

Thank-you Kwantlen Polytechnic University Psych Nursing Students – Navkiran Parmar, Siobhan Narayan, Jaskaranjot Wahla, and Anayat Johal for updating the Pink Book in Summer 2022.

Also thank-you to Surrey Women’s Centre for compiling this COMMUNITY RESOURCE LIST into an easy to print resource and to White Rock RCMP for their initial development of THE PINK BOOK from which this list was derived. Thank-you to former Kwantlen Polytechnic University students as well as the City of Surrey’s Crime Reduction practicum placement students for their work in updating the previous version

The Network to Eliminate Violence in Relationships (NEVR) [www.kpu.ca/NEVR](http://www.kpu.ca/NEVR)

August 2022

~ Together we can eliminate relationship violence ~

**FOR CHANGES or updates please contact:**

**Please email Dr. Balbir Gurm, Facilitator NEVR - [NEVR@kpu.ca](mailto:NEVR@kpu.ca)**

---

**Quick Search: Use control “F” to search keywords**

## Quick Referrals

<b>24-hr BC-wide Suicide Prevention Line</b>	<b>1-800-SUICIDE (784-2433)</b>
<b>After Hours Mental Health Emergency Line</b>	<b>604-874-7307 or TTY: 604-874-7370</b>
<b>Battered Women's Support Services (BWSS)</b>	<b>Crisis/Counselling: 604-687-7370 TTY: 604-687-6730</b>
<b>BC Society for Male Survivors of Sexual Abuse</b>	<b>604-682-6482</b>
<b>Carnegie Community Centre</b>	<b>604-665-2220</b>
<b>Emergency Mental Health Services</b>	<b>1-877-384-8062</b>
<b>Fraser Health Crisis Line (24 hrs)</b>	<b>604-951-8855 or toll free: 1-877-820-7444</b>
<b>Help Line Children</b>	<b>310-1234</b>
<b>Family Law Line</b>	<b>604-408-2172 (Greater Vancouver) 1-866-577-2525 (elsewhere in BC)</b>
<b>Lawyer Referral Service</b>	<b>604-687-3221 or toll-free: 1-800-663-1919</b>
<b>Ministry of Children and Family Services Emergency After Hours</b>	<b>Lower Mainland: 604-660-8180 Province Wide: 1-800-663-9122</b>
<b>Poison Control Centre (24 hrs)</b>	<b>604-682-5050 or toll-free: 1-800-567-8911</b>
<b>Surrey Women's Centre Society</b>	<b>Crisis Support: 604-583-1295 Administration: 604-589-1868</b>
<b>Vancouver Crisis Intervention and Suicide Line</b>	<b>24-hour crisis line: 604-872-3311 TTY line: 604-872-0113</b>
<b>Vancouver Status of Women</b>	<b>604-255-6554</b>

**Volunteers provide phone support and crisis intervention counseling** **604-951-8855**

**Youth in BC Distress Line** **1-866-661-3311**

## **Shelter Quick Referral**

**BC 211 Resource**

Website: <https://bc211.ca/>

## **Information and Referral Lines**

**Alcohol and Drug Information and Referral Line (BC)** **604-660-9382**

**1-800-663-1441**

**BC Bereavement Helpline** **1-877-779-2223**

**BC Nurse Line** **Toll Free (BC): 1-866-660-9382**

**TTY: 1-866-889-4700**

**Community Service Information (24-hr)** **211**

**Mental Health Information Line (24-hr)** **1-800-661-2121 or 604-669-7600**

**Options for Sexual Health** **604-731-4252**

**1-800-739-7367**

**Facts of Life Line** **604-731-7803**

**Prideline** **1-800-566-1170**

**Problem Gambling Information and Referral Line (BC)** **1-888-795-6111**

**Safer (Suicide, Attempt, Follow-up, Education, and Research)** **604-675-3985**

**VictimLink - Victims Information Line** **1-800-563-0808**

**Youth in BC Distress Line** **1-866-661-3311**

## **Non-Emergency Numbers**

<b>Police Non-Emergency Line (Delta Police)</b>	<b>604-946-4411</b>
<b>Police Non-Emergency Line (Surrey RCMP)</b>	<b>604-599-0502</b>
<b>Police Non-Emergency Line (White Rock RCMP)</b>	<b>778-593-3600</b>
<b>Paramedics/Ambulance Non-Emergency Line</b>	<b>604-872-5151</b>
<b>Fire Non-Emergency Line (Delta)</b>	<b>604-946-8541</b>
<b>Fire Non-Emergency Line (Surrey)</b>	<b>604-543-6700</b>
<b>Fire Non-Emergency Line (White Rock)</b>	<b>604-541-2121</b>

## Contents

Quick Referrals	2
Shelter Quick Referral	3
Information and Referral Lines	3
Non-Emergency Numbers	4
Community Resources	8
Counselling	8
General	8
Family Counselling	13
13455 76 Avenue, Surrey, BC, V3W 2W3	13
Grief and Loss	13
Suicide Prevention	16
Free/Low Cost Clothing Programs	17
Free/Low Cost Food Programs	19
Government Services	21
General Health Services	21
BC Corrections Probation	21
Crown Counsel	21
Ministry of Children and Family Development	22
Ministry of Housing and Social Development	22
Healthcare	22
General Health Services	22
Public Health Units	23
Disability Services	24
Provincial Disability Services	25
Specialized Health Services	30
Addiction Services	35
Services for Youth	38
Sexual Health Services	39

---

Services for Seniors	41
Continuing Home Health Care	47
Abuse Services	48
Emergency Support and Health Care	50
Recreation and Activities	52
Family Health Services	52
Housing Services	56
Emergency Shelters	56
Transition Houses	59
Affordable Housing Programs	60
Housing Advocacy	62
Legal Services	63
Advice and Advocacy	63
Representation	65
Police Services	66
Delta, Surrey & White Rock	66
Multicultural Services	66
Services for Women	69
Childcare and Parenting Support	69
Transition Houses	74
Women's Centres	76
Women's Services: Battered Women	77
Women's Programs	77
Services for Children and Youth	81
Crisis and Mental Health	81
Drug and Alcohol Abuse	83
Housing Assistance	87
Surrey Youth Resource Centres	88
Financial Support Services	89
Victim's Services	90

Community Based Victim's Services	90
Police Based Victim Services	91

## Community Resources

### Counselling

Many of the counselling services in Surrey are focused on a particular subject. The options below are listed by type of service: General, Alcohol and Drug Abuse, Family, Grief and Loss, Violence and Trauma, and Suicide Prevention. For more general counselling services, please see the two options below.

#### General

##### **Sources Community Resource Centre**

(Formally Peace Arch Community Services)

882 Maple Street White Rock, BC V4B 4M2

E-mail: [counsellingservices@sourcesbc.ca](mailto:counsellingservices@sourcesbc.ca)

Website: [www.sourcesbc.ca](http://www.sourcesbc.ca)

**604-531-6226**

Fax: 531-2316

Fee for service counselling in areas such as relationship struggles, childhood issues, anger, stress, grief, depression, life adjustment difficulties, problem gambling, children and family, etc. Also provides addiction services, adult residential homes, children's residential homes, and an infant development programme. Counselling is available for children, youth, adults, seniors, couples, families, and LGBTQ2S+ individuals. Financial assistance through Extended Health plans and Employee Assistance Programs. A sliding scale is also available if required. Wheelchair accessible. Serving the communities of White Rock, Surrey, Delta, Langley, Prince George and Parksville.

##### **OPTIONS: Services to Communities Society**

Centre for Counselling Services

#100 – 6486 King George Highway, Surrey, BC V3W 4Z9

**604-596-4321**

Fax: 604-572-7413

Community based outreach program that consists of a team of professional therapists with Masters' degrees in psychology, social work or a related field, and extensive training and experience. Has a focus on family counselling, sexual abuse counselling, and/or suicide prevention, education and counselling. Support, information, advocacy, and referral are provided as needed. All services are free of charge for qualified clients. Services available in Hindi and Punjabi.

##### **Options: Sexual Abuse Counselling Centre**

9815- 140 Street, Surrey, BC V3T 4M4

**604-584-5811 ext. 11325**

Hours: Mon-Friday (8:30am- 4:30pm)

Counselling services are provided to youth ages 3-18 years who have experienced sexual abuse or where sexual abuse is suspected. Services offered include short-term or long-term counselling based on assessment which includes individual counselling and parental support. Counsellors specialize in reducing trauma symptoms, decreasing stress, increasing self-esteem and improving overall well-being.



Service is offered directly or through referral.

### **Community Counseling Clinic**

Two locations:

1) Guildford Youth Resource Centre **604-587-8100**

205-14727 108th Avenue, Surrey, BC V3R 1V9

Email: [ccyh@pcrs.ca](mailto:ccyh@pcrs.ca)

2) Newton Youth Resource Centre **604-592-6200**

114-13479 76th Avenue, Surrey, BC V3W 2W3

Email: [nyrcreception@pcrs.ca](mailto:nyrcreception@pcrs.ca)

[http://www.pcrs.ca/community\\_clinic](http://www.pcrs.ca/community_clinic)

The Surrey Youth Resource Centre's Community Counselling clinic provides Surrey residents easy access to free counselling services. We offer individual and family counselling. Counselling psychology and social work Master's Level practicum students staff the clinic. The students fulfill their practicum/intern requirements by providing this free service. You can talk to Counsellors about school concerns, relationships, stress, conflicts at home or with friends, substance misuse, self-esteem, confidence, grief and loss or sexuality. Clients can self-refer or be referred to by someone they trust such as a community professional, doctor, teacher, social worker, school counsellor, parent or friend. Counselling services are confidential. The hours are the same as the youth centers: 9:00am to 7:00pm Monday through Friday.

### **Sources Addiction Services**

**604-538-2522**

Formally Peace Arch Community Services

882 Maple Street, White Rock, BC V4B4M2

<http://www.sourcesbc.ca>

Addiction Services provides free individual and family counselling for those trying to deal with an alcohol or drug misuse problem as well as for those impacted by a family member's substance misuse. One-to-one or group counselling is available for individuals, families and youth. Self-referral.

### **Sources Counselling Services (Fee for Service)**

**604.538.2522**

882 Maple Street, White Rock, BC V4B 4M2

Fax: 604.538.9473

E-mail: [counsellingservices@sourcesbc.ca](mailto:counsellingservices@sourcesbc.ca)

Website: <http://www.sourcesbc.ca>

Sources Community Resources Society offers a fee-based counselling program for residents of South Surrey, White Rock and the surrounding areas. Counsellors hold either a doctorate (PhD) or Master's degree in counselling, social work, or another related discipline and offer at least 5-years of hands-on experience. Services offered in parenting, relationships, separation or divorce, workplace issues, anger management, historical trauma, grief and loss, depression, stress, lesbian, gay, bisexual or transgender, couple and family concerns, and play therapy for children. One-to-one or group therapy sessions offered. Some group sessions by donation. One-to-one sessions can be arranged according to the availability of the counsellor. Evening appointments can be available. The Intake Coordinator can be contacted between 8:30-4:30 Monday-Friday.

