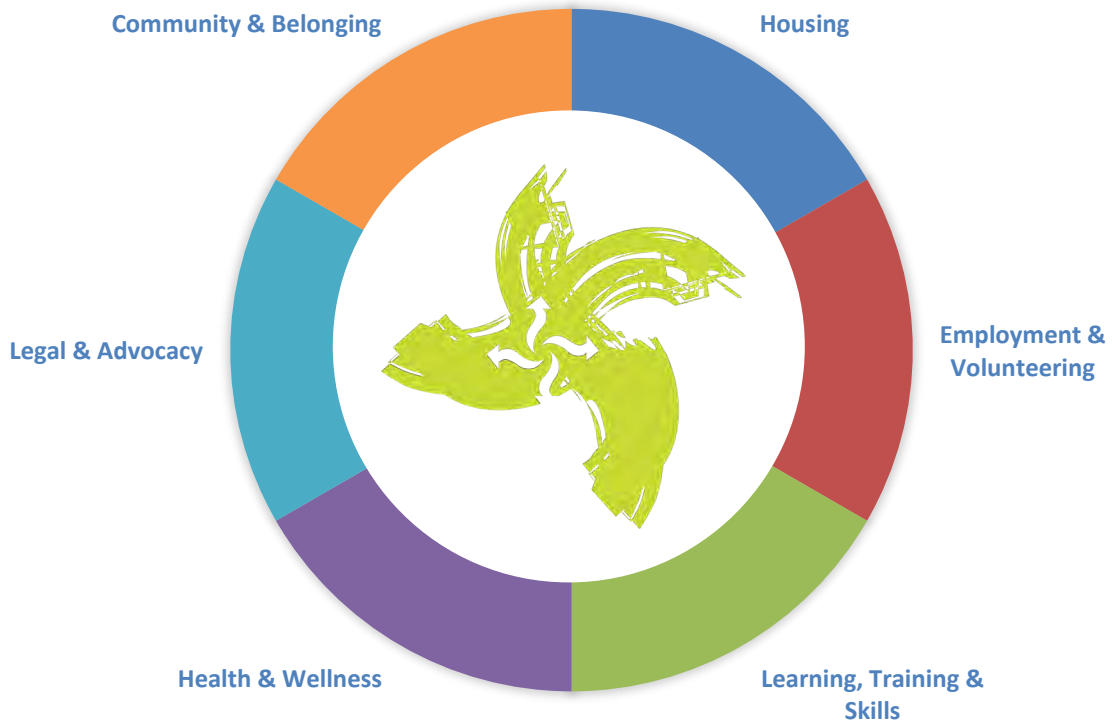


LIFE INTENTIONS ACTION PLANNER

LIFE INTENTIONS



Want2

The Life Intentions Action Planner is now online!



Scan the QR code to launch want2.ca

Version 090622

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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*)

Supportive housing

Studio apartment

Subsidized housing

Shared apartment with partner/roommate(s)

Basement Suite

Other: _____

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

Apartment rental search

Immigrant/refugee settlement services

First month's rent and security deposit

Moving expenses (e.g., U-Haul truck)

Modest household furnishings and kitchen essentials

Transportation costs to move to another community

Rent subsidy

Other: _____

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

EMPLOYMENT

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:

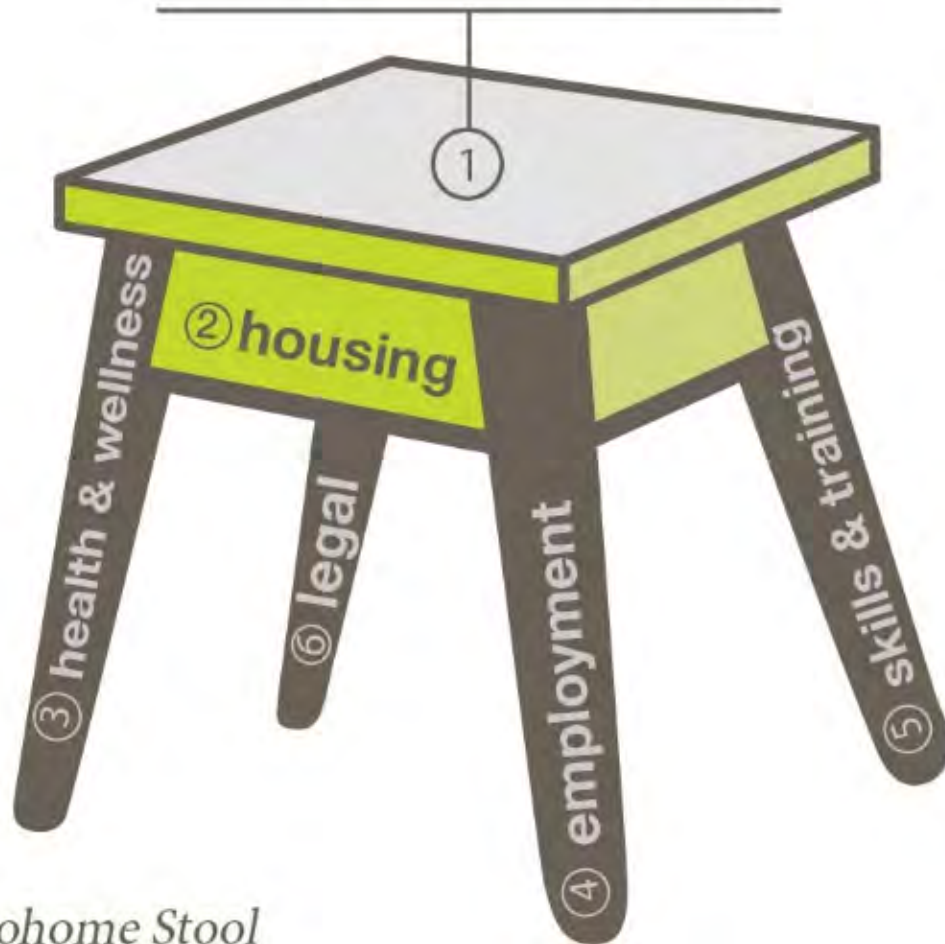
- Housing
- Employment
- Learning, Training & Skills
- Volunteering
- Health & Wellness:
 - Physical Dental Hearing
 - Eyesight Substance Use Mental Wellness
- Legal & Advocacy
- Community & Belonging
- Other: _____

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

Congratulations!
You completed your
life intentions action
plan!

Thriving Citizens

Safety & Belonging


















Streetohome Stool

Companion Guide to Services


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


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 -  Do you want to improve your job-readiness (ie. resume building, interviewing)? p. 35
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- Index (at end of guide), Abbreviation Glossary (Back Cover)

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:

- Available in the city of Vancouver
- Free (most services) or minimal cost
- 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

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Housing

Are you looking for different housing?

BC Housing

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

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

Rental Assistance Program (RAP)

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

Phone: 604-433-2218

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

Shelter Aid for Elderly Renters (SAFER)

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

Phone: 604-433-2218

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

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

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

Supporting Tenants, Enabling Pathways (STEP)

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

Please contact Carnegie Outreach

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

Phone: 604-665-3318

Email: carnegie.outreach@vancouver.ca



West End Seniors Network Housing Navigation

- Provides older adults with information on housing options and support with finding and maintaining appropriate housing
- Eligibility: For seniors aged 55 and over; living in the West End, Coal Harbour or Yaletown

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

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

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

Housing

Urban Aboriginal Navigation Team



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

Hours: *Monday – Friday:* 9am - 5pm

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

Phone: 604-251-4844 ext. 306 | **Email:** info@vafcs.org

<http://www.vafcs.org/programs/urban-aboriginal/>

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 19 or older
✓ Must be low-income	✓ Have a bank account or are on income assistance
✓ Must have two pieces of ID	✓ Must have proof of income
✓ Must have proof of tenancy	
✓ Must have 2 bank statements	

NOTE: The full process from application to receiving a loan takes 1-3 weeks.

Covid-19 Update: Vancouver Rent Bank drop-in will be closed until further notice. Online applications are accepted.

Hours: *Monday – Friday:* 10am - 3pm

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

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

<https://www.niccss.ca/services/vancouver-rent-bank/>

NOTE: If you are a recent newcomer to Canada, please reach out to settlement services (page 89) for help with finding housing.



Employment

Do you want to find new work opportunities?

ACCESS

Industries: (Administration) (Construction) (Trades)

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

- ✓ Flexible Schedule
- ✓ Mentorship/Coaching
- ✓ Skills training/Upgrading

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

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

Address: Suite 110 – 1607 E. Hastings St., Vancouver BC V5L 1S7

Phone: 604-251-7955

<http://www.accessfutures.com/>

Atira Property Management

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

- Hires residents of the DTES who are receiving income assistance or living in a single room accommodation. Once employed, Atira offers housing and banking help.

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

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

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

Address: 405 Powell Street Vancouver, BC V6A 1G7

Phone: 604-439-8848 | **Email:** info@atira.ca

<http://www.atira.bc.ca>

BladeRunners

Industries: (Construction) (Trades)

- Connects youth with work opportunities in construction and trades
- Provides 2 weeks of safety training which includes First Aid, Hazardous Materials, Fall Protection and more. While in training, you get a hot breakfast and lunch each day. When you complete your training, you will be provided with work gear, tools and help finding a job!
- Eligibility: Youth with barriers to employment, ages 19-30

- ✓ Mentorship/Coaching
- ✓ Opportunities for growth
- ✓ 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: 604-913-7933 | **Email:** bladerunners@accessfutures.com

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

Employment

Clean Start BC

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

- Provides training and employment to people with barriers to employment such as poverty and disability
 - ✓ Benefits
 - ✓ Flexible schedule
 - ✓ Opportunities for growth
 - ✓ Skills training/Upgrading
 - ✓ Mentorship/Coaching
 - ✓ Transportation support

Address: 25 E. Hastings St., Vancouver BC, V6A 0A7

Phone: 1-855-297-8278 (Toll Free) | **Email:** 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 struggling with addictions, lack of experience, or having spent time in prison
- 3-month program
 - ✓ Resume Writing

Address: 643 East Hastings St., Vancouver BC, V6A 1R2

Phone: 604-568-3336 | **Email:** info@coastaledencafe.com

<https://coastaledencafe.com/employment/>

Coast Clubhouse - Coast Mental Health

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

- Become a member at the clubhouse to gain volunteer experience and to become eligible for employment opportunities
- Eligibility: Those with mental health concerns or connected to mental health supports
 - ✓ Benefits
 - ✓ Flexible schedule
 - ✓ Mentorship/Coaching
 - ✓ Low-cost meals
 - ✓ Opportunities for growth

Address: 295 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
- ✓ 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/our-programs/embers-eastside-works/>

Embers Staffing Solutions

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

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

- ✓ Benefits
- ✓ Skills Training/Upgrading
- ✓ Mentorship/Coaching
- ✓ Transportation support
- ✓ Free meals
- ✓ Work gear provided
- ✓ Opportunities for growth
- ✓ No reference/resume needed

Hours: Monday - Friday: 5:30am - 5:00pm; Saturday: 6am - 9am

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

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

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

Hives for Humanity

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

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

Hours: Monday – Friday: 9am - 5pm

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

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

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

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 17-29 in a stable position regarding mental wellness and/or substance misuse
 - ✓ Resume writing
 - ✓ Mentorship/Coaching
 - ✓ Transportation support
 - ✓ Free meals
 - ✓ Paid work placement

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

Phone: 778-957-1475 | **Email:** tashajohnson@froghollow.bc.ca

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

InterviewME



Industries: (All)

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

Address: Now online

Email: interviewme@gv.ymca.ca | **Register:** <https://interviewme.mystartr.ca/>

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

Just Work



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

Hours: Monday – Friday: 9am - 4:30 pm

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

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

<http://www.megaphonemagazine.com>

Mission Possible (MP)

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

- Supports individuals with employment training and individual coaching, and through offering supportive, transitional work opportunities
- Info sessions held every week on Wednesday at 1pm (open to all self-identified women and non-binary folks) and Thursday at 1pm (all genders). Please call ahead to register.
- Free breakfast Saturdays at 8:30am at 543 Powell Street
- MP Maintenance is a full-service exterior property cleaning company
- MP Neighbours complete regular neighbourhood routes in the Downtown Eastside to provide outreach and referral services to people on the streets, checking in with businesses, and building connections, as well as needle pick-up
 - ✓ Benefits
 - ✓ Skills training/Upgrading
 - ✓ Opportunities for growth
 - ✓ Flexible schedule
 - ✓ Mentorship/Coaching
 - ✓ No reference/resume needed
 - ✓ Free meals

Hours: Monday - Friday: 9am - 3pm

Address: 648 East Hastings St., Vancouver BC, V6A 1R1

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

<https://www.mission-possible.ca/services>

Employment

Musqueam Career Development Program

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

- Assists and supports community members seeking employment or training for up to 3 months
- Eligibility: Musqueam members
 - ✓ Mentorship/Coaching
 - ✓ Support plan
 - ✓ Transportation support
 - ✓ Work gear provided
 - ✓ Referrals to other services

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

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

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

Potluck Cafe

Industries: (Food Services)

- Provides kitchen training and life skills support for those with barriers to traditional employment
- Drop by with a resume or contact the Employment Support Worker
 - ✓ Benefits
 - ✓ Free meals
 - ✓ Mentorship/Coaching
 - ✓ Opportunities for growth
 - ✓ Skills training/Upgrading
 - ✓ Work gear provided

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

Address: 289 East Hastings St., Vancouver BC, V6A 2Z4

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

<https://potluckcatering.org/>

Red Fox Society Youth Internship Program

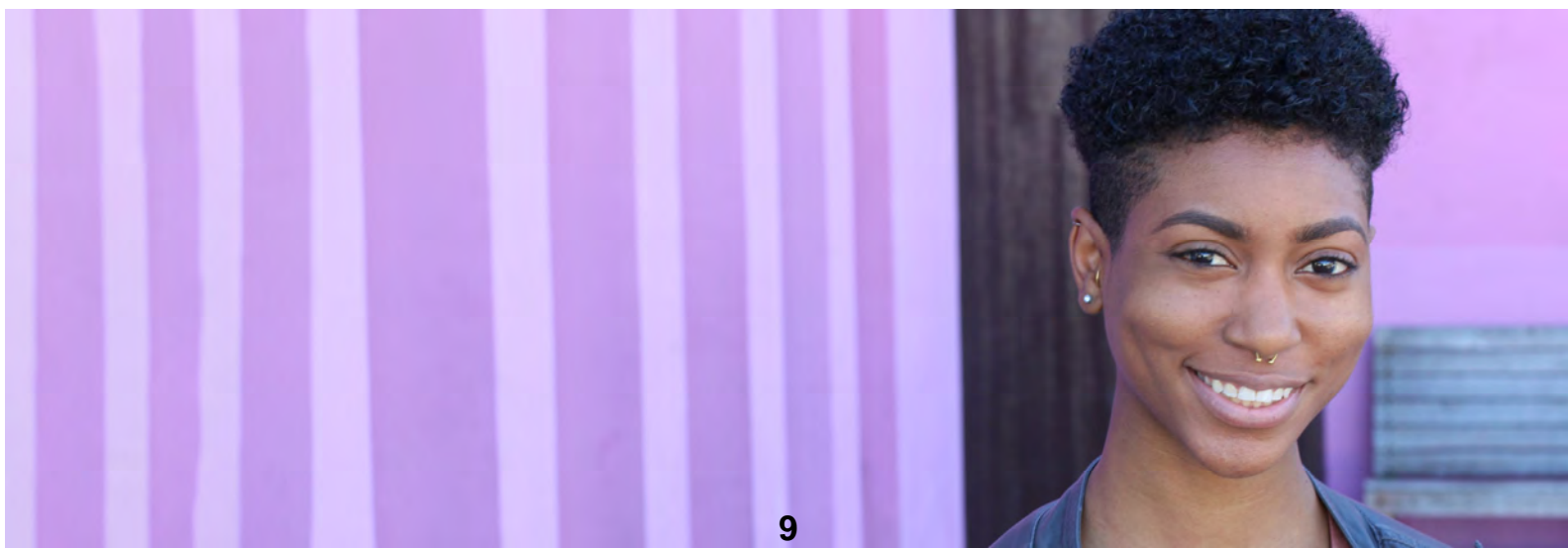
Industries: (Mentorship)

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

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

Phone: 604-343-6536 | **Email:** info@redfoxsociety.org

<https://redfoxsociety.org/2020/11/25/youth-internship-program/>



Employment

Street Youth Job Action (SYJA)

Industries: (Community Cleaning)

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



COVID-19 Update: Regular drop-in services have been significantly reduced

Address: Directions Youth Services Centre, 1138 Burrard Street, Vancouver BC, V6Z 1Y7

Phone: 604-633-1472 | **Toll-free:** 1-866-249-6884 | **Email:** directions@fsgv.ca

<https://www.directionsyouthservices.ca/street-youth-job-action>

The Binnars Project

Industries: (Community Cleaning)

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

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

Email: info@binnarsproject.org

<https://www.binnarsproject.org>

WISH Supportive Employment Program

Industries: (Peer Work)

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

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

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

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

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: 1-800-763-1681 | **Email:** centre-vancouver-134easthastings@workbc.ca

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

Burrard

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

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

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

Commercial

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

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

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

East 3rd

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

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

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

Vancouver South

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

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

<http://workbccentre-vancouversouth.ca/>

West Broadway

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

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

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

West Pender

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

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

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

Employment

WorkWithUs

Industries: (All)

- Connects individuals with work opportunities in a variety of industries
 - ✓ Benefits
 - ✓ Flexible schedule
 - ✓ Opportunities for growth

Hours: Monday – Friday: 8am – 5pm

Phone: 604-409-4090 | **Email:** info@work-with-us.org

<https://www.wwufoundation.org/careers>

YMCA – Youth Employment Bootcamp

Industries: (Job-readiness)

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

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

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

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

Young Leaders Program

Industries: (Mentorship)

- Local teens mentor their younger peers while learning how to lead themselves and others
- Teenagers are hired as careworkers that work as leaders and an hourly wage is given
- Eligibility: Youth in grades 8-12

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

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

Phone: 604-800-4783

<https://promisevancouver.ca/youngleaders/>

Youth Works

Industries: (Job-readiness)

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

Address: Now online

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

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

Employment



YWCA Aspire

Industries: (Job-readiness) (Administration)

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

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

Phone: 778-222-3278 | **Email:** aspire@ywcavan.org

<https://ywcavan.org/aspire>

YWCA Job Futures 55+

Industries: (Job-Readiness)

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

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

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

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



Volunteering

Do you want to find volunteer opportunities?

