



DESTINATION
YVR
2021 - 2022

Survival Guide for Queer
**Newcomers and Students
in Metro Vancouver**

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Sher Vancouver LGBTQ Friends Society

A photograph of a forest with tall trees and a path covered in fallen leaves. The trees are mostly deciduous with green foliage, and the ground is covered in a thick layer of brown and yellow leaves. The lighting is soft, suggesting a late afternoon or early morning setting. The path leads into the distance, flanked by trees on both sides.

Indigenous Acknowledgement

We would like to begin by acknowledging that we are fortunate and have much gratitude to be able to provide this Survival Guide to benefit the 2SLGBTQ+ people of Metro Vancouver which is the ancestral, unceded, and traditional homeland of the Coast Salish peoples.

Thank you.

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GOVERNMENT IDENTIFICATION



Government Identification

Before you move to BC

welcomebc.ca

Federal Services (Canada)

Passport Help Centre

canada.ca/en/

For passport questions, photo guidelines, fees, processing times, documentation and information regarding child, adult and e-passports

Social Insurance Number

Phone: 1-800-622-6232

Travel Documents

canada.ca/en/immigration-refugees

For non-Canadian adults and children

Provincial Services (British Columbia)

BC Identification Card

gov.bc.ca/gov/

Toll Free: 1-888-356-2741

BC Services Card

gov.bc.ca/gov/

Phone: 604-660-2421

Toll Free: 1-800-663-7867

For BC Health Insurance. You can visit their multiple [locations](#)

Catherine White Holman Wellness Centre (CWHWC)

cwhwc.com

We offer legal name change consultation for trans, non-binary and gender diverse folks

Moving from Outside Canada BC Drivers License & ID

icbc.com/driver-licensing

Phone: 604-661-2800

Toll Free: 1-800-663-3051



HOUSING



Housing

BC Housing

bchousing.org/housing-assistance/

Phone: 1-866-465-6873

Address: 101-4555 Kingsway, Burnaby

For subsidized housing for low income people

Cypress Accommodations

Phone: 604-568-5108

Housing options for individuals who prefer to stay within the Vancouver downtown area

Global Education City

gecliving.com

Phone: 604-669--6686

Housing placement for international and domestic students

Onboard Stay

Phone: 778-829-4622

Student accommodations in high quality homestay environments throughout Metro Vancouver

Options Community Services

options.bc.ca/program/ted-kuhn-towers

Phone: 604-584-3818

Address: 13350 & 13352 Old Yale Rd, Surrey
Ted Kuhn Towers provides supportive housing to low-income individuals facing multiple barriers and are homeless or at-risk of homelessness

Places 4 Students

places4students.com

Helping students find a home away from home

■ Raincity LGBTQ2S Youth Housing

nsyouth.ca/services

Address: 616 Powell Street, Vancouver, BC

Phone: 604-662-7023

Real Estate Board of Greater Vancouver

realtalink.org

For rental and housing options at market rates

Red Door Housing Society

reddoorhousing.ca

Address: 11600 Cottonwood Dr., Maple Ridge

Phone: 604-431-9225

Tenants Resource & Advisory Centre

tenants.bc.ca

Phone: 604-255-0546

For issues as a tenant with the landlord



FOOD &
NUTRITION



Food Banks

Archway Abbotsford Food Bank

Phone: 604-859-5749
Address: 33914 Essendene Ave, Abbotsford

AMS Food Bank (UBC)

Phone: 604-822-2371
Address: 6138 Student Union Boulevard, LIFE 0032, Vancouver

Friends in Need Food Bank

Phone: 604-460-4619
Address: 12240 Harris Road, Pitt Meadows

Food Banks of BC

Phone: 604-498-1798
Address: 100-12761 16th Ave, Surrey

Greater Vancouver Food Bank

Phone: 604-876-3601
Address: 8345 Winston Street, Burnaby
May require identification

ICNA Relief Canada Food Bank

icnareliefcanada.ca/food-banks
Address: 13030 76 Ave Unit 115. Surrey

Langley Food Banks

langleyfoodbank.com

Lifeline Outreach Society

Phone: 604-728-7551
Address: 33933 Gladys Ave, Abbotsford

Muslim Food Bank

muslimfoodbank.com
Toll Free: 1-866-248-3868
Located in Surrey & Richmond

Quest Food Exchange

questoutreach.org/access-food
Quest Food Exchange redistributes surplus healthy nutritious food

Richmond Food Bank Society

Phone: 604-271-5609
Address: 100-5800 Cedarbridge Way, Richmond

Ridge & Pitt Meadows Food Bank

Phone: 604-466-3663
Address: 8-22726 Dewdney Trunk Rd, Maple Ridge

Ryan's Rainbow Food Outreach

Phone: 604-761-4357
Address: 1600 Cliff Ave, Burnaby

■ Saige Community Food Bank

saigecommunityfoodbank.com

SHARE Food Bank

sharesociety.ca/share-food-bank
In Port Moody, Coquitlam, and Port Coquitlam

South Delta Food Bank

Phone: 604-946-1967
Address: 5545 Ladner Trunk Road, Delta

Sources Community Services

Phone: 604-531-6226
In [Langley](#) and [White Rock/South Surrey](#)

Surrey Food Bank Society

Phone: 604-581-5443
Address: 1 - 13478 78th Ave, Surrey



Sikh Temples in Lower Mainland

Langar (open kitchen) provides free vegetarian Indian meals.

Please wash your hands and cover your head with a ramal (head scarf or head covering) which is available at all Sikh Temple entrances; Please remove your shoes at entrance into shoe change area.

Abbotsford Khalsa Diwan Society

Phone: 604-850-7338

Address: 33094 S Fraser Way, Abbotsford

Akali Singh Sikh Society

Phone: 604-254-3572

Address: 1890 Skeena Street, Vancouver

BC Khalsa Darbar Society

Phone: 604 325 2290

Address: 7749 Prince Edward St, Vancouver

Darbar Sri Guru Granth Sahib Ji

Phone: 604-588-0130

Address: 8820 168 Street, Surrey

Gurdwara Amrit Parkash

Phone: 604-600-7413

Address: 7990 123A Street, Surrey

Gurdwara Baba Banda Singh Bahadur

Phone: 604-746-1700

Address: 31631 South Fraser Way, Abbotsford

Gurdwara Dukh Nivaran Sahib

Phone: 604-594-5100

Address: 15255 68 Ave, Surrey

Gurdwara Guru Teg Bahadur Sahib

Phone: 604-808-2451

Address: 5988 184 Street, Cloverdale

Gurdwara Nanak Niwas

Phone: 604 274-7479

Address: 8600 No. 5 Rd, Richmond

Gurdwara Sahib Dasmesh Darbar

Phone: 604-594-2574

Address: 12885 85 Ave, Surrey

Gurdwara Sahib Sukh Sagar

Phone: 604-537-8300

Address: 347 Wood Street, New Westminster

Guru Nanak Sikh Gurdwara

Phone: 604 598-1300

Address: 7050 120 street, Surrey

Kalgidhar Darbar Sahib

Phone: 604-504-5530

Address: 30640 Blueridge Drive, Abbotsford

Khalsa Diwan Society

Phone: 604-324-2010

Address: 8000 Ross Street, Vancouver



Mission Sikh Temple

Phone: 604-820-0344

Address: 32086 Rai Ave, Mission

Nanaksar Gurdwara Gursikh Temple

Phone: 604-270-7369

Address: 18691 Westminster Hwy, Richmond

Satguru Ram Singh Satsang

Phone: 604-430-8324

Address: 5588 Joyce Street, Vancouver

Shri Guru Ravidass Sabha

Phone: 604-435-9997

Address: 7271 Gilley Ave, Burnaby

Sri Guru Singh Sabha Gurdwara

Phone: 604-590-3232

Address: 8115 132 Street, Surrey

York Gurdwara Sahib Society

Phone: 604-593-4422

Address: 7938 128 Street, Surrey





Food Delivery

DoorDash

doordash.com

Skip The Dishes

skipthedishes.com

UberEats

ubereats.com/ca

Grocery Stores

FreshCo

<https://freshco.com/>

No Frills

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

Superstore

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

Walmart

<https://www.walmart.ca/en>

Meal Preparation

Chefs Plate

cook.chefsplate.com

Fresh Prep

freshprep.ca

Hello Fresh

hellofresh.ca

The Grocery Store by Fed

grocerygrocerygrocery.com

Prepared Meals

Batch Food – Vancouver

batchfood.com

Phone: 604-533-0700

Gomae Meal Prep

gomaemealprep.com

Gill Tiffin Service – Abbotsford

Phone: 604-217-4122

Movement Food – Vancouver

movementfood.com

Phone: 778-227-0839

Homemade Punjabi Tiffin – Surrey

homemadepunjabitiffin.ca

Phone: 604-961-0394

Surrey/North Delta Meals on Wheels

sndmow.com

Phone: 778-590-1433

sndmow@gmail.com

Vaah Tiffin Service (Burnaby)

vaahrtiffin.ca

Phone: 778-213-9050

Yogi's Kitchen (Surrey)