### **DIVERSEcity**

**604-547-1202**

Email: [counsellingservices@dcrs.ca](mailto:counsellingservices@dcrs.ca)

**Fax: 604-597-4299**

DIVERSEcity's Family Services Department provides counselling services to immigrants and refugees in their appropriate language and within their appropriate cultural value system. These programs provide short-term, solution-focused counselling and support services to immigrant and refugee clients, and their kin, in Punjabi, Hindi, Urdu, Spanish, Mandarin, Cantonese, Korean, Vietnamese, Arabic, Swahili, Farsi, and French. Other services offered include: Family Counselling, Child and Youth Mental Health Counselling and Substance Use Counselling.

## Alcohol and Drug Abuse

### Alcoholics Anonymous (A.A. - 24 HR)

Various meeting locations across the lower mainland  
 Central Office: 3457 Kingsway, Vancouver, B.C. V5R 5L5  
 Email: [intrgrp@vancouveraa.ca](mailto:intrgrp@vancouveraa.ca)  
 Email: [staff@vancouveraa.ca](mailto:staff@vancouveraa.ca)  
 Website: <http://www.vancouveraa.ca/>

**604-434-3933**  
 Fax: 604-434-2553

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; they are self-supporting through their contributions. All group meetings are confidential. Self-referral.

### DIVERSEcity

Substance Use Counselling  
 Email: [intake@dcrs.ca](mailto:intake@dcrs.ca)

**604-547-1202**  
**Fax: 604-597-4299**

The Substance Use Counselling program provides confidential counselling and education to those seeking help with alcohol and/or drug related issues. This program provides individual and group support to substance-affected individuals within the South-Asian and Spanish communities living in the South Fraser region. Services are offered in Punjabi, Urdu, Hindi, Spanish, and English.

To register in psycho-educational Substance Use group in Punjabi, please contact the Substance Use Counsellor at 604-547-1375.

### Al-Anon Family Groups

Various meeting locations across the lower mainland 101-3680 East Hastings St. Vancouver, B.C. V5K 2A9  
 Office hours: Monday to Friday 10:00am – 3:30pm  
 Email: [afgcentraloffice@shaw.ca](mailto:afgcentraloffice@shaw.ca)

**604-688-1716**

Website: <http://www.bcyukon-al-anon.org>

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. It is a free, drop-in service where you can phone the central office to find a meeting location or you can find your city on the website to find a meeting location. All group meetings are confidential. Self-Referral.

### Creekside Withdrawal Management Centre

**604-587-3755**

Fraser Health Authority  
13740 94 A Avenue, Surrey V3V 1N1  
Email: [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

Fax: 604-587-3795

Creekside provides a 24-hour safe, medically supervised and supportive environment for men, women and youth (14 years and over) wanting to withdraw from the physical and psychological effects of the substances they have been misusing. Programs can be delivered in inpatient detox facilities as either long- or short-term stays, as outpatient/outreach detox programs or as home detox services. Contains 24 adult beds and 6 youth designated beds. People may request admission directly or may be referred by personnel from Outpatient Clinics, community agencies, Employee Assistance Programs, hospitals, physicians, family and friends.

**Deltassist Family and Community Services Society**

9097 – 120 Street, Delta, BC V4C 6R7

Website: [www.deltassist.com](http://www.deltassist.com)

**604-594-3455**

Fax: 604-594-3496

Hours: Monday to Friday 9:00 – 4:30 pm

This program provides a variety of counseling services for delta residents including nobody's perfect parenting, alcohol and drug abuse, alternatives to violence, young parent outreach, youth suicide prevention, and family support services. Free counseling depending on the program, there is a fee for marriage counselling. Generally self-referral, depending on the program: referral may be needed. Supervised visits for families and child (healthy families program) require a referral from the MCFD. Wheelchair accessible.

**Narcotics Anonymous (NA - 24HR)**

Various meeting locations across the lower mainland

Vancouver Area Service Committee

PO Box 1695, STN A, Vancouver, B.C., V6C 2P7

Website: <http://www.vascna.ca>

**604-873-1018**

**Toll free: 1-866-683-6819**

Narcotics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from previous drug abuse. The only requirement for membership is a desire to stop using drugs. There are no dues or fees for N.A. membership; they are self-supporting through their own contributions. All group meetings are confidential. Self-referral.

**Surrey Mental Health and Addictions Services**

**604-953-4900**

Fraser Health Authority  
Station Tower, 11<sup>th</sup> Floor; 13401-108<sup>th</sup> Ave, Surrey V3T 5T3

**Fax: 604-953-4901**

The Surrey Addiction Services provides counseling and referral services for Surrey residents. We offer intake screening, crisis intervention, short-term assessment, group therapy, one-to-one counselling (ASTAT program). We serve clients with serious and persistent mental illness, offering case management services. We also offer addictions counselling, assessments, and referrals. Residential placement: ongoing assistance with housing placements, BC Housing Subsidies (CRP). Hours of Operation: Mon - Fri: 8:30 - 4:30

## Family Counselling

### Options Family Counselling (For families with children 18 and under)

Call the **MCFD Surrey Intake Office (604) 951-5844** to apply

Professional therapists provide assessment, counselling and support to individuals, couples and families in Surrey dealing with relationship difficulties, separation and divorce, blended families, parent-child conflict, self-esteem, depression, anxiety, anger, childhood abuse, or neglect. They'll guide and support you in creating and sustaining constructive changes in behaviour and belief systems. Requires a referral from the Ministry of Children and Family Affairs, or Child and Youth Mental Health

### Sources Counselling Services (Fee for Service)

882 Maple Street, White Rock, BC V4B 4M2

Email: [counsellingservices@sourcesbc.ca](mailto:counsellingservices@sourcesbc.ca)

Website: <http://www.sourcesbc.ca>

**604-538-2522**

Fax: 604-538-9473

Family Services provides counselling and support to families in White Rock and South Surrey who are in crisis or whose children are at risk. Services include Preservation and Reunification, Family Development Response, Visitation and Access, and Family therapy. All referrals are from the Ministry of Children and Family Development. Cost and other referral details are depending on the program. Can find more information via phone or on website.

### DIVERSEcity

Email: [intake@dcrs.ca](mailto:intake@dcrs.ca)

### Family Counselling

**13455 76 Avenue, Surrey, BC, V3W 2W3**

**604-547-1202**

**Fax: 604-597-4299**

The Family Counseling Program provides counseling to immigrants and refugees in their appropriate first language and within their cultural value system and is open to families living in Surrey, Delta, Langley and White Rock. Topics such as family relationship conflict, parent-teen challenges, parent-education, cross cultural issues, mental health support are generally appropriate referrals and services are available in the following languages: Punjabi, Hindi, Urdu, Mandarin, Korean, Spanish, and Arabic  
[www.dcrs.ca](http://www.dcrs.ca)

## Grief and Loss

### BC Bereavement Helpline

Website: [www.bchb.ca](http://www.bchb.ca)

Email: [contact@bcbh.ca](mailto:contact@bcbh.ca)

**1-877-779-2223 or 604-738-9950**

A Toll-free, province-wide helpline that offers compassionate listening and referrals for individuals

suffering from grief and bereavement. Services are confidential and free. Compassionate and caring volunteers are familiar with over 300 grief support services in 85 communities in our province. Also offers specialized grief and loss support for individuals who have lost loved ones to homicide or suicide. Annual 8-week grief support groups are offered in the fall for suicide loss and the spring for homicide loss. Training for professionals on various topics including sudden and traumatic loss is offered periodically. There are fees for the training. Please contact for more information.

### **DIVERSEcity**

**604-597-0205 ext 1202**

Email: [info@dcrs.ca](mailto:info@dcrs.ca)

**Fax: 604-597-4299**

DIVERSEcity's Grief and Trauma Counselling Program provides grief and trauma counselling to the immigrant and refugee population in the appropriate language and cultural value system. Individual, family and group counselling is available in Arabic, Swahili, Farsi, French, and English languages. Please note: Grief and Trauma counselling services are provided to immigrants and refugee who experienced some form of trauma in their country of origin. Services are confidential in nature and are offered free of charge to the clients.

### **Delta Hospice Society**

Two locations:

- 1) Harold & Veronica Centre for Supportive Care

4631 Clarence Taylor Crescent  
Delta, BC V4K 4L8

E-mail: [marg@deltahospice.org](mailto:marg@deltahospice.org)

**604-948-0660**

Fax: 604-948-0651

- 2) Irene Thomas Hospice

4635 Clarence Taylor Crescent  
Delta, BC V4K 4L8

E-mail: [anne@deltahospice.org](mailto:anne@deltahospice.org)

**604-948-4828**

Fax: 604-948-4842

Website: [www.deltahospice.org](http://www.deltahospice.org)

Support and counsel patients/families from Delta as they deal with loss, uncertainty, life changes and difficult decisions. Help plan and coordinate care with other health care team members and offer a number of services for bereavement, including support for sudden or traumatic death. Services can include phone calls, visits, family meetings, meetings with the care team, relaxation groups, bereavement groups and recommendations on reading material. Free service.

### **Surrey Hospice Society**

**604-584-7006**

101-13463 78th Ave, Surrey V3W 0A8

Email: [admin@surreyhospice.com](mailto:admin@surreyhospice.com)

Website: [www.surreyhospice.com](http://www.surreyhospice.com)

**Fax: 778-591-9180**

The Surrey Hospice Society offers one to one support or bereavement group support to adults,

adolescents or children facing a life-limiting illness or loss through professional counselling and/or visits by trained volunteers. These services are offered when possible in a home setting or in the Tertiary Palliative Unit at Surrey Memorial Hospital and at the Laurel Place Hospice Residence. They also provide short-term grief support by telephone. All programs provided are free of charge. Hours of Operation: Monday – Friday 9 am to 4:30 pm.

**Peace Arch Hospice Society**

15435 16 A Ave, Surrey, BC., V4A 1T2

Email: [contactus@peacearchhospice.org](mailto:contactus@peacearchhospice.org)

Website: [www.peacearchhospice.org](http://www.peacearchhospice.org)

**604-531-7484**

**Fax: 604-531-8101**

Provides emotional and practical support to individuals, their family, and friends in the White Rock South Surrey area who are facing terminal illness or grieving the loss of a loved one. Services include: assessment and referral; individual counselling by registered clinical counsellors; group counselling by registered clinical counsellors and/or professionally trained volunteers; children and teen support; children's day camps; relaxation programs; bereavement walking groups; telephone support; vigil program; emergency response team to provide support in cases of sudden death; a resource library; community outreach, education and more. All programs and services are free of charge.

## Stopping the Violence and Trauma Counselling

**Sexual Abuse Counselling Centre**

**604-584-5811 x 237**

**FAX: 604-584-7628**

Options Community Services

9815 140 Street, Surrey V3T 4M4

We provide both short and long-term counselling interventions to Surrey children and youth (ages 3-18) who have experienced sexual abuse. We also offer support and psycho-educational information to non-offending family members and caregivers to help cope with the impact of the sexual abuse on the family. Our intake requirements are based on current provincial Sexual Abuse Intervention Program (SAIP) guidelines. Self-referral welcome, or referral from the Ministry of Children and Family Development (MCFD), police-based victim services, the Heal clinic, mental health services or other community agency

**SARA Society (Sexual Assault Recovery Anonymous)**

PO Box 16 Station Main

Surrey BC V3T 4W4

**604-584-2626**

**Long Distance: 866-466-7272**

**To leave a message: 604-584-2626**

**Fax: 604-584-2888**

SARA "Sexual Assault Recovery Anonymous" Society is a nonprofit charitable organization that provides crisis intervention and therapeutic support to victims of sexual assault and incest through mutual-aid peer groups. Teen group for youth ages 13-18. The people who facilitate the groups have all been sexually abused as well, so the groups have plenty of literature and material. Office Hours: Wednesday to Friday 10am to 4pm. If it is not safe for us to leave a message, we will call back and say, "it's Sara calling".