Aboriginal Mothers Centre



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

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

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

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

Battered Women's Support Services



- Learn valuable skills in the areas of crisis intervention, group facilitation, administrative support, retail sales and/or public speaking
- Opportunities include:

✓ Crisis line & intake program

✓ Office volunteer

✓ My Sister's Closet

Phone: 604-687-1868 | **Email:** information@bwss.org

<https://www.bwss.org/take-action/volunteer/>

Broadway Youth Resource Centre - Youth Volunteer Program



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

Address: 2455 Fraser Street, Vancouver BC, V5T 1T1

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

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

Canadian Mental Health Association



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

✓ Interview needed

✓ Reference needed

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

Phone: 604-688-3234

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

Charity Village



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

Phone: 1-800-610-8134

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



Volunteering



City of Vancouver

- The City and Park Board have a diverse range of volunteer opportunities to fit your goals, skills and schedule
- Take a quiz and find your volunteer match: <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:
 - ✓ Kitchen volunteer
 - ✓ Floor volunteer
 - ✓ Special event volunteer
 - ✓ Emergency shelter volunteer
 - ✓ Programming/Workshop facilitator

Hours: *Tuesday – Saturday:* 10am - 5pm

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

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

<https://dewc.ca/volunteer>

Enterprising Women Making Art



Industries: (Self-Employment) (Art)

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

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

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

Phone: 604-685-8043 | **Email:** EWMA@atira.bc.ca

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



Go Volunteer

- GoVolunteer.ca website is easy to use and lists hundreds of volunteer opportunities

Address: 1183 Melville St., Vancouver BC, V6E 2X5

Phone: 604-875-9144 | **Email:** info@govolunteer.ca

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



Volunteering

Museum of Vancouver



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

Address: 1000 Chestnut Street, Vancouver BC, V6J 3J9

<https://museumofvancouver.ca/volunteer-opportunities>

Mom2Mom Child Poverty Initiative Society



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

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

Phone: 604-343-6514 | **Email:** info@m2mcharity.ca

<https://www.m2mcharity.ca/volunteer>



Society for the Prevention of Cruelty to Animals (SPCA)



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

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

Phone: 604-681-7271 | **Email:** volunteers@spca.bc.ca

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

Vancouver Aboriginal Friendship Centre Society



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

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

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

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

Volunteer Vancouver



- Provides volunteer information and listings of opportunities in your local community

Email: info@volunteeringvancouver.ca

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

Learning, Training and Skills

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

Active Career Connect and Engagement Project

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

Address: Now Online

Phone: 604-684-1628 | **Email:** info@success.bc.ca

<https://successbc.ca/accep/>

Advancing Women's Awareness Regarding Employment (AWARE)



Industries: (Food Services) (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
- Eligibility: Ages 16-30; lives in the Lower Mainland; able to attend each class via Zoom with video and audio; has not completed a post-secondary degree or participated in another program funded by Access BladeRunners
 - ✓ Course length: 6 weeks, Tuesday, Wednesday and Thursday from 1pm-4pm
 - ✓ Paid training (\$75/week)

COVID-19 Update: Now online. Please connect by phone or email if you have questions

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

<https://pcrs.ca/service-types/employment/>



Learning, Training and Skills

Boys & Girls Club Employment Now

Industries: (Administration) (Customer Service)

- Two-week skills training course to teach you interview techniques, resume & cover letter preparation and workshop topics to help you prepare for work
 - Financial supports for transportation, clothing and footwear
 - Eligibility: Ages 17-29; legally entitled to work in Canada; has an internet connection
- ✓ Course length: 2 weeks
 - ✓ Mentorship/Coaching
 - ✓ Job search support
 - ✓ Resume writing
 - ✓ Financial assistance
 - ✓ Transportation support



Address: Now online

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

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

Canadian Citizenship Preparation (YMCA of Greater Vancouver)

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

Address: Now online

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

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

Career Paths for Skilled Immigrants (PICS)

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

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

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

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

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

Learning, Training and Skills

Career Paths for Skilled Immigrants (ISS of BC)

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

- If you are a newcomer to Canada with professional experience, get help rebuilding your career in British Columbia
 - Get access to training funds, learn occupation-specific language, connect to employers, and gain Canadian work experience
 - Eligibility: A resident of city of Vancouver; Permanent resident within last 5 years; 3 years 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.
- ✓ Course length: 11-20 months ✓ Mentorship/Coaching ✓ Financial assistance
✓ Job search support ✓ Support plan

Address: Now online

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

Regulated and Non-Regulated Professions: 236-985-7359

Email: careerpaths@issbc.org

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

Coast Learning Centre: Basic Education Courses

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

- Gr. 3-8 equivalency courses
- ✓ Course length: 2 classes per week, 6 weeks

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

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

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

Computer Literacy Workshops

Industries: (Computer Skills)

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

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

Phone: 604-683-7337 | **Email:**

laboussole@lbv.ca

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





Learning, Training and Skills

Continuing and Adult Education Vancouver



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

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

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

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

<https://govsb.ca/Adult>

New student intake: https://www.vsb.bc.ca/Student_Learning/Adult_Education/Pages/New-Students.aspx

Dan's Legacy Intro to Cook



Industries: (Food Services)

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

Address: #311–815 5th Avenue, New Westminster, BC

Phone: 604-328-3653 | **Email:** dan@danslegacy.com

<https://danslegacy.com/>

East Van Learning Centre



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

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

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

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

Embers Training



Industries: (Construction)

- Workshops, one-on-one mentorship and career development initiatives to guide our workers' long-term success
- Eligibility: Must be working for Embers for 30-90 days before going into training

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

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

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

<https://emberscanada.org/our-programs/embers-academy/>



Learning, Training and Skills

Employ to Empower Entrepreneurship Skills Training Program



Industries: (Small Business Training)

- An interactive curriculum to help DTES residents learn how to build a business plan
 - After completing the course, you can apply to get mentorship and coaching, network, attend peer gatherings and access an online store to sell your product
- ✓ Course length: 10 weeks, ✓ Business development courses
1 class a week

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

Email: lara@employtoempower.com

<https://employtoempower.com/development/>

HAVE Culinary Training Society – Culinary Training Program



Industries: (Food Services)

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

Note: Temporarily closed for renovations

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

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

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

HAVE Culinary Training Society – ITA Professional Cook 1 Certification Program



Industries: (Food Services)

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

Note: Temporarily closed for renovations

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

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

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



Learning, Training and Skills

Intercultural Logistics and Transportation Operations Project



Industries: (Self-Employment) (Job Readiness)

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

✓ Course length: 8 weeks

✓ Coaching/Mentorship

✓ Class 4 Restricted and Unrestricted License

✓ Job search support

✓ First Aid training

✓ Skills training/Upgrading

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

Phone: 604-596-7722 ext. 124 | **Email:** manjinder.thandi@pics.bc.ca

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

Junior Data Analyst Program



Industries: (IT and Tech)

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

✓ Course length: 15 weeks,

✓ Mentorship/Coaching

✓ Job placement support

Monday to Friday, 8:45am - 1pm

Address: Online

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

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

Learning, Training and Skills

Junior IT Analyst Program

Industries: (IT and Tech)

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

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

Address: Now Online

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

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

Leadership Education and Development (LEAD)

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

✓ Course length: 2 classes a week

Address: Now online

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

<https://pirs.bc.ca/programs-services/womens-leadership-development/lead-2/>

Make It

Industries: (Arts)

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

✓ Mentorship/Coaching ✓ Drop-in ✓ Paid work placement

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

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

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

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

Learning, Training and Skills

Migrant Worker's Program

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

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

Phone: 604-433-1453

Toll Free: 1-888-223-5669

Email: ohsadmin@bcfed.ca

<https://www.healthandsafetybc.ca/programs/migrant-workers/>



Mission Possible Employment Readiness Program for Training and Supportive Transitional Employment

Industries: (Job-Readiness) (Community Cleaning)

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

✓ Paid training

✓ Mentorship/Coaching

✓ Flexible schedule

✓ Job placement

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

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

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

Musqueam Education Homework Club

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

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

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

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

Learning, Training and Skills



Native Youth Learning Centre



- Connect with and explore your culture and spirituality, while accessing a wide range of education and training opportunities
 - Eligibility: Indigenous youth, ages 11-30
- ✓ Job search support ✓ Resume writing ✓ Drop-in
✓ Food support

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

Address: 1618 East Hastings St., Vancouver BC, V5L 1S6

Phone: 604-254-7732 | **Email:** 2spirit@unya.bc.ca

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

Opportunities Fund



- Tuition for short-term training (e.g., pre-apprentice training, placements, and practicums); wage subsidies for employers; income support and consulting to start a small business; and/or employment assistance services
- Eligibility: Have a permanent disability or mental disability restricting their ability to perform daily activities; legally eligible to work in Canada; have not established a claim for Employment Insurance (EI) benefits within the last five years; and require assistance to prepare for, obtain and maintain employment or self-employment

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

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

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

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

Learning, Training and Skills

Refugee Employment Services

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

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

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

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

Sarah Mclachlan School of Music

Industries: (Music)

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

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

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

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

Self-Employment for Newcomers

Industries: (Self Employment)

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

NOTE: Please apply online (<http://bit.ly/senc5>)

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

Small Business BC

Industries: (Self-Employment)

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

COVID-19 Update: Closed for in-person visits but all services are available by phone or email

Address: #550-555 W. 12th Ave., Vancouver BC, V5Z 3X7

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

<https://smallbusinessbc.ca>

Learning, Training and Skills

Squamish First Nations Training & Trades Centre

Industries: (Trades)

- Training in a variety of trades including carpentry and plumbing
 - Eligibility: First Nations Status, Non-Status, Métis, or Inuit
- | | | |
|------------------------------|--------------------------|----------------------|
| ✓ No reference/resume needed | ✓ Mentorship/Coaching | ✓ Free meals |
| ✓ Job search support | ✓ Transportation support | ✓ Paid training |
| | ✓ Childcare support | ✓ Work gear provided |

COVID-19 Update: Please call ahead for intake

Hours: Monday – Friday: 9am - 4:30pm

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

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

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

TechWomen

Industries: (IT and Tech)

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

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

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

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

This Way ONward

Industries: (Customer Service)

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

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

<https://pcrs.ca/service-types/employment/>

UBC Learning Exchange

Industries: (Computer Skills)

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

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

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

Phone: 604-827-2777 | **Email:** learning.exchange@ubc.ca

<https://learningexchange.ubc.ca/>

Learning, Training and Skills

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

Hours: *Everyday:* 6pm - 12am

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

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

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

Yes Chef!

Industries: (Food Services)

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

Hours: Tuesday and Wednesday evenings

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

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

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

YMCA Childcare Career Exploration

Industries: (Early Childhood Education)

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

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

Phone: 604-374-5465 | **Email:** connections@gv.ymca.ca

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

YMCA Digital Literacy Exchange

Industries: (Computer Skills)

- 1-hour workshops get you comfortable with the digital world

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

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

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

Learning, Training and Skills

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 and over (some exceptions possible); Must have completed English 12, LINC Level 7 or equivalents; be unemployed or precariously employed; a Canadian citizen, permanent resident or confirmed refugee

✓ Skills training/Upgrading

✓ Mentorship/Coaching

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

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

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

YWCA Accelerate

Industries: (Administration)(Customer Service)

- Supports youth to find work in administration and customer service
- Paid training and work experience, follow-up support and professional certifications
- Please register online
- Eligibility: Ages 15-30; must be a Canadian citizen, permanent resident or a confirmed refugee

✓ Course length: 14 weeks

✓ Ongoing support

✓ YWCA additional services

✓ Paid training

✓ Skills training/Upgrading

Address: Now online

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

<https://ywcavan.org/accelerate>

YWCA Axis

Industries: (Administration)(Customer Service)

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

✓ Course length: 12 weeks

✓ Ongoing support

✓ YWCA additional services

✓ Mentorship/Coaching

✓ Skills training/Upgrading

✓ Multiple languages offered

✓ Soft skill development

✓ Referrals to other services

Address: Online

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

<https://ywcavan.org/axis>

Learning, Training and Skills

YWCA Gear Up

Industries: (Bike Mechanic)

- Equips youth with the skills, certification and employer connections to work as a bike mechanic
- Includes skills development workshops, Intro to Bike Mechanics Certificate and work experience
- Eligibility: Ages 15-30; a Canadian citizen, permanent resident or confirmed refugee

✓ Course length: 13 weeks

✓ Paid training

✓ Job search support

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

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

<https://ywcavan.org/gear-up>

YWCA Off the Leash

Industries: (Animal Care)

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

✓ Course length: 14 weeks

✓ YWCA additional services

✓ Ongoing support

✓ 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>



Learning, Training and Skills

YWCA Tech Connect



Industries: (IT and Tech)

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

Address: Now online

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

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

Do you want to find help learning English?

Bilingual Conversation Workshops



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

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

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

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

Community Connections



Industries: (ESL)

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

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

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

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

Community English Classes (Pacific Immigrant Resources Society)



Industries: (ESL)

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

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

Address: Currently online

Phone: 778-608-4208 | **Email:** info@pirs.bc.ca

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

Learning, Training and Skills

EAL/ESL English as Second Language



Industries: (ESL)

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

Hours: *Saturday:* 10am - 12pm

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

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

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

English Conversation Sessions



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

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

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

Phone: 604-822-6169 | **Email:** cindy.xin.li@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: Vancouver ESL Services, #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. 1502 | **Email:** msousamartins@educacentre.com

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

LINC (ISS of BC)

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

Phone: 604-684-2561

<http://issbc.org/service-types/linc-language-instruction-for-newcomers-to-canada>

LINC (MOSAIC)

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

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

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

<https://www.mosaicbc.org/services/language/linc/>

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>

Learning, Training and Skills

Moving Forward

Industries: (ESL)

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

Address: Currently online

Phone: 778-608-4285 | **Email:** info@pirs.bc.ca

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

YMCA Conversations for Life

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

Address: Now Online

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

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

YMCA English Conversation Club

Industries: (ESL)

- Practice English language skills, meet new friends and learn more about life in Canada
- Trained volunteer facilitators lead small group discussions about Canadian customs and culture
- Eligibility: Participants must have Permanent resident or convention refugee status in Canada. This program is also open to CUAET visa holders.

