at Rise Legal Women's Centre and The Gathering Place. Please email for specific hours

Address: 516 Richards St, Vancouver, BC, V6B 3A2 (Rise Women's Legal Centre);

609 Helmcken St, Vancouver, BC V6B 5R1 (The Gathering Place)

Email: lhseueh@womenslegalcentre.ca

<https://womenslegalcentre.ca/>

The Kettle ID Bank

- Assists low income, homeless, and/or marginally housed individuals in obtaining and safely storing ID
 - Arrive as early as 9:30am in order to sign up for an intake with the ID Bank worker on that day. Intake ends at 1pm.
 - First-come, first-serve basis. Your visit may take up to an hour depending on your ID needs.
 - Lunch and coffee available downstairs at 11:30 for Kettle Members at the Drop In.
- ✓ Application fees covered ✓ No appointment necessary

Hours: Monday, Tuesday, Thursday: 9:30am - 12pm; 1pm - 4pm

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

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

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

Advocacy

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: By appointment only - *1st Wednesday and 3rd Friday of the month*: 4pm - 6pm

Address: 1170 Bute Street, Vancouver, BC, V6E 1Z6

Email: transid@qmunity.ca

<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?

Find the most up-to-date resources at www.want2.ca

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 Volunteer Income Tax Program (Vancouver Aboriginal Friendship Centre Society)

- Helps clients navigate the complexities of the tax system, ensuring that they receive the maximum benefit and refund to which they are entitled
- By appointment

Address: 1607 E Hastings St, Vancouver, BC V5L 3P7

Phone: 604-685-5548 | **Email:** TLCNavigator@vafcs.org

<https://vafcs.org/legal-assistance>

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-income-tax-program.html>

Credit Counselling Society

- Provides workshops and webinars that improve money management skills including using credit wisely
- Appointments are currently by telephone. Please call or chat online.

Phone: 604-527-8999 or 1-888-527-8999 | **Email:** info@nomoredebts.org

<https://www.nomoredebts.org/credit-counselling-society/consumer-services/credit-budgeting-workshops.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: 1-800-609-3202 | **Email:** moneyskills@fsgv.ca

<https://fsgv.ca/financial-empowerment/>

Advocacy



Her Dollars and Sense

- Women-only online workshops to learn about financial literacy and planning

Email: info@herdollarsandsense.ca

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

Lotus Light Income Tax Clinic

- Holds income tax return preparation from March to April 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:** lcsvancouver@gmail.com

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

Pidgeon Park Savings

- Provides access to basic financial services to people living on low incomes in the Downtown Eastside

Hours: Monday – Thursday: 11am – 5pm; Friday: 12pm – 6pm

Address: 346 East Hastings Street, Vancouver, BC, V6A 1P4

Phone: 604-678-8276

<https://www.phs.ca/our-services/pigeon-park-savings/>

Public Guardian and Trustee of BC (PGT)

- provides a range of services to adults who may need help managing their personal, legal and financial affairs and do not have other decision makers available to help them

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) | 604-660-3040 (Children and Youth)

Email: sta@trustee.bc.ca

www.trustee.bc.ca

Advocacy

Trust Program through Coast Mental Health



- Coast Mental Health's disability trust program helps you protect and manage your financial assets (trust funds)
- Funds placed in the trust program can be used for disability-related purposes, including anything that promotes the independence of the beneficiary

Hours: *Monday – Friday:* 8am - 4pm

Address: 293 East 11th Ave., Vancouver, BC, V5T 2C3

Phone: 604-675-2321 | **Email:** trust@coastmentalhealth.com

www.coastmentalhealth.com/pillar-services/#TrustProgram

Vancouver Rent Bank



- Provides interest-free loans to families and individuals at risk of eviction or essential utility disconnection due to a temporary shortage of funds
- Loans can be used for rental arrears, utility arrears, security deposits and/or first month's rent
- Offers tools, workshops, and resources to better manage your finances, as well as connections to housing support services
- Eligibility:
 - ✓ Must live in the city of Vancouver
 - ✓ Must be low-income
 - ✓ Must have two pieces of ID
 - ✓ Must have proof of tenancy
 - ✓ Must have 3 months of statements for all bank and credit card accounts
 - ✓ 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>



Community and Belonging

Do you want to find recreational activities to do?