### Stopping the Violence Counselling

The Stopping the Violence Program provides counselling, support, outreach, and advocacy to immigrant and refugee women who have experienced family violence, sexual assault, or historical abuse. Culturally appropriate services are available in Punjabi, Hindi, Urdu, Arabic, Korean, Mandarin, Punjabi, Spanish, Farsi and English. This program is for women 19 years of age or older, or women under 19 who are living an adult life.

Multiple services provide this program:

**Atira Women's Resource Centre** (White Rock) **604-584-2971**

Transition House: **604-531-4430**

**DIVERSECITY Community Resource Society** (Surrey/Delta) **604-547-1202**  
[counsellingservices@dcrs.ca](mailto:counsellingservices@dcrs.ca)

**South Fraser Women's Services Society** (Surrey/White Rock) **604-536-9611**  
[stvcounsellors@sfwomensservices.com](mailto:stvcounsellors@sfwomensservices.com)

**Surrey Women's Centre Society** (Whalley) **604-583-1295**  
[stv@surreywomenscentre.ca](mailto:stv@surreywomenscentre.ca) Crisis Line: 604-583-1295

### Suicide Prevention

**SPEAC: Suicide Prevention Education and Counselling** **604-584-5811 EXT 1325**

and ask for a SPEAC intake worker

Options Community Services

9815 140<sup>th</sup> Street, Surrey V3T 4M4

For children and youth 18 and under who have made a suicide attempt or are at risk of doing so. The Suicide Prevention, Education and Counselling (SPEAC) program provides suicide risk assessment, crisis intervention and short-term counselling. The therapists are also available for consultation as well as to provide prevention workshops to community groups upon request. Child or youth must be a resident of Surrey, White Rock or Langley. Self-referral welcome, optional referral from the Ministry of Children and Family Development (MCFD) or other community agency.

**SOLOS: Surviving Our Loved One's Suicide** (Support Group) **604-592-4945**

Surrey Central Mental Health

7525 King George Hwy #110, Surrey, BC V3W 5A8

Support group for the family or friend of a suicide victim.

Contact: Dave Kealy

**604-596-8866**



### **Arborcare Suicide Support Group**

Valley View Funeral Home 14660 – 72 Ave Surrey BC

Contact: Marlyn Ferguson

Email: [Ferguson21@telus.net](mailto:Ferguson21@telus.net)

This service provides bereavement support for adults who have lost a loved one through homicide or suicide. Support groups are held for eight weeks in the spring and fall in Surrey. Suicide support group meetings are from 6:30 pm to 8:30 pm Thursdays and Homicide support groups are from 6:30 pm to 8:30 pm Tuesdays.

### **Suicide Prevention, Education & Counselling (SPEAC)**

[http://www.options.bc.ca/counselling/suicide-prevention-education-counselling-\(speac\)](http://www.options.bc.ca/counselling/suicide-prevention-education-counselling-(speac))

**(604) 584-5811 ext.11366**

E-mail: [nancy.orlikow@options.bc.ca](mailto:nancy.orlikow@options.bc.ca)

The SPEAC program provides suicide risk assessment, urgent-response and short-term counselling for children and youth to reduce the risk of suicide. The type of services offered include: individual and family counselling, risk assessment, consultation, resources and support for families and workshops. Referral Required (can be requested for a young person 18 years of age or younger by parent/caregiver). Eligibility for children and youth ages 3-18 years living in Surrey, White Rock and Langley who have attempted suicide or are at risk.

**1800SUICIDE**

<http://www.options.bc.ca/fraser-health-crisis-line/1800suicide>

**1 (800) 784-2433**

It was developed by the Crisis Line Association of BC to better ensure that people with concerns about their own or another's suicide thoughts and feelings can access help when they need it.

## ***Food and Clothing Services***

### **Free/Low Cost Clothing Programs**

The following organizations provide free food and clothing to community members; some also provide shower and laundry facilities. Please note that the listed food banks require specific documentation in order to receive service.

**Sharing Closet****604-589-1868**

Surrey Women's Centre  
10075 Whalley Blvd, Surrey, BC., V3T 4G1

Open on Wednesdays from 10am-12pm and 2pm-4pm, the Sharing Closet is a free clothing closet for women and children. They supply clothing, small household items, and toiletries. Women do not have to be clients of the centre to use the program.

**Superfluity Thrift Shop****604-536-7744**

Peace Arch Hospital Auxillary  
15163 Prospect Ave., White Rock, BC., V4B 2B8

**MCC Thrift Store****604-583-0465**

10653 King George Blvd., Surrey  
Website: [thrift.mcc.org](http://thrift.mcc.org)

**Oak Avenue Neighborhood Hub Society - The Clothes Closet****604-582-7088**

12740 - 102 Ave, Surrey

**Fax: 778-395-0323**

E-mail: [info@oanh.ca](mailto:info@oanh.ca)

Website: [www.oanh.ca](http://www.oanh.ca)

Provides free clothing for babies and children up to 12 years old. Hours of Operation: Tuesday 10am - 2pm, Wednesday 9:30am - 12:30pm, Thursday 2 - 4pm.

**Salvation Army Thrift Store**

7093 King George Blvd., Surrey  
1327 Johnston, White Rock

**604-590-1438****604-531-6494****Sisters Marketplace Nightshift**

10635 King George Blvd., Surrey

**604-953-1155****South Fraser Women's Services Society****604-536-9611**

15318 20th Ave, Surrey

Provide quality women's clothing (casual and business attire) along with children's and infant outfits. Shoes, bags, hats and bedding are also available.

**Value Village****604-588-5225**

10642 King George Blvd., Surrey  
6925 King George Blvd., Surrey

## Free/Low Cost Food Programs

### **Cloverdale Community Kitchen** **604-574-4001**

Pacific Community Church  
5337 180 St, Surrey

Free community meals are served on Monday and Wednesday from 6:30 to 8:30 p.m., and Thursday at noon. Open to public (families included).

### **Cloverdale Community Soup Kitchen** **604-574-1725**

Cloverdale Christian Fellowship  
175 St and 57 Ave, Surrey

The kitchen serves soup on Mondays from 6:00-7:30 pm, Pasta on Tuesdays between 8:30-9:30pm, hot dog lunch on Thursdays from 11am-1pm, and a hot meal on Sundays from 7:30-8:30pm.

### **The Front Room**

#### **South Fraser Community Services Society; 10667 135A St, Surrey** **604-589-7777**

Free 24-hour laundry and shower facilities, hygiene supplies, public phone access, free coffee and hot meals served daily.

### **Guru Nanak Sikh Temple** **604-594-8114**

7050 120 St, Surrey

Free meals are served every day from 8:00am-8:00pm.

### **Nightshift Street Ministries Society** **604-953-1155**

10635 King George Blvd, Surrey

Outreach provides hot meals, clothing, blankets, and basic care packages. Meals are served at 7pm nightly; call for serving location.

### **Oak Avenue Neighborhood Hub Society** **604-582-7088**

email: [info@oanh.ca](mailto:info@oanh.ca)

<http://www.oanh.ca/index.html>

12740-102 Ave, Surrey

Daycare services for children aged 0-5 from 7am-6pm; call for more info. Free kitchen programs to cook and eat together (seniors: first and third Monday of month from 10:30am-1:00pm, multicultural adults of all ages: second and fourth Thursday of month from 10:30am-1:00pm. Free children's clothing up to age 12: Tuesday 10am-2pm, Wednesday 9:30am-12:30pm, Thursday 2pm-4pm. The Grocery Hour (food distribution): Tuesday's at 11:00am (a small voluntary donation is appreciated to keep the program running). Yoga: Wednesday's at 4:00pm. Community Dinner: second Saturday of every month at 4:00pm ( a small voluntary donation is appreciated).

**Surrey Urban Mission****604-581-5172**

10776 King George Blvd, Surrey

Offers breakfast (Mon-Fri 8am-9:30am & Sat 9am-10:30am), lunch (weekdays 11:30am-1pm), dinner (Sundays 4:30pm-6pm). Shelter with beds on a first come, first serve basis from 7pm-6am daily. Services for advocacy, care, and support in areas such as donated clothing and household items, doctor clinics (Tues 11am), tax filing, BC Housing support, detox and treatment centres, income assistance applications, government ID replacements, rental subsidies etc.

**South Fraser Women's Centre****604-536-9611**

15318 20 Ave, Surrey

A free hot lunch is offered Monday to Friday from 12pm to 1:30pm. The Centre offers a free drop-in clothing exchange and by-appointment laundry and shower facilities.

**Surrey/North Delta Meals On Wheels****778-590-1433**[sndmow.com](http://sndmow.com)

#332 – 7360 137 St, Surrey

Delivers hot meals Mon-Fri from 10:30am-1pm to those unable to prepare meals for themselves due to age, illness, or physical handicap. Meals cost \$8.25 (regular) or \$8.75 (large). Bag lunch is available with a meal for \$4. Application can be found on website, or you can call the number provided to register.

**Food Security Program****604-547-1325**

DIVERSEcity Community Resources Society

#202 – 7380 King George Blvd, Surrey

Offers multicultural cooking groups and community garden activities for low-income immigrant and refugee families in order to produce food for self-reliance and nutritional support. Participants learn about vegetables and fruit suitable for Canadian climate, organic gardening and composting, seed saving, and harvesting. Offered in partnership with the City of Surrey, Parks and Recreation Department.

**Surrey Christmas Bureau****604-581-9623**

10240 City Parkway, Surrey

Provides economically disadvantaged families with financial and material assistance, in the form of food hampers and toys, during the Christmas season each year. Families can register from November 6<sup>th</sup> – December 1<sup>st</sup>.

**Djaef Mahier Grocery****604-588-9004**

10697 135A St, Surrey

A high protein food bank for residents in South Fraser area that have HIV/AIDS or Hepatitis C.

**Surrey Food Bank****604-581-5443**

10732 City Parkway, Surrey

The Surrey Food Bank supplies a nutritious hamper, equaling about 3 to 4 days of food depending on the family size, to registered clients once every two weeks. Hamper distribution hours are Monday, Tuesday, Thursday and Friday from 9:30am-1:00pm. Tiny Bundles program is available for pregnant moms; every week supplies such as diapers and food are distributed. A senior's and home delivery program is available as well to those with mobility issues.

### **White Rock/ South Surrey Food Bank**

Sources Community Resources Society  
2343 – 156 St, Surrey

**604-531-8168**

The Food Bank provides enough food to each person for two days each week. Additional food and supplies are available for children and babies as well. Pickup is on Tuesdays from 9am-6pm, Wednesdays and Thursdays from 10am-2pm.