Phone: 1-877-219-6224

contact@yogiskitchen.ca



CLOTHING & FASHION





Thrift Stores

Aunt Leah's Urban Thrift

auntleahs.org/social-enterprises

Phone: 604-525-1204

Address: 816 20th Street, New Westminister

Auxiliary to the Lions Gate Hospital

lghaux.org

Phone: 604-987-5938

Address: 128 15th St W, North Vancouver

BASES Family Thrift Store

basesburnaby.ca

Phone: 604-540-0110

Address: 7825 Edmonds Street, Burnaby

Burnaby Hospice Society Thrift Store

burnabyhospice.org/thrift-store

Phone: 604-520-5082

Address: 6843 Kingsway, Burnaby

Crossroads Hospice Thrift Store

crossroadshospice.org/thrift-store

Phone: 604-945-0606

Address: 2780 Barnet Highway, Coquitlam

Delta Youth Support Link Warehouse

dyslsociety.com/thriftStore.php

Phone: 604-948-0108

Address: 1308 56 Street, Delta

Economy Cottage Thrift Store

Address: 22264 Dewdney Trunk Road, Maple Ridge

Freddy's Thrift Store

Address: 13561 King George Blvd, Surrey

Hospice Opportunity Boutique

hobthriftboutique.com

Phone: 604-733-1412

Address: 2236 W 41st Ave, Vancouver
Provide women's clothing

Miscellany Thrift and Vintage

yelp.ca/biz/miscellany-thrift-and-vintage

Phone: 604-254-9999

Address: 323 E Broadway, Vancouver

Mount Seymour United Church

mtseymourunited.com/thrift-shop

Phone: 604-339-4399

Address: 1200 Parkgate Ave, North Vancouver

One Love Society & Thrift Store

onelovesociety.com

Phone: 604-620-5683

Address: 4845 Imperial Street, Burnaby

Orphan Aid Thrift Store

Phone: 604-521-1013

Address: 7889 Edmonds Street, Burnaby

Quick Nickel

Phone: 604-689-8910

Address: 1736 Davie Street, Vancouver

Regional Animal Protection Society

rapsbc.com/raps-thrift-store

Phone: 604-285-7724

Address: 8260 Granville Avenue, Vancouver

Salvation Arm

salvationarmy.ca

Phone: 604-299-0264

Address: Gilmore Ave, Burnaby



SEVA Thrift Store Society

sevathrift.com

Phone: 778-293-0115

Address: 9430 120 Street, Surrey

Society for Prevention of Cruelty to Animals Thrift Store

spca.bc.ca/about-us/locations/thrift-stores/

Phone: 604-736-4136

Address: 3606 Broadway W, Vancouver

Various locations throughout the Lower Mainland

Still Fabulous Thrift Shop

stillfabulousthrift.com

Phone: 604-566-9136

Address: 4355 Main Street, Vancouver

Talize Thrift Store

talize.com

Phone: 604-599-6116

Address: 11930 88 Ave, Delta

Thrift Store at Richmond Family Place

richmondfamilyplace.ca

Phone: 604-278-4336

Address: 8660 Ash Street, Richmond

Treasure Chest Thrift Store

vancouver-fraser.cmha.bc.ca/programs-services/treasure-chest-thrift-store

Phone: 236-317-3359

Address: 435 6th Street, New Westminster

VGH Thrift Store

vghthriftstore.org

Phone: 604-876-3731

Address: 2535 E Hastings Street, Vancouver

Wildlife Thrift Store

wildlifethriftstore.com

Phone: 604-682-0381

Address: 1295 Granville Street, Vancouver

YR Clothing Exchange

yrclothingexchange.com

Address: 1533 W Broadway, Vancouver

YWCA Thrift Shop

ywcavan.org

Phone: 604-675-9996

Address: 4399 Main Street, Vancouver

Provide women's clothing

Value Village (Various Locations)

stores.savers.com/bc

Retail Stores

Bluenotes

blnts.com

Marshalls

marshalls.ca/en

Old Navy

oldnavy.gapcanada.ca

Urban Planet

urban-planet.com

Walmart

walmart.ca/en

Winners

winners.ca/en



EDUCATION & TUTORING





General Resources

BC Colleges

bccolleges.ca/international-students

BC Transfer Guide (Outside of BC)

bctransferguide.ca/transfer/outside

BC Post Secondary Locator

gov.bc.ca/gov/content/education-training

Education Planner

educationplannerbc.ca/plan/start/international

For international students

Find Out How to Study in BC

educationplannerbc.ca/plan/start/international





Major Post Secondary Schools

In Metro Vancouver area

British Columbia Institute of Technology

bcit.ca

Toll Free (Canada & USA): 1-866-434-1610

[BCIT Pride](#)

Capilano University

capilanou.ca

Phone: 604-986-1911

[Cap U Positive Space](#)

Douglas College

douglascollege.ca

Phone: 604-527-5400

International Line: 604-527-5650

[DSU Pride Collective Queer Resource](#)

Emily Carr University of Art + Design

ecuad.ca

Phone: 604-844-3800

Justice Institute of BC

jibc.ca

Phone: 604-525-5422

Toll Free: 1-888-865-7764

[Gender Inclusion at JIBC](#)

Kwantlen Polytechnic University

kpu.ca

Tel: 604-599-2000

[KPU Pride Resources](#)

Langara College

langara.ca

Phone: 604-323-5511

[Langara Pride Club](#)

Simon Fraser University

sfu.ca

Phone: 778-782-3111

[LGBTQ2+ Students Resources](#)

University of British Columbia

ubc.ca

Phone: 604-822-9836

Toll Free: 1-877-272-1422 (Canada and USA)

[UBC Sexual Diversity \(LGBQ\) Resources](#)

University of the Fraser Valley

ufv.ca

Phone: 604-504-7441

Toll Free: 1-888-504-7441

[UFV Pride Support](#)

Vancouver Community College

vcc.ca

Toll Free (Canada and USA): 1-866-565-7820

[Diversity Services](#)



British Columbia Institute of Technology

Academic & Learning Services

bcit.ca/student-services

Find information on accessibility services, peer tutoring, the writing centre, WriteAway program, and BCIT library

BCIT Program Advisors

bcit.ca/advising

BCIT Student Association

bcitsa.ca

Advocacy, [health & dental](#), wellness, awards, childcare, entrepreneurship services

Campus Amenities

bcit.ca/student-services/campus-amenities

Campus Life

bcit.ca/admission/why-bcit/campus-life

Rights, responsibilities and safety info

Clubs

bcitsa.ca/clubs

Credentials Offered at BCIT

bcit.ca/admission/why-bcit/study-options

Financial Aid & Awards

bcit.ca/student-services/financial-aid-awards

How to Apply

bcit.ca/admission/how-to-apply

Indigenous Initiatives

bcit.ca/indigenous-services

International Student Services

bcit.ca/international-students/student-services

Information about programs, requirements, travel guide, orientation, permits, visas, medical insurance, and work

Student Health Services

bcit.ca/health-services

Technology

bcit.ca/student-services/technology

Test Centre

bcit.ca/test-centre

Trades Learning Centre

bcit.ca/trades-access/trades-tutorial

Tuition & Fees

bcit.ca/admission/tuition-fees

Workplace & Career Opportunities

bcit.ca/student-services

Working in Canada

bcit.ca/international-students

Includes international student information



Capilano University

Academic Advising Contact

advising@capilanou.ca

Accessibility Services

capilanou.ca/student-life/support--wellness

Academic Support

capilanou.ca/student-life/academic-support
Provide math and writing learning centres

Ask a Librarian

library.capilanou.ca/help/ask-a-librarian

Capilano University Bookstore

books.capilanou.ca

Campus Security

securityguards@capilanou.ca

Career Development Centre

experience.capilanou.ca/home/landing

Center for International Services

inted@capilanou.ca

Counselling Services

capilanou.ca/student-life/support--wellness

English Language Support (ELS)

capilanou.ca/student-life/academic-support

Financial Aid Advising Contact

finaid@capilanou.ca

Health Services

capilanou.ca/student-life/support--wellness

Health & Dental Plan

csu.bc.ca/services/healthplan

Indigenous Intern Leadership

studentemployment.viu.ca/iilp

Indigenous Students

capilanou.ca/programs--courses

IT Services

capilanou.ca/mycapu/it-services

Learning Support Services

capilanou.ca/student-life/academic-support

Students & Alumni

capilanou.ca/student-life/academic-support

Registration Contact

registration@capilanou.ca

Social Science Student Success

socscisuccess.capilanou.ca
studentconduct@capilanou.ca
Students Rights and responsibilities Advisor.