Find the most up-to-date resources at www.want2.ca



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), if you're receiving employment insurance (EI), 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>





Community and Belonging

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/>

Kitsilano Neighbourhood House

Address: 2305 West 7th Avenue, V6K 1Y4

Phone: 604-736-3588

<http://www.kitshouse.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

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/>

Downtown Eastside Neighbourhood House

Address: 573 E. Hastings Street, V6A 1P9

Phone: 604-215-2030

<http://dtesnhouse.ca/>

Marpole Neighbourhood House

Address: 8585 Hudson St (at 70th Ave), V6P 4M3

Phone: 604-628-5663

<http://www.marpolenh.org>

Frog Hollow Neighbourhood House

Address: 2131 Renfrew Street (at 5th Ave), V5M 4M5

Phone: 604-251-1225

Phone: 604-251-1225

<http://www.froghollow.bc.ca/>

Mount Pleasant Neighbourhood House

Address: 800 East Broadway, V5T 1Y1

Phone: 604-879-8208

<http://mpnh.org/>

Gordon Neighbourhood House

Address: 1019 Broughton, V6G 2A7

Phone: 604-683-2554

<https://gordonhouse.org/>

South Vancouver Neighbourhood House

Address: 6470 Victoria Drive, V5P 3X7

Phone: 604-324-6212

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



Community and Belonging

Do you want to find special interest groups and meetups?

Find the most up-to-date resources at www.want2.ca



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 classes
- ✓ Elders Circles
- ✓ Morning smudges on Monday

Hours: Monday – Friday: 8am - 12pm and 1pm - 4pm

Address: 384 Main Street (off Hastings), Vancouver, BC, V6A 2T1

Phone: 604-697-5662 | **Email:** info@abfrontdoor.org

<https://abfrontdoor.org/>

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 ext. 236 | **Email:** vancouver.families@bigbrothersbigsisters.ca

<https://www.bigbrothersvancouver.com/our-programs/>

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/>

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 and Belonging

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:** byrc@pcrs.ca

<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 | **Email:** connections@bc.ymca.ca

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

Carnegie Community Centre

- Provides social, educational, cultural and recreational activities, and services for the people of the Downtown Eastside.
- All services and programs at Carnegie Community Centre are offered free of charge with an annual membership of \$1.
 - ✓ Arts & Crafts
 - ✓ Music
 - ✓ Recreation
 - ✓ Writing

Hours: *Everyday:* 9am - 11pm

Address: 401 Main St., Vancouver, BC V6A 2T7

Phone: 604-665-2220 | **Email:** carnegie@vancouver.ca

<https://vancouver.ca/parks-recreation-culture/carnegie-community-centre.aspx>

Coast Clubhouse at Coast Mental Health

- Offers low-cost nutritious meals, social, recreational, education and employment opportunities and free laundry facilities
- Eligibility: Those with mental health concerns or connected to mental health supports

Hours: *Monday, Tuesday, Thursday, Friday:* 8am - 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/>



Community and Belonging

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
- Breakfast (\$1) serviced from 9am – 10am, Lunch (\$2) served from 12pm – 1pm
- Free snack from 2:30pm – 3:30pm
- Eligibility: Have mental wellness concerns and are connected to services. Call or drop-in to discuss member intake.

Hours: *Tuesday – Saturday:* 8:30pm - 4:30pm

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/community-and-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

Hours: *Monday - Friday:* 9am - 5:30pm (closed Thursdays from 12pm - 2pm)

Address: 1302 Seymour Street, Vancouver, BC, V6B 3P3

Phone: 604-685-7474 | **Email:** info@covenanthousebc.org

<https://www.covenanthousebc.org/programs-services/drop-in-and-outreach/drop-in-centre/>

Directions Youth Services Centre



- Drop-in to access supports, dinner and snacks, showers and laundry facilities, clothing, hygiene supplies, harm reduction kits and a variety of arts workshops
- 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@fsgv.ca

<https://www.directionsyouthservices.ca/youth-services-centre/>



Community and Belonging

DUDES Club



- The DUDES 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/>

Evelyne Saller Centre (The 44)



- Provides a variety of services to low income and at-risk adults living in the Downtown Eastside. The centre supports the physical, mental, and social well-being of community members to enhance their quality of life.
- Services include showers, laundry, and health support services including delousing, arts and music, games and full course meals for \$2.00.