## **Government Services**

### ***General Health Services***

The following services are provided by provincial government ministries. Most are part of much larger offices, and have multiple locations in the Fraser Valley. If you are unsure who to contact for assistance, **Enquiry BC (1-800-663-7867)** can help you determine which provincial government ministry, Crown Corporation or public agency would be best suited to assist you.

### **BC Corrections Probation**

Probation officers facilitate offender programs, and supervise court orders. They also prepare reports and assessments about adult offenders, victims, and sentencing options for the court. Victims of crime can contact the Probation officer to report a breach of the offender's conditions, or information about the offender that could result in an increased risk to public safety.

#### **Delta/West Fraser**

8285 - 120 St, Delta

**604-501-3292**

#### **Surrey North**

103, 10475 - 138 St, Surrey

**604-586-4255**

#### **Surrey South/East**

100, 13545 - 64 Ave, Surrey

**604-502-5330**

### **Crown Counsel**

Criminal Justice Branch of the Ministry of the Attorney General; 1430 57 Ave, Surrey  
or **(604) 501-8700**

**1-800-880-0554**

The Crown counsels are prosecutors who work for B.C.'s prosecution service - the Criminal Justice Branch of the Ministry of Attorney General. The Criminal Justice Branch operates independently of the government and within the justice system. They do not represent the government, the police, or the victim of an offence.

## **Ministry of Children and Family Development**

**1-800-663-9122**

The Ministry of Children & Family Development assists in the area of income assistance, child protection and various family support services such as adoption, foster care, child and youth mental health, youth justice, and special needs children & youth.

<b>Delta</b> Ste. 200 – 11861 88th Ave, Delta	<b>604 501-3237</b>
<b>Surrey</b> Ste. 110 7350 King George Hwy, Surrey	<b>604 502 5363</b>
<b>White Rock</b> 15455 Vine St, White Rock	<b>604 542-3900</b>

## **Ministry of Housing and Social Development**

**Ministry of Housing and Social Development 1-866-217-1117**

The Ministry of Housing and Social Development is responsible for delivering a variety of housing and social development programs. These include income assistance (or welfare), assistance for persons with disabilities, and unemployment insurance.

<b>Fleetwood</b> 101-16088 84 <sup>th</sup> Ave, Surrey	<b>604-660-2421</b>
<b>Park Place</b> 130-13749 72 <sup>nd</sup> Ave, Surrey	<b>1-866-866-0800</b>
<b>Whalley</b>	<b>604-586-5600</b>

## ***Healthcare***

The following organizations provide either general or specific health services. If you need to speak with a nurse about your symptoms, consult with a pharmacist about your medication questions, or find which health resource would be best able to help you, please contact **Healthlink BC** (811).

## **General Health Services**

**Delta Hospital** 604-946-1211  
5800 Mountain View Blvd, Delta

**Peace Arch District Hospital** 604-531-5512  
15521 Russell Avenue, White Rock

**Surrey Memorial Hospital** 604-581-2211  
13750 96<sup>th</sup> Ave, Surrey

### **Public Health Units**

**Fraser Health; Public Health Units** 1-877-935-5669

Public health units offer public health nursing services which include screening, assessment, counselling, referral, follow-up and health promotion activities for all age groups, as well as communicable disease control. Most public health offices also offer services such as speech language pathology, audiology, nutrition and dental health.

**North Delta; 11245 84 Avenue, Delta** 604-507-5400

**South Delta; 4470 Clarence Taylor Crescent, Delta** 604-952-3550

**Guildford; 10233 153 Street, Surrey** 604-587-4750

**North Surrey; 10362 King George Boulevard, Surrey** 604-587-7900

**Cloverdale; 17700 56 Avenue, Surrey** 604-575-5100

**Newton; 7337 137 Street, Surrey** 604-592-2000

**White Rock/South Surrey; 15476 Vine Avenue, White Rock** 604-542-4000

**Surrey North Community Health Centre** 604-583-5666  
10697 135A St, Surrey

Surrey North Community Health Centre is a free medical clinic, which provides confidential general health services to disadvantaged populations. The clinic is open Monday through Friday; patients are seen on a first come, first served basis. Contact reception for physician and nurse hours. The clinic also offers testing and counseling for sexually transmitted diseases, pregnancy, hepatitis, and HIV/AIDS, provided by an on-site physician and nurse. Also on-site is a syringe exchange which operates in conjunction with the medical staff.

### **Dental Services**

**B.C. Healthy Kids Program** 1-866-866-0800 #4

Helps low income families with the costs of basic dental care, hearing aids and prescription eyewear for their children. Eligible clients include dependent children under 19 years of age who receive Medical Services Plan (MSP) premium assistance through the Ministry of Health Services.

**Dental Outpatient Clinic** 604-875-4006

Vancouver General Hospital  
805 W. 12th Ave., Vancouver

Provides dental care for a variety of medically complex patients, complex orofacial disorders and trauma. Also provides general dentistry services.

**Basic Dentistry Services:****Reach Dental Clinic**

1145 Commercial Drive, Vancouver  
Basic dentistry, all ages.

**604-254-1331****Mid Main Community Health Centre Dental Clinic**

2205 Main St, Vancouver  
Basic and emergency dentistry, all ages.

**604-873-3602****Vancouver General Hospital Diamond Health Care Centre**

2775 Laurel Street, 7th Floor, Vancouver  
Basic dentistry, must be 18 years and older

**604-875-4006****UBC Dental School**

2151 Wesbrook Mall, Vancouver

For general dentistry clinic, applicants go through a screening process to determine eligibility based on the type of dental work needed. Age 6 and up.

**604-822-2112****Disability Services****Community Living BC**

#2017 7495 132<sup>nd</sup> St, Surrey, BC V3w 1J8

Email: [CLBCInfo@gov.bc.ca](mailto:CLBCInfo@gov.bc.ca)

Website: <http://www.communitylivingbc.ca>

**604-501-8310**

A free program provided to adults with developmental disabilities, a diagnosis of fetal alcohol spectrum disorder or autism spectrum disorder and those who have a hard time doing things like managing money and shopping. Provides information and resources for adults to obtain personal care, meal preparation, and life-skills training in residential or group home settings. Various levels of support are available including live-in support and staffed residential living. Individual support plans are developed with staff from local community living centres. No referral needed – families can contact directly. Hours of Operation: Monday to Friday 8:30am to 4:30pm.

**HandyCard by Translink**

Website: [www.translink.ca](http://www.translink.ca)

**778-375-7500**

Discounted transit pass for a person with a permanent physical or cognitive disability, for transit services which include bus, skytrain, and sea bus. HandyCard cannot be used on HandyDART. If you're accompanied by someone who assists you, they can ride for free. Self-referral – must be registered: application form printed from translink website to be filled out and mailed to Access Transit Office (address online).

Cost on weekdays until 6:30pm (adults between ages 19-64): \$ 3.10 (1 zone), \$4.45 (2 zones), \$6.05 (3 zones) Cost on weekdays after 6:30pm or on Sat, Sun, or Holidays: \$3.05 (all zones)

Buses are 1- Zone Fare, all day, every day, cash fares on buses are not transferable on sky trains.



**HandyDART by Translink****604-575-6600**Website: [www.translink.ca](http://www.translink.ca)

HandyDART is a public transportation service available for people with physical or cognitive disabilities and offers pick-up/drop-off shared ride service. Self-referral - can print application form online or register over the phone via the Access Transit office at 778-452-2860 (provide your date of birth, home address, doctor's name, phone number, and any special medical facts affecting your use of HandyDART).

To use HandyDART, you must book your trip up to seven days in advance and at least one day in advance. No pets allowed. Cost: \$3.10 (1 zone fare). Hours of Service: Monday to Friday: 8am to 6pm, Sat, Sun, and Holidays: 8:30am to 4:30pm

**Provincial Disability Services****Semiahmoo House Society****604-536-1242**

15306 – 24 Avenue, Surrey, BC, V4A 2J1

**Fax: 604-536-9507**E-mail: [shs@shsbc.ca](mailto:shs@shsbc.ca)Website: <http://www.semi-house-society.com>

This non-profit charity provides advocacy, life skills support, respite, housing options and community-based services to people with developmental disabilities or acquired brain injury in the White Rock/Surrey area. Must be 19 years old or older. Programs for persons with an acquired brain injury include individual skills counseling, respite, psychosocial rehabilitation and day and evening programs through a clubhouse model. Housing options include groups homes, semi-independent living, roommate model, apartment living or in a support family home.

Hours of Operation: Monday to Friday: 8:30am to 4:30pm.

**Surrey Association for Community Living****604-574-7481**

17687 – 56A Avenue, Surrey, BC, V3S 1G4

**Fax: 604-574-4731**Website: <https://surreyacl.org/>

Non-profit organization. Provides supported housing for individuals with developmental disabilities residing in Surrey. Offers a variety of residential assistance in four community settings and may include placement in a private care home or in shared accommodation. Living arrangements are provided with support from Community Living B.C. Referrals through Community Living BC.

**Delta Community living Society-Surrey Connections****778-593-1112**

Units 113 &amp; 114, 8381 – 128 Street, Surrey, BC, V3W 4E1

**Fax: 778-593-1422**E-mail: [surreyconnections@dcls.ca](mailto:surreyconnections@dcls.ca)Website: <http://www.dcls.ca>**Hours**

Monday-Friday: 9am-3pm

Saturday/Sunday- Closed

Helps people with developmental disabilities to secure meaningful employment, volunteer for service, develop new skills, achieve their personal goals, maximize their independence and enjoy the best possible physical and mental health. Referral through Community Living BC is required. Wheelchair accessible. Hours of Operation: Monday to Friday, 8am to 4pm.

**Delta Community Living Society Resource Centre**

#1 – 3800 72 Street, Delta, BC V4K 3N2

E-mail: [dcls@dcls.ca](mailto:dcls@dcls.ca)

Website: <http://www.dcls.ca>

**604-946-9508**

Fax: 604-940-9683

Hours of Operation:

Monday-Friday: pam- 4:30pm

Saturday/ Sunday- Closed.

Non-profit organization that works to improve the quality of life for people with developmental disabilities. Helps people with developmental disabilities to secure meaningful employment, housing, and develop new skills. The focus of these activities is to promote inclusion in local communities. Also supports a year-round calendar of recreational, art and life-skills activities, day programs, as well as a self-advocacy group. Referral through Community Living BC is required.

Offers people with development disabilities living in North Delta, Tsawwassen, Ladner and Surrey a range of options including employment preparation and search assistance, life skills training, volunteering, and recreational activities as well as provides a year-round calendar of recreational, art and life-skills activities, and a self-advocacy group. Encourages family to be involved with activities and care.

\**Community-based living options* which include semi-independent living, home sharing and staffed residences.

\*Offers a *respite program* for temporarily relief for family members. Membership

Required: Individual \$10; Family \$15; Community & Service Club \$75

To become a member contact Anita Sihota, Executive Director, at 604.952.6482, or by email at [asihota@dcls.ca](mailto:asihota@dcls.ca).