Hours: *Wednesdays:* 10:30am - 12pm

Address: Now online

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

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



Learning, Training and Skills

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

Building Bridges

Industries: (Job-readiness) (Computer Skills)

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

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

Hours: *Wednesdays:* 6pm - 8:30pm

Address: Now online

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

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

Drive Youth Employment Services

Industries: (Job-Readiness)

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

✓ Job search support ✓ Resume writing

Hours: *Monday – Friday:* 10am - 4:30pm, closed 12pm - 1pm

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

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

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

Employment, Life Skills & Training

Industries: (Job-readiness)

- Provides resources and training to help you find meaningful employment

✓ Resume writing ✓ Skills training/Upgrading

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

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

<http://www.vafcs.org/programs/employment-life-skills/>

Learning, Training and Skills

In Motion & Momentum+

Industries: (Job-Readiness)

- Online program that helps participants tap into their full potential and improve their career readiness, through goal setting and action planning
 - Register for an online intake session
 - Eligibility: Canadian citizenship, permanent residency or confirmed refugee status; a minimum Grade 5 literacy level; basic digital literacy and access to technology; a desire and commitment to participate fully
- ✓ Course length: 13 weeks

Address: Online

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

<https://ywcavan.org/motion-momentum>

Job Quest

Industries: (Job-readiness)

- Provides: personal development workshops; career planning; interview skills training; help finding employment; connections to employers, networking events and mentors
- Eligibility: Must be a permanent resident, refugee (government-assisted and 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: #213 - 312 Main Street, Vancouver BC, V6A 2T2

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

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

Skilled Immigrant Resource Centre

Industries: (Job-Readiness) (Small Business)

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

✓ Resume writing

✓ Variety of workshops

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

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

<https://www.vpl.ca/siic>



Workplace Connections Mentoring

Industries: (Job-readiness)

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

✓ Mentorship/Coaching

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

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

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

Workplace Integration for Multi-barriered Individuals

Industries: (Job-readiness)

- Improve employability through group facilitated job-readiness training
- Financial supports for occupational skills training
- 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/>



Learning, Training and Skills

Youth Breakthrough to Employment and Training (YBEAT)

Industries: (Job-Readiness)

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

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

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

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

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

Youth Skills

Industries: (Job-Readiness)

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

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

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

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

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

YWCA FOCUS@Work

Industries: (Job-Readiness)

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

Hours: *Monday – Friday:* 10am - 12pm

Address: Now online

Phone: 604-900-5782 | **Email:** focus@ywcavan.org

<https://ywcavan.org/focus>

Learning, Training and Skills

YWCA MindSet



Industries: (Job-Readiness)

- Offers a safe, stigma-free environment for participants wanting support for stress management, anxiety and/or depression to achieve balance and gain motivation to pursue their goals

- ✓ Course length: 12 weeks
- ✓ Support plan
- ✓ Peer support
- ✓ Transportation support
- ✓ Skills training/Upgrading
- ✓ Financial assistance for food, clothing
- ✓ Counselling

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

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

<https://ywcavan.org/mindset>

YWCA Strive



Industries: (Job-Readiness)

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

- ✓ Course length: 6 weeks
- ✓ Support plan
- ✓ YWCA additional services
- ✓ Paid training
- ✓ Counselling
- ✓ Referrals to other services



COVID-19 Update: All appointments (or classes or workshops) are now online

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

Phone: 604-619-8078 | **Email:** strive@ywcavan.org

<https://ywcavan.org/strive>



Physical Health

Do you want help with physical health?

BCCDC STI Clinic



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

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

Wednesday: 8:30am – 7:30pm; Thursday: 9:30am - 4pm

Address: 655 West 12th Ave., Vancouver BC, V5Z 4R4

Phone: 604-707-5600

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

Building Blocks (MOSAIC)



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

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

Hours: Monday – Friday: 9am - 5pm

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

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

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:** citycentrepcc@seymourhealth.ca

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



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)

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

Downtown Community Health Centre

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

Hours: *Everyday:* 9am - 6pm (including holidays)

Address: 569 Powell St., Vancouver BC, V6A 1G8

Phone: 604-255-3151

http://www.vch.ca/Locations-Services/result?res_id=1360

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

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

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

Hours: *Monday – Friday:* 9am - 5pm

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

Phone: 604-675-3986

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



Physical Health

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

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

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

Phone: 1-855-550-5454 (Toll Free) | **Email:** HealthBenefits@fnha.ca

<https://www.fnha.ca/benefits/medical-supplies-and-equipment>

Foundry Vancouver - Youth Health Centre

- Mental health and substance use support, primary care, peer support and social services
- Eligibility: Ages 12-24

- ✓ Basic care
- ✓ Peer support
- ✓ Mental health & wellness
- ✓ Substance use services
- ✓ Drop-ins available
- ✓ Referrals to other services

Hours: *Monday – Friday:* 9am - 5pm; *Drop-in: Monday – Friday:* 1pm - 5pm

Address: 1260 Granville St., Vancouver BC, V6Z 1M4

Phone: 604-806-9415 | **Email:** ICYMHP@providencehealth.bc.ca

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

Health Initiative for Men

- Offers primary health care, counselling, and consultation with nurses
- Early, rapid and standard HIV testing; STI testing; vaccinations for Hepatitis A, B, HPV (Human Papilloma Virus) for those under the age of 27

- ✓ Counselling
- ✓ Variety of free workshops
- ✓ Medical services
- ✓ Harm reduction Services
- ✓ STI testing

COVID 19 Update: Please visit the Clinical Services section of our Covid-19 response page for the most up-to-date information regarding hours and services

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

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

<https://checkhimout.ca/>

Keefer Walk-in and Medical Clinic

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

COVID-19 Update: At this time, we only offer Virtual Health and Telemedicine

Hours: *Monday – Friday,* 8:30am - 5pm; *Sun:* 9am - 5pm

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

Phone: 604-674-7403

<http://keefermed.ca>



Physical Health

Kettle Health Clinic



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

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

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

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

Phone: 604-251-5237

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

Kílala Lelum



- Offers team-based, comprehensive and culturally informed healthcare services, in order to provide health equity for people on the DTES
 - ✓ Basic care
 - ✓ Counselling
 - ✓ Mental health & wellness
 - ✓ Indigenous Elders available
 - ✓ Traditional healing

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/>

Lu'ma Medical Centre



- Provides culturally safe healthcare to families

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

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

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

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

Multicultural Family Centre (REACH Community Health Centre)



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

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

Phone: 604-216-3135

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

Musqueam Pre- and Post-Natal Group



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

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

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

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

Native Youth Health and Wellness Centre (UNYA)



- A youth clinic providing culturally-relevant, welcoming, accessible health and wellness services
- Approaches health & wellness with both Indigenous and Western perspectives & knowledge
- Cares for your overall wellbeing in a way that focuses on your strengths and takes into account the effects of trauma
- Eligibility: Indigenous youth; ages 12-30

- | | | |
|------------------------------|-------------------------------|--------------------------|
| ✓ No Care Card needed | ✓ Indigenous Elders available | ✓ Substance use services |
| ✓ Basic care | ✓ Referrals to other services | ✓ Support services |
| ✓ Counselling | ✓ Drop-ins available | ✓ Women's health |

NOTE: Please call ahead to book an appointment or check the program calendar for times

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

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

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

Options for Sexual Health



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

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

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

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

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





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: 9am - 6pm

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

Phone: 604-669-9181

http://www.vch.ca/Locations-Services/result?res_id=1340

PICS HIV and Hepatitis C Intervention Project

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

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

Phone: 604-596-7722 ext. 132

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

Raven Song Community Health Centre

- Provides public and community health services, mental health and addiction services, speech therapy, home health services, youth health services
- Eligibility: Clients must reside in Vancouver and have no other primary care provider
 - ✓ Basic care
 - ✓ Mental health & wellness
 - ✓ Substance use services
 - ✓ Counselling

Hours: Monday – Friday: 8am - 5pm

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

Phone: 604-709-6400

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

Sheway Medical Clinic

- Provides health and social services supports to pregnant women and women with infants under 18 months, dealing with drug and alcohol issues
 - ✓ **No Care Card needed**
 - ✓ Women’s health
 - ✓ Drop-ins available
 - ✓ Basic care
 - ✓ Mental health & wellness
 - ✓ Substance use services
 - ✓ Counselling

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

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

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

<https://www.vahs.life/sheway>



Physical Health

TELUS Health MyCare



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

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

Trans Specialty Care at Three Bridges Health Community Centre



- Provides specialized care to transgender and gender diverse persons
- Eligibility: Ages 15 and older living in the Vancouver Coastal Health region. Youth, refugee claimants, and individuals with post-operative complications living outside the VCH Region will be given consideration on a case-by-case basis.

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

Hours: Monday – Friday:

4pm - 8pm

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

Phone: 604-331-8901

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





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

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

Hours: *Monday – Friday:* 11am - 7pm

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

Phone: 604-736-3290 (Existing Patients) | 604-736-5262 (Main Line)

Email: center@womenshealthcollective.ca

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

WISH Health Clinic

- Women can access this safe, women-only clinic in a familiar setting

- ✓ **No Care Card needed**
- ✓ 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 (Sonya) or 236-777-5879 (Jenny)

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

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



Physical Health

Youth Clinic at the Broadway Youth Resource Centre



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

- ✓ Basic care
- ✓ STI testing
- ✓ Counselling
- ✓ Women's health
- ✓ Drop-ins available

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

Hours: Thursday: 2:30pm - 5pm

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

Phone: 604-786-2228

http://www.vch.ca/locations-services/result?res_id=1084

Youth Pregnancy & Parenting Program



- Supports pregnant youth and their babies
- Eligibility: Ages 24 and younger

- ✓ Basic care
- ✓ Counselling
- ✓ Free meals
- ✓ Transportation support

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

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

http://www.vch.ca/Locations-Services/result?res_id=282

Find a Family Doctor:

Call 811 to ask for referrals to services in your area

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

College of Physicians and Surgeons of BC - https://www.cpsbc.ca/physician_search

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

Dental

Do you want to access dental services?

First Nations Health Authority (FNHA) - Dental Benefits

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

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

Phone: 1-855-550-5454 (Toll Free) | **Email:** 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; *Selective weekends:* check on website

Address: 2205 Main Street, Vancouver BC, V5T 0K2

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 1-2pm for lunch

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

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

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

Reach Dental Clinic

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

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

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

Phone: 604-254-1331

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

Dental



Smiles4Canada

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

Phone: 416-491-3186

Email: administration@smiles4canada.ca
<https://smiles4canada.ca/>

Strathcona Community Dental Clinic

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

Hours: Monday – Friday: 9am - 5pm

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

Phone: 604-713-4485

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

UBC Dentistry

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

COVID-19 Update: Not all programs are accepting new patients, please call ahead

Hours: Monday – Friday: 8:15am - 5pm

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

Phone: 604-822-2112

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

Dental

Vancouver Community College (VCC) Dental Clinic

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

Address: Room 348B, 250 West Pender Street, Vancouver BC, V6T 1Z3

Phone: 604-443-8499

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

Vancouver Public Health Children's Dental Program

Program

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

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

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

Address: Robert and Lily Lee Family Community Health Centre, 210-1669 East Broadway, Vancouver BC, V5N 1V9

Phone: 604-675-3981

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



Hearing

Do you want to access hearing services?

Connect Hearing

55+

- Provide free hearing tests for clients aged 50+. Call to book an appointment!

COVID-19 Update: Open, by appointment only. No walk-ins. Our doors may be locked, if you are visiting for an appointment please knock loudly.

Hours: *Monday – Friday:* 9am - 5pm, closed for lunch from 12pm - 1 pm

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

Phone: 604-681-1652 | **Toll-free:** 888-501-2661 | **Email:** info@connecthearing.ca

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

Wavefront Centre for Communication Accessibility – Lend an Ear



- Receive a hearing test, a permanent loan of one hearing aid, an earmold, and one-year of repair service

- Cost: \$140

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

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

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

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

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



Eye Care



Do you want to access vision services?

Downtown Eastside Eye Clinic

- Provides low barrier, high quality eye care to underserved populations
- Offers free eye exams and referrals for other services

✓ **No Care Card needed**

Hours: *Monday – Friday:* 9am - 4pm, closed for lunch 12pm - 12:30pm

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

Phone: 604-620-3599

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

First Nations Health Authority – Vision Benefits

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

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

Phone: 1-855-550-5454 (Toll Free) | **Email:** 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

Address: 833 W. Broadway, Vancouver BC, V5Z 1J9

Phone: 604-873-3941 | **Email:** info@tru-valuoptical.com

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



Substance Use

Do you want to change your substance use?

Service Navigation

VGH Access & Assessment Centre



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

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

Phone: 604-675-3700

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

Do you want to find harm reduction services?

Get Your Drugs Tested



- The test takes 10-15 minutes and does not destroy the sample
- Samples can be dropped off for testing at 880 East Hastings during operating hours, or mailed in; first come, first serve
 - ✓ Drop-ins available

Hours: *Everyday:* 12pm - 8pm

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

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

<https://getyourdrugtested.com/>

Insite Supervised Injection Site



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

http://www.vch.ca/locations-services/result?res_id=964

Molson Overdose Prevention Site



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

Hours: *Everyday:* 1pm – 11pm

Address: 166 East Hastings St., Vancouver BC, V6A 1N4 (alley entrance)

<https://www.phs.ca/program/molson-overdose-prevention-site-mops/>



Substance Use

Needle Exchange



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

Overdose Prevention Society



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

Hours: *Everyday:* 8am - 10pm

Address: 390 Columbia St., Vancouver BC, V6A 4J1; inhalation site located at 62 East Hastings

Phone: 778-952-2015 | **Email:** blyth2008@gmail.com

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

Powell Street Getaway Safe Consumption Site



- Monitors clients for signs and symptoms of an overdose, teaches about safer drug use practices, and refer clients to other health care services such as substance use treatment and counselling
- Clients can use substances via injection, 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/>

SisterSpace



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

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

Address: 135 Dunlevy Ave, Vancouver BC, V6A 3A4

Phone: 604-681-4437 | **Toll Free:** 1-877-455-2233 | **Email:** info@atira.bc.ca

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

St. Paul's Overdose Prevention Site



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

Hours: *Everyday:* 11am - 11pm

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

Phone: 604-360-8182

http://www.vch.ca/Locations-Services/result?res_id=1427



Substance Use

VANDU (Vancouver Area Network of Drug Users)



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

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

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

<https://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/WAHRs-Western-Aboriginal-Harm-Reduction-Society-123348724365154/about/?ref=page_internal





Substance Use

Do you want to find withdrawal management services?

Daytox at the Robert & Lily Lee Community Health Centre



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

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

Address: 1669 East Broadway, Vancouver BC, V5N 1V9

Phone: 1-866-658-1221 (to sign up); 604-675-2455 ext. 3 (for program information)

http://www.vch.ca/Locations-Services/result?res_id=557

Downtown Eastside Connections Clinic - Powell Street



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

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

Address: 623 Powell St., Vancouver BC, V6A 1H2

Phone: 604-675-3600

http://www.vch.ca/Locations-Services/result?res_id=1372





Substance Use

Salvation Army Vancouver Harbour Light Detox



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

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

Phone: 604-646-6844

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

START - Substance Use Treatment and Response Team



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

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

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

http://www.vch.ca/locations-services/result?res_id=1212

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



- Connects patients seeking treatment for substance use disorders with evidence-based treatment including harm reduction
- After stabilization, individuals are transferred to a community care provider for ongoing support
- New intakes should come early to drop-in, or call to book an intake appointment
 - ✓ **No Care Card needed**
 - ✓ Referrals to other services
 - ✓ Opioid substitution therapy
 - ✓ Withdrawal management
 - ✓ Drop-ins available
 - ✓ Individual detox plan

Hours: *Everyday:* 9am - 4pm

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

Phone: 604-806-8867

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



Substance Use

Do you want addiction treatment services?

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

Downtown Community Health Centre



Address: 569 Powell Street, V6A 1G8

Phone: 604-255-3151

http://www.vch.ca/Locations-Services/result?res_id=1360

Evergreen Community Health Centre



Address: 3425 Crowley Drive, V5R 6G3

Phone: 604-707-3620

http://www.vch.ca/locations-services/result?res_id=1361

FIR Square Combined Care Unit



Address: BC Women's, 3rd floor

4500 Oak Street, V6H 3N1

Phone: 604-875-2229

<http://www.bcwomens.ca/our-services/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

http://www.vch.ca/Locations-Services/result?res_id=1340

NOTE: Please call for an intake appointment

Raven Song Community Health Centre



Address: 2450 Ontario St., V5T 4T7

Phone: 604-709-6400

http://www.vch.ca/Locations-Services/result?res_id=1365

Salvation Army Vancouver Harbour



Light Addiction Treatment

Address: 119 E. Cordova St. V6A 1K8

Phone: 604-646-6800

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

NOTE: Please fill out an intake form online

South Mental Health and Substance Use Services



Hours: Monday – Friday: 8:30am - 5pm

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

Phone: 604-266-6124

<https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=17675990>

Union Gospel Mission



Address: 601 E. Hastings Street, V6A 1R2

Phone: 604-253-3323

Email: contact@ugm.ca

<https://www.ugm.ca/services/alcohol-drug-recovery/>

Vancouver Addiction Matrix Program



Address: 1128 Hornby Street, V6Z 2L4

Phone: 604-331-8900

Email: vamp@vch.ca

http://www.vch.ca/locations-services/result?res_id=1016



Substance Use

Do you want to find recovery management supports?