Student Services

capilanou.ca/about-capu/get-to-know-us
Student Services page includes links to supports and services at Capilano University

Support & Wellness

capilanou.ca/student-life/support--wellness
Health, accessibility, childcare and safety



Douglas College

Accessibility Services

douglascollege.ca/student-services

Phone: 604-527-5486

Information on documentation, accommodations, rights and responsibilities

Career Boost Program

douglascollege.ca/student-services

Career Centre

douglascollege.ca/student-services

Counselling

douglascollege.ca/student-services

Personal, career, & educational counselling

Douglas Students' Union (DSU)

thedsu.ca

Financial Aid & Information

douglascollege.ca/current-students

Get Oriented

douglascollege.ca/student-services/student-life

Indigenous Students Band Agency Funding

douglascollege.ca/student-services

Indigenous Student Resources

douglascollege.ca/student-services

Indigenous Student Services

douglascollege.ca/student-services

Phone: 604-527-5565

Find band/agency funding, rights and responsibilities, resources, and Indigenous student services contact information

IT Services

douglascollege.ca/student-services

Let's DO respect

eccmsdev1.douglascollege.ca/student-services

Student led initiative to help the Douglas College Community end homophobia, transphobia, racism and sexual violence

On Campus Resources/Activities

douglascollege.ca/student-services/student-life

Student Life

douglascollege.ca/student-services/student-life

On campus activities & resources

Student Services

douglascollege.ca/student-services

Student Services Page includes accessibility services, Indigenous student services, counselling Information, student on-campus activities/resources as well as IT services,

U-Pass BC on Compass Card

douglascollege.ca/student-services

Wellness Resources

douglascollege.ca/student-services/student-life

For mental, physical, sexual, alcohol and addictions, financial, self care, & nutrition)



Emily Carr University of Art and Design

Aboriginal Program Office

connect.ecuad.ca/student-services/aboriginal

Academic Advising

ecuad.ca/student-life/student-services

Accessibility Services

connect.ecuad.ca/student-services/accessibility

Application Info – Admissions

ecuad.ca/admissions/application-info

Compass U-Pass BC

connect.ecuad.ca/student-services/upassbc

Counselling Services

ecuad.ca/student-life/student-services

ECU Tuition Scholarships

ecuad.ca/student-life/financial-aid-awards

Financial Aid & Awards

connect.ecuad.ca/student-services/financial

Financial Services

connect.ecuad.ca/resources/finance

Graduation

connect.ecuad.ca/student-services/graduation

Housing Resources

findhousing.ecuad.ca

Helpful for new and current students looking for housing in Vancouver

ID cards

connect.ecuad.ca/student-services/idcards

International Students

ecuad.ca/student-life/student-services

Library Services & COVID-19

ecuad.ca/library/covid19

On Campus

ecuad.ca/on-campus

Request Transcripts

connect.ecuad.ca/student-services/transcripts

Resources

connect.ecuad.ca/student-services/supplies

Student Policies & Regulations

connect.ecuad.ca/student-services/policies

Student Services – Degree Programs

connect.ecuad.ca/student-services

Students' Union

ecuad.ca/student-life/campus-amenities

Welcome Alumni

ecuad.ca/donors-alumni/welcome-alumni



Justice Institute of BC

Academic Calendar

jibc.ca/academic-calendar

Applying for International Studies

jibc.ca/international-studies

Areas of Study

jibc.ca/areas-of-study

Career Paths

jibc.ca/career-paths

Current Students

jibc.ca/current-students

Fees & Refunds

jibc.ca/registration/fees-refunds

Financial Aid & Scholarships

jibc.ca/student-services/financial-aid

Find a Program

jibc.ca/program/find-program

Forms & Tax Receipts

jibc.ca/registration/forms-tax-receipts

Graduate Studies

jibc.ca/graduate-studies

How to Apply

jibc.ca/registration/how-to-apply

Indigenous Student Services

jibc.ca/student-services

International Studies

jibc.ca/international-studies

Liberal Studies

jibc.ca/liberal-studies

New Students

jibc.ca/new-students

Office of Applied Research & Graduate Studies

jibc.ca/about-us

Prior Learning Assessment (PLA)

jibc.ca/registration

Registration FAQs

jibc.ca/registration/registration-faqs

Simulations at JIBC

jibc.ca/simulations-jibc

Student Conduct & Policies

jibc.ca/student-services

Student Support

jibc.ca/student-services/student-support

The Library

jibc.ca/library

Transfer Credits

jibc.ca/registration/transfer-credits

Working at JIBC

jibc.ca/about-us/working-jibc



Kwantlen Polytechnic University

Academic Advising

kpu.ca/advising

Accessibility Services

kpu.ca/access

Assessment & Testing Services

kpu.ca/assessment-testing-services

Career Services

kpu.ca/careers

Co-operative Education

kpu.ca/co-op

Counselling Services

kpu.ca/counselling

The Learning Centres

kpu.ca/learningcentres

Reading, managing time, study skills, critical thinking, writing basics, exam prep and more

Indigenous Services for Students

kpu.ca/indigenous

Elder in residence and territorial acknowledgement

Indigenous Student Self-ID

kpu.ca/indigenous/selfid

Information Technology Department

kpu.ca/it

Info for Current Students

kpu.ca/awards/current-students

Student loans, grants, scholarships and forms

Info for International Students

kpu.ca/awards/international

Info for New Students

kpu.ca/awards/new-students

Student loans, grants, scholarships and forms

KPU Library

kpu.ca/library

Multi-Faith Centre

kpu.ca/multifaith

Office of Student Rights and Responsibilities

kpu.ca/student-rights-responsibilities

Orientation & Transition Programs

kpu.ca/orientation

Student Awards & Financial Assistance (SAFA)

kpu.ca/awards

Student Health 101

kpu.ca/campuswell

Monthly resource for the KPU community filled with information to encourage well-being and to make the most of KPU resources



Student Support

kpu.ca/current-students/support
Information on supports and services

Student Records

kpu.ca/records

Sport and Recreation

kpu.ca/sportrec

Studying and Working in Canada as an International Student

canada.ca/en

Registrar Office

kpu.ca/registrar

Transfer Credit

kpu.ca/transfercrredit

Tutoring

kpu.ca/learningcentres/tutoring





Langara College

Accessibility Services

langara.ca/student-services

Athletics & Intramurals

langara.ca/athletics-intramurals

Student Conduct & Academic Integrity

langara.ca/student-services

Co-op & Career Development Centre

langara.ca/coop-and-career-development

Job boards, resume and cover letter help, interview information and more

Counselling

langara.ca/student-services/counselling

Personal, career and university planning as well as information sessions and workshops

Documentation Requirements

langara.ca/student-services

Financial Aid

langara.ca/student-services/financial-aid

Bursaries, scholarships, assistance programs, and fee deferrals. Offer community cupboard program, one week worth of non-perishable food items given out to students.

Health & Dental Plan

langara.ca/student-services/students-union

Health Services

langara.ca/student-services

Indigenous Education & Services

langara.ca/student-services

Langara College Library

langara.ca/library

Langara Students' Union

langara.ca/student-services/students-union

Sexual Violence Support & Education

langara.ca/student-services

On and off campus support, filing police reports, sexual health and gender resources

Student Services

langara.ca/student-services

Information on all major activities, resources offered at Langara College

Student Services: U-Pass BC

langara.ca/student-services/upass

The Hub

langara.ca/the-hub

Programs and activities to connect with students and college community

Virtual Learning Support

langara.ca/student-services

FAQ's, learning tips, peer support

VOLT: Volunteer Program

langara.ca/the-hub/volt

Volunteer initiatives that support Langara and Greater Vancouver community



Simon Fraser University

Academic Advising

sfu.ca/students/academicadvising/contact
Phone and virtual appointments; appointment preparation review syllabus

Centre for Accessible Learning (CAL)

sfu.ca/students/accessible-learning
Support for people who need assistance or those who would like to help volunteer as note takers or faculty members whom are looking for assistance with their students

Career and Financial Supports

sfu.ca/students/career
Employment opportunities, grants, LinkedIn resources as well articles for recent graduates

Enrollment

sfu.ca/students/enrollment
Information about course loads, enrollment procedures

Graduate and Postdoctoral Studies

sfu.ca/gradstudies
Information on applications, programs requirements, various study opportunities with SFU

Health & Counselling

sfu.ca/students/health
Booking a doctor or counselling appointment, both in person and online

Health & Wellness Services

sfu.ca/vancouver/welcome/about-us
Health clinic and counselling, interfaith and mediation, and recreation resources

Indigenous Student Centre

sfu.ca/students/indigenous
Indigenous students resources

International Services for Students

sfu.ca/students/iss
International student advising, Q & A's for international students as well as a link to the Global Student Centre and Refugee and Newcomer Programs

Learning support

sfu.ca/learning/learning-support
Range of services for students

Office of the Ombudsperson

sfu.ca/ombudsperson
Assistance with policy, interpersonal conflicts, academic concerns and fairness issues within SFU

Simon Fraser Student Society

sfss.ca
Clubs, news, calendar, COVID-19 updates and more

Student Residence and Housing

sfu.ca/students/residences
Applications, housing rules, accommodations and various housing options for students

Student Services

sfu.ca/dashboard
Information on admissions, campus resources, events, and undergrad and graduate student services