**BC Centre For Ability Association**

330-10362 King George Highway, Surrey, BC V3T 2W5

Website: <http://www.centreforability.bc.ca/>

**604-580-6962**

Offers employment counselling, case management, skill enhancement, job search and job maintenance services to unemployed or underemployed adults aged 16 and older who have disabilities or chronic health conditions as barriers to employment, and who display the potential to work independently. Also provides information and referral services for employers regarding funding and wage subsidies for employees with disabilities. Self-referrals welcome. Serves Langley, Surrey, and White Rock. Hours are 9 am to 12 noon and 12:30 pm to 4:30 pm Mondays, Wednesdays, Thursdays, and Fridays; and 9 am to 12 noon and 12:30 pm to 2:30 pm Tuesdays.

**SportAbility BC**

6235C 136th Street, Surrey, BC V3X 1H3

**604-599-5240**

**Fax: 604-599-5241**

Email: [sportinfo@sportabilitybc.ca](mailto:sportinfo@sportabilitybc.ca)

Provides sports and recreational activities to people (all ages) with physical disabilities. Sports available: Boccia, Sledge Hockey, 7-A-Side Soccer, Power Soccer, Sitting Volleyball, Swimming, and Athletics. Office hours are 9 am to 5 pm Monday to Friday.

Membership: \$25. Available to fill out online.

### **Sportability**

**(604) 324-1411**

780 SW Marine Drive, Vancouver, BC V6P 5Y7

Email: [info\[at\]sportability.ca](mailto:info[at]sportability.ca)

This is a non-profit, volunteer run association to support athletes with disabilities. They enable people with disabilities to enhance their physical quality of life and be supported in their community. The membership fee is \$25 for a full membership, \$10 for a recreational membership and there is no cost for a supporter membership.

### **Medical Equipment Loan Services**

**604-930-9049**

Canadian Red Cross

**Fax: 604-930-9036**

109 - 14727 108<sup>th</sup> Avenue, Surrey, V3R 1V9

Website: [www.redcross.ca](http://www.redcross.ca)

Loans out various medical equipment for those requiring short term or long-term assistance.

Equipment is available for children and palliative patients as well. Wheelchairs, bath aids, crutches, Mon-Fri 9am-12pm; Wednesday 6pm-8pm; Saturday 9am-3pm.

### **Life Skills Centre**

**604-592-5599**

Peace Arch Community Services

12996 60 Ave, Surrey

A non-profit organization which provides a wide range of services to people of all ages in White Rock and Surrey. Offers community living services for adults with developmental disabilities. 830am-430pm.

### **Shop-by-Phone and Volunteer Wheels**

**604-542-4357**

Source; 882 Maple St, White Rock

Website: <https://www.comeshare.ca/grocery-shopping-services/sources-shop-by-phone>

This grocery-shopping service is for residents who are unable to shop for themselves. Volunteer Wheels provides transportation for medical and dental appointments only.

Wheels provides transportation for medical and dental appointments only.

Volunteers take grocery orders on Mondays between 8am-12pm. Orders are delivered on Tuesdays between 10am-4pm. About \$7 per delivery.

Office Hours:

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

### **Mental Health Support**

**BC Mental Health Information Line**

**604-669-7600 or 1-800-661-2121**

Mental Health Information Line provides pre-recorded information on mental health issues, symptoms, causes, treatments, support groups, and a variety of mental health disorders. Available 24 hours a day, seven days a week.

### **Crisis Line Association of BC Mental Health Information Line**

**310-6789 (no area code needed)**

**Website:** <http://www.heretohelp.bc.ca/>

Mental Health and Information Line answered 24/7/365 it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns.

### **Delta Mental Health and Addictions**

15-1835 56th Street, Delta

(South Office)

**604-948-7010**

6345 120 Street, Delta

(North Office)

**604-592-3700**

Email: [Sheila.ohare@fraserhealth.ca](mailto:Sheila.ohare@fraserhealth.ca)

Website: [www.fraserhealthauthority.ca](http://www.fraserhealthauthority.ca)

These offices provide Adult Community Support Services, a Short-Term Assessment and Treatment Program, a Community Residential Program, and Geriatric Psychiatry Service. Also, employment services and job-seeking, resume assistance. Provides support to adults over the age of 19.

Hours of Operation:

Mon-Fri 8:30-4:30 After hours: 1-887-384-8062

### **Surrey Mental Health and Addictions Services**

**604-953-4900**

Gateway Skytrain Station Tower, 11<sup>th</sup> Floor; 13401-108<sup>th</sup> Ave, Surrey

**Fax: 604-953-4901**

Website: [https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/surrey-mental-health-centre#.YsdlluzMJ\\_Q](https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/surrey-mental-health-centre#.YsdlluzMJ_Q)

The Surrey Addiction Services offer intake screening, crisis intervention, short-term assessment, consultation, group therapy, one-to-one counselling (ASTAT program). Mental health and Substance Use primary care clinics, assertive community management and geriatric psychiatry services are also available. They serve clients with serious and persistent mental illness, offering case management services in areas of housing, nutrition, rehabilitation, finances (ACSS/ACM programs). Mon-Fri 8:30-4:30.

### **DIVERSEcity- Mental Health, Substance Use & Violence Preventions Services**

#1107-7330 137 Street, Surrey, BC V3W 1A3

**604-547-1202**

Email: [intake@dcrs.ca](mailto:intake@dcrs.ca)

The Child and Youth Mental Health Program provides professional counseling services to children and youth from immigrant and refugee families experiencing mental health issues and who live in Surrey or Delta. Reasons for referral may include mild to moderate mental health concerns. Services are offered through a combination of individual, family and group sessions. Services are offered in Punjabi, Hindi, Urdu, Arabic, Korean, Mandarin and Spanish, as well as English.

DIVERSEcity's *CHANGEWAYS Program for Immigrant Women* is a psycho-educational group therapy protocol designed to introduce clients to basic psychological self-care concepts. Participants will be immigrant or refugee women who can understand and communicate in English. Some concepts that will be covered: how to cope with depression, anxiety and stress; how to achieve your personal goals; empower yourself: physically, emotionally, mentally; and make positive changes in your life. Services are confidential in nature and are offered free of charge to clients.

**White Rock/South Surrey Mental Health Centre**

**604-541-6844**

15521 Russell Ave, White Rock

**Fax: 604-541-6870**

This program provides Adult short-term assessment and screening, treatment programs, Community Mental Health care programs, Community Residential programs, Geriatric Psychiatry Services and counselling support to individuals in the community.

**Early Psychosis Intervention (EPI) Program**

**604-538-4278**

Peace Arch Hospital

**Fax: 604.538.4277**

15521 Russell Avenue, White Rock, B.C. V4B 2R4

The program provides clinical services and education for youth and young adults ages 13-30 years old, with the intent of promoting wellness, reducing socially-isolating behaviour, and restoring previous levels of functioning. EPI specialists work at every youth and adult Mental Health Centre and group sessions may be held in various locations. Open referral system; referrals accepted from friends, family, schools, family doctors, police or community agencies, etc.

Potential participants must present with a psychotic disorder for the first time, including drug induced psychosis or suspected psychosis. Individuals undergoing long term treatment are not eligible for this service. EPI also provides vocational support and peer recreational activities.

**Community Residential Emergency Short-Stay And Treatment (CRESST)**

**604-587-4220**

13525 98 Avenue, V3T 1B9, Surrey

**Fax: 604.585.4227**

These emergency psychiatric facilities provide support for clients experiencing a mental health crisis. CRESST endeavors to prevent unnecessary hospitalizations and maintain client autonomy in a safe, supportive, and supervised setting. Clients stay at the facility voluntarily. Referral required.

This program is a 24-hour service, offered to those who do not require a stay in the hospital.

**BC Schizophrenia Society**

**1-877-717-5518**

#201 6011 Westminster Highway, New Westminster, V7C 4V4

Fax: 604-270-9861

Provides in-home respite services for the family and caregivers of people with a serious mental health issue such as schizophrenia, bipolar disorder, or depression. Service may be available in languages other than English. Services are flexible to the needs of the family. Respite services may range from a few hours a day, week, or month, to a more focused period of days or weeks.

Cost: A fixed maximum funding allotted per year per family provided by the BC Schizophrenia Society.  
To seek respite care, contact respite Coordinator: 604 608-0477

### **Psychiatric Group Therapy Services (SMH)**

13750 96th Avenue, Surrey, BC V3V 1Z2

**(604) 585-5514**

Provides group therapy for people who are managing mental health issues. Therapy groups are available for adults experiencing emotional difficulties such as anxiety, stress, grief, depression, adjustment disorders and other conditions affecting their mental health. Offers a variety of process groups, including dialectical behaviour therapy, cognitive behaviour therapy, and rapid access groups. Self-referrals are accepted, as well as referrals from physician or psychiatrist; phone intake is carried out through Surrey Mental Health and Addictions Services. Serves Surrey, but some specialized groups are available to people from outside the Surrey catchment area. Age: > 19 years, incl. Does not treat people with primary psychotic, cognitive, and/or substance use disorders.

### **Creekside Withdrawal Management Centre**

Address 13740 94A Avenue, Surrey, BC V3V 1N1

**Intake: 604-587-3755**

**Daytox: 604-585-5610**

Lower Mainland Self-referral line (toll-free): 1-888-587-3755

Withdrawal management services provide safe, supportive medically supervised environments for individuals withdrawing from the acute effects of alcohol and/or other drugs. Often the first step in the recovery process for those individuals who cannot abstain on their own. Programs can be delivered in inpatient detox facilities as either long- or short-term stays, as outpatient/outreach daytox programs or as home detox services. Self-referral.

Also offers **Daytox**, a medically monitored, group-based day program providing withdrawal management for individuals who do not require intensive residential withdrawal management.

Services available for people age 14 and over. Intake hours are 9 am to 7 pm daily. Must do orientation meeting first.

### **City of Surrey- Special Need Programs**

111-10277 135th Street, Surrey, BC V3T 4C3S

**604-502-6321**

Offers community-based leisure opportunities for immigrants, people with special needs, and people who have not previously been involved in leisure. Services include leisure counselling, integrated programs, and volunteer support.

### **Specialized Health Services**

#### **Positive Haven**

10697 135A St, Surrey

Email: [surrey.hascoord@lookoutsociety.ca](mailto:surrey.hascoord@lookoutsociety.ca)

**604-588-9004**

Fax: 604-580-8873

A peer-driven support lounge for members who are HIV-positive. Services include advocacy, education, outreach, treatment information, peer training programs, dental and medical clinics, supervised consumption site, a resource library, housing worker, nutrition intake and assessment, support groups,

social activities, and an HIV high-protein food bank (Djaef Mahler Grocery). A part of the South Fraser Community Services Society.

**Sexual Assault Nurse Examiner Program (SANE)****604-585-5688**

Surrey Memorial Hospital; 13750 96th Ave, Surrey

Surrey Memorial Hospital Emergency service providing medical care for females, males, and transgender individuals ages 13 and older who come to the emergency department within 96 hours of a sexual assault. Services include examination, medical aftercare, and counselling referrals. Clients may choose to have forensic evidence collected, documented, and stored for up to one year, with or without reporting the incident to the police.

**South Fraser Pregnancy Options Centre****604-584-4490**

#5-13634 104 Ave, Surrey

Email: [info@pregnancyoptionscentre.com](mailto:info@pregnancyoptionscentre.com)

Website: <http://www.pregnancyoptionscentre.com>

SFPO offers free pregnancy tests and information on abortion, adoption and parenting. Trained peer-counsellors help clients take a free and confidential pregnancy test and talk honestly about a woman's options: abortion, adoption or parenting.