✓ Arts & Crafts

✓ Music

✓ Recreation

Hours: *Monday - Friday:* 9am - 11pm; *Sunday & Saturday:* 10am - 10pm

Address: 404 Alexander St., Vancouver BC, V6A 1C5

Phone: 604-665-3075 | **Email:** evelynesallercentre@vancouver.ca

<https://vancouver.ca/parks-recreation-culture/evelyne-saller-centre.aspx>

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

Address: #310-1033 Davie St., Vancouver, BC, V6E 1M7

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

<https://checkhimout.ca/events/>

I Belong LGBTQIA2S+



- 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: 604-762-1566 | **Email:** ibelong@mosaicbc.org

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



Community and Belonging

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: 778-558-5385 | **Email:** office@innerhope.ca

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

Immigrant Women Peer Support Program



- Meet other women to make new friends and build support networks while sharing your settlement experience
- 10-week support group and/or 14-week training program for women
- Peer Support Group Eligibility: Immigrant and refugee self-identified women 19 years or older
- Training Eligibility: Immigrant and refugee self-identified 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>

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/>

Kinnections

- Mentoring for self-identifying Indigenous youth who are matched with trained, screened volunteer mentors.
- Mentors help you realize your strengths, work towards your goals, and build your confidence and independence. Your mentor will be a supportive, caring, and stable role model, advocate, and friend, who can help you with setting goals and obtaining the life skills you'll need as an adult. They're a non-judgmental, encouraging adult you can talk to, try new activities with, and go to for advice. Your mentor can also provide support as you transition to living independently as an adult.
- Eligibility: Ages 16-19

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

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

<https://unya.bc.ca/programs/kinnections-program/>



Community and Belonging

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

<https://loveorganization.ca/bc/programs>

Leave Out Violence Leadership Program

- Grow your leadership, facilitation and artistic skills. Facilitate workshops, lead discussions and participate in public speaking events.
- 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

<https://loveorganization.ca/bc/programs>

Leave Out Violence Social Justice for Beginners Workshops

- Participate in workshops and learn concepts and skills that will empower you to make change in your community. Learn how to: make a meaningful land acknowledgement; spot and stop bullying or cyber-bullying; find mental health support for you or someone you care about; and explain to someone the benefits of sharing personal pronouns.
- Eligibility: Ages 13-17

Address: Online

Phone: 604-709-5728 | **Email:** info-bc@loveorganization.ca

<https://loveorganization.ca/bc/news/introducing-social-justice-for-beginners-workshops>

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/>



Community and Belonging

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: Self-identified women age 19+ of any immigration status

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>



Community and Belonging

Multicultural Helping House Society Women's Program



- Offers computer literacy workshops, leadership and management skills, multicultural cooking classes, family and parenting workshops, community resources, and women's support groups for live-in caregivers

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



- Provides a comfortable and inviting space for seniors to socialize
- Offers outings and activities, computer skills, support groups, recreation, and mental health and wellness workshops

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 wellness workshops, field trips and recreational activities, as well as a homework club
- Meet other youth every Friday during the youth drop-in (call or email for specific times)
- Join a youth support group or an English conversation circle
- Eligibility: Newcomer youth ages 13-25

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

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

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

Musqueam Community and Fitness Centre



- 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>



Community and Belonging

Nisga'a Ts'amiks Vancouver Society Events

- Monthly community events including Elders meetings, cultural activities and wellness workshops
- Eligibility: Nisga'a citizens

Hours: Monday – Friday: 9am-5pm

Address: 525 West 10th Avenue, Vancouver, BC, V5Z 3Y6

Phone: 604-646-4944 ext. 100 | **Email:** receptionist@tsamiks.com

<https://tsamiks.com/>

Pace Society

- Drop-in services, peer outreach, and weekly social groups for sex workers of all genders
- Supports in areas including: mental health, violence and sexual assault, grief and loss, legal, ID, criminal justice, employment transitioning, trans-specific services, bad date and third-party reporting, and substance use

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

- 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.ca/>

Pacific Association of First Nations Women Languages

- Take classes with fluent speakers in the Nêhiyawêwin (Cree) and Anihşināpēmowin (Ojibway) languages who teach and pass down their knowledge.