Avalon Recovery Society

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

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

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

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

<https://avalonrecovery.org>

Boys & Girls Club Substance Use Counselling Services

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

- ✓ Counselling ✓ Peer support ✓ Referrals to other services
- ✓ Drop-ins available

Hours: Monday – Friday: 9am - 5pm

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

Phone: 604-879-6554, press 0 | **Email:** info@bgcbc.ca

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

Embers Eastside Works Substance Use Support & Employment Program

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

- ✓ Counselling ✓ Drop-in

Hours: Monday – Friday: 10am - 4pm

Address: 57 East Hastings Street (The Lux), Vancouver BC, V6A 0A7

Phone: 604-518-4773 | **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.bcresponsiblegambling.ca/support/services>



Substance Use

Heatley Community Health Centre

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

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

Phone: 604-253-4401

http://www.vch.ca/locations-services/result?res_id=1418

Meeting Guide App

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

Metro Vancouver Indigenous Services Society

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

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: Monday – Friday: 5pm - 9pm; Saturday – Sunday: 10am - 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/>



Substance Use

PRISM

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

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

Phone: 604-331-8900 ext. 23816 | **Email:** prism@vch.ca

<http://www.vch.ca/prism>

QuitNow

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

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

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

<https://quitnow.ca/>

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

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

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

Address: 520 Richards Street, Vancouver BC, V6B 3A2

Phone: 604-628-1143 | **Email:** rggefgD_rggefg2rix

<https://nccabc.ca/health-services/#indigenous-outpatient-addiction-counselling-detox-support>

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



Substance Use

SMART Recovery Global Online Meeting

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

Hours: *Sundays:* 1:15pm – 2:30pm

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

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

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

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

Hours: *Mondays:* 3:30pm – 4:30pm

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

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

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

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

Hours: *Wednesdays:* 4pm - 5pm

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

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

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

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

Hours: *Thursdays:* 6pm - 7pm

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

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

SMART Recovery Three Bridges Community Health Centre In-Person Meeting

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

Hours: *Saturdays:* 11am – 12pm

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

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



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
 - Eligibility: Ages 16 and older
- ✓ AA Meetings ✓ Sober social events ✓ Peer support

Hours: *Monday – Friday:* 9:30am - 9:30pm; *Saturday – Sunday:* 9:30am - 12pm

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

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

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

Vancouver Recovery Club



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

Hours: Open 24/7

Address: 2775 Sophia St., Vancouver BC, V5T 3L1

Phone: 604-708-9955 | **Email:** admin@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:** heather@watari.ca

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



Mental Wellness

Do you want mental wellness support?

Service Navigation

VGH Access & Assessment Centre



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

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

Phone: 604-675-3700

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

Adlerian Psychology Association of British Columbia



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

Hours: *Monday - Friday:* 9am - 9pm; *Saturdays:* 9am - 6pm

Address: #440-2184 West Broadway, Vancouver, BC V6K 2E1

Phone: 604-742-1818 | **Email:** apabc@adler.bc.ca

<https://adlercentre.ca/>

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



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

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

Phone: 604-675-3990

Adult Mental Health Program (Heatley Community Health Centre)



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

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

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

Phone: 604-253-4401



Mental Wellness

BC Hearing Voices Network

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

COVID-19 Update: Support groups are now online

Phone: 604-708-5274 | **Email:** vanpeerworkshops@vch.ca

<https://bchvn.ca/>

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: 604-687-1867 | **Email:** information@bwss.org

<https://www.bwss.org/support/programs/counselling/>

Battered Women's Support Services Support Groups

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

Address: Please call for the location

Phone: 604-687-1867 | **Email:** supportgroups@bwss.org

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

Catherine White Holman Wellness Centre

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

Address: Online

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

<http://www.cwhwc.com>

Child and Youth Aboriginal Mental Health Outreach

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

Hours: *Monday – Friday:* 8:30am - 4:30pm (closed from 12pm - 1pm for lunch)

Address: Main Office: Suite 200, 550 Cambie St., Vancouver BC, V6B 2N7

Phone: 604-688-0551 | **Crisis Support Line:** 604-874-2300

Email: outreach@unya.bc.ca



Mental Wellness

Child and Youth Cross Cultural Mental Health Program

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

- ✓ Counselling
- ✓ Referrals to other services

Hours: *Monday & Wednesday: 9am - 7pm; Tuesday, Thursday, Friday: 8:30am - 5pm*

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

Phone: 604-675-3896

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

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

- Serves children, youth and their families with moderate to serious mental health difficulties
- Walk in for an intake assessment
- Eligibility: Ages 5-18; must be a resident of Vancouver

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

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

Office Hours: *Monday - Friday: 9am - 5pm*

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

Phone: 604-267-3970

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

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

Hours: *Monday, Tuesday, alternate Wednesdays and Fridays: 9am - 5pm*

Wednesdays and Thursdays: 9am - 8pm

Address: Suite 101, 1128 Hornby St., Vancouver BC, V6Z 2L4

Phone: 604-311-8908

Coast Clubhouse at Coast Mental Health

- Offers low-cost nutritious meals, social, recreational, education and employment opportunities for members
- Eligibility: Have mental wellness concerns and are connected to services. Call or drop-in to discuss member intake.

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

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

Phone: 604-675-2357 | **Email:** info@coastmentalhealth.com

<https://www.coastmentalhealth.com/what-we-do/pillar-services/>



Mental Wellness

Coast Resource Centre at Coast Mental Health



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

Hours: *Tuesday – Saturday:* 9am - 1pm; 2:30pm - 4pm

Address: 1225 Seymour St., Vancouver BC, V6B 3N6

Phone: 604-683-3787 | **Email:** info@coastmentalhealth.com

<https://www.coastmentalhealth.com/what-we-do/pillar-services/>

Dragonstone Counselling



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

Hours: *Everyday:* 10am - 8pm

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

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

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

Dr. Peter AIDS Foundation Groups



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

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

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

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





Mental Wellness

Domestic & Relationship Violence Women's Support Group



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

Address: Online

Phone: 604-254-5457

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

Early Psychosis Intervention



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

Hours: *Monday – Friday: 9am - 5pm*

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

Phone: 604-675-3875

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

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



- Serves children, youth and their families with serious mental health difficulties and/or social, emotional or behavioural disturbances
- Calling ahead is preferred, but can accommodate drop-ins
- Eligibility: Ages 24 and younger.

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

Address: 1669 East Broadway Vancouver BC, V5N 1V9

Phone: 778-871-7132

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

Family Involvement & Support Program



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

✓ **No care card needed**

✓ **Counselling**

✓ **Referrals to other services**

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

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

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

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



Mental Wellness

Family Connections Support Group

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

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

Address: Now online

Phone: 604-290-3817 | **Email:** aoyee.lau@vch.ca or andrea.sierralta@vch.ca

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

First Nations Health Authority (FNHA) – Mental Health Benefits



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

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

Phone: 1-855-550-5454 (Toll Free) | **Email:** HealthBenefits@fnha.ca

<https://www.fnha.ca/benefits/mental-health>

Foundry Vancouver Granville

- Offers online counselling services for youth and young adults
- Drop-in counselling available from 1pm - 4pm
- **Care Card is preferred but not mandatory**
- Eligibility: Ages 12-24

✓ Counselling

✓ Substance use services

✓ Referrals to other services

Hours: *Monday – Friday:* 9am - 5pm

Address: 1260 Granville St., Vancouver BC, V6Z 1M4

Phone: 604-806-9415 | **Email:** ICYMHP@providencehealth.bc.ca

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

Getting Though It (Vancouver Association for Survivors of Torture)

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

Hours: *Wednesdays:* 10am - 12pm

Address: Now online

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

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



Mental Wellness

Here2Talk

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

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

<https://here2talk.ca/main>

Indian Residential School Survivors Society

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

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

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

<https://www.irsss.ca/services/counselling>

Infant and Childhood Mental Health Service

- Provide treatment and support to families who have concerns about their child's ability to manage socially, emotionally, and/or behaviorally
- Intake by appointment only; please call 604-675-3996 to be put on the waitlist
- Eligibility: Infants and children under 5; living in Vancouver
 - ✓ Counselling
 - ✓ Mental health assessment
 - ✓ Referrals to other services

Hours: *Monday – Friday:* 9am - 5pm

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

Phone: 604-675-3996

http://www.vch.ca/Locations-Services/result?res_id=81

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

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

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

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

Phone: 604-875-4111 ext. 23614

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



Mental Wellness

Kettle Health Clinic



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

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

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

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

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

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

Living Systems Counselling



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

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

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

<https://livingsystems.ca/>

Mental Health Resource Centre - MPA Society



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

COVID-19 Update: Only able to allow 30 members in at a time (first come, first served basis).

Hours: *Monday – Friday:* 10am - 5pm

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

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

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



Mental Wellness

MMIWG (Missing and Murdered Indigenous Women and Girls) Services



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

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

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

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

Oak Counselling Services



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

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

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

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

<http://oakcounselling.org/>

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:* 8:30am - 4:30pm

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

Phone: 604-876-0773 | **Email:** kim.collens@opendoorgroup.org

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



Mental Wellness

Saa'ust Centre



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

Hours: Monday – Friday: 9am - 5pm

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

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

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

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



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

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

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

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

http://www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res_id=474

Sher Vancouver – The Courage Fund Free Crisis Counselling



- Confidential counselling provided by professional Masters-level Counsellors in multiple languages to 2SLGBTQ+ people in crisis or distress

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

Email: info@shervancouver.com

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

Stopping the Violence Counselling Services



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

Hours: Monday – Friday: 9am - 5pm

Address: Now online

Phone: 236-512-6093

<https://www.mosaicbc.org/services/counselling/stopping-the-violence/>

Trauma Counselling for Children Affected by Family Violence



- Focuses on improving the child/youth's emotional health and self-esteem and strives to support emotional expression, psychoeducation on abuse and problem-solving skills
- Eligibility: Ages 3-18; for children and youth who have been exposed to domestic violence

Address: Now online

Phone: 604-436-1025 | **Toll Free:** 1-888-436-1025

Alternate during Covid-19: 236-865-1194 | **Email:** againstviolence@vlmfss.ca

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



Mental Wellness

Vancouver Association for Survivors of Torture

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

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

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

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

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)
- All appointments are 45-60 minutes long

Hours: *Monday – Friday:* 11am - 7pm

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

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

<https://womenshealthcollective.ca/counselling/>

WAWAW Counselling and Support Groups

- One-to-one counselling and support groups for survivors of sexual assaults
- Supports you to cope with the impacts of violence, ranging from anger and grief to issues surrounding sexuality, intimacy, and trust
- Eligibility: Survivors of sexualized violence who have shared experiences of gender marginalization: cis and trans women, Two-Spirit, and/or non-binary people.

Phone: 604-255-6228 | **Email:** admin@wavaw.ca

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

Wellness Together Canada

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

Phone: 1-866-585-0445

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

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

- Offers mental health support, case management, medication support, and psychosocial rehab

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

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



Mental Wellness

Y Mind Adult, Teen and Youth Groups



- Mindfulness groups for adults (31 years+), teens (13-18 years) and youth (18-30 years)
- 7-week online program to learn mindfulness techniques to manage stress and anxiety, and connect with others going through similar experiences
- Must attend an information session - register for an upcoming information session by emailing us (please include your contact information and birth date)

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

Phone: 604-673-6182 | **Email:** ymind@gv.ymca.ca

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

Youth Clinic at the Broadway Youth Resource Centre



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

Hours: *Thursday:* 2:30pm - 5pm

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

Phone: 604-786-2228

http://www.vch.ca/locations-services/result?res_id=1084

Youth Mental Wellness Counselling at South Vancouver Youth Centre



- Mental health services for children and youth with serious mental health difficulties or social, emotional or behaviour disturbances
- Service is offered in English, but interpreters are available
- Eligibility: Ages 12-18

Hours: *Monday – Friday:* 9am - 6pm

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

Phone: 604-325-2004

http://www.vch.ca/Locations-Services/result?res_id=73

Youth Outreach Service



- Mental health and psychiatric assessments, and therapeutic counselling
- Eligibility: Ages 13-18; marginalized youth with no fixed address and who do not access office-based mental health services

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

Address: Suite 200, 550 Cambie St., Vancouver BC, V6B 2N7

Phone: 604-688-0551 | **Crisis Support Line:** 604-874-2300

http://www.vch.ca/Locations-Services/result?res_id=82



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)

Online Chat Service for Adults 

www.CrisisCentreChat.ca (Noon to 1am)

Seniors Distress Line 

604-872-1234

Trans Lifeline 

877-330-6366

WAVAW Rape Crisis Centre 

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

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

**Vancouver Coastal Regional Distress
Line** 

604-872-3311

VictimLinkBC 

1-800-563-0808

Do you want legal aid?

Access Pro Bono Society of British Columbia

- To promote access to justice in British Columbia by providing and fostering quality pro bono legal services for people and non-profit organizations of limited means
- Please book an appointment by phone or on the website

Address: #300-845 Cambie Street, Vancouver BC, V6B 4Z9

Phone: 1-877-762-6664 or 604-878-7400 | **Email:** appointments@accessprobono.ca

<http://www.accessprobono.ca/>

Atira Women's Resource Society Legal Advocacy

- Provides legal assistance in a safe and confidential, women's-only space
- Eligibility: Low-income women, including transwomen, living in the Downtown Eastside

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

Phone: 604-800-8887 ext. 103 | **Email:** volunteer_advocate@atira.bc.ca

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

Battered Women's Support Services Legal Services & Advocacy Program

- Provides resources and referrals to housing and counsellors for women leaving abusive relationships

Address: Please call for the location

Phone: 604-687-1867 | **Email:** information@bwss.org

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

Catherine White Holman Wellness Centre

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

NOTE: When you make an appointment to see a lawyer, please include a brief description of what your legal issue is, along with the names of any opposing parties

Hours: Please look online for current clinic dates and times

Address: Online

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

<https://cwhwc.com/services/>

Child & Youth Drop-In Legal Clinics

- Legal advocates help you to get to know your rights and get your questions answered
- Can provide legal advocacy representation but is unable to assist with financial matters
- Eligibility: Youth up to 19 years of age

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

Hours: *Monday – Friday:* 9am - 5pm

Address: 303-1720 Grant Street, Vancouver, BC V5L 2Y7

Phone: 778-657-5544 ext. 101 | **Email:** cylc@scyofbc.org

<https://www.scyofbc.org/child-youth-legal-centre/>

Community Legal Assistance Society

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

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

Address: #300-1140 West Pender Street, Vancouver BC, V6E 4G1

Phone: 604-685-3425 | **Email:** contact@clasbc.net

<https://clasbc.net/>

Indigenous Community Legal Clinic

- Provides legal representation for those persons who qualify for legal assistance and have a legal issue that falls under the jurisdiction of the British Columbia provincial courts

✓ Family law

✓ Criminal charges

COVID-19 Update: Providing legal services only by phone and email until further notice

Hours: *Everyday:* 8:30am - 12:30pm and 1:30pm - 4:30pm

Address: 148 Alexander St., Vancouver BC, V6A 1B5

Phone: 604-822-1311 | **Email:** iclc@allard.ubc.ca

<https://allard.ubc.ca/community-clinics/indigenous-community-legal-clinic>

Law Students Legal Advice Program

- Non-profit society, provides legal advice and representation for those who cannot afford it
 - ✓ Immigration law
 - ✓ Welfare law
 - ✓ Animal law
 - ✓ Employment law
 - ✓ Canadian Pensions Plan benefits and Old Age Security
 - ✓ Simple wills
 - ✓ Tenancy disputes

COVID-19 Update: LSLAP clinics are operating remotely and drop-in clinics are suspended. Please call to book an appointment.

Phone: 604-822-5791

<https://www.lslap.bc.ca/>

Legal

Legal Aid BC



- Offers legal aid to BC residents with low incomes for serious family problems, child protection matters, criminal law issues, and some immigration, mental health, and prison law issues

- ✓ Child protection matters
- ✓ Immigration law
- ✓ Criminal charges
- ✓ Family law

COVID-19 Update: Now only taking phone applications

Hours: *Monday, Tuesday, Thursday and Friday:* 8:30am - 4:30pm; *Wednesday:* 8:30am - 12:30pm

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

Phone: 604-408-2172 | **Toll-free:** 1-888-577-2525

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

Migrant Workers Centre



- Staff lawyers and legal advocates help migrant workers with their immigration issues.

COVID-19 Update: Services are provided by telephone, Zoom or WhatsApp

Address: Suite #302, 119 West Pender Street, Vancouver BC, V6B 1S5

Phone: 604-669-4482 | **Toll-free:** 1-888-669-4482 | **Email:** info@mwcbc.ca

<https://mwcbc.ca/>

MOSAIC Legal Advocacy Program



- Provides information, summary advice, referrals and legal representation to low-income immigrants and refugees on: family law, immigrant law and poverty law, public benefits, debt and housing inquiries
- Eligibility: Priority assistance given to immigrants and refugees with low income, difficulty speaking or understanding English, little or no knowledge of the Canadian legal system and have issues not covered by other legal agencies

COVID-19 Update: Services are provided by telephone and email

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

<https://www.mosaicbc.org/services/settlement/legal-advocacy-program/>

MPA Society Court Services Program



- Assists those experiencing the effects of mental illness and addictions, who have become involved in the criminal justice system.
- To become a member (free) call to book an intake appointment
- Eligibility: Must have self-identified mental health challenges (can include addictions)

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

Phone: 604-660-4292 (office) or 604-813-6967 (mobile) | **Email:** ewaite@mpa-society.org

<https://www.mpa-society.org/programs-services/advocacy-social-justice/court-services>

Legal

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/justice/#native-courtworker-services>

Parent Legal Centres (Legal Aid BC)

- A lawyer and an advocate will help you address the social worker's concerns about your children's safety. This service is available any time after a social worker contacts you.