**Path to Freedom Treatment Centre****604-576-6466**

19030 - #10 HWY-56TH AVE. Surrey B.C. V3S 4N7

Email: [hardev@pathtofreedom.net](mailto:hardev@pathtofreedom.net)

Website: <http://pathtofreedom.net/>

Society that runs a drug and alcohol treatment facility for men only. A place where men from multicultural backgrounds are offered a treatment facility to rebuild their lives. The program is offered in English, Punjabi, Hindi, and Urdu. To stop the cycle of Substance Misuse through a mid-intensive, 90-day program.

**BC Cancer Agency****604-930-2098**

13750 96th Avenue, Surrey, BC V3V 1Z2

Website: <http://www.bccancer.bc.ca/our-services/centres-clinics/bc-cancer-surrey>

This BC Cancer Agency location provides oncology consultations, chemotherapy and radiotherapy treatments for people who live in the Fraser Valley. Prevention, treatment, screening, genetic counselling and supportive care are provided as well. Operating hours are from 8am – 4:30 pm Monday to Friday, excluding statutory holidays.

**Canadian Cancer Society****604-498-4605**

150 – 10362 King George Blvd, Surrey BC

Website: [www.cancer.ca](http://www.cancer.ca)

Committed to improving and saving lives; which is why there is a search for new ways to prevent cancer, find it early, and treat more successfully. This agency is set apart from other cancer organizations by taking a comprehensive approach against cancer by providing education on how to reduce the risk of cancer, support services (smokers` helpline, referral services, peer support groups), and advocacy.

### **Czorny Alzheimer Centre**

**604-575-6700**

16850 66th Avenue, Surrey, BC V3S 5M1

The Czorny Alzheimer Centre is a secure setting designed to provide psychological security and comfort through three home-like cottage living spaces: Rose Garden, Sweet Pea and Pansy Lane. The environment serves to enrich the residents' lives through activities appropriate for people with Alzheimer's disease. Residential care provides professional nursing services around the clock to people who are no longer able to stay at home safely or have dementia. Referral required and operates 24 hours a day, 7 days a week.

### **Alzheimer Resource Centre**

**604-541-0606**

4 - 1475 Anderson St. (next to the Centennial Arena)

White Rock, B.C. V4B 0A8

Email: [info.southfraser@allzheimerbc.org](mailto:info.southfraser@allzheimerbc.org)

Provides residential care in secure home-like cottage living spaces for 36 individuals with Alzheimer's disease. Also houses an Alzheimer Society of BC resource centre that provides information to the public. Tours of the facility are not provided to the general public. Office hours are 8:30 am to 4:30 pm Monday to Friday. *Serving: White Rock, North Delta and Surrey Central*

### **Arthritis Society**

**5769 201 A St Langley, BC V3A 8H9**

**(604) 514-9902**

Provides information on research programs and education services to patients, professionals and the general public. The information line provides meeting times for support groups in BC and the Yukon.

### **Diabetes Centre**

**604-582-4583**

Jim Pattison Outpatient Care and Surgery Centre

**Fax: 604.582.4590**

9750 140th Street Surrey, B.C. V3T 0G9

Provide education and support to people living with diabetes, their family members and the community. Classes and individual counselling sessions address many topics including healthy eating, blood glucose testing, exercise and staying healthy while living with diabetes. For those with type 1, type 2 or gestational diabetes, or those with impaired glucose tolerance. Services are provided at Fraser Health's three iConnect Centres in New Westminster, Surrey and White Rock as well as other diabetes education centres offices located throughout the region. Hours: Mon - Fri, 8 a.m. - 8 p.m.; Sat 8:30 a.m. - 4:30 p.m.; Closed Sun, Statutory holidays.

### **Surrey Sleep Clinic and Laboratory**

**(604) 372-0133**

306-9639 137A Street, Surrey, BC, V3T 0M1

Email: [Info@surreysleepclinic.com](mailto:Info@surreysleepclinic.com)

**Fax: (604) 372-0134**

Facility helps physicians diagnose and treat sleep disorders such as obstructive sleep apnea and



narcolepsy. Services include overnight sleep studies, CPAP/BIPAP titrations, and consultation and follow-up. Physician referral is required. 8:30am-5pm Monday to Friday.

**Lower Mainland Down Syndrome Society**

**604-591-2722**

#481-13320-78<sup>th</sup> Ave, Surrey, BC V3W 0H6

Website: <http://lmdss.com/>

Provides information, referrals, and advocacy for parents, professionals, and self-advocates concerned with issues facing people with Down's syndrome. Educates the public, parents, and service providers via hospital, home, and school visits. Offers parent support groups on the lower mainland. Lobby for appropriate educational, vocational, and social opportunities. Resource library available. Adapted tricycle rental program.

Hours of Operation:

Weekdays: 9am-2pm

Closed on Wednesdays & Weekends.

**Ankylosing Spondylitis Association of British Columbia (ASABC)**

**1-800-321-1433**

Email: [info@bc.arthritis.ca](mailto:info@bc.arthritis.ca)

Website <http://www.arthritis.ca/bc>

Serves patients and health professionals dealing with spondyloarthropathies. Aims to expand public and professional understanding of spondyloarthropathies and communicates with other groups internationally. Issues the newsletter 'TalkBack', holds quarterly educational meetings and provides resource and contact information. Office hours are 9 am to 5 pm.

**Arthritis Answers Line**

**604-875-5051 Toll free line: 1-800-321-1433**

**BC Family Hearing Resource Centre**

**604-584-2827 or 1-877-584-2827**

15220 92nd Avenue, Surrey, BC V3R 2T8

**Fax: 604-584-2800**

Email: [info@bcfamilyhearing.com](mailto:info@bcfamilyhearing.com)

Serves families with young children birth to school-age who are deaf, hard-of-hearing, or deafblind. Family-centered early intervention promotes successful communication between children and their families. Services include support groups, information, speech and language coaching, cochlear implant support and training, sign language instruction, and home-based programs. Also has a resource library, quarterly newsletter, and offers consultation and training to other professionals working with deaf and hard-of-hearing children. Serves BC. Hours are 8:30 am to 4:30 pm Monday to Friday.

**Heart And Stroke Foundation of BC & Yukon**

**778-327-8000**

885 Dunsmuir St Suite #200, Vancouver, BC, V6C 1N5

Regional office dedicated to the prevention, advocacy, promotion of healthy living and relief of heart

disease and stroke in BC and Yukon. Offers community-specific programs.

**Kidney Foundation of Canada**

**4940 Canada Way, Burnaby, BC V5G 4M5**

**(604) 736 9775**

This line is provided by a voluntary, non-profit organization dedicated to research into kidney disease and related disorders, as well as public education and patient services. Located in Burnaby. Hours: Tuesday-Thursday 9am-5pm.

**Multiple Sclerosis Society of Canada**

**4720 Kingsway, Burnaby, BC V5H 4N2**

**Email: [infor@mssociety.ca](mailto:infor@mssociety.ca)**

**1-800-268-7582**

Provides a variety of services and programs including: information and referral services; support counselling; equipment loans; self-help groups for persons who have multiple sclerosis and their family and friends; and public awareness and education programs for professionals and others. This MS info line operates from Monday to Friday, from 8am-8pm pm (1-844-859-6789)

**Physical Activity Line (PAL)**

**Can call 8-1-1 or 778-835-3195**

Website: [www.healthlinkbc.ca/physical-activity](http://www.healthlinkbc.ca/physical-activity)

The Physical Activity Line is a free service for British Columbians that provides professional guidance on becoming more physically active. The service is operated by the Canadian Society for Exercise Physiology (CSEP) Health and Fitness Program of B.C. and staffed by nationally recognized CSEP Certified Exercise Physiologists. Monday to Friday, 9 a.m. to 5 p.m.

**QuitNow Services**

**1-877-455-2233**

Website: [www.quitnow.ca](http://www.quitnow.ca)

Free 3-month mobile texting service available.

**Text QUITNOW to 654321**

QuitNow Services is a free program in BC, to provide a wide range of free smoking cessation services that are available around the clock. Trained care coaches will help develop a quit plan, deal with cravings and provide on-going support. Coaches are available 24/7/365 with translation services available in over 130 languages. QuitNow Services are delivered through the BC Lung Association.

**Screening Mammography Program Information Line**

**1-800-663-9203**

BC Cancer Agency

On sight at: Jimmy Pattison Outpatient Clinic & Surgical Centre 604-582-4592 9750 - 140th Street Surrey, BC V3T 0G9

Website:

<http://www.bccancer.bc.ca/screening/breast#:~:text=Regular%20screening%20mammograms%20can%20find,from%20BC%20Cancer%20Breast%20Screening>.

Provides general information on the province's breast screening program for women over 40. The line will operate from 8 a.m. to 5:30 p.m., Monday to Friday and 8:30-4:30 on Saturdays.

## Addiction Services

### Surrey Urban Mission Society

**604-581-5172**

10776 King George Blvd, Surrey, BC V3T 2X7

Website: <https://www.sumsplace.ca/servicesmenu>

It provides many programs and services to the Surrey community, including advocacy, information and referral, and summer day camps for children. Also hosts pro-bono legal clinics, and alcohol anonymous and cocaine anonymous meetings. Offers meal programs, shelter, community connection services, etc.

### BC Region of Narcotics Anonymous (BCRNA)

Website: <https://www.bcrna.ca/>

BCRNA offers programs for people and meetings are available at many different times and locations.

This information can be found on their website.

### Cocaine Anonymous (CA)

**1866-662-8300**

CA uses a 12-step recovery program, offered Monday-Sunday evening from 7 p.m. until 9:30 p.m. This is a Christian based program. People are welcome to drop in. In the BC region, you can call 604-662-8500.

### Options for Sexual Health

**1-800 SEX SENSE LINE**

**604-731-7803**

This is free, nonjudgmental, confidential and ANONYMOUS phone line staffed by registered nurses, sex experts and trained volunteers. Answer questions about sex, contraception, sexually transmitted infections (STIs), pregnancy and pregnancy options including parenting, adoption and abortion information, sexual orientation, sexual assault and ANYTHING to do with sexuality. Open from 9am-9pm Monday-Friday.

## Medical Clinics

### New Canadian Clinic.

**604-953-5030**

**Fax: 604-953-9711**

975- 140<sup>th</sup> Street, Surrey, BC, V3T 0G9

This clinic provides primary care to assist refugees, or privately sponsored refugees.

Open Monday-Friday from 8:30am-4:30pm.

### DIVERSEcity Community Services

13455 76 Ave, Surrey, BC, V3W 2W3

Website: <http://www.dcrs.ca>

Provides medical care and social support for government assisted refugees whose medical needs may be complicated by language, cultural, and knowledge barriers. Serves government assisted refugees with Interim Federal Health plan or MSP coverage. Potential clients must have barriers that make accessing the regular medical system difficult. Interpreters are provided. A referral is required from a health or social service provider. Staffed by a public health nurse and nurse practitioner, with a physician by arrangement. Not a walk-in clinic; service is by appointment only. Offered in partnership with DIVERSEcity Community Resources. Home visits are available to Surrey residents only. Hours are 8:30 am to 4:30 pm Monday to Friday.