Address: 2018 Wall Street, Vancouver, BC

Phone: 604-872-1849 | **Email:** coordinator.languages@pafnw.ca

<https://pafnw.ca/Programs>

Pflag Vancouver

- Works to create an environment of understanding so our gay, lesbian, bisexual and transgende children can live with dignity and respect. Provides support for all family members and friends.
- Provides support for all family members and friends.

Address: Online

Phone: 604-626-5667 | **Email:** info@pflagvancouver.com

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



Community and Belonging

Powell Street Getaway

- A welcoming and safe hang-out for local people living with mental illness
- Peer programs encourage people to participate in social and life skills development
- Includes harm reduction, a safe consumption site, meals/snacks and donated clothes

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

Hours: *Everyday:* 9am - 9pm

Address: 450 E. Hasting Street, Vancouver, BC, V6A 1P7

Phone: 604-255-7026

<https://lookoutsociety.ca/project/powell-street-getaway-resource-centre/>

Promise Vancouver After-School Programs

- Trauma-informed after-school care for elementary students (grades 1-7) in the Downtown Eastside. After-school pickup is provided for students attending Lord Strathcona Elementary School.
- Financial aid is available for those with 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:* 3pm - 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/youth/>



QMUNITY

- Drop-in groups, special events, information & referral services, support for parents, and a safer space for LGBTQ2SAI+ people and their allies

Address: 1170 Bute Street, Vancouver, BC, V6E 1Z6

Phone: 604-684-5307 ext. 100

Email: reception@qmunity.ca

<https://qmunity.ca/groups/>



Community and Belonging

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
- Available in Cantonese and Mandarin, and Farsi and Dari
- Eligibility: Immigrants and refugees ages 55 years and older

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

Surrey Office: #200–7134 King George Blvd, Surrey, BC V3W 5A3

Phone: 604-671-7281 | **Email:** seniors@mosaicbc.org

<https://mosaicbc.org/our-programs/join-the-mosaic-seniors-club/>

QMUNITY Gab Youth and Gab Youth Junior



- Provide a space for queer youth to meet and connect, and have a space to talk about identity with other peers
- Eligibility: Ages 14-25; Gab Youth Junior is available for ages 10-13 and takes place on Zoom

Address: 1170 Bute Street, Vancouver, BC, V6E 1Z6

Phone: 604-684-5307 ext. 100 | **Email:** youth@qmunity.ca

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

QMUNITY Seniors



- 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: 1170 Bute Street, Vancouver, BC, V6E 1Z6

Phone: 604-684-5307 ext. 110 | **Email:** seniors@qmunity.ca

<https://qmunity.ca/get-support/olderadults/>

Sher Dosti Project Monthly Meet Up



- Monthly social for queer South Asian and BIPOC people and friends 19+

Address: Events take place at various locations

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

<https://www.shervancouver.com/support-groups>



Community and Belonging

Sher Lotus Support Groups



- A place for queer and trans women, non-binary and two-spirited people to connect and collaborate

Address: Currently Online

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

<https://www.shervancouver.com/support-groups>

Sher Jupiter Support Groups



- A safe space for Queer South Asian men and their friends to connect, collaborate, and offer support to each other

Address: Currently Online

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

<https://www.shervancouver.com/support-groups>

South Vancouver Youth Centre Resource Centre



- A safe space for youth offering a variety of information and referral services
- Free access to telephones, computers, printers, workshops, snacks, books, games, bus tickets and much more
- Eligibility: Youth ages 12-24

Hours: *Mondays – Fridays:* 10:30am - 6:30pm

Address: 4920 Fraser Street, Vancouver, BC, V5W 2Y8

Phone: 604-325-2004

Email: svyc@milieu.ca

<https://www.svycyouthhub.com/resource-centre>

The Corner (Formerly Boys R Us)



- A safe space to drop-in, relax, eat, socialize and access health and social support services
- Please email or call to register
- Eligibility: Male and transgender participants who work or used to work in the sex trade