Hours: *Wednesday*: 9am - 12pm and 1pm - 2pm

Address: Room 129, 800 Hornby Street, Vancouver BC, V6Z 2E1

Phone: 604-601-6310 | **Toll-free:** 1-888-522-2752

https://legalaid.bc.ca/legal_aid/parents-legal-centres

Rise Women's Legal Centre

- We are a community legal centre providing accessible legal services that are responsive to the unique needs of self-identifying women or any other oppressed and targeted genders
 - Offers legal services in the area of family law, and can assist with some immigration matters, as well as correcting name and gender markers for gender diverse clients, first stage filing for human rights and police complaints, and help with Indigenous reclamation
- ✓ Immigration law ✓ Family law ✓ Equality law

COVID-19 Update: Services provided by phone and email

Hours: *Monday – Friday*: 9am - 4pm

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

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

<https://womenslegalcentre.ca/>

Seniors First BC

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

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

Phone: 604-688-1927 | **Email:** info@seniorsfirstbc.ca

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

Advocacy

Do you want help with advocacy?

Ask An Advocate Chatline

- Provides basic and clear information about income assistance and other income support programs, disability benefits (provincial and federal), and tenancy

<https://askanadvocate.ca/>

Chinese Community Policing Centre

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

Hours: Monday – Saturday: 10am - 4pm

Address: 44 E. Pender Street, Vancouver BC, V6A 3V6

Phone: 604-688-5030 | **Email:** info@chineseccpc.com

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

Disability Alliance BC

- Offers support, information and one-to-one assistance for people with all disabilities
- Supports you in applying for and appealing the denial of disability benefits, as well as providing law clinics and help filing income taxes
- Please call for an appointment

Phone: 604-872-1278 | **Toll-free:** 1-800-663-1278 | **Email:** advocacy@disabilityalliancebc.org

<https://disabilityalliancebc.org/direct-service/apply-for-disability-benefits/>

DTES Women's Centre Advocacy Services

- Advocates provide appropriate referrals and assist in navigating a complex system of resources, improving accessibility in the process and giving support

- Assists with:

✓ Ministry of Children & Family Development

✓ Vancouver Aboriginal Children & Family Services Society

✓ Ministry of Social Development & Poverty Reduction

✓ Residential Tenancy Office

✓ Canadian Pensions Plan benefits and Old Age Security

✓ Income supplements
✓ Welfare law

Hours: Sunday – Tuesday, Thursday – Saturday: 10am - 4pm; Wednesday: 11am - 4pm

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

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

<http://dewc.ca/programs/advocacy>

Advocacy

DTES Women's Centre - Victim Services



- Provides support and assistance to female victims of crime: reporting the crime, emotional support, accompaniment to court, hospital or any other judicial-related programs, and referrals to the appropriate places or affiliated resources
- Supports those who choose not to report for personal reasons or are afraid of retaliation

Hours: *Sunday – Tuesday, Thursday – Saturday:* 10am - 4pm; *Wednesday:* 11am - 4pm

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

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

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

Family Justice Access Centre



- Help with family and civil law issues including separation or divorce, income security, employment, housing or debt
- Can refer you to services and resources for your situation

COVID-19 Update: Please call to make a virtual appointment

Address: #290-800 Hornby Street, Vancouver BC, V6Z 2C5

Phone: 604-660-2084

<https://www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/jac>

First United Advocacy



- Offers assistance in a variety of legal areas, including social assistance, old age benefits, tenancy and other matters
- To meet with an advocate, call or email to set up an appointment

COVID-19 Update: Please call or email to make a virtual appointment. If you are unable to reach them by phone or email, they are doing limited intakes in-person for eviction and/or loss of income.

Hours: *Monday – Friday:* 9am - 4pm

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

Phone: 604-251-3323 ext. 101 | **Email:** advocacy@firstunited.ca

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

Justice for Girls



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

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

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

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

Advocacy

Keeping Families Together



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

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

Phone: 604-512-3266 | **Email:** hello.keepingfamilies-together@gmail.com

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

Legal Advocate Support Program by British Columbia Civil Liberties Association



- Provides assistance to individuals who request information or have complaints about civil liberties law (police and privacy complaints, access to and protection of personal information, and free speech) – this includes FAQs and suggestions on where to get legal help when needed
- Does not provide legal advice, representation, or counsel on any matters

COVID-19 Update: Due to the COVID-19 pandemic, the casework phone line is suspended

Hours: Monday – Friday: 9am - 5pm

Address: Suite 306, 268 Keefer St., Vancouver BC - Unceded territories of the x^wməθk^wəy'əm (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

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

Address: Now online

Phone: 604-436-1025 | **Toll Free:** 1-888-436-1025 | **Alternate during Covid-19:** 236-865-1194

Email: againstviolence@vlmfss.ca

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

Advocacy

Multicultural Victim Services

- Confidential program to support victims of all crimes in their recovery
- You do not need to report a crime to the police to receive help
- Eligibility: Immigrants, refugees and multicultural populations

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

Hours: *Monday – Friday:* 9am - 5pm

Address: Now online/email/phone

Phone: 236-512-6170 | **Email:** victim.support@mosaicbc.org

<https://www.mosaicbc.org/services/counselling/multicultural-victim-services/>

Plan Institute RDSP & Disability Planning Helpline

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

Phone: 1-844-311-7526 | **Email:** info@planinstitute.ca

<https://planinstitute.ca/rdsp-disability-planning-helpline/>

Rainbow Refugee

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

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

Email: info@rainbowrefugee.ca

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

Seniors Abuse and Information Line

- Confidential information line for older adults to speak to a trained intake worker about abuse, mistreatment and any issues that impact the health and well-being of an older adult

Hours: *Monday – Friday:* 8am - 8pm; *Saturday, Sunday:* 10am - 5:30pm

Phone: 604-437-1940 | **Toll-free:** 1-866-437-1940

<http://seniorsfirstbc.ca/getting-help/when-to-call-sail/>



Advocacy

SWAN Vancouver

- Culturally-specialized front-line supports & advocacy for im/migrant women engaged in indoor sex work
- Programs are free & confidential, legal names or other identifying information are never required
- Information, advocacy and/or referrals can be provided regarding relevant sex work / indoor workspace related laws, health, legal matters (family, immigration, labour or legal), immigration processes, housing and relevant community or social services
- Abuser-alert for bad date and/or other violence reporting
- Services and programs provided in English, Cantonese and Mandarin; and translation support can be provided during appointments

Address: #325-1101 Seymour St., Vancouver BC, V6B 0R1

Phone: 604-719-6343 (English), 778-865-6343 (Cantonese & Mandarin)

Email: netreach@swanvancouver.ca

<https://www.swanvancouver.ca/supports>

Tenant Resource & Advisory Centre

- Legal education for BC tenants. Use our plain language publications and resources to help you better understand and enforce your rights under the law.

Hours: *Monday, Tuesday, Thursday, Friday:* 1pm - 5pm; *Wednesday:* 5:30pm - 8:30pm

Phone: 604-255-0546 or 1-800-665-1185

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



Advocacy

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 - 3pm

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

Phone: 604-253-0669 | **Email:** advocacy@thekettle.ca

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

Vancouver Aboriginal Community Policing Centre

- Delivers programs focused on safety, security, and crime prevention for Indigenous women, youth and the families of Missing and Murdered Indigenous Women and Girls.
- Provides opportunities to build a relationship with VACPC neighbourhood officer, and participate in cultural programming

Hours: *Monday – Friday*: 9am - 5pm

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

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

<https://vacpc.org/>

Victim Services (Family Services of Greater Vancouver)

- Offers trauma-based support; safety planning; referrals to resources; support navigating the criminal justice system and community education about violence and crimes
- Eligibility: Anyone in need, whether or not they reported the crime to police

Hours: *Monday – Friday*: 9am - 5pm

Address: Family Services of Greater Vancouver, #201-1638 E Broadway, Vancouver BC, V5N 1W1

Phone: 604-731-4951

<https://fsgv.ca/programs/victim-services/>

411 Seniors Centre Society

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

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

Hours: *Mondays – Fridays*: 9am - 4pm

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

Phone: 604-684-8171 | **Email:** contact411@411seniors.bc.ca

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

Advocacy

Do you want settlement services as an immigrant or refugee?

Action Commitment Transformation Program (ACT)



- Specialized services for immigrant and refugee families (adults and youth) through a 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@successbc.ca

<https://act.successbc.ca/>

First Language Settlement Support



- Learn about Canada, schools, health care, housing, recreation and community services that help you and your family settle in your new community
- Provides case management services if you're facing many barriers and need special supports
- Eligibility: Canadian citizens, permanent residents, confirmed refugees, live-in caregivers or temporary foreign workers

✓ 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-services/first-language-settlement-support>

Immigrant Settlement & Integration Program



- Offers one-on-one workshops for newcomers to develop English language skills, learn about Canada's labour market, network and develop professional and social networks, and settle into their local B.C. communities
- Variety of settlement workshops and career mentoring and coaching available
- Eligibility: Must be a permanent resident, protected person, convention refugee or a temporary foreign worker with approval of a work permit

Address: 28 West Pender Street, Vancouver, BC V6B 1R6

Phone: 604-684-1628

<https://isiponline.ca/service-regions/vancouver>

Multicultural Helping House Society Settlement Services



- Provides one-on-one support, consultation and referrals, by appointment
- Staff can answer your questions about settlement related concerns such as: employment, government services and benefits, as well as immigration and work permits
- Eligibility: Temporary foreign workers, immigrants, refugee claimants, protected persons and naturalized citizens

COVID-19 Update: Services provided online and by telephone. Please call or email.

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

Phone: 604-879-3277 | **Email:** info@helpinghouse.org

<http://helpinghouse.org/settlement>

Advocacy

Refugee Settlement and Integration Program (MOSAIC)

- Supports refugee claimants and asylum seekers who intend to file a refugee claim
- Supports in navigating the refugee claim process, accessing healthcare, legal aid and income assistance, finding English learning options, housing referrals and an orientation to Canada
- Join social activities, help finding employment and counselling services

Covid-19 Update: Services provided online and by telephone

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

Email: refugeeclaimant@mosaicbc.org

Phone: Spanish/English: 604-254-9626 ext.1022 (Gerardo)

Kurdish/Arabic/English: 604-254-9626 ext.1026 (Salih)

French/German/English: 604-254-9626 ext.1047 (Sara)

Mandarin/Cantonese/English: 604-254-9626 ext.1064 (Tracy)

Farsi/English: 604-254-9626 ext.1027 (Sara)

<https://www.mosaicbc.org/services/settlement/rsip/>

SOS (Settlement Orientation Services)

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

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

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

<https://issbc.org/our-services/sos-settlement-orientation-services>

Youth Settlement Program

- Learn about Canadian culture and your community while forming multicultural friendships and practicing your English
- Activities include field trips, homework support, food preparation, and skill development
- Arabic and Spanish speaking staff available
- Eligibility: Newcomer youth ages 10-18; ages 19-30 can see a youth settlement worker one-to-one

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

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

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

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



Do you want help replacing your ID?

Carnegie Outreach

- Assists with replacement ID
- Drop-in, no appointments

Hours: *Monday – Friday:* 9am - 4pm

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

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

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

Rise Women's Legal Centre

- We are a community legal centre providing accessible legal services including replacement ID, that are responsive to the unique needs of self-identifying women or any other oppressed and targeted genders

COVID-19 Update: Services provided by phone and email

Hours: *Monday – Friday:* 9am - 4pm

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

Phone: 236-317-9000 | **Email:** intake@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
 - First-come, first-serve basis. Your visit may take up to an hour depending on your ID needs.
 - Lunch and coffee available
- ✓ Application fees covered
 - ✓ No appointment necessary

Hours: *Monday, Tuesday, Thursday:*
9:30am - 11pm; 1pm - 3pm

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

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

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



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>

Advocacy

Do you want help with your finances?

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

Hours: Monday – Thursday: 5:30am - 8pm; Friday: 5:30am - 4:30pm; Saturday: 7:30am - 3pm

Address: Now 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: 604-731-4951 ext. 3166 | **Email:** moneyskills@fsgv.ca

<https://fsgv.ca/financial-empowerment/>

Public Guardian and Trustee of BC (PGT)



- PGT provides direct financial management services for vulnerable individuals

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

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

Phone: 604-660-4444 (Reception) | 604-775-1001 (Adults) | 604-775-3480 (Children and Youth)

Email: sta@trustee.bc.ca

<http://www.trustee.bc.ca/Pages/default.aspx>

Trust Program through Coast Mental Health



- 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

Advocacy

Vancouver Rent Bank

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

NOTE: The full process from application to receiving a loan takes 1-3 weeks.

Covid-19 Update: Vancouver Rent Bank drop-in will be closed until further notice. Online applications are accepted.

Hours: Monday – Friday: 10am - 3pm

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

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

<https://www.niccss.ca/services/vancouver-rent-bank/>





Community and Belonging

Do you want to find recreational activities to do?

Event Calendars

- Find events in your neighbourhood

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

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

Vancouver Community Network: <https://www2.vcn.bc.ca/community-events/>

Leisure Access Program

- The Leisure Access Program (LAP) provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost
- Eligibility: If you receive income assistance or social services from a Vancouver agency; if you have low income (but don't receive assistance), and/or if you have a child (0-17 years old) with a disability; must be a resident of Vancouver
 - ✓ Discounted recreation programs
 - ✓ Free admission to pools and skating rinks



Phone: 3-1-1 | **Email:** lap@vancouver.ca

<https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>

Things to do in Vancouver

- Attractions, activities and events happening in Vancouver

<https://vancouver.ca/parks-recreation-culture/things-to-do.aspx>



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/>

Collingwood Neighbourhood House

Address: 5288 Joyce Street, V5R 6C9

Phone: 604-435-0323

<https://www.cnh.bc.ca/>

- **Annex Location**

Address: 3690 Vanness Avenue, V5R 5B6

Phone: 604-428-9142

Downtown Eastside Neighbourhood House

Address: 573 E. Hastings Street, V6A 1P9

Phone: 604-215-2030

<http://dtesnhouse.ca/>

Frog Hollow Neighbourhood House

Address: 2131 Renfrew Street (at 5th Ave),

V5M 4M5

Phone: 604-251-1225

<http://www.froghollow.bc.ca/>

Gordon Neighbourhood House

Address: 1019 Broughton, V6G 2A7

Phone: 604-683-2554

<https://gordonhouse.org/>

Kitsilano Neighbourhood House

Address: 2305 West 7th Avenue, V6K 1Y4

Phone: 604-736-3588

<http://www.kitshouse.org/>

Kiwassa Neighbourhood House

Address: 2425 Oxford Street, V5K 1M7

Phone: 604-254-5401

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

Little Mountain Neighbourhood House

Address: 3981 Main Street, V5V 3P3

Phone: 604-879-7104

<https://web2.lmnhs.bc.ca/>

Marpole Neighbourhood House

Address: 8585 Hudson St (at 70th Ave),

V6P 4M3

Phone: 604-628-5663

<http://www.marpolenh.org>

Mount Pleasant Neighbourhood House

Address: 800 East Broadway, V5T 1Y1

Phone: 604-879-8208

<http://mpnh.org/>

South Vancouver Neighbourhood House

Address: 6470 Victoria Drive, V5P 3X7

Phone: 604-324-6212

<http://www.southvan.org/>



Community and Belonging

Do you want to find special interest groups and meetups?

Aboriginal Front Door Society

- A culturally safe, peer-designed non-judgemental place for Aboriginal Peoples, and their friends and family in the Downtown Eastside

- ✓ Ojibway and Cree language 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 | **Email:** rose.higgins@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: 34 E. 12th Avenue, Vancouver BC, V5T 2G5

Phone: 604-873-4525 | **Email:** mjsDfrkwxiw2fg2e

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

Bilingual Conversation Workshops

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

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

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

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





Community 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 or 778-990-4856 | **Email:** connections@gv.ymca.ca

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

Coast Clubhouse at Coast Mental Health

- Offers low-cost nutritious meals, social, recreational, education and employment opportunities and free laundry facilities
- Eligibility: Must have diagnosed mental illness. Call or drop-in to discuss member intake.

Hours: Monday - Friday: 8:30am - 3:45pm

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

Phone: 604-675-2357 | **Email:** info@coastmentalhealth.com

<https://www.coastmentalhealth.com/what-we-do/pillar-services/>

Coast Resource Centre at Coast Mental Health

- Offers low-cost breakfast, lunch and snacks, laundry and shower facilities, social and recreational activities, peer support workers and homeless outreach services
- Lunch (\$2) served from 12pm - 1pm
- Eligibility: Must have diagnosed mental illness. Call or drop-in to discuss member intake.