**Jim Pattison Outpatient Care And Surgical Centre**

**604-582-4550**

9750 140th Street, Surrey, BC V3T 0G9

Provides primary care access and general medical services to Surrey residents who do not require an overnight stay or emergency care, and who do not have a regular primary care provider. Offers a breast health clinic, and a HIV/AIDS/Hepatitis C program. Referrals must originate from Surrey Memorial Hospital for patients without a primary care physician in the following departments: emergency room patients, patients upon discharge, perinatal clients and youth clinic clients. Hours: 8 am to 6 pm Monday to Friday; 9 am to 5 pm Saturdays and Sundays. Closed on statutory holidays.

## Services for Children

**Child Protection Services**

**1-800-663-9122**

**Ministry of Child And Family Development (MCFD)**

**604-501-3122**

200-13630 72nd Avenue, Surrey, BC V3W 2P3

Provides family preservation and counselling services, specialized parent education and training, and other court-ordered, risk-reduction strategies. Foster placements are supervised by family service workers.

**One-To-One Services For Special Children**

**604- 596-4321**

At Options Community Services

13520 – 78 Avenue, Surrey, BC V3W 8J6

Contact for referral: Daniel Anctil @ 604-596-4321

Provides individualized services for children and teens with autism or a developmental disability under the age of 18. Community-based programs include community integration, family support, and the development of communication, social and life skills. Child and youth care counsellors' work with identified children to increase communications skills through play therapy, sign language and picture symbols, and provide family support through family strengthening strategies and coping skills development. Includes Adventurers program.

**Adventurers**

**604-596-4321**

Options Community Services

13520 78 Avenue, Surrey, BC V3W 8J6

Provides guided experiences in the community to children who have a developmental and/or physical disability under the age of 18. Encourages social and other life skills. Referral through MCFD.

**DIVERSEcity**

**Prevention, Education, Advocacy, Counselling and Empowerment Program (PEACE)**

[www.dcrs.ca](http://www.dcrs.ca)

13455 76 Avenue, Surrey, BC, V3W 2W3

**604-547-1202**

**Fax: 604-597-4299**

**Email: [counsellingservices@dcrs.ca](mailto:counsellingservices@dcrs.ca)**

This program offers services to the mainstream population as well as immigrants and refugees living in Delta or Surrey, providing counseling in either the child's first language or English. Through individual and group counseling, the objective of the program is to work with children who have witnessed abuse or experienced trauma in their country of origin. Goals of counselling may include helping children to develop: self-esteem, an understanding of their own emotions and healthy ways to cope with the impact of trauma. Additionally, this program aims at preventing violence against women in relationships and breaking the cycle of violent behavior in future relationships. Services are available in Punjabi, Hindi, Urdu, Spanish, Farsi, Arabic and English.

**604-584-1361**

**Fax: 604-583-5113**

**Centre For Child Development**

9460 140th Street, Surrey, BC V3V 5Z4

Website: <https://the-centre.org/>

Provides services for children with special needs from birth to 19 years of age, and support for their families. Services include communication therapy, family services, medical referrals and assessments, occupational therapy, physiotherapy, supported child care, integrated preschools, psychology services, recreation therapy, and specialty services such as eating skills team, equipment team, casting team, equipment and toy loan program, and technical services. Services are also provided in family homes and through consultation at child care centres and schools. Office hours are 8am to 5 pm Monday to Friday. Serves Delta, Surrey, and White Rock.

**Learning Disabilities Association Of BC**

**604-591-5156**

201-13766 72nd Avenue, Surrey, BC V3W 2P4

Website: [www.ldafs.org](http://www.ldafs.org)

Promotes education, social development, legal rights, and the general well-being of people with learning

disabilities and/or ADD, and their families. Provides a resource centre, and information and referral. Services for children and youth include one-to-one tutoring in reading and writing, keyboarding instruction, self-advocacy training, and a social skills program. Also provides monthly information and support meetings for parents and professionals, and parent advocacy workshops. Office hours are 9:30 am to 4 pm Monday to Thursday. Fees for some programs; subsidies may be available.

## Services for Youth

**Online Crisis Counselling- Vancouver Coastal Regional Distress Line:** **604-872-3311**

**SMH Youth Clinic** **604-585-5999**

Fax: 604-585-5998

9634 King George Blvd, Surrey, BC, V3T 0G7

Services for Youth 22 and under. Provide a free and confidential health clinic offering emergency contraception, birth control, STI/HIV testing and treatment, pregnancy testing and general health information. Free contraception for youth under 19 years of age. Hours: Monday 12pm- 6:45pm, Tuesday 10:30-5:45, Wednesday/Thursday 10am- 4:45pm, Friday 10am- 3:45pm, closed on weekends.

**Child & Youth Empowerment Camp (CYEC)** **604-547-1310**

DIVERSEcity Community Resources Society

13455 76 Avenue, Surrey, BC, V3W 2W3

[www.dcrs.ca](http://www.dcrs.ca)

The primary objective of the camp is to offer group counselling in a safe, supportive environment that promotes positive coping strategies, development of friendship/social skills, an understanding of personal and public safety, and emotional self-regulation. Many of the children have experienced migration-related trauma or acculturation stress, have experienced or witnessed abuse, or have a mental health diagnosis. The participants can share their experiences, identify and talk about their feelings, improve their self-esteem, enhance communication and conflict resolution skills, and realize that they are not alone. The CYEC is facilitated by counsellors from the following programs: Stopping the Violence, Children Who Witness Abuse, Child & Youth Mental Health, Substance Use Counselling, and Family Counselling.

**Health Evaluation Assessment and Liaison (Heal) Team** **604-585-5634**

Surrey Memorial Hospital

13750 94A Avenue, Surrey, BC (in the Annex Building)

Provides multidisciplinary assessment of non-acute sexual abuse, physical abuse, emotional abuse, and neglect cases involving children 18 years of age and younger. Only accessible by referral from police, MCFD, designated First Nations agencies, physician, or nurse practitioner. Staff includes nurses, a pediatrician, psychologist, child-life specialist, and social worker. Serves the Fraser Health region (Abbotsford, Boston Bar, Burnaby, Chilliwack, Coquitlam, Delta, Hope, Langley, Maple Ridge,

Mission, New Westminster, Port Coquitlam, Port Moody, Surrey, and White Rock). The hours of operation are 8:30 am to 4 pm Monday to Friday.

### **Stop Exploiting Youth (SEY) Program**

**604-592-6200**

Guildford Youth Resource Centre  
114-13479 76<sup>th</sup> Avenue or 10453 Whalley Blvd, Surrey, BC  
Email: [cchy@pcrs.ca](mailto:cchy@pcrs.ca)

Provides outreach services to youth ages 13 to 18 who are being sexually exploited or are involved in the sex trade, and are not in ministry care. The program includes emergency case management, one-to-one support, and referrals. Offers access to two beds for up to 30 days for female youth ages 16 to 18 through **AGNES (A Good Night's Sleep) Bed Program**, in partnership with Servants Anonymous Society. Requires completion of a referral form.

### **Surrey Street Youth Program**

**604-589-4746**

10667 135A Street, Surrey, BC, V3T 4E3  
Email: [outreach@southfraserservices.bc.ca](mailto:outreach@southfraserservices.bc.ca)

24-hour storefront operation offers a safe place for street youth, as well as shower and laundry facilities. Street youth workers are available to assist at-risk youth in moving towards a healthier and safer lifestyle. Provides support and lay counselling for teens, assistance with accommodation, and information about health and education options. Serves Whalley, Newton, and Guildford. Office hours are 8 am to 4 pm Monday to Friday.

### **Youth Clinic**

**604-585-5999**

9634 King George Blvd, Surrey, BC V3T 0G7

Confidential clinic for youth up to age 21. Deals with issues related to adolescent sexuality. Offers free pregnancy testing and counselling, screening for sexually transmitted infections, hepatitis B vaccines, HIV testing and counselling, and information on birth control and sexuality. The clinic will take drop-ins, but appointments are preferred. The hours are 12 pm to 6:45 pm Mondays, 10:30 am to 5:45 pm on Tuesdays, 10:00 am to 4:45 pm on Wednesdays/ Thursdays, and 10:00 am to 3:34pm on Fridays.

## **Sexual Health Services**

### **Abortion Clinic**

**604-587-0887**

Options For Sexual Health (Opt) Clinic – Surrey, Whalley.  
220-10362 King George Highway, Surrey, BC V3T 2W5  
Websites: <https://www.optionsforsexualhealth.org/providers/opt-surrey-whalley>  
<https://www.optionsforsexualhealth.org/clinic-services/opt-clinics>

Our clinics provide non-judgmental birth control counseling and low-cost contraceptives and supplies, sexually transmitted infection and PAP testing, pregnancy testing and options counseling, and general sexual health information and referrals. Services offered for all genders, all orientations and all ages. Need to book an appointment. clinic hours are 6 pm to 8 pm on Tuesdays

**South Fraser Pregnancy Options Centre**

#5-13634 104th Avenue, Surrey, BC V3T 1W2

Email: [info@pregnancyoptionscentre.com](mailto:info@pregnancyoptionscentre.com)

Crisis (24-hour): 1-800-395-4357

604-584-4490

Website: <http://www.pregnancyoptionscentre.com>

SFPO offers free pregnancy tests and information on abortion, adoption and parenting. Trained client advocates help clients take a free and confidential pregnancy test and provide education and emotional support on the options available to a woman facing an unplanned pregnancy. Open Monday-Friday 9am-4pm.

**Surrey-Delta Pro-Life Society**

202A-5780 176A Street, Surrey, BC V3S

4H3 Fax: 1-866-842-4276

Email: [sdpro-life@telus.net](mailto:sdpro-life@telus.net)

604-574-0225

Website: <http://surrey-delta-pro-life.com/>

Promotes respect for human life from conception to natural death. Provides education and advocacy regarding the sanctity of life, encouraging understanding about abortion, infanticide, euthanasia, and eugenic policies. Offers literature and speakers. Office hours are 12pm-3pm on Monday and 10:30am-1:30pm on Thursdays.

**Growing Together Daycare**

At Guildford Park Secondary School

10707 146th Street, Surrey, BC V3R 1T5

Brought to you by Options.

Enables pregnant and parenting students to complete secondary school. This daycare offers affordable daycare to students while they complete their high school courses. Operates 7:15 am to 5:30 pm Monday to Friday.

604-584-1181

**Implant Awareness Society (IAS)**

102-6086 Boundary Drive West, Surrey, BC V3X 2B3

E-mail: [implantas@shaw.ca](mailto:implantas@shaw.ca)

Website: <http://implantawareness.com/>

604-572-8486

Works to raise public awareness about the effects of silicone, saline, and soy-oil breast implants, and other related implants. Offers information, peer counselling, telephone support, and a support group for anyone with silicone, saline, or related implants, and their family and friends.

**Surrey Menopause Information Centre**

211-13710 94A Avenue, Surrey, BC V3V 1N1

604-583-8334



Provides information and literature addressing menopause. Serves the lower mainland. Office hours are Monday to Thursday 10am-4pm; Friday 7-12pm. Closed on the weekends. No Appointment necessary.