Hours: *Wednesday, Thursday:* 5:30pm - 9pm

Address: 4th floor, 1101 Seymour St., Vancouver, BC, V6B 0R1

Phone: 604-893-2201 | **Email:** contact@aidsvancouver.org

<https://www.aidsvancouver.org/volunteer-signup>

The Gathering Place



- Accessible, engaging programs with a focus on food and nutrition, health, education, recreation, arts and culture, and community development for the Downtown South community

Hours: *Everyday:* 9am - 8pm

Address: 609 Helmcken Street, Vancouver, BC, V6B 5R1

Phone: 604-665-2391

<https://vancouver.ca/parks-recreation-culture/gathering-place-location.aspx>



Community and Belonging

UBC Learning Exchange – Drop-In Program



- Drop-in to use our computers, get involved with arts, culture and current affairs, or just relax and have a coffee
- ✓ Drop-in
- ✓ Variety of workshops

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 Butterflies



- Gives girls unique and fun opportunities to work and learn cultural art and dance, learn about their spirituality and gain skills to survive emotional pain associated with living in foster care away from your family.
- Eligibility: Indigenous girls; ages 7-14

Address: 2018 Wall Street, Vancouver, BC

Phone: 604-872-1849 | **Email:** coordinator.mmiwg@pafnw.ca

<https://pafnw.ca/Programs>

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/>



Community and Belonging



Vancouver Aboriginal Friendship Centre Society (VAFCS)

- Helps families, youth, adults, elders and children maintain their aboriginal cultural ties and values, while providing programs in health and welfare, social services, human rights, culture, education, recreation and equality for all genders of Aboriginal People of all age groups

- ✓ Recreation
- ✓ Family programs
- ✓ Cultural nights
- ✓ Elders program

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>

55+

Vancouver Second Mile Society

- 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

Phone: 604-254-2194 | **Email:** info@vsms.ca

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



Vancouver Venture for Diversity Society

- Provides support and services for children, youth, seniors and the mental health community, including cultural activities and gatherings

Address: 4125 Jericho Drive, Vancouver, BC, V6N 0A4

Phone: 604-778-0042

<https://vvfds.ca/>



VANDU (Vancouver Area Network of Drug Users)

- A group of users and former users who work to improve the lives of people who use drugs through user-based peer support and education, and committed to increasing the capacity of people who use drugs to live healthy, productive lives

Address: 380 East Hastings St., Vancouver, BC, V6A 1R1

Phone: 604-683-6061 | **Email:** vandu@vandu.org

<https://vandureplace.wordpress.com/>





Community and Belonging

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: 604-681-9244 | **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 ext. 113 | **Email:** indigenoumgr@wishdropincentre.org

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

YMCA



- 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 community
- Eligibility: Grades 9-12 & Alumni

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/>



Community and Belonging

YouthCo HIV & Hep C Society



- Youth leaders within the HIV and Hep C movements to reduce the impact of HIV and Hep C stigma on youth
- Social events range from make-up tutorials, picnics, craft circles, movie screenings, nature walks and more
- Takes a peer approach to conversations about sexual health, harm reduction, and stigma

Phone: 604-688-1441 | **Toll-free:** 1-855-968-8426 | **Email:** info@youthco.org

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

YWCA



- 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



- Gives older adults a voice and provides access to information, activities and sustainable services in a safe, culturally sensitive environment that enhances the quality of their lives.
- Become a member (\$10) and organize events, volunteer, learn new skills or enjoy the company of others.

- Eligibility: Ages 55 and older

- ✓ Referrals to other services
- ✓ Workshops and Social Events
- ✓ Tax clinics

Hours: *Mondays – Friday:* 9am - 4pm

Address: 3502 Fraser Street, Vancouver, BC, V5V 4C5

Phone: 604-684-8171 **Email:**

info@411seniors.org

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





Community and Belonging



Do you want parenting or childcare support?

Find the most up-to-date resources at www.want2.ca

Aboriginal Head Start Program



- Full-time childcare that enhances the health, social, cultural and educational development of Indigenous children
- Provides Indigenous children with a strong foundation in their cultural teachings
- Eligibility: Indigenous children ages 3-5 years old

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

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

<http://www.vafcs.org/programs/familyprogram/>

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



(Mount Pleasant Family Society Centre)

- Provides early childhood development, family support & 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 with children ages 0-6

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

Phone: 778-372-6552 | **Email:** info.mpfcs@gmail.com

<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, settlement & family supports
- 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:** capc@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 able to commit to an 8-week program. Childcare is available.