Hours: Tuesday – Saturday: 9am - 1pm; 2:30pm - 4pm

Address: 1225 Seymour St., Vancouver BC, V6B 3N6

Phone: 604-683-3787 | **Email:** info@coastmentalhealth.com

<https://www.coastmentalhealth.com/what-we-do/pillar-services/>



Community and Belonging

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, Evelyn 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

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

Phone: 604-968-8526 **Email:** info@covenanthousebc.org

<https://www.covenanthousebc.org/> | <https://www.facebook.com/coveyoutreachdropin>

Directions Youth Services Centre

- Drop-in to access supports, as well as a recording studio, video games, musical instruments, computers, music instruction, video production instruction, art classes and more
- Eligibility: Ages 24 and under, experiencing homelessness, sleeping rough, or precariously housed

Address: 1138 Burrard Street, Vancouver BC, V6Z 1Y7

Phone: 604-633-1472 | **Toll-free:** 1-866-249-6884 | **Email:** directions@fsgv.ca

<https://www.directionsyouthservices.ca/youth-services-centre/>

DUDES Club

- The DUDE's Club's Vision is of a renewed role for men working with each other in building wellness and strong families and communities
- Provides space to facilitate a participant-led community for men's health and wellness. We do this through different events prioritizing supportive relationships, engagement in health care, and Indigenous world views.
- Open to all individuals who self-identify as men

Hours: Talking Circle: *Mondays:* 2pm - 3pm; Gatherings: *Thursdays:* 3pm - 5pm

Address: 626 Powell Street Vancouver, BC V6A 1H4

Phone: 778-244-8363 | **Email:** info@dudesclub.ca

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



Community and Belonging

Friends for Life Society



- Welcomes people living in Vancouver city centre and facing life challenges associated with HIV, Cancer, Hepatitis C and other illnesses to participate in specialized support programs
 - Supports members in taking an active and supporting role in their healthcare and maintenance, and offers a range of supports so that clients can attain their personal wellness aspirations
 - Eligibility: Someone who has been diagnosed with HIV, cancer, Hepatitis C or, in some cases, other life-challenging disease
- ✓ Variety of workshops/activities

Address: 1459 Barclay Street, Vancouver BC, V6G 1J6

Phone: 604-682-5992 | **Email:** info@vancouverfriendsforlife.ca

<https://www.vancouverfriendsforlife.ca>

Health Initiative for Men Events & Socials



- Workshops, events and health-based programming to meet the mental, physical and social health needs of self-identified GBQ men and gender diverse people in BC

COVID 19 Update: Please visit the Clinical Services section of our Covid-19 response page for the most up-to-date information regarding hours and services

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

<https://checkhimout.ca/events/>

I Belong LGBTQIA2S+



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

✓ Counselling

✓ Peer support

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

Hours: Monday – Friday: 9am - 5pm

Phone: Maria Kuchapski at 604-762-1566 | **Email:** ibelong@mosaicbc.org

<https://www.mosaicbc.org/services/settlement/lgbtq/>

Immigrant Women Peer Support Program



- Meet other women to make new friends and build support networks while sharing your settlement experience
 - 10-week support group and training program for women
 - Peer Support Group Eligibility: Immigrant and refugee women 19 years or older
 - Training Eligibility: Immigrant and refugee women aged 24 and older with a minimum CLB 5
- ✓ Multiple languages offered

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

Phone: 604-684-7498 | **Email:** iwpsp@issbc.org

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



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: 604-767-1357 | **Email:** office@innerhope.ca

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

KidStart

- Mentoring for children and youth who face challenges at home, at school, with peers or in the community
- Eligibility: Ages 6-12

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

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

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

La Boussole Cultural Activities

- Community activities to promote cultural exchanges, learning to speak French, and staying in touch with other Francophones
- Includes language, writing, computer, photography, gardening and DIY workshops
- Eligibility: Francophones living in precarious situations in Greater Vancouver

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

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

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

Leave Out Violence Art Drop-In

- Join to explore a different art form every week
- Eligibility: Ages 13-25

Hours: *Wednesdays:* 4pm - 6pm

Address: Broadway Youth Resource Centre, 2455 Fraser St., Vancouver BC, V5T 0E5

Phone: 604-709-5728 (Call), 778-926-5728 (Text) | **Email:** info-bc@loveorganization.ca

<http://leaveoutviolence.org/bc/programs>

Leave Out Violence Media Arts Program

- Explore anti-violence and social justice issues affecting you and your community through art
- Eligibility: Ages 13-18

Address: Broadway Youth Resource Centre, 2455 Fraser St, Vancouver BC, V5T 0E5

Phone: 604-709-5728 (Call), 778-926-5728 (Text) | **Email:** info-bc@loveorganization.ca

<http://leaveoutviolence.org/bc/programs>

Lu'ma Aboriginal Youth Mentorship

- Supports youth and assists with their goals through advocating, connecting to community resources and cultural connections.
- Attend workshops, field trips and one-to-one mentorship sessions

Address: 2986 Nanaimo St., Vancouver BC, V5N 5G3

Phone: 604-558-5566

<http://lnhs.ca/aboriginal-youth-mentorship/>



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 ext. 301 | **Email:** svyc@milieu.ca

<http://milieu.ca/children/services> | www.southvanyouthhub.com

Mosaic Women’s Support Group (Monthly)



- Meet women and support each other, build self-confidence and learn practical skills in setting boundaries, effective communication and creating healthier relationships
- Eligibility: All women age 19+

Hours: *First Wednesday every month:* 9:30am - 11am

Address: Now online

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

MPA Society Resource Centre



- A welcoming environment where community members living with mental illness can socialize and engage in peer support
- Provides outreach, crisis intervention, activities, social gatherings, access to shower and laundry facilities (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



- Women's support groups for live-in caregivers
- Offers cooking classes, computer literacy workshops, family and parenting workshops and community resources

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

Phone: 604-879-3277 | **Email:** malouc@helpinghouse.org

<http://helpinghouse.org/womens-program>

Multicultural Helping House Society Seniors Program



- Provides a comfortable and inviting space for seniors to socialize
- Offers outings and activities, information workshops, information on government assistance and resources

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

Phone: 604-879-3277 | **Email:** ericr@helpinghouse.org

<http://helpinghouse.org/seniors-program>

Multicultural Helping House Society Youth Program



- Offers a variety of workshops, field trips and activities
- Join a youth support group or an English conversation circle
- Eligibility: Newcomer youth ages 13-25

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

Phone: 604-879-3277 | **Email:** ericr@helpinghouse.org

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

Musqueam Recreation Department



- Provides access to the Musqueam Community Centre and recreational opportunities and events to bring community members together
- Eligibility: Musqueam members

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

Phone: 604-263-3468 | **Email:** info@musqueam.bc.ca

<https://www.musqueam.bc.ca/departments/community-services/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 Social & Cultural Connection



- Monthly community events
- Eligibility: Nisga'a citizens

Address: 3973 Dumfries St, Vancouver BC, V5N 5R3

Phone: 604-646-4944 | **Email:** executiveassistant@tsamiks.com

<https://tsamiks.com/events>

Pace Society



- Drop-in services, peer outreach, and weekly social groups for sex workers of all genders
- Supports in areas including: mental health, violence and sexual assault, grief and loss, legal, ID, criminal justice, employment transitioning, trans-specific services, bad date and third-party reporting, and substance use

Hours: Monday – Thursday: 10am - 4pm

Address: 148 W. Hastings St., Vancouver BC, V5L 1J5

Phone: 604-872-7651 | **Email:** support@pace-society.org

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

Pacific Association of First Nations Women (PAFNW)



- Various cultural programming including Ojibway and Cree language learning, drum circles, mentorship, art, and cultural activities
- Annual Membership fee is \$5
 - ✓ Variety of workshops

COVID-19 Update: Available by email only

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

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

<https://pafnw.wordpress.com/>

Powell Street Getaway



- A welcoming and safe hang-out for local people living with mental illness
- Peer programs encourage people to participate in social and life skills development
- Includes harm reduction, a safe consumption site, meals/snacks and donated clothes

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

Hours: Everyday: 9am - 9pm

Address: 528 Powell Street, Vancouver BC, V6A 1G9

Phone: 604-255-7026

<https://lookoutsociety.ca/project/powell-street-getaway-resource-centre/>



Community and Belonging

Promise Vancouver After-School Programs

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

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

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

Phone: 604-800-4783

<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: *Tuesday, Wednesday, Thursday:* 3:30pm - 6pm

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

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

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

Qmunity

- Drop-in groups, special events, information & referral services, support for parents, and a safer space for LGBTQ2SAI+ people and their allies

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

Accessible Location: #610-1033 Davie Street, Vancouver BC, V6E 1M7

Phone: 604-684-5307 ext. 100 | **Email:** reception@qmunity.ca

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

Renfrew Collingwood Seniors Society – Community Day Program

- The community drop-in offers opportunities for seniors to socialize with their peers, educational workshops/discussions, and recreational activities to enhance independent living skills, and a \$5 lunch
- Membership is \$10 a year

Hours: *Tuesday:* 3pm - 5pm; *Saturday:* 10am - 2pm

Address: 2970 East 22nd Avenue, Vancouver BC, V5M 2Y4

Phone: 604-430-1441 | **Email:** rcss@rencollseniors.ca

<http://www.rencollseniors.ca/>



Community and Belonging

Seniors Club (MOSAIC)

- Activities that encourage seniors to make new friends, learn new skills and join community events and English conversation circles
- Eligibility: Immigrants and refugees ages 55 years and older

COVID-19 Update: Services provided by phone, email and online (9am - 5pm, weekdays)

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

Phone: 604-254-9626 ext. 1005 | **Email:** seniors@mosaicbc.org

<https://www.mosaicbc.org/services/settlement/seniors/>

Sher Feline Support Groups

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

Address: Currently Online

Email: info@shervancouver.com

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

Sher Jupiter Support Groups

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

Address: Currently Online

Email: info@shervancouver.com

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

The Corner (Formerly Boys R Us)

- A safe space to drop-in, relax, eat, socialize and access health and social support services
- Eligibility: Male and transgender participants who work or used to work in the sex trade

Hours: *Wednesday, Thursday:* 5:30pm - 9pm

Address: 4th floor, 1101 Seymour St., Vancouver BC, V6B 0R1

Phone: 604-893-2201 | **Email:** contact@aidsvancouver.org

<https://www.aidsvancouver.org/volunteer-signup>

The Gathering Place

- Accessible, engaging programs with a focus on food and nutrition, health, education, recreation, arts and culture, and community development for the Downtown South community

Hours: *Everyday:* 10am - 8pm

Address: 609 Helmcken Street, Vancouver BC, V6B 5R1

Phone: 604-665-2391

<https://vancouver.ca/parks-recreation-culture/gathering-place-location.aspx>

Trans Newcomer Online Resource Club (MOSAIC)

- Provides information and support to folks identifying as transgender, transsexual, nonbinary, gender nonconforming, etc.

<https://www.mosaicbc.org/resources/trans/>



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

COVID-19 Update: Open Tuesdays and Thursdays for computer use, other programs online

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

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

Phone: 604-827-2777

<https://learningexchange.ubc.ca/community-based-programs/drop-in/>

Urban Native Youth Association

- Offers a variety of recreational programs including sports and arts, as well as cultural activities and leadership opportunities for Indigenous youth

- Eligibility: Ages 11-24

- ✓ 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/>

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

COVID-19 Update: The Centre remains closed to the public, however, essential programs are running. Please call ahead for more information.

Hours: *Mondays – Fridays:* 9am - 5pm

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

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

<http://vafcs.org>



Community and Belonging

Vancouver Second Mile Society

55+

- Drop-in facility that provides a safe, friendly “living room” environment for seniors (45+) coming together to dine (at a nominal fee), relax, play games, and access informational resources that are central to their quality of life
 - Eligibility: Low-income seniors ages 45 and older
- ✓ Drop-in

Address: DTES Drop-in: 509 E Hastings St, Vancouver BC, V6A 1P9

Downtown South Drop-in: Third floor, 1067 Seymour Street, Vancouver BC, V6B 5S4

Phone: 604-254-2194 | **Email:** info@vsms.ca

<http://www.vsms.ca/>

Vancouver Venture for Diversity Society



55+



- Provides support and services for children, youth, seniors and the mental health community, including cultural activities and gatherings

Address: 4125 Jericho Drive, Vancouver BC, V6N 0A4

Phone: 604-778-0042

<https://vvfds.ca/>

VANDU (Vancouver Area Network of Drug Users)



- A group of users and former users who work to improve the lives of people who use drugs through user-based peer support and education, and committed to increasing the capacity of people who use drugs to live healthy, productive lives

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

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

<https://vandureplace.wordpress.com/>

Western Aboriginal Harm Reduction Society



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

Address: 380 East Hastings St., Vancouver BC, V6A 1P4

Phone: 604-683-6061 | **Email:** wahrsdtes@gmail.com

<https://www.facebook.com/WAHRs-Western-Aboriginal-Harm-Reduction-Society-123348724365154/>

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

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

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

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



Community and Belonging

WISH Indigenous Health & Safety Program



- Helps Indigenous women involved in the sex trade reclaim their culture
- Includes Indigenous evenings or mornings, individualized support, and cultural and creativity programs

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

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

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

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>

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 Hastings-Sunrise community

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

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

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

YouthCo HIV & Hep C Society



- Youth leaders within the HIV and Hep C movements to reduce the impact of HIV and Hep C stigma on youth
- Social events range from make-up tutorials, picnics, craft circles, movie screenings, nature walks and more
- Takes a peer approach to conversations about sexual health, harm reduction, and stigma

Phone: 604-688-1441 | **Toll-free:** 1-855-968-8426 | **Email:** info@youthco.org

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

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/>



Community and Belonging

411 Seniors Centre Society

55+

- Become a member and organize events, volunteer, learn new skills or enjoy the company of others
- Eligibility: Ages 55 and older
 - ✓ Coffee and Tea for 50 cents
 - ✓ Public Computers
 - ✓ Library
 - ✓ WiFi
 - ✓ Workshops and Social Events

Hours: Mondays – Friday: 9am - 4pm

Address: #330-333 Terminal Ave., Vancouver BC, V6A 4C1

Phone: 604-684-8171 | **Email:** contact411@411seniors.bc.ca

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

Do you want parenting or childcare support?

CCC (Circles of Care and Connection): Early Years Refugee Program **(Mount Pleasant Family Society Centre)**



- Provides early childhood development, family support and settlement services to refugee families
- CCC provides consistent and reliable relationships that foster confidence, decrease isolation and support parenting skills
- All services are provided in various languages
- Eligibility: Families who came to Canada as refugees or refugee claimants with children ages 0-6

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

Phone: 778-372-6552 | **Email:** admin@mpfcs.ca

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

Community Action Program for Children (MOSAIC)



- Weekly support group for parents and children
- Play based activities for children while parents receive information and settlement and family support services
- This program is offered in Korean, Vietnamese and Somali
- Eligibility: Immigrants and convention refugees with children 0-6 years old and living anywhere in the Greater Vancouver area

COVID-19 Update: Currently providing services by phone, email or online

Korean Contact: Hyeran Lim, hlim@mosaicbc.org, 604-254-9626 (ext. 1031)

Vietnamese Contact: Mai Hoang, mhoang@mosaicbc.org, 604-254-9626 (ext. 1032)

Somali Contact: Xalima Mohamud, xmohamud@mosaicbc.org, 604-254-9626

<https://www.mosaicbc.org/services/family-children-youth/community-action-program-for-children/>



Community and Belonging

Family Place

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

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

Phone: 604-251-4844 Ext. 313 | **Email:** info@vafcs.org

<http://www.vafcs.org/programs/familyprogram/>

Home Instruction for Parents of Youngsters “HIPPY”

- A 30-week program that supports vulnerable and isolated mothers in their critical role as their child’s first and most important teacher
- HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society and prepare their children for success in school and life
- Eligibility: Mothers experiencing cultural/social barriers with children aged 3-5

Address: Program done at participant’s home

Main Office: 508-1190 Melville Street, Vancouver BC, V6E 3W1

Phone: 604-676-8250 | **Email:** info@hippycanada.ca

<https://www.mothersmattercentre.ca/what-is-hippy/>

Home Visitors Program

- Early learning program with guided parent and child activities
- Access to community resources and services
- Eligibility: Immigrant and refugee families with children aged 0-5

COVID 19: Please call to register for more information

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

<https://pirs.bc.ca/programs-services/refugee-programs/>

Indigenous HIPPY

- Provides parents with weekly easy-to-use activity packets that will help them teach their children essential skills and habits needed to be ready for school
- 30-week program
- Eligibility: Parents of children aged 3-5 of Indigenous ancestry

Address: Program done at participant’s home

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

Phone: 604-880-5451 | **Email:** Osiris.hippy@vafcs.org

<http://www.vafcs.org/programs/Indigenous-Hippy/>

Mount Pleasant Family Centre Society Family Drop-In

- Drop-in activities for children includes play time, family time, singing stories, outdoor play time, community health nurse visit, school readiness program
- Drop-in activities for adults includes skills workshops, health workshops and clinics, individual & family support, referrals to other community resources, family field trips
- Eligibility: Children aged 0-6 and their parents or caregivers

Address: 2910 St. George St. (Robson Park), Vancouver BC, V5T 4L9

Phone: 604-872-6757 | **Email:** info.mpfcs@gmail.com

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



Community and Belonging



Nobody's Perfect Parenting Program



- Learn about child development, health and behaviour, and discuss real-life parenting situations and positive ways of parenting over six to eight weeks
- Eligibility: Parents of children from birth to age five
 - ✓ Childcare provided
 - ✓ Snacks provided

Address: 2910 St. George St. Vancouver BC, V5T 4L9

Phone: 604-872-6757 | **Email:** info@mpfamilycentre.ca

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

YWCA Crabtree Corner



- Services for single mothers
- Includes housing navigation, childcare, parenting programs and support groups, cultural & Indigenous programming, a community kitchen and programs for self-identified women who've experienced abuse
 - ✓ Peer support
 - ✓ Indigenous Elders available
 - ✓ Childcare support
 - ✓ Free meals

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

Phone: 604-216-1650

<https://ywcavan.org/programs/crabtree-corner>

YWCA Single Mother Support Groups



- Access companionship, peer support and community with other women parenting alone
- Eligibility: Participants are asked to commit to attending weekly

Address: Now online

Phone: 604-250-6229 (Donna), 604-219-8952 (Joann)

Email: donnpatrick@ywcavan.org, jmckinlay@ywcavan.org

<https://ywcavan.org/programs/support-single-moms>




Community and Belonging

Do you want to find a cultural centre?