University of British Columbia

Academic Advising

students.ubc.ca/enrolment

AMS Services

ams.ubc.ca/student-services

Peer support, safewalk, health and dental plan, foodbank, advocacy, and tutoring

Clubs On Campus

ams.ubc.ca/get-involved/clubs

Courses, Money & Enrolment

students.ubc.ca/enrolment

Center for Accessibility

students.ubc.ca/about-student-services

Career and Experience Career

students.ubc.ca/career

Counselling Services

students.ubc.ca/health/counselling-services

Phone: 604-822-3811

Provides short term individual counselling and group programs

Current Students Info

grad.ubc.ca/current-students

Equity & Inclusion Office

equity.ubc.ca

Graduate Student Society

gss.ubc.ca

Indigenous Students Portal

indigenous.ubc.ca/students

International Student Guide

students.ubc.ca/international-student-guide

Immigration, health insurance, working while studying, taxes, planning and support resources

The Ombuds Office

students.ubc.ca/ubclife

Assistance with grade reviews and appeals, housing and financial matters, supervisory conflicts and misconduct procedures

The Wellness Centre

students.ubc.ca/health/wellness-centre

Sexual Violence Prevention and Response

svpro.ubc.ca

Support for those who have experienced or been impacted by any form of sexual or gender-based violence, harassment or harm

Student Health Services (SHS)

students.ubc.ca/health/student-health-service

Health assessments and specialist referrals

Student Housing

students.ubc.ca/new-to-ubc

Student Services

students.ubc.ca

UBC Pharmacists' Clinic

pharmsci.ubc.ca/pharmacists-clinic

Licensed pharmacist-led clinic



University of Fraser Valley

Academic Success Centre

ufv.ca/asc

Advising Centre

ufv.ca/advising

Apply to UFV

ufv.ca/admissions/apply

Book a Tutoring Appointment

ufv.ca/asc/book-a-tutoring-appointment

Centre for Accessibility Services

ufv.ca/accessibility

Career Centre

ufv.ca/jobs

Career & Co-operative Education

ufv.ca/jobs/co-operative-education

Peer Resource and Leadership Centre

ufv.ca/prlc

Counselling

ufv.ca/counselling

Financial Aid and Awards

ufv.ca/fineaid

Fraser Valley India

ufv.in

Elders Services

ufv.ca/isc/elder-services

Health Services Plan

ufvsus.ca/healthanddental

Indigenous Affairs

ufv.ca/indigenous

International Students Support

international.ufv.ca/current-students

Library

library.ufv.ca

Math & Stats Centre

ufv.ca/math/math-stats-centre

Office of the Registrar

ufv.ca/registrar

Priority Access to Student Supports

ufv.ca/student-services/pass

Safe Student Community

ufv.ca/safe-student-community

Student Services

ufv.ca/student-services

Information on variety of supports and services

UFV Alumni Association

alumni.ufv.ca

UFV International

international.ufv.ca

UFV – SUS Food Bank

ufv.ca/student-services/support/food-bank



Vancouver Community College

Admissions and Student Records

vcc.ca/services/current-students

Advising Services

vcc.ca/applying/registration-services

Career Guidance

vcc.ca/services/services-for-students

Child Care

vcc.ca/services/services-for-students

Counselling

vcc.ca/services/services-for-students

Bookstore

vcc.ca/services/services-for-students

Disability Services

vcc.ca/services/services-for-students

Dispute Resolution

vcc.ca/services/services-for-students

Information on students rights, obligations, and options when it comes to filing complaints and appeals

Indigenous Services

vcc.ca/services/services-for-students

International Services

vcc.ca/international/current-students/services

International Students

vcc.ca/international

Portal for International Students for information on passport, study permit, working in Canada guide

Learning Centre

library.vcc.ca/learningcentre

Tutoring information for VCC students)

Library and Learning Centre

library.vcc.ca

Students' Union (SUVCC)

vcc.ca/services/current-students



DISABILITY SUPPORT



Disability Support

Access Income and Disability Assistance Services

gov.bc.ca/gov/content/family-social-supports

Accessibility Services – BCIT

bcit.ca/accessibility

For students only

Accessibility Services – Capilano University

capilanou.ca/student-life/support--wellness

For students only

Accessibility Services – Douglas College

douglascollege.ca/student-services

For students only

Accessibility Services KPU

kpu.ca/access

For students only

Apply for a Parking Permit

sparc.bc.ca/parking-permits

Information on applying for a parking pass for people with disabilities, renewals, and guidelines/criteria.

Awards for UBC Students with Disabilities

students.ubc.ca/enrolment/finances

For students only

Centre for Accessible Learning SFU

sfu.ca/students/accessible-learning

Centre for Accessibility Services UFV

ufv.ca/accessibility

For students only

Disability Alliance British Columbia

disabilityalliancebc.org

Disability Assistance BC

gov.bc.ca/gov/content/family-social-supports

Disability Services VCC

vcc.ca/services/services-for-students

For students only

Accessibility Services – Langara College

langara.ca/student-services

For students only

Resources for Students with Disabilities JIBC

jibc.ca/student-services

For students only



EMPLOYMENT



Employment

Family Services of Greater Vancouver

fsgv.ca/careers

Immigrant Services Society of BC Job Search Engines:

issbc.org/our-resource/job-search

Indeed – Job Search Engine

ca.indeed.com

■ Jobs for Queer

facebook.com/groups/1117137211680090

■ Pride at Work – Search Engine

prideatwork.ca/joblist

WorkBC

workbc.ca/Jobs-Careers/Find-Jobs

Phone: 250-952-6914

Toll Free: 1-877-952-6914

Work or Study in BC

welcomebc.ca

Information regarding credentials and more



VOLUNTEERING



Volunteer Opportunities

Archway – Abbotsford

archway.ca/volunteer

Arts Council of Surrey

artscouncilofsurrey.ca/volunteers

BC Rainbow Alliance for the Deaf

www.facebook.com/BCRAD.YVR

BC Society for the Prevention of Cruelty to Animals

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

Canadian Blood Services

blood.ca/en/ways-donate/volunteering

Canadian Cancer Society

cancer.ca/en/get-involved/volunteering

Canucks Autism Network

canucksautism.ca/join-us/become-a-volunteer

City of Abbotsford

abbotsford.ca/community-events/volunteering

City of Surrey

surrey.ca/about-surrey/volunteering

Diabetes Canada

diabetes.ca/get-involved/volunteer/join-us

Fraser Health

fraserhealth.ca/about-us/volunteer

Go Volunteer

govolunteer.ca/volunteer-opportunities

HIM: Health Initiative for Men

checkhimout.ca/volunteer

Langley Volunteer Bureau

langleyvolunteers.ca/volunteer-opportunities

Volunteer Match

volunteermatch.org

Quest Food Exchange

questoutreach.org/volunteer-all

QMUNITY

qmunity.ca/take-action/volunteer

Rainbow Refugee

rainbowrefugee.com/contact

Saige Community Food Bank

saigecommunityfoodbank.com

Sources Community Resource Centres

sourcesbc.ca/volunteer-opportunities

Surrey Food Bank

surreyfoodbank.org/volunteers

Volunteer BC

volunteerbc.bc.ca

Youth for Care

youthforcare.com/join-us



COVID-19 Pandemic Volunteer Opportunities

DTES Response Fund

dtesresponse.ca

**Engaged Communities Canada
Society**

eccsociety.org

iVolunteer Powered by United Way

ivolunteer.ca

WeCause

web.wecause.app



LANGUAGE & TRANSLATION SERVICES



Language & Interpretation Services

Aportto -Vancouver

aportto.com

Archway – Abbotsford

archway.ca/program

City of Surrey

surrey.ca/contact/translation-services

DIVERSEcity Interpretation and Translation Services – Surrey

dcrs.ca/our-services

Fraser Health Interpreter Services

fraserhealth.ca/clinical-resources

Language & Learning Services

Archway Community Services LINC – Abbotsford

archway.ca/program/access2english

Speaking, writing, and reading services
Access2English program

English Corner – Greater Vancouver

englishcorner.ca

Informal English classes for free

ISS of BC

issbc.org/service-types/linc

Language instruction for newcomers to Canada

Government of BC Translation and Interpretation Guide

gov.bc.ca/gov/content/translation

MOSAIC – Surrey

mosaicbc-lsp.org

Options Community Services

options.bc.ca/program

Tri-City Translation Services – Port Moody

soheilhatami.com

MOSAIC English Classes – Surrey

engage.mosaicbc.org/english

Surrey Libraries

surreylibraries.ca/services

English language training at various locations



LEGAL SERVICES





Legal Services

Archway

archway.ca/program/family-legal-advocacy

Provide family legal advocacy, legal information, & individual advocacy

BC Human Rights Clinic

bchrc.net

Phone: 604-622-1100

Toll Free: 1-855-685-6222

Address: 300-1140 West Pender St, Vancouver

BC Human Rights Tribunal

bchrt.gov.bc.ca

Address: 1170 – 605 Robson Street, Vancouver

Phone: 604-775-2000

Toll Free: 1-888-440-8844

BC Refugee Hub

bcrefugeehub.ca

Legal advocacy programs for low income immigrants, refugees and migrant workers

Community Legal Assistance Society

clasbc.net

Provides free legal services too low income and disadvantaged people in the Vancouver community