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

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

<https://eastsidefamilyplace.org/programs/circle-of-security/>



Community and Belonging



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 Resources



- Community professionals visit ESFP and provide parents and caregivers with convenient access to resources and support services
- 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/>



Community and Belonging

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 18 months to 6 years, 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 Support Program



- Offers a range of services to help families build stronger, healthier relationships.
- Provide parents with the skills and knowledge they need to raise healthy, happy children. Includes one-on-one counselling, group sessions, and workshops that cover a range of topics such as effective communication, positive discipline, and child development.

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

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

<https://vafcs.org/programs-for-families>

Home Visitors Program



- Home-based parenting support program that provides Arabic-speaking refugee parents/caregivers with information and support on parenting in a Canadian context, including access to relevant resources and services.
- Eligibility: Immigrant and refugee families with children aged 0-5

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

<https://pirs.bc.ca/programs-services/refugee-programs/>





Community and Belonging

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, September - June
- Eligibility: Parents of children aged 18 months to 5 years, and 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
- Supporting families to promote the health and well-being of the community and nurture strong family connections within it. Our wide range of programming offers dependable resources and a diverse community for families, seniors, and everyone in between!
- Cost: \$2 to attend the drop-in (subsidy available upon request)

Hours: Monday - Friday: 9am - 12pm

Address: 8188 Lord Street, Vancouver, BC, V6P 0G8

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:** flora.mpfcs@gmail.com

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



Community and Belonging



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
- Adult support workers are available during drop-ins. There is an annual \$20/year fee to access the drop-in and other support programs.

Hours: *Tuesday, Thursday:* 9am-2pm; *Wednesday, Friday:* 9am-12pm

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
- To register, please complete an online form and pay the annual \$20/year fee in person
- Eligibility: Children aged 0-5 and their parents or caregivers

Hours: *Tuesday, Thursday:* 9am-2pm; *Wednesday, Friday:* 9am-12pm

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

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/parenting-and-other-programs/>



South Vancouver Youth Centre Parenting Groups

- Helps families achieve successful relationships and improve communication within their family unit
- Parenting groups are offered in English, Farsi, Mandarin and Cantonese

Address: 4910 Fraser Street, Vancouver, BC, V5W 4B6

Phone: 604-325-2004 | **Email:** svyc@milieu.ca

<https://www.svycyouthhub.com/programs>



Community and Belonging

South Vancouver Family Place Positively Inspired Parents



- 6 to 8-week parent support program for those who have taken the Nobody's Perfect program and 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/parenting-and-other-programs/>

South Vancouver Family Place 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.
- 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/parenting-and-other-programs/>

YWCA Crabtree Corner



- Welcoming community and resource centre in the Downtown Eastside for women and families
- 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 and Individual Support



- Access companionship, peer support and community with other women parenting alone in the Single Mothers Supports Groups
- YWCA family resource workers provide information, referrals and one-to-one support to single moms.

✓ Service navigation

Address: Various locations

Phone: 604-250-6229 (Donna), 604-219-8952 (Joann)

Email: donnpatrick@ywcavan.org, jmckinlay@ywcavan.org

<https://ywcavan.org/programs/support-single-moms>



Community and Belonging

Do you want to find a cultural centre?



Find the most up-to-date resources at www.want2.ca



Cultural spaces and centres are places where people come together to express themselves through art and culture

Cultural Centres in Vancouver



Look for a cultural centre by clicking on the magnifying glass icon  in the upper left corner of the map. Type in what kind of cultural centre you are looking for. E.g., "Aboriginal Friendship Society," "Chinese Cultural Centre," "Francophone." You can also expand the list on the right-hand side for a list of all centres by pressing:  Cultural Centres are marked by a green circle.

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

Do you want to find a spiritual centre or place of worship?

Find the most up-to-date resources at www.want2.ca



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 2T1

Phone: 604-261-7204 | **Email:** info@ucv.im

<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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