## ***Services for Seniors***

### **Health & Seniors Information Line**

**1-800-465-4911**

This number is a “one stop” location to obtain information on both health and non-health related federal and provincial government programs and services for British Columbia seniors. The line also provides B.C. residents with information about health services, the health care system, and interpretation of a wide variety of legislation, policies, programs, and services. The line is accessible 8:30 a.m. - 4:30 p.m., Monday to Friday (excluding holidays). Translation services in more than 130 languages are available upon request.

### **Denturist Association of BC**

**604-886-1705**Email: [info@denturist.bc.ca](mailto:info@denturist.bc.ca)Website: <http://www.denturist.bc.ca/>

Associations of denturists, health professionals who construct, insert, and adjust dentures.

Provides information and referral regarding denturists across BC. Non-profit society.

### **Oak Avenue Neighbourhood Hub Society**

**604-582-7088**

12740 102 Avenue, Surrey, BC V3V 3E5

Email: [info@oanh.ca](mailto:info@oanh.ca)Website: <http://www.oanh.ca/>

A registered non-profit society providing a variety of services to the community. This community hub provides a range of services for people in the community as part of a continuum of support for all ages. The hub serves as a place for other organizations and agencies to offer programs and fosters a unified vision of promoting healthy community development. Each program and service work in intentional cooperation with the Neighbourhood Hub to ensure that the needs of people in the community are being met in a way that is integrated and comprehensive. Services offered: food security, literacy, family support, child care, seniors, youth engagement, culture, etc.

### **Brella Community Services Society – Newton**

**604-599-0034 ext 222**

13855 68th Avenue, Surrey, BC V3W 2G9

Email: [info@comeshare.ca](mailto:info@comeshare.ca)Website: <http://www.comeshare.ca/day-programs-for-older-adults/seniors-come-share-society-day-program-newton>

Offers programs for older adults for their personal and unique needs. They assist individuals who require some support to remain independent in their community. Services offered: hot lunches, transportation, nursing care, bathing programs. Day programs are offered from Monday- Saturday from 8:30am- 3:30pm.

**Sources Community Resource Centres - Sources Volunteer Services** **604-531-6226**

882 Maple Street, White Rock, BC V4B 4M2

Email: [info@sourcesbc.ca](mailto:info@sourcesbc.ca)

Website: <https://www.sourcesbc.ca/our-services/volunteer-services-hospital-to-home-program/>

Sources Volunteer Services program operates in collaboration with Peace Arch Hospital and Brella Community Services Society. Volunteers assist seniors who have been discharged from the hospital in getting home. They can also arrange to pick up a package of food from the Sources Food Bank on the way for seniors who do not have groceries at home.

**Sources Volunteer Services - Shop-by-Phone and Volunteer Wheels** **604-542-4357**

882 Maple Street, White Rock, BC V4B 4M2

Email: [help@sourcesbc.ca](mailto:help@sourcesbc.ca)

Website Link for Shop-by-Phone program: <https://www.sourcesbc.ca/our-services/volunteer-services-shop-by-phone/>

Website Link for Volunteer Wheels program: <https://www.sourcesbc.ca/our-services/volunteer-services-volunteer-wheels/>

The Shop-by-Phone program is a grocery-shopping service for residents of White Rock and South Surrey who are unable to shop for themselves due to illness, injury, or disability. Volunteer Wheels provides transportation for seniors who are residents of White Rock and South Surrey to medical and dental appointments only.

**City of Surrey's Seniors Programs** **604-531-9400**

Website: <https://www.surrey.ca/about-surrey/surrey-seniors>

Offers services and resources for seniors to be a participating member of the community. Such as safety services, transportation, home checks, building and outdoor resources.

**City of White Rock's Seniors Programs** **604-541-2100**

Kent Street Activity Centre

1475 Kent Street, White Rock, BC V4B 5A2

The Kent Street Activity Centre offers instructional courses, special events, day trips, volunteer opportunities and services such as Legal Advice and Personal Counseling for adults 55+. Hours of Operation: Monday-Friday 9:30am-1:30 pm.

Website: <https://www.whiterockcity.ca/822/Seniors>

**Fraser Health Authority Senior Programs**

Website: <https://www.fraserhealth.ca/health-topics-a-to-z/seniors#.XGXCoM9KgnU>

Offers programs, services, and resources to help seniors. Has a wide range of information from advance care planning to services/information about illnesses.

**Senior Services Society** **604-520-6621**

750 Carnarvon Street, New Westminster, BC V3M 1E6

Seniors Services Society is a non-profit agency located in New Westminster, which provides local and provincial programs and services to support vulnerable older adults who are homeless or at risk of homelessness to live as independently as possible. This agency assists seniors with housing navigation and finding support. Hours of Operation: Monday- Friday 8:30am-4:30pm

Website: <http://www.seniorsservicesociety.ca>

## Residential Care Facilities

### Carelife Fleetwood

**604-598-7200**

**Intake (Home Health Service Line): 1-855-412-2121**

8265 159th Street, Surrey, BC V4N 5T5

Website: <https://www.fraserhealth.ca/Service-Directory/Service-At-Location/5/3/carelife-fleetwood#.YuGsD4TMLIU>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults ages 19 and up whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 191 beds. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

### Cherington Place

**604-581-2885**

**Intake (Home Health Service Line): 1-855-412-2121**

13453 111A Avenue, Surrey, BC V3R 2C5

Provides 24-hour personal care assistance and nursing support in a residential setting to adults whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. They may have physical and/or mental conditions requiring personalized support. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 75 beds. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

### Crescent Gardens

**604-541-8861**

**Intake (Home Health Service Line): 1-855-412-2121**

1222 King George Boulevard, Surrey, BC V4A 9W6

Website: <https://www.fraserhealth.ca/Service-Directory/Service-At-Location/C/F/crescent-garden#.YuGvoITMLIU>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. Offers continuum of care options for couples with different health needs, including independent living, assisted living, and long-term care. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 75 beds. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

**Evergreen Hamlets****604-597-7906****Intake (Home Health Service Line): 1-855-412-2121**

8382-156th Street, Surrey, BC V4N 0W3

Email: [info@evergreen-cottages.com](mailto:info@evergreen-cottages.com)Website: <https://www.fraserhealth.ca/Service-Directory/Service-At-Location/C/6/evergreen-hamlets#.YuGzXoTMLIU>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults with brain injury, Huntington's disease, multiple sclerosis, and cerebral palsy. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 66 beds. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

**Fleetwood Place****604-590-6860****Intake (Home Health Service Line): 1-855-412-2121**

16011 83rd Avenue, Surrey, BC V4N 0N2

Email: [info@fleetwoodplace.ca](mailto:info@fleetwoodplace.ca)Website: <http://www.fleetwoodplace.ca/>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 108 beds. Has a 25-bed secure care unit for people with dementia. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

**Guildford Senior's Village****604-582-0808****Intake (Home Health Service Line): 1-855-412-2121**

14568 104A Avenue, Surrey, BC V3R 1R3

Email: [GSV.info@retirementconcepts.com](mailto:GSV.info@retirementconcepts.com)Website: <https://www.retirementconcepts.com/locations/guildford-seniors-village/>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. Offers independent living, assisted living, long-term care for complex needs, and respite care options. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. Also includes attending physician and continuum of care team. 98 beds. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

**Hilton Villa Care Centre****604-588-3424****Intake (Home Health Service Line): 1-855-412-2121**

13525 Hilton Road, Surrey, BC V3R 5J3

Email: [hiltonvilla@parkplaceseniorsliving.com](mailto:hiltonvilla@parkplaceseniorsliving.com)

Website: <http://www.parkplaceseniorsliving.com/>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 157 beds. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

### **Kinsmen Lodge**

**604-588-0445**

**Intake (Home Health Service Line): 1-855-412-2121**

9650 137A Street, Surrey, BC V3T 4H9

Email: [info@kinsmenlodge.ca](mailto:info@kinsmenlodge.ca)

Website: <http://www.kinsmenlodge.ca/>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 157 beds. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

### **Morgan Place**

**604-535-7328**

**Intake (Home Health Service Line): 1-855-412-2121**

3288 156A Street, Surrey, BC V3S 9T1

Email: [admin@morganplace.ca](mailto:admin@morganplace.ca)

Website: <http://www.morganplace.ca/>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 141 beds. There are also 20 convalescent beds. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

### **Zion Park Manor**

**604-576-2891**

**Intake (Home Health Service Line): 1-855-412-2121**

5939 180th Street, Surrey, BC V3S 4L2

Email: [reception@zionparkmanor.com](mailto:reception@zionparkmanor.com)

Website: <http://www.zionparkmanor.com/>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults whose complex health care needs mean they can no longer live safely or independently at home in assisted living facilities. Owned and operated by Lutheran Senior Citizens Housing Society. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 99 beds. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

**Sunnyside Manor****604-531-7470**

15340 17th Avenue, Surrey, BC V4A 1T9

Email: [info@sunnysidemanor.com](mailto:info@sunnysidemanor.com)Website: <https://sunnysidemanor.com/>

Provides independent and assisted living accommodation for residents. Owned and operated by VRS Communities Resource Society. Services include weekly housekeeping, flat linen service and towel laundry, two meals prepared daily by an in-house chef (lunch and dinner), weekly bus outings, and social and recreational programming. Additional services include coordinating personal care. 85 English-Manor suites. Wheelchair accessible. There is a monthly accommodation fee.

**White Rock Seniors Village****604-541-4663****Intake (Home Health Service Line): 1-855-412-2121**

1183 Maple Street, White Rock, BC V4B 5K9

Email: [wrsv.info@retirementconcepts.com](mailto:wrsv.info@retirementconcepts.com)Website: <https://www.retirementconcepts.com/locations/white-rock-seniors-village/>

Provides independent living, assisted living, and complex care accommodations for residents. Services include wellness support, pharmacy services and medication delivery, attending physician, occupational therapy, and social and recreational programming. 71 beds. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

**Peace Portal Seniors Village****604-535-2273****Intake (Home Health Service Line): 1-855-412-2121**

15441-16th Avenue, White Rock, BC V4A 8T8

Email: [PPSV.info@retirementconcepts.com](mailto:PPSV.info@retirementconcepts.com)Website: <https://www.retirementconcepts.com/locations/peace-portal-seniors-village/>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults ages 55 and over whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. They may have physical and/or mental conditions requiring personalized support. Offers independent living, assisted living, long-term care for complex needs, and respite care options. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 84 beds. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

**Laurel Place****604-582-6336****Intake (Home Health Service Line): 1-855-412-2121**

9688-137A Street, Surrey, BC V3T 4H9

Email: [info@laurelplace.ca](mailto:info@laurelplace.ca)Website: <http://www.laurelplace.ca/>

Provides 24-hour personal care assistance and nursing support in a residential setting to adults whose complex health care needs mean they can no longer live safely or independently at home or in assisted living facilities. They may have physical and/or mental conditions requiring personalized support. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational programming. 175 beds. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office is required following a health care needs assessment.

### **KinVillage Association**

**604-943-0155**

**Intake (Home Health Service Line): 1-855-412-2121**

5410-10th Avenue, Delta, BC V4M 3X8

Email: [info@kinvillage.org](mailto:info@kinvillage