Immigration and Refugee Legal Clinic

irlc.ca

Law Students' Legal Advice Program

lslap.bc.ca

Legal advice clinics throughout the Lower Mainland run by volunteers and supervised by lawyers

Legal Aid BC

lss.bc.ca/legal_aid/immigrationProblems

MOSAIC Legal Advocacy Program

mosaicbc.org/services/settlement

Poverty Law

lcsc.ca/programs-and-services/povertylaw

Legal rights advocacy and awareness

Progressive Intercultural Community Services Society

pics.bc.ca/programs/legal

Free legal advice

Sher Vancouver Legal Resource Kit

shervancouver.com/resources

South Asian Legal Clinic of BC

salcbc.org



IMMIGRATION & SETTLEMENT





Immigration & Settlement Services

Archway

archway.ca/program/immigrant-settlement

DIVERSEcity Community Resources Society – Surrey

dcrs.ca/our-services/settlement-services

Has an online support group for LGBTQ+ newcomers called Together Now

How to Study in BC

welcomebc.ca/Work-or-Study-in-B-C

Information for application, study permits, documentation, & work guidelines

International Student Guide

students.ubc.ca/international-student-guide

UBC Immigration documents resources for international students

Kiwassa Neighbourhood House

kiwassa.ca/our-program-types/newcomers

Newcomers settlement services & support

Mount Pleasant Family Centre

mpfamilycentre.ca

New to BC

newtobc.ca/settlement

Service selection menu depending on services being sought

Options Community Services – Surrey

options.bc.ca/program

Information and orientation, legal aide, finance, & housing

Settlement Services

welcomebc.ca/Start-Your-Life-in-B-C

S.U.C.C.E.S.S

successbc.ca/isip

Immigrant settlement and integration program

SUCCESS BCSIS

successbcsis.com

Provide information, support, resources, and referrals to help temporary residents in pursuing pathways to permanent residency

Progressive Intercultural Community Services Society

pics.bc.ca/programs/settlement-services

Vancouver Immigration Partnership

vancouverimmigrationpartnership.ca



INCOME SUPPORT & FINANCES



Banks

BMO – Bank of Montreal

bmo.com

For [student banking](#), [newcomers to Canada resources](#), and [digital banking](#) information

CIBC – Canadian Imperial Bank of Commerce

cibc.com

For [student banking](#), [international students](#), and [newcomers](#)

RBC – Royal Bank of Canada

rbcroyalbank.com/accounts/student-banking

For [student banking](#), [newcomers](#), and information on [how banking works](#)

Scotiabank

scotiabank.com

For [student accounts](#), [newcomers](#), and [banking basics](#) information

TD Canada Trust

td.com

For [student banking](#), [newcomers](#), and [banking online](#) information

Credit Unions

Coast Capital Savings

coastcapitalsavings.com

For [student banking](#), [digital banking](#), [chequing accounts](#), and [credit card](#) information

Envision Financial

envisionfinancial.ca

For [banking accounts](#), [credit card](#), and [money advice](#) information

Prospera Credit Union

myprospera.com

For [student loans](#), [checking account](#), [savings account](#), and [digital wallet](#) information

Vancity

vancity.com

For free [youth account](#), [newcomers](#), and [visa cards](#) information



Income Support & Finance

Access Income and Disability Assistance Services

gov.bc.ca/gov/content/family-social-supports

Canada Benefit Finder

srv138.services.gc.ca

Employment Insurance Information

canada.ca/en/services/benefits/ei

Toll Free: 1-800-206-7218

Financial Empowerment

fsgv.ca/programs/financial-empowerment

GST/HST Credit

canada.ca/en/revenue-agency/services

Guaranteed Income Supplement

canada.ca/en/services/benefits/publicpensions

Income Assistance – BC

gov.bc.ca/gov/content/family-social-supports

Phone: 1-866-866-0800

Pigeon Park Savings

phs.ca/our-services/pigeon-park-savings

Refugee Support Fund

dcrs.ca/our-services

Student Aid

canada.ca/en/services/benefits/education

Support for Students & Recent Graduates Impacted By COVID-19

canada.ca/en/department-finance



HEALTH &
WELLNESS



Health & Wellness

Health Fee for International Students

gov.bc.ca/assets/gov/health

Viva Care Medical Clinic

vivacare.ca

Walk in Clinics BC

bc.skipthewaitingroom.com

Vancouver Coastal Health

View all locations [here](#)

Lions Gate Hospital – North Vancouver

vch.ca/locations

Richmond Hospital

vch.ca/locations

Squamish General Hospital

vch.ca/locations

UBC Hospital

vch.ca/locations

Vancouver General Hospital

vch.ca/locations

Whistler Health Care Centre

vch.ca/locations

Care Point Medical

carepoint.ca

G.F. Strong Rehabilitation Centre

vch.ca/locations

Well Health Medical Clinic Network

wellclinics.ca

Three Bridges Community Health Centre

vch.ca/locations

Youth Health

vch.ca/public-health/children-youth-schools

Locations, and information regarding immunizations, STD testing, free contraception, counselling, pap smears and more health service

Vancouver Infectious Diseases Centre

vidc.ca

info@vidc.ca

Phone: 604-642-6429



Fraser Health

View all locations [here](#)

Abbotsford Regional Hospital and Career Centre

fraserhealth.ca/service-directory

Burnaby Hospital

fraserhealth.ca/service-directory

Chilliwack General Hospital

fraserhealth.ca/service-directory

Delta Hospital

fraserhealth.ca/service-directory

Eagle Ridge Hospital – Port Moody

fraserhealth.ca/service-directory

Jim Pattison Outpatient Care and Surgery Centre

fraserhealth.ca/service-directory

Langley Memorial Hospital

fraserhealth.ca/service-directory

Mission Memorial Hospital

fraserhealth.ca/service-directory

Peace Arch Hospital – White Rock

fraserhealth.ca/service-directory

Ridge Meadows Hospital

fraserhealth.ca/service-directory

Royal Columbian Hospital – New West

fraserhealth.ca/service-directory

Surrey Memorial Hospital

fraserhealth.ca/service-directory

Burnaby Centre for Mental Health & Addiction

bcmhsus.ca/our-services

Dawson Medical Clinic

dawsonmedicalclinic.ca

Foundry BC

foundrybc.ca/get-support/find-a-centre

Various free and confidential services for youth 12- 24

Fraser Health Public Health Units

fraserhealth.ca/service-directory

Fraser Health Authority Programs

find.healthlinkbc.ca

North Community Health Clinic

find.healthlinkbc.ca

Real Canadian Superstore Medical Clinic

gowell.ca/en/listings

Surrey New Canadian Clinic for Refugees

fraserhealth.ca/service-directory

Claimants, private and government assisted



HIV and STD Clinics

Heart of Richmond AIDS Society
heartofrichmond.com/about-us

AIDS Vancouver
aidsvancouver.org

Bute Street STI Clinic
qmunity.ca/get-support/bute-street-clinic

Options for Sexual Health
optionsforsexualhealth.org

Positive Health Services
fraserhealth.ca/service-directory
For individuals living with HIV and Hep C

Sexual Health Clinics
fraserhealth.ca/health-topics-a-to-z

Sexually Transmitted Infections Clinics
bccdc.ca/our-services/our-clinics

Youth Clinic Surrey
fraserhealth.ca/service-directory

Youth Health
vch.ca/public-health/children-youth-schools

Queer Health Resource

Catherine White Holman Wellness Centre (CWHWC)
cwhwc.com

We offer legal name change consultation for trans, non-binary and gender diverse folks (as well as Hormone Readiness and Surgery Readiness Assessment and Counselling).

Health Initiative for Men
checkhimout.ca
Phone: 604-488-1001

Trans Care BC
phsa.ca/our-services/programs-services

Prism Services
vch.ca/locations



FREE & LOW-COST
COUNSELLING



Free & Low-Cost Counselling

CARES

cares.ca

DIVERSEcity – Counselling Services

dcrs.ca/our-services/counselling-services

QMUNITY

qmunity.ca/get-support/counselling
LGBTQ2SAI+ free counselling

No Fear Counselling

nofearcounselling.com/rates

Moving Forward Family Services

mffs.ca

Matsqui-Abbotsford Impact Society

impactabby.com

Oak Counselling

oakcounselling.org/counselling

ProChoices Community Counselling Clinic

volunteeringvancouver.ca

Scarfe Counselling Clinic

ecps.educ.ubc.ca/counselling-centres

Short-term Counselling

gov.bc.ca/gov/content/careers-myhr

Suicide Attempt Follow-up, Education & Research (SAFER)

vch.ca/safer

Phone: 604-879-9251

UBC Psychology Clinic

clinic.psych.ubc.ca

Victim Services

fsgv.ca/programs/victim-services



SUPPORT GROUPS



Support Groups

Covenant House Vancouver

covenanthousebc.org

Crisis Centre BC

crisiscentre.bc.ca

Crisis Intervention & Suicide Prevention Centre of B.C.