Cultural spaces and centres are places where people come together to express themselves through art and culture

Cultural Centres in Vancouver

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?

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@vancouverunitarians.ca

<https://vancouverunitarians.ca/>

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BC Bereavement Hotline	BC Bereavement Hotline	Mental Wellness	78
BC College of Family Physicians	BC College of Family Physicians	Physical Health	48
BC Crisis Centre	BC-Wide Crisis Line	Mental Wellness	78
BC Doctor Directory	BC Doctor Directory	Physical Health	48
BC Housing	BC Housing	Housing	1
BC Housing	Rental Assistance Program (RAP)	Housing	1
BC Housing	Shelter Aid for Elderly Renters (SAFER)	Housing	1
BC Housing	Subsidized Housing	Housing	1
BC Housing	Supportive Housing Registration	Housing	1
BC Women's Hospital + Health Centre	FIR Square Combined Care Unit	Substance Use	59
BCCDC	STI Clinic	Physical Health	40
BCFED Health & Safety Centre	Migrant Worker's Program	Learning, Training & Skills	24
BCFED Health & Safety Centre	EAL/ESL English as Second Language	Learning, Training & Skills	32
Big Brothers	Big Brothers Mentorship Program	Community and Belonging	97
Big Sisters	Big Sisters	Community and Belonging	97
Birth Certificate	Birth Certificate	Advocacy	92
Boys & Girls Club	Youth Works	Employment	12
Boys & Girls Club	Employment Now	Learning, Training & Skills	18
Boys & Girls Club	Boys & Girls Club Substance Use Counselling Services	Substance Use	60
British Columbia Civil Liberties Association	Legal Advocate Support Program by British Columbia Civil Liberties Association	Advocacy	85
Broadway Youth Resource Centre	Broadway Youth Resource Centre Youth Volunteer Program	Volunteering	14
Broadway Youth Resource Centre	Youth Clinic at the Broadway Youth Resource Centre	Physical Health	48

Broadway Youth Resource Centre	Youth Clinic at the Broadway Youth Resource Centre	Mental Wellness	77
Broadway Youth Resource Centre	Broadway Youth Resource Centre	Community and Belonging	98
Canadian Mental Health Association	Canadian Mental Health Association	Volunteering	14
Canadian Passport	Canadian Passport	Advocacy	92
Carnegie Outreach	Homeward Bound	Housing	2
Carnegie Outreach	Supporting Tenants, Enabling Pathways (STEP)	Housing	2
Carnegie Outreach	Carnegie Outreach	Housing	2
Carnegie Outreach	Carnegie Outreach	Advocacy	91
Catherine White Holman Wellness Centre	Catherine White Holman Wellness Centre	Mental Wellness	67
Catherine White Holman Wellness Centre	Catherine White Holman Wellness Centre	Legal	79
Cedar Cottage Neighbourhood House	Cedar Cottage Neighbourhood House	Community and Belonging	96
Charity Village	Charity Village	Volunteering	14
Chinese Community Policing Centre	Chinese Community Policing Centre	Advocacy	83
City Centre Urgent Primary Care Centre	City Centre Urgent Primary Care Centre	Physical Health	40
City of Vancouver	City of Vancouver	Volunteering	15
City of Vancouver	Event Calendars - City of Vancouver	Community and Belonging	95
City of Vancouver	Leisure Access Program	Community and Belonging	95
City of Vancouver	Things to do in Vancouver	Community and Belonging	95
City of Vancouver	Community Centres in Vancouver	Community and Belonging	99
City of Vancouver	The Gathering Place	Community and Belonging	106
City of Vancouver	Vancouver Public Libraries	Community and Belonging	109
Clean Start BC	Clean Start BC	Employment	5
Coast Mental Health	Coast Clubhouse	Employment	5
Coast Mental Health	Coast Learning Centre: Basic Education Courses	Learning, Training & Skills	19
Coast Mental Health	Coast Clubhouse	Mental Wellness	68
Coast Mental Health	Coast Resource Centre	Mental Wellness	69
Coast Mental Health	Trust Program through Coast Mental Health	Advocacy	93
Coast Mental Health	Coast Clubhouse	Community and Belonging	98
Coast Mental Health	Coast Resource Centre	Community and Belonging	98
Coastal Church	Coastal Eden Café	Employment	5
Collège Educacentre	LINC- Language Instruction to Newcomers to Canada	Learning, Training & Skills	33
College of Physicians and Surgeons of BC	College of Physicians and Surgeons of BC	Physical Health	48
Collingwood Neighbourhood House Annex Location	Collingwood Neighbourhood House Annex Location	Community and Belonging	96
Community Legal Assistance Society	Community Legal Assistance Society	Legal	80
Connect Hearing	Connect Hearing	Hearing	52
ConnecTra	ConnecTra	Community and Belonging	99
Covenant House Youth Drop-In Centre	Covenant House Youth Drop-In Centre	Community and Belonging	99
Credit Counselling Society	Credit Counselling Society	Advocacy	93
Crisis Line (Anywhere in BC)	Crisis Line (Anywhere in BC)	Mental Wellness	78
Cultural Centres in Vancouver	Cultural Centres in Vancouver	Community and Belonging	113
Dan's Legacy	Intro to Cook	Learning, Training & Skills	20
Directions Youth Services	Street Youth Job Action (SYJA)	Employment	10
Directions Youth Services Centre	Directions Youth Services Centre	Community and Belonging	99
Disability Alliance BC	Disability Alliance BC	Advocacy	83
Downtown Eastside Eye Clinic	Downtown Eastside Eye Clinic	Eye Care	53
Downtown Eastside Neighbourhood House	Downtown Eastside Neighbourhood House	Community and Belonging	96
Dr. Peter Centre	Dr. Peter Centre (AIDS Foundation) Groups	Mental Wellness	69
Dragonstone Counselling	Dragonstone Counselling	Mental Wellness	69
Drive Youth Employment Services	Indigenous Youth Employment Program (IYEP)	Employment	7
Drive Youth Employment Services	Drive Youth Employment Services	Learning, Training & Skills	35
DTES Women's Centre	DTES Women's Centre Skills Development Program	Volunteering	15
DTES Women's Centre	DTES Women's Centre Advocacy Services	Advocacy	83

DTES Women's Centre	DTES Women's Centre Victim Services	Advocacy	84
Embers	Embers Eastside Works	Employment	6
Embers	Embers Staffing Solutions	Employment	6
Embers	Embers Training	Learning, Training & Skills	20
Embers Eastside Works	Embers Eastside Works Substance Use Support & Employment Program	Substance Use	60
Employ to Empower	Employ to Empower Development Program	Learning, Training & Skills	21
Family Justice Access Centre	Family Justice Access Centre	Advocacy	84
Family Services of Greater Vancouver	Victim Services	Advocacy	88
Family Services of Greater Vancouver	Financial Empowerment Program	Advocacy	93
First Nations Health Authority (FNHA)	First Nations Health Authority Vision Benefits	Eye Care	53
First Nations Health Authority (FNHA)	First Nations Health Authority Medical Supplies and Equipment Benefits	Physical Health	42
First Nations Health Authority (FNHA)	First Nations Health Authority Dental Benefits	Dental	49
First Nations Health Authority (FNHA)	First Nations Health Authority Mental Health Benefits	Mental Wellness	71
First United	First United Advocacy	Advocacy	84
Foundry	Foundry Vancouver Youth Health Centre	Physical Health	42
Foundry	Foundry Vancouver Granville	Mental Wellness	71
Friends for Life Society	Friends for Life Society	Community and Belonging	100
Frog Hollow Neighbourhood House	Make It	Learning, Training & Skills	23
Frog Hollow Neighbourhood House	Yes Chef!	Learning, Training & Skills	28
Frog Hollow Neighbourhood House	Youth Skills	Learning, Training & Skills	38
Frog Hollow Neighbourhood House	Youth Settlement Program	Advocacy	90
Frog Hollow Neighbourhood House	Frog Hollow Neighbourhood House	Community and Belonging	96
Frog Hollow Neighbourhood House	Preteen Program	Community and Belonging	105
Frog Hollow Neighbourhood House	Youth Advisory Committee	Community and Belonging	109
Gambling Support BC	Gambling Support BC	Substance Use	60
Georgia Straight	Event Calendars - Georgia Straight	Community and Belonging	95
Get Your Drugs Tested	Get Your Drugs Tested	Substance Use	54
Go Volunteer	Go Volunteer	Volunteering	15
Gordon Neighbourhood House	Gordon Neighbourhood House	Community and Belonging	96
Government of Canada	Community Tax Clinics	Advocacy	93
HAVE Culinary Training Society	Culinary Training Program	Learning, Training & Skills	21
HAVE Culinary Training Society	ITA Professional Cook 1 Certification Program	Learning, Training & Skills	21
Health Initiative for Men	Health Initiative for Men	Physical Health	42
Health Initiative For Men	Health Initiative For Men Events & Socials	Community and Belonging	100
Helping House Society	Multicultural Helping House Society Settlement Services	Advocacy	89
Here2Talk	Here2Talk	Mental Wellness	72
Hives for Humanity	Hives for Humanity	Employment	6
Hope for Wellness Help Line	Hope for Wellness Help Line	Mental Wellness	78
ICBC	BCID	Advocacy	92
ICBC	Drivers License	Advocacy	92
Indian Residential School Survivors Society	Indian Residential School Survivors Society	Mental Wellness	72
Indigenous (Indian) Status Card	Indigenous (Indian) Status Card	Advocacy	92
Inner Hope Youth Ministries	Inner Hope Youth Ministries	Community and Belonging	101
ISS of BC	Career Paths for Skilled Immigrants	Learning, Training & Skills	19
ISS of BC	TechWomen	Learning, Training & Skills	27
ISS of BC	Community Connections	Learning, Training & Skills	31
ISS of BC	Learning in Action	Learning, Training & Skills	33
ISS of BC	LINC (ISS of BC)	Learning, Training & Skills	33
ISS of BC	Job Quest	Learning, Training & Skills	36
ISS of BC	First Language Settlement Support	Advocacy	89
ISS of BC	SOS (Settlement Orientation Services)	Advocacy	90
ISS of BC	Immigrant Women Peer Support Program	Community and Belonging	100

ISS of BC	MY (Multicultural Youth) Circle (ISS of BC)	Community and Belonging	103
Just Work	Just Work	Employment	7
Justice4Girls	Justice4Girls	Advocacy	84
Keefer Walk-in and Medical Clinic	Keefer Walk-in and Medical Clinic	Physical Health	42
Keeping Families Together	Keeping Families Together	Advocacy	85
Kelty's Key	Kelty Mental Health (Joseph and Rosalie Segal and Family Health Centre)	Mental Wellness	72
Kids Help Phone	Kids Help Phone	Mental Wellness	78
Kilala Lelum	Kilala Lelum	Physical Health	43
Kilala Lelum	DUDES Club	Community and Belonging	99
Kitsilano Neighbourhood House	Kitsilano Neighbourhood House	Community and Belonging	96
Kiwassa Neighbourhood House	Kiwassa Neighbourhood House	Community and Belonging	96
Kuu-Us Crisis Services	Kuu-Us Crisis Services	Mental Wellness	78
La Boussole	Computer Literacy Workshops	Learning, Training & Skills	19
La Boussole	Bilingual Conversation Workshops	Learning, Training & Skills	31
La Boussole	Job Search Assistant Workshops	Learning, Training & Skills	36
La Boussole	Bilingual Conversation Workshops	Community and Belonging	97
La Boussole	La Boussole Cultural Activities	Community and Belonging	101
Law Students Legal Advice Program	Law Students Legal Advice Program	Legal	80
Leave Out Violence (LOVE)	Art Drop-In	Community & Belonging	101
Leave Out Violence (LOVE)	Media Arts Program	Community & Belonging	101
Legal Aid BC	Legal Aid BC	Legal	81
Legal Aid BC	Parent Legal Centres (Legal Aid BC)	Legal	82
Little Mountain Neighbourhood House	Little Mountain Neighbourhood House	Community and Belonging	96
Living Systems Counselling	Living Systems Counselling	Mental Wellness	73
Lookout Society	Powell Street Getaway Safe Consumption Site	Substance Use	55
Lookout Society	Powell Street Getaway	Community & Belonging	104
Lu'ma Native Housing Society	Lu'ma Medical Centre	Physical Health	43
Lu'ma Native Housing Society	Lu'ma Aboriginal Youth Mentorship	Community and Belonging	101
Marpole Neighbourhood House	Marpole Neighbourhood House	Community and Belonging	96
Meetup	Meetup Vancouver	Community and Belonging	102
Megaphone	Megaphone	Employment	8
Mental Health Support Line	Mental Health Support Line	Mental Wellness	78
Metis Crisis Line	Metis Crisis Line	Mental Wellness	78
Metro Vancouver Indigenous Services Society	Metro Vancouver Indigenous Services Society	Substance Use	61
Mid-Main Community Health	Mid-Main Community Health	Dental	49
Migrant Workers Centre	Migrant Workers Centre	Legal	81
Milieu Children & Family Services	Milieu Children & Family Services South Vancouver Youth Centre Youth Groups	Community and Belonging	102
Mission Possible	Mission Possible	Employment	8
Mission Possible	Mission Possible Employment Readiness Program for Training and Supportive Transitional Employment	Learning, Training & Skills	24
Mom2Mom Child Poverty Initiative Society	Mom2Mom Child Poverty Initiative Society	Volunteering	16
MOSAIC	Refugee Employment Services	Learning, Training & Skills	26
MOSAIC	LINC (MOSAIC)	Learning, Training & Skills	33
MOSAIC	Workplace Connections Mentoring	Learning, Training & Skills	37
MOSAIC	Building Blocks (MOSAIC)	Physical Health	40
MOSAIC	Stopping the Violence Counselling Services	Mental Wellness	75
MOSAIC	MOSAIC Legal Advocacy Program	Legal	81
MOSAIC	Multicultural Victim Services	Advocacy	86
MOSAIC	Refugee Settlement and Integration Program	Advocacy	90
MOSAIC	I Belong LGBTQIA2+	Community and Belonging	100
MOSAIC	Women's Support Group (Monthly)	Community and Belonging	102
MOSAIC	Seniors Club	Community and Belonging	106
MOSAIC	Trans Newcomer Online Resource Hub	Community and Belonging	106