Distress Line: 604-872-3311

Fraser Health Crisis Line

Phone: 604-951-8855

Toll-free: 1-877-820-7444

Fraser Health Family & Friends Support Group

fraserhealth.ca/service-directory

Fraser Valley Youth Society

fvys.ca

■ JQT Vancouver

signup.jqtvancouver.ca

JQT is a queer Jewish support group

■ Mosaic BC

mosaicbc.org/services/settlement/lgbtq

■ Langley Youth Hub

langleyyouthhub.com/lgbtq2s-services

SAFE Program

surrey.ca/about-surrey/community-safety

■ Sher Vancouver

shervancouver.com

Our three peer support groups are for queer South Asians and their friends and gender marginalized folx. Learn more about Sher Jupiter, Sher Feline, and Sher Two-Spirit, Trans, Non-Binary, and Gender Diverse People.

■ Pinoy Pride Vancouver

facebook.com/pinoypride.vancouver

Support and social group for Filipino-Canadian LGBTQ+ individuals

■ QCHAT Peer Support

qchat.ca

■ Qmunity

qmunity.ca/groups



SOCIAL
ACTIVITIES



Social Activities

■ **Pumpjack Pub**
pumpjackpub.com

■ **Celebrities Nightclub**
[instagram.com/celebrities_van](https://www.instagram.com/celebrities_van)

■ **Eleven 81 Lounge**
eleven-81.com

■ **Gay Vancouver Travel Guide**
gayvan.com

The Dance Centre
thedancecentre.ca

■ **Junction Pub**
junctionpub.com

■ **QueerProv**
queerprov.ca

■ **Rainbow Concert Band**
rainbowband.ca

■ **The Fountainhead Pub**
thefountainheadpub.com

■ **The Frank Theatre**
thefranktheatre.com

■ **Vancouver Queer Asians**
[meetup.com/VancouverQA](https://www.meetup.com/VancouverQA)

■ **The Vancouver Men's Chorus**
vancouvermenschorus.ca



RECREATION
& SPORT



Recreation & Sport

Many Public post-secondary institutions offer student discounts or free memberships for various gym facilities both on and off campus

Gym Facilities

BCIT Fitness

bcit.ca/recreation/fitness

Capilano University Recreation

capilanou.ca/student-life/campus-community

Club 16 Trevor Linden Fitness

trevorlindenfitness.com

Douglas College- Fitness Facilities

douglascollege.ca/student-services/student-life

Planet Fitness

planetfitness.ca/gyms

KPU Fitness & Recreation Centre

kpu.ca/sportrec

Langara College Gymnasium & Lockers

langara.ca/campus-facilities/gym-and-lockers

SFU Fitness & Recreation

sfu.ca/students/recreation/fitness

UBC Recreation Centre

recreation.ubc.ca/fitness-classes

University of the Fraser Valley

ufv.ca/campusrec

Pools

Aquatics at Al Anderson Memorial Pool – Langley

langleycity.ca/parks-recreation

Aquatics Westhill & Rocky Point Pools – Port Moody

portmoody.ca/en

CG Brown Pool – Burnaby

burnaby.ca/CG-Brown-Pool

Chilliwack Landing Leisure Centre

facebook.com/chwkleisure

City Centre Aquatic Complex – Coquitlam

coquitlam.ca/City-Centre-Aquatic-Complex

Minoru Centre for Active Living – Richmond

richmond.ca/parksrec/pools/minoru

Aquatic Programs and Facilities – Delta

delta.ca/parks-recreation/sport-recreation

Eileen Dailly Leisure Pool & Fitness Centre – Burnaby

burnaby.ca/Eileen-Dailly

Continued on the next page



Pools **Continued**

English Bay Swim Club – EBSC
englishbay.org

Outdoor Pool – Fort Langley
tol.ca/recreation-culture/facilities

Hammond Outdoor Pool – Maple Ridge
mapleridge.ca/facilities

Indoor Pools – Surrey
surrey.ca/activities-parks-recreation

Indoor Pools – Port Coquitlam
portcoquitlam.ca/recreation/indoor-pool

Centennial Pool – Abbotsford
myreccentreabbotsford.com

Maple Ridge Leisure Centre
mapleridge.ca/facilities

Moody Park Outdoor Pool
newwestcity.ca/parks-and-recreation

Otter Co-op Outdoor Experience
tol.ca/recreation-culture/facilities

Outdoor Pools – Burnaby
burnaby.ca/outdoor-pools

Outdoor Pools & Spray Parks – Coquitlam
coquitlam.ca/outdoor-pools-spray-parks

Outdoor Pools Steveston and South Arm – Richmond
richmond.ca/parksrec/pools/outdoor

Mission Leisure Centre
mission.ca/municipal-hall/departments

Poirier Sport & Leisure Complex – Coquitlam
coquitlam.ca/poirier-sport-leisure-complex

Pools – North Vancouver
nvr.ca/facilities-fields/locations-hours/pools

Outdoor Pools – Port Coquitlam
portcoquitlam.ca/recreation/swimming

Rotary Pool – Chilliwack
chilliwack.com

Outdoor and Indoor Pools – Vancouver
vancouver.ca/parks-recreation-culture

Winskill Aquatic and Fitness Centre – Delta
delta.ca/parks-recreation/sport-recreation



Sports & Physical Activities

■ Absolutely Badminton

absolutelybadminton.com

City of Burnaby

burnaby.ca/things-to-do

City of Abbotsford

abbotsford.ca/parks-recreation-culture

City of Langley

tol.ca/recreation-culture/fitness

■ Gay Bowling Leagues Vancouver

mydavievillage.com/gay-bowling-leagues

■ Gay Yoga Vancouver

mydavievillage.com/gay-yoga

■ Pacific Rim Curling League

prcl.ca

City of Maple Ridge

mapleridge.ca/parks-recreation-culture

Pitt Meadows Family Recreation Centre

pittmeadows.ca/parks-recreation

■ Queer Van Soccer

facebook.com/vansoccer

■ Rain City Ultimate Club

raincityultimateclub.ca

Richmond Recreation & Community Centre

richmond.ca/parksrec

Surrey Recreation Facilities

surrey.ca/parks-recreation/recreation-facilities

Urban Recreation – Surrey

vancouver.urbanrec.ca/regions/surrey

The Vancouver Tennis Association

vtatennis.ca

■ Vancouver Gaymers

facebook.com/vancouvergaymers

■ Vancouver Gay Volleyball Association

vgva.com

Vancouver Recreation Fitness Centres

ca.apm.activecommunities.com



TRANSPORTATION





Transportation

Many post-secondary students are able to take public transit at no cost as part of their tuition costs. Check your specific institution for transportation fees and information.

Ride-share Services

Lyft

lyft.com/rider/cities/vancouver-bc

Uber

uber.com/ca/en

Fraser Valley Taxis

Abbotsford Taxi Ltd

Phone: 604-855-1111

Central Valley Taxi Ltd

Phone: 604-859-1111

Chilliwack Tax

Phone: 604-795-9111

Fraser Valley Transit

General Transit Information

bctransit.com/central-fraser-valley

Schedules and Maps

bctransit.com/central-fraser-valley/schedules

Fares – Central Fraser Valley

bctransit.com/central-fraser-valley/fares

Metro Vancouver Transit

For General Information

translink.ca

Schedules and Maps

translink.ca/schedules-and-maps

Schedules by Region

translink.ca/schedules-and-maps

SkyTrain Schedules

translink.ca/schedules-and-maps/skytrain

Metro Vancouver Taxis

Richmond Taxi

Phone: 604-272-1111

Vancouver Taxi

Phone: 604-871-1111

Yellow Cab

Phone: 604-681-1111

Aldergrove Langley Taxi

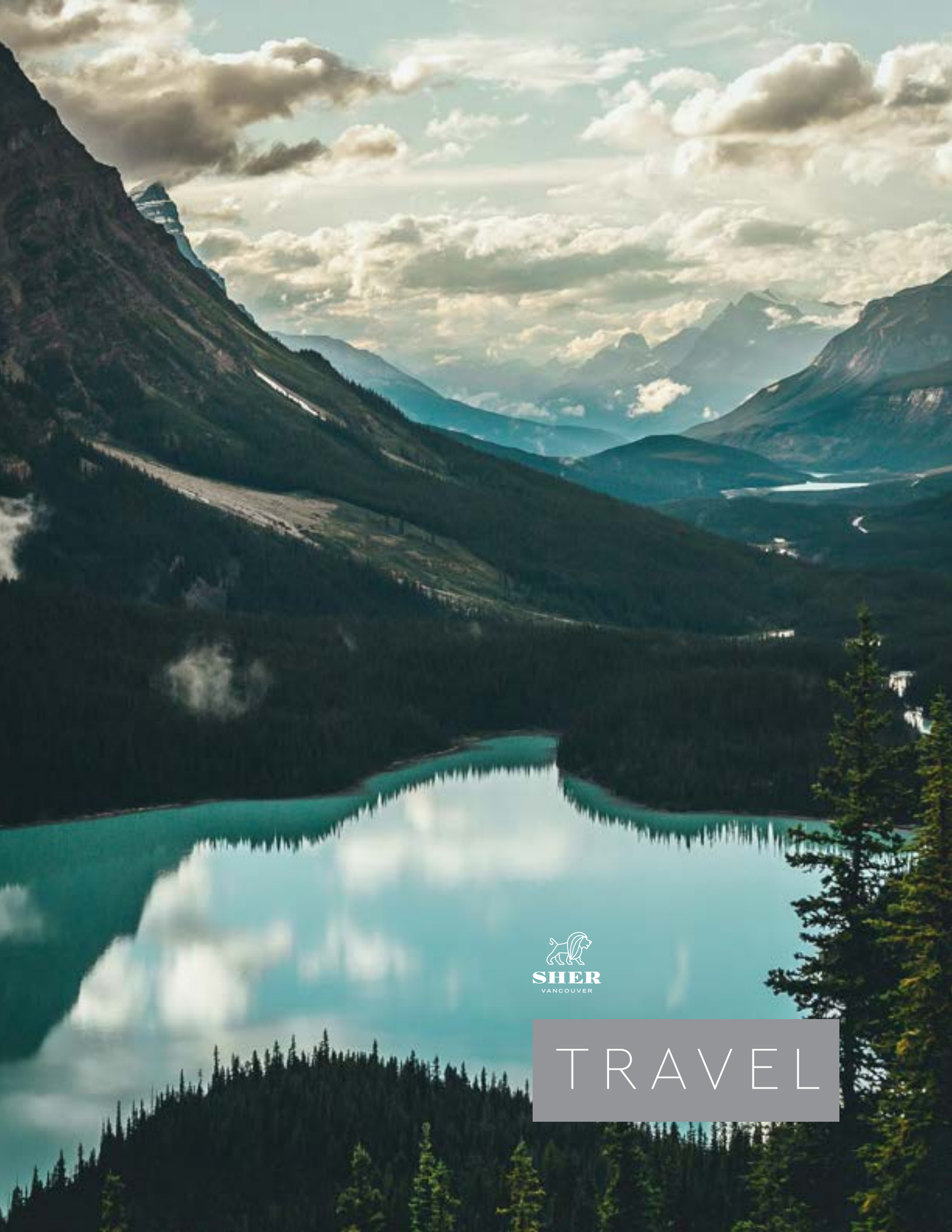
Phone: 604-530-4444

Delta Surrey Green Cab

Phone: 604-594-1111

Guildford Cab

Phone: 604-585-8888



TRAVEL



Accommodations

Airbnb

airbnb.ca

Booking.com

booking.com

Hotels.com

hotels.com

Expedia

expedia.ca

For vacation homes, hotels, car rentals, and flights

Airlines

Vancouver International Airport

yvr.ca/en/passengers/flights

Find Air China, Air Canada, American Airlines, British Airways and other airlines

Abbotsford International Airport

abbotsfordairport.ca

Find Island Express, Westjet, Air Canada, & Swoop airlines

Buses

Charter Bus Lines

charterbuslines.com

Ebus BC

myebus.ca/bc-schedules

Translink BC

translink.ca/schedules-and-maps

Ferries

BC Ferries

bcferries.com

Info for travel to and from Vancouver Island [routes](#), [fares](#), and [schedule](#)

Travel Agencies

Marlin Travel

marlintravel.ca

Phone: 604-684-3291

Address: 939 Hornby Street, Vancouver

Gill International Travel

Phone: 604-589-9000

Address: 120th Street and 93A Avenue, Surrey

Onkar Travel

Phone: 604-597-2211

Address: 15299 68 Avenue Unit 129, Surrey

Phone: 604-746-1900

Address: 2589 Cedar Park Place, Abbotsford

Gaba Travel

gabatravel.com

Location in Vancouver and Abbotsford

Flight Centre

flightcentre.ca

Phone: 1-877-967-5302

Various locations

Spring Travels

springtravels.ca

Phone: 604-501-4040

info@springtravels.ca

Address: 12877 80 Ave Unit 106, Surrey



YOUTH PROGRAMS





Youth Programs

Abbotsford Youth Commission

abbyyouth.com

Abbotsford Youth Health Centre

ayhc.ca

Helping Abbotsford's youth develop the lifelong habit of protecting and enhancing all aspects of their health

Anika Youth Services – Surrey

anikayouthservices.ca

Archway

archway.ca/program/immigrant-youth

Immigrant youth services in Abbotsford

City of Burnaby

burnaby.ca/things-to-do/be-active-programs

Things for youth to do

City of Coquitlam

coquitlam.ca/registration

City of Maple Ridge

mapleridge.ca/PRC-Youth

PRC Youth

City of Richmond

richmond.ca/parksrec/youth

City of Vancouver

vancouver.ca/people-programs

Cyrus Centre

cyruscentre.com

Serving youth & families in the Fraser Valley

Encompass Supports

encompass-supports.com

Youth and family support in Langley

ISS of BC

issbc.org/organizer

Langley Youth Hub

langleyyouthhub.com

Mission Community Services

missioncommunityservices.com/programs

PCRS – Surrey Youth Resource Centre

pcrs.ca/service-resource-centres

PoCo Youth Services

pocoyouth.com

QMUNITY

qmunity.ca/get-support/youth

LGBTQ2SAI+ youth services

Ridge Meadows Foundry

foundrybc.ca/ridgemeadows

Youth Space

facebook.com/sswryouthspace

In South Surrey and White Rock



CELL PHONE COMPANIES & PLANS



Cellphone Companies & Phone Plans

Bell

bell.ca

Long distance plans [here](#)

Chatr

chatrwireless.com

Long distance plans [here](#)

Fido

fido.ca

Long distance plans [here](#)

Freedom

freedommobile.ca/en-CA

Long distance plans [here](#)

Koodo

koodomobile.com

Lucky

luckymobile.ca

Long distance plans [here](#)

PC Mobile

pcmobil.ca/en

Public Mobile

publicmobile.ca/en/bc

Rogers

rogers.com/mobility

Long distance plans [here](#)

Shaw

shawmobile.ca

Long distance plans [here](#)

Telus

telus.com/en/mobility

Long distance plans [here](#)

Virgin Mobile

virginmobile.ca



ACCESS TO
COMPUTERS &
TECHNOLOGY



Access To Computer & Technology

*Post-secondary institutions have computer labs and laptops

Abbotsford Community Library

fvrl.bc.ca/locations/abbotsford

ACR Access Computer Rentals

access-rents.com

LCD rentals, laptop, printers, desktops, AV rentals, TV rentals in Burnaby

Burnaby Public Libraries

bpl.bc.ca/things-to-use

Computers & wireless

City Library Langley

city.langley.bc.ca/city-services

Coquitlam Public Libraries

coqlibrary.ca/learn/computerstations

Internet and computer stations

Its Vancouver

its-vancouver.com

Phone: 604-260-5525

On site computer services

Mission Library

fvrl.bibliocommons.com/locations/MI

Richmond Public Libraries

yourlibrary.ca/free-public-computers

Computers for public use available

Staples Canada

stores.staples.ca

Offers printing, photocopying & supplies

Surrey Centre Branch

surreylibraries.ca/locations

Surrey Libraries

surreylibraries.ca/services

Computer classes available

Vancouver Public Libraries

vpl.ca/facilities/book-a-computer



PUBLIC LIBRARIES



Fraser Valley Regional Libraries

Abbotsford

fvrl.bc.ca/locations/abbotsford
3 locations across Abbotsford

Chilliwack

fvrl.bc.ca/locations/chilliwack
3 Locations across Chilliwack

City of Langley

fvrl.bibliocommons.com/locations/LY

Ladner Pioneer Library

fvrl.bibliocommons.com/locations/LD

Langley Township Libraries

fvrl.bc.ca/locations/langley_township
6 locations spread throughout Langley

Maple Ridge Public Library

fvrl.bibliocommons.com/locations/MR

Mission Library

fvrl.bibliocommons.com/locations/MI

North Delta – George Mackie Library

fvrl.bibliocommons.com/locations/ND

Pitt Meadows

fvrl.bc.ca/locations/pitt_meadows

Port Coquitlam

fvrl.bc.ca/locations/port_coquitlam

Tsawwassen Library

fvrl.bibliocommons.com/locations/SD

Lower Mainland Public Libraries

Burnaby Public Library

bpl.bc.ca/locations-hours
4 locations across Burnaby

Coquitlam Public Library

coqlibrary.ca/about/hours-locations
2 locations across Coquitlam

New Westminister Public Library

nwpl.ca/contact
2 locations across New Westminister

North Vancouver City Library

nvcl.ca

North Vancouver District Public Library

nvdpl.ca

Richmond Public Library

yourlibrary.ca
Four locations across Richmond

Surrey Libraries

surreylibraries.ca/locations
9 locations spread throughout Surrey & Cloverdale

Vancouver Public Library

vpl.ca/hours-locations
More than 20 locations to visit



ENTERTAINMENT



Attractions

Cultus Lake Waterpark

cultus.com/cultus-lake-waterpark
BC's biggest waterpark in Chilliwack

Cascades Casino Langley

cascadescasino.ca

Castle Fun Park

castlefunpark.com

■ Davie Village Guide

tourismvancouver.com/vancouver
Vancouver's GAYbourhood

Extreme Air Park

richmond.extremeairpark.com
Canada's largest indoor trampoline park with locations in Richmond, New Westminster, and Langley