MOSAIC	Community Action Program for Children	Community and Belonging	110
Mothers Matter Centre	Home Instruction for Parents of Youngsters "HIPPY"	Community and Belonging	111
Mount Pleasant Family Society Centre	CCC (Circles of Care and Connection): Early Years Refugee Program	Community and Belonging	110
Mount Pleasant Family Society Centre	Mount Pleasant Family Society Centre Family Drop-In	Community and Belonging	111
Mount Pleasant Family Society Centre	Nobody's Perfect Parenting Program	Community and Belonging	112
Mount Pleasant Neighbourhood House	Mount Pleasant Neighbourhood House	Community and Belonging	96
MPA Society	Mental Health Resource Centre - MPA Society	Mental Wellness	73
MPA Society	Court Services Program	Legal	81
MPA Society	MPA Society Resource Centre	Community and Belonging	102
Multicultural Helping House Society	Multicultural Helping House Society Seniors Program	Community and Belonging	103
Multicultural Helping House Society	Multicultural Helping House Society Women's Program	Community and Belonging	103
Multicultural Helping House Society	Multicultural Helping House Society Youth Program	Community and Belonging	103
Museum of Vancouver	Museum of Vancouver	Volunteering	16
Musqueam	Career Development Program	Employment	9
Musqueam	Education Homework Club	Learning, Training & Skills	24
Musqueam	Pre- and Post-Natal Group	Physical Health	44
Musqueam	Musqueam Alcohol and Drug Program	Substance Use	61
Musqueam	Wellness Program	Mental Wellness	74
Musqueam	Recreation Department	Community and Belonging	103
Native Courtworker and Counselling Association of BC	Alcohol and Drug Outpatient Services + Detox Support	Substance Use	62
Native Courtworker and Counselling Association of BC	Native Courtworker and Counselling Association of BC	Legal	82
NICCSS	Vancouver Rent Bank	Housing	3
NICCSS	Vancouver Rent Bank	Advocacy	94
Nisga'a Ts'amiks Vancouver Society	Nisga'a Ts'amiks Social & Cultural Connection	Community and Belonging	104
NPower Canada	Junior Data Analyst Program	Learning, Training & Skills	22
NPower Canada	Junior IT Analyst Program	Learning, Training & Skills	23
Oak Counselling Services	Oak Counselling Services	Mental Wellness	74
Online Chat Service for Adults	Online Chat Service for Adults	Mental Wellness	78
Online Chat Service for Youth	Online Chat Service for Youth	Mental Wellness	78
Open Door Group	Opportunities Fund	Learning, Training & Skills	25
Open Door Group	Open Door Group Thrive	Mental Wellness	74
Options for Sexual Health	Options for Sexual Health	Physical Health	44
Overdose Prevention Society	Overdose Prevention Site	Substance Use	55
Pace Society	Pace Society	Community and Belonging	104
Pacific Association of First Nations Women	MMIWG (Missing and Murdered Indigenous Women and Girls) Services	Mental Wellness	74
Pacific Association of First Nations Women (PAFNW)	Pacific Association of First Nations Women (PAFNW)	Community and Belonging	104
Pacific Community Resources Society	East Van Learning Centre	Learning, Training & Skills	20
Pacific Community Resources Society (PCRS)	Baristas Training Program	Learning, Training & Skills	17
Pacific Community Resources Society (PCRS)	This Way ONward	Learning, Training & Skills	27
Pacific Immigrant Resources Society	Home Visitors Program	Community and Belonging	111
Pacific Immigrant Services Society	Leadership Education and Development (LEAD)	Learning, Training & Skills	23
Pacific Immigrant Services Society	Community English Classes	Learning, Training & Skills	31
Pacific Immigrant Services Society	Moving Forward	Learning, Training & Skills	34
Pacific Immigrant Services Society	Building Bridges	Learning, Training & Skills	35
PHS	Columbia Street Community Clinic	Physical Health	41
PHS	Portland Community Dental Clinic	Dental	49
PHS	Insite Supervised Injection Site	Substance Use	54
Places of Worship in Vancouver	Places of Worship in Vancouver	Community and Belonging	113

Plan Institute	Plan Institute Disability Planning Helpline	Advocacy	86
PLEA Community Services	KidStart	Community and Belonging	101
Portland Hotel Society	Molson Overdose Prevention Site	Substance Use	54
Potluck Café	Potluck Café	Employment	9
Progressive Intercultural Community Services Society	Career Paths for Skilled Immigrants	Learning, Training & Skills	18
Progressive Intercultural Community Services Society	Intercultural Logistics and Transportation Operations Project	Learning, Training & Skills	22
Progressive Intercultural Community Services Society	Workplace Integration for Multi-barriered Individuals	Learning, Training & Skills	37
Progressive Intercultural Community Services Society	PICS HIV and Hepatitis C Intervention Project	Physical Health	45
Promise Vancouver	Young Leaders Program	Employment	12
Promise Vancouver	After-School Programs	Community and Belonging	105
Province of BC	BC Photo Services Card	Advocacy	92
Public Guardian and Trustee of BC (PGT)	Public Guardian and Trustee of BC (PGT)	Advocacy	93
QMUNITY	QMUNITY	Community and Belonging	105
QuitNow	QuitNow	Substance Use	62
Rainbow Refugee	Rainbow Refugee	Advocacy	86
REACH Community Health Centre	Multicultural Family Centre (REACH Community Health Centre)	Physical Health	43
Reach Dental Clinic	Reach Dental Clinic	Dental	49
Red Fox Society	Youth Internship Program	Employment	9
Renfrew Collingwood Seniors Society	Renfrew Collingwood Seniors Society - Community Day Program	Community and Belonging	105
Rise Women's Legal Centre	Rise Women's Legal Centre	Legal	82
Rise Women's Legal Centre	Rise Women's Legal Centre	Advocacy	91
S.U.C.C.E.S.S BC	Immigrant Settlement & Integration Program	Advocacy	89
S.U.C.C.E.S.S BC	Action Commitment Transformation Program (ACT)	Advocacy	89
Saa'ust Centre	Saa'ust Centre	Mental Wellness	75
Salvation Army	Salvation Army Vancouver Harbour Light Detox	Substance Use	58
Salvation Army	Salvation Army Vancouver Harbour Light Addiction Treatment	Substance Use	59
Sarah Mclachlan School of Music	Sarah Mclachlan School of Music	Learning, Training & Skills	26
Seniors Abuse and Information Line	Seniors Abuse and Information Line	Advocacy	86
Seniors Distress Line	Seniors Distress Line	Mental Wellness	78
Seniors First BC	Seniors First BC	Legal	82
Sher Vancouver	Sher Vancouver The Courage Fund Free Crisis Counselling	Mental Wellness	75
Sher Vancouver	Sher Feline Support Groups	Community and Belonging	106
Sher Vancouver	Sher Jupiter Support Groups	Community and Belonging	106
SIN Number	SIN Number	Advocacy	92
Small Business BC	Small Business BC	Learning, Training & Skills	26
Smiles4Canada	Smiles4Canada	Dental	50
Society for Children and Youth of BC	Child & Youth Drop-in Legal Clinics	Legal	80
Society for the Prevention of Cruelty to Animals (SPCA)	Society for the Prevention of Cruelty to Animals (SPCA)	Volunteering	16
South Vancouver Neighbourhood House	South Vancouver Neighbourhood House	Community and Belonging	96
Squamish First Nations Training & Trades Centre	Squamish First Nations Training & Trades Centre	Learning, Training & Skills	27
St. Paul's Hospital	Overdose Prevention Site	Substance Use	55
St. Paul's Hospital	Rapid Access Addiction Clinic (RAAC) at St. Paul's Hospital	Substance Use	58
Strathcona Community Dental Clinic	Strathcona Community Dental Clinic	Dental	50
SU.C.C.E.S.S. BC	Active Career Connect and Engagement Project	Learning, Training & Skills	17
SWAN Vancouver	SWAN Vancouver	Advocacy	87
TELUS	TELUS Health MyCare	Physical Health	46
Tenant Resource & Advisory Centre	Tenant Resource & Advisory Centre	Advocacy	87

The Binners Project	The Binners Project	Employment	10
The Kettle	Kettle SEED	Employment	8
The Kettle Society	The Kettle Society	Advocacy	88
The Kettle Society	Kettle Health Clinic	Physical Health	43
The Kettle Society	Kettle Health Clinic	Mental Wellness	73
The Kettle Society	The Kettle ID Bank	Advocacy	91
Trans Lifeline	Trans Lifeline	Mental Wellness	78
Tru-Valu Optical	Tru-Valu Optical	Eye Care	53
UBC	UBC Dentistry	Dental	50
UBC	Indigenous Community Legal Clinic	Legal	80
UBC Learning Exchange	UBC Learning Exchange	Learning, Training & Skills	27
UBC Learning Exchange	English Conversation Sessions	Learning, Training & Skills	32
UBC Learning Exchange	UBC Learning Exchange -Drop-In Program	Community and Belonging	107
UGM	Union Gospel Mission	Substance Use	59
Unity of Vancouver (Spiritual Centre)	Unity of Vancouver (Spiritual Centre)	Community and Belonging	113
UNYA	Native Youth Learning Centre	Learning, Training & Skills	25
UNYA	Native Youth Health and Wellness Centre (UNYA)	Physical Health	44
UNYA	UNYA Young Bears Lodge	Substance Use	64
UNYA	Child and Youth Aboriginal Mental Health Outreach	Mental Wellness	67
UNYA	Urban Native Youth Association	Community and Belonging	107
Vancouver & Lower Mainland Multicultural Family Support Services Society	Trauma Counselling for Children Affected by Family Violence	Mental Wellness	75
Vancouver & Lower Mainland Multicultural Family Support Services Society	Multicultural Outreach/ Stopping the Violence Program	Advocacy	85
Vancouver Aboriginal Community Policing Centre	Vancouver Aboriginal Community Policing Centre	Advocacy	88
Vancouver Aboriginal Community Policing Centre	Youth Programs	Community and Belonging	107
Vancouver Aboriginal Friendship Centre	Urban Aboriginal Navigation Team	Housing	3
Vancouver Aboriginal Friendship Centre Society	Vancouver Aboriginal Friendship Centre Society	Volunteering	16
Vancouver Aboriginal Friendship Centre Society	Employment, Life Skills & Training	Learning, Training & Skills	35
Vancouver Aboriginal Friendship Centre Society	Family Place	Community and Belonging	111
Vancouver Aboriginal Friendship Centre Society	Indigenous HIPPPY	Community and Belonging	111
Vancouver Aboriginal Friendship Centre Society (VAFCS)	Vancouver Aboriginal Friendship Centre Society (VAFCS)	Community and Belonging	107
Vancouver Aboriginal Health Society	Sheway Medical Clinic	Physical Health	45
Vancouver Alano Club	Vancouver Alano Club	Substance Use	65
Vancouver Association for Survivors of Torture	Getting Through It	Mental Wellness	71
Vancouver Association for Survivors of Torture	Vancouver Association for Survivors of Torture	Mental Wellness	76
Vancouver Coastal Health	Downtown Community Health Centre	Physical Health	41
Vancouver Coastal Health	East Van Youth Clinic (Robert and Lily Lee Family Community Health Centre)	Physical Health	41
Vancouver Coastal Health	Pender Community Health Centre	Physical Health	45
Vancouver Coastal Health	Raven Song Community Health Centre	Physical Health	45
Vancouver Coastal Health	Three Bridges Community Health Centre	Physical Health	46
Vancouver Coastal Health	Trans Speciality Care - Three Bridges Community Health Centre	Physical Health	46
Vancouver Coastal Health	Youth Pregnancy & Parenting Program	Physical Health	48
Vancouver Coastal Health	Vancouver Public Health Children's Dental Program	Dental	51
Vancouver Coastal Health	Needle Exchange	Substance Use	55
Vancouver Coastal Health	Daytox at the Robert & Lily Lee Community Health Centre	Substance Use	57
Vancouver Coastal Health	Downtown Eastside Connections Clinic - Powell Street	Substance Use	57
Vancouver Coastal Health	START - Substance Use Treatment and Response Team	Substance Use	58
Vancouver Coastal Health	Downtown Community Health Centre	Substance Use	59

Vancouver Coastal Health	Evergreen Community Health Centre	Substance Use	59
Vancouver Coastal Health	Pender Community Health Centre	Substance Use	59
Vancouver Coastal Health	Raven Song Community Health Centre	Substance Use	59
Vancouver Coastal Health	South Mental Health and Substance Use Services	Substance Use	59
Vancouver Coastal Health	Vancouver Addiction Matrix Program	Substance Use	59
Vancouver Coastal Health	Heatley Community Health Centre	Substance Use	61
Vancouver Coastal Health	PRISM	Substance Use	62
Vancouver Coastal Health	SMART Recovery Family & Friends Online Meeting	Substance Use	62
Vancouver Coastal Health	SMART Recovery Global Online Meeting	Substance Use	63
Vancouver Coastal Health	SMART Recovery Robert & Lily Lee Family Community Health Centre In-Person Meeting	Substance Use	63
Vancouver Coastal Health	SMART Recovery Robert & Lily Lee Family Community Health Centre Online Wednesday Meeting	Substance Use	63
Vancouver Coastal Health	SMART Recovery Robert & Lily Lee Family Community Health Centre Online Thursday Meeting	Substance Use	63
Vancouver Coastal Health	SMART Recovery Three Bridges Community Health Centre In-Person Meeting	Substance Use	63
Vancouver Coastal Health	Sisters Together Active in Recovery (STAR)	Substance Use	64
Vancouver Coastal Health	Adult Mental Health Program (Heatley Community Health Centre)	Mental Wellness	66
Vancouver Coastal Health	Adult Mental Health Program (Robert and Lily Lee Family Community Health Centre)	Mental Wellness	66
Vancouver Coastal Health	BC Hearing Voices Network	Mental Wellness	67
Vancouver Coastal Health	Child and Youth Cross Cultural Mental Health Program	Mental Wellness	68
Vancouver Coastal Health	Child and Youth Mental Health (Pacific Spirit Community Health Centre)	Mental Wellness	68
Vancouver Coastal Health	Child and Youth Mental Health Program (Three Bridges Community Health Centre)	Mental Wellness	68
Vancouver Coastal Health	East Van Youth Clinic (Robert and Lily Lee Family Community Health Centre)	Mental Wellness	70
Vancouver Coastal Health	Family Involvement & Support Program	Mental Wellness	70
Vancouver Coastal Health	Early Psychosis Intervention	Mental Wellness	70
Vancouver Coastal Health	Family Connections Support Group	Mental Wellness	71
Vancouver Coastal Health	Infant and Childhood Mental Health Services	Mental Wellness	72
Vancouver Coastal Health	S.A.F.E.R. Counselling Service	Mental Wellness	75
Vancouver Coastal Health	West End Mental Health Team	Mental Wellness	76
Vancouver Coastal Health	Youth Mental Wellness Counselling at South Vancouver Youth Centre	Mental Wellness	77
Vancouver Coastal Health	Youth Outreach Service	Mental Wellness	77
Vancouver Coastal Regional Distress Line	Vancouver Coastal Regional Distress Line	Mental Wellness	78
Vancouver Community College	Vancouver Community College Dental Clinic	Dental	51
Vancouver Community Network	Event Calendars - Vancouver Community Network	Community and Belonging	95
Vancouver General Hospital	VGH Access & Assessment Centre	Substance Use	54
Vancouver General Hospital	VGH Access & Assessment Centre	Mental Wellness	66
Vancouver Public Library	Skilled Immigrant Resource Centre	Learning, Training & Skills	36
Vancouver Recovery Club	Vancouver Recovery Club	Substance Use	65
Vancouver School Board	Continuing and Adult Education Vancouver	Learning, Training & Skills	20
Vancouver Second Mile Society	Vancouver Second Mile Society	Community and Belonging	108
Vancouver Unitarians	Vancouver Unitarians	Community and Belonging	113
Vancouver Venture for Diversity Society	Vancouver Venture for Diversity Society	Community and Belonging	108
Vancouver Women's Health Collective	Vancouver Women's Health Collective	Physical Health	47
Vancouver Women's Health Collective	Vancouver Women's Health Collective	Mental Wellness	76
VANDU (Vancouver Area Network of Drug Users)	VANDU (Vancouver Area Network of Drug Users)	Substance Use	56

VANDU (Vancouver Area Network of Drug Users)	Western Aboriginal Harm Reducton Society	Substance Use	56
VANDU (Vancouver Area Network of Drug Users)	VANDU (Vancouver Area Network of Drug Users)	Community and Belonging	108
VANDU (Vancouver Area Network of Drug Users)	Western Aboriginal Harm Reduction Society	Community and Belonging	108
VictimLinkBC	VictimLinkBC	Mental Wellness	78
Volunteer Vancouver	Volunteer Vancouver	Volunteering	16
Watari Counselling and Support Services Society	Watari Community Addictions Counselling Team	Substance Use	65
Watari Counselling and Support Services Society	Latin American Outreach (Watari Counselling and Support Society)	Mental Wellness	73
WAWAW Rape Crisis Centre	WAWAW Counselling and Support Groups	Mental Wellness	76
WAWAW Rape Crisis Centre	WAWAW Rape Crisis Line	Mental Wellness	78
Wavefront Center for Communication Accessibility	Wavefront Center for Communication Accessibility - Lend an Ear	Hearing	52
Wellness Together Canada	Wellness Together Canada	Mental Wellness	76
West Coast Family Centres	Domestic & Relationship Violence Women's Support Group	Mental Wellness	70
West End Seniors Network	West End Seniors Network Housing Navigation	Housing	2
Western ESL Services	LINC Assessment and Referral Centre	Learning, Training & Skills	33
WISH	WISH Supportive Employment Program	Employment	10
WISH	WISH Learning Centre	Learning, Training & Skills	28
WISH	WISH Health Clinic	Physical Health	47
WISH	WISH Drop-In Centre Society	Community and Belonging	108
WISH	WISH Indigenous Health & Safety	Community and Belonging	109
WorkBC	WorkBC - 134 East Hastings	Employment	11
WorkBC	WorkBC - Burrard	Employment	11
WorkBC	WorkBC - Commercial	Employment	11
WorkBC	WorkBC - East 3rd	Employment	11
WorkBC	WorkBC - Vancouver South	Employment	11
WorkBC	WorkBC - West Broadway	Employment	11
WorkBC	WorkBC - West Pender	Employment	11
WorkWithUs	WorkWithUs	Employment	12
YMCA	InterviewME	Employment	7
YMCA	Youth Employment Bootcamp	Employment	12
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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

Find help wherever you are – the Life Intentions Planner is becoming a free mobile app! If you'd like to have first access to the app and provide feedback, please register at want2.ca.

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