FlyOver Canada

flyovercanada.com

Granville Island

granvilleisland.com
Hippest outdoor seaside neighbourhood

■ Little Sisters

littlesisters.ca

Starlight Casino

starlightcasino.ca

Pacific National Exhibition (PNE)

pne.ca

■ QueerProv

facebook.com/queerprov
Improv comedy

Science World

scienceworld.ca

Vancouver Aquarium

vanaqua.org

■ Whistler Pride & Ski Festival Queer

whistlerpride.com

The biggest Canadian gay ski week



Bars/Pubs

Joseph Richard Group

jrghospitality.ca/contact

Public house franchise locations across Metro Vancouver

Oak & Thorne Neighbourhood House

jrghospitality.ca/establishment/oak-thorne

■ The Fountainhead Pub

thefountainheadpub.com

■ The Junction

facebook.com/junctionvan

■ 1181

eleven-81.com

Clubs

■ Celebrities Nightclub

instagram.com/celebrities_van

Fortune Sound Club

fortunesoundclub.com

Address: 147 E Pender St, Vancouver

Red Room Vancouver

redroomvancouver.com

Movie Theatres

Cineplex

cineplex.com

Locations throughout the Lower Mainland in every major urban centre

Cottonwood 4 Cinemas

cottonwood4cinemas.ca

Landmark Cinemas

landmarkcinemas.com

Locations in Surrey Guilford and New Westminster

Twilight Drive-in

twilightdrivein.net

Only drive-in movie theatre based in Aldergrove

Venue Nightclub

instagram.com/venuelive

Bar None

barnoneclub.com

Studio Nightclub

studionightclub.ca



STUDENT DISCOUNTS



Student Discounts

Adidas

adidas.ca/en/student-purchase-program

30% off regular priced items and 15% off outlet items applicable online only

Apple Music

support.apple.com/en-ca

Discounted monthly rate for students at degree granting institutions in Canada. Options available for a limited time Apple TV+ subscription

Bulk Barn

bulkbarn.ca/en/promo

10% off on Wednesdays with a valid student ID

GM Student Bonus Program

Save \$750 off next GM Motors vehicle for current students or students who have graduated within the past 4 years

New York Times

nytimes.com/subscription/education/student

\$2 subscription every four weeks for unlimited articles on any device.

SPC Card

spccard.ca

Deals and discounts at hundreds of retailers in store and online for a yearly \$10 fee

Spotify

spotify.com/ca-en/student

Free one month premium subscription with student ID and \$4.99/month afterwards while enrolled in accredited college/university

UNiDAYS

myunidays.com/CA

Discounts at various retailers with free yearly membership





FREE STUFF



Birthday Goodies

Baskin Robbins

baskinrobbins.ca/club-31

Sign up and receive a free ice cream scoop on birthday

Denny's Canada

dennys.ca/promotions/free-birthday-breakfast

Free birthday breakfast - build your own grand slam breakfast

IHOP Canada

canadianfreestuff.com/ihop

Get free pancakes on your birthday

London Drugs

ldextras.com

Sign up with LDEXtras program to get a \$5 gift voucher on birthday

Mary Brown's

facebook.com/MaryBrowns

Sign up for monthly newsletter to receive a free Big MARY burger on your birthday

Montana's BBQ and Grill

montanas.ca/en/grillloversclub

10% off on birthday plus a free dessert

Sephora Beauty

sephora.com/ca/en/beauty/birthday-gift

Insider Members birthday gift

The Body Shop

thebodyshop.com/en-ca/love-your-body-club

Free birthday gift with membership

Free Items

Amazon Prime

amazon.ca/amazonprime

Free delivery, streaming, ad free music and more for 6 months. After 6 month period membership will upgrade to 50% off of Amazon Prime regular rates

Facebook Marketplace – Free Items

facebook.com/marketplace/vancouver/free

Microsoft Office 365 – Free for Schools & Students

microsoft.com/en-ca/education/products



QUEER SPECIFIC RESOURCES





Queer Specific Resources

This is a Queer centred survival guide, any resources not mentioned above can be found in this section.

A Loving Spoonful

alovingspoonful.org

Phone: 604-682-6325

Address: 1449 Powell Street, Vancouver
Free and nutritious meals to people living with HIV and any coexisting illness

Barclay Manor

Phone: 604-257-8349

Address: 1447 Barclay Street, Vancouver

Big Bro's Barbershop

bigbrosbarbershop.com

Phone: 778.379.3248

contact@bigbrosbarbershop.com

Address: 1685 Nanaimo Street, Vancouver
Vancouver's beauty & resource centre for the trans community and beyond

BOLDFest

boldfest.com

Address: 1424 Commercial Drive, Vancouver
Phone: 604-253-7189

Clothes and Collectibles

Phone: 604-682-0327

Address: 110, 1030 Denman Street, Vancouver

Community Based Research Centre

cbrc.net

Phone: 604-568-7478

Address: 1007-808 Nelson Street, Vancouver

Dignity Seniors Society

dignityseniors.org

Fraser Valley Pride Festival

fvpride.ca

Health Initiative for Men

checkhimout.ca

Immigrant Services Society of BC

issbc.org

Various locations across the Lower Mainland)

Kay's Place

Phone: 604-669-7339

Address: 118 - 1030 Denman Street, Vancouver

LOUD Business

loudbusiness.com

Phone: 604-739-4522

New West Pride

newwestpride.ca

Out On The Shelves

outontheshelveslibrary.com

Vancouver's oldest LGBT2QIA+ library

Out On Screen

outinschools.com

Phone: 604-844-1615

Address: 405-207 W Hastings St, Vancouver
Bring films into classrooms to inspire youth to step into the challenges and triumphs of LGBT2Q+ communities

Sher Vancouver

shervancouver.com



Queer Specific Resources Continued

Pflag Canada

pflagcanada.ca

Address: 554 Carling Avenue, Ottawa

Toll Free: 1-888-530-6777

Pride Education Network

pridenet.ca

info@pridenet.ca

Address: 1641 Lonsdale Ave, North Vancouver

Provincial Health Services Authority

phsa.ca/our-services/programs-services

Toll Free: 1-866-999-1514

Improving gender-affirming care across BC

QMUNITY

qmunity.ca

Queer Arts Festival

queerartsfestival.com

Rainbow Foundation of Hope

foundationofhope.net

Rainbow Refugee

rainbowrefugee.com

Surrey Pride

surreypride.ca

director@surreypride.ca

Trans Alliance Society

transalliancesociety.org

Address: 403 - 95 East First Avenue, Vancouver

The Enchante Network

enchantenetwork.ca/en

info@enchantenetwork.ca

Urban Native Youth Association

unya.bc.ca/programs/2-spirit-collective

Address: 1618 East Hastings Street, Vancouver

Phone: 604-379-5133

Vancouver Dyke March

vancouverdykemarch.com

vancouverdyke@gmail.com

Vancouver Pride Society

vancouverpride.ca

Address: 304 - 1080 Howe St, Vancouver

Office@vancouverpride.ca

Hosting diverse festivals and parades

What's On Queer BC

whatsonqueerbc.com

whatsonqueerbc@gmail.com

Magazine and events calendar

West End Seniors

wesn.ca

Xtra Magazine

xtramagazine.com

YouthCO

youthco.org

info@youthco.org

Address: 205-568 Seymour Street, Vancouver

Youth leading the HIV & Hep C movement

PROJECT BIOS



Karn Sahota, Student

Karn Sahota (He/Him) completed a Bachelor of Social Work at Douglas College. Karn's passion for social work stems from his lived experience as a gay South Asian man, supporting his family, in particular his siblings who are on the Autism Spectrum. Karn has worked in administrative, school, and non-profit roles throughout his social work journey through paid, volunteer and practicum opportunities. Karn's work at Sher Vancouver includes helping curate the Top 15 South Asian Role Models for 2020, coordinating the January Marie Lapuz Youth Leadership Award for 2020, and creating the Destination YVR Survival Guide.



Alex Sangha, Supervisor

Alex Sangha (He/Him) is the Founder of Sher Vancouver. He is an accomplished social worker. He has extensive experience in the healthcare, social service, non-profit, and volunteer sectors including project start-up and management. He has a proven track record in team building, fundraising, and program development. Alex has an MSc in Public Administration and Public Policy from the Department of Government from the London School of Economics. He has a Master of Social Work from Dalhousie University, as well as a Bachelor of Social Work from the University of British Columbia with a First Class Standing. Alex is the recipient of the Meritorious Service Medal from the Governor General of Canada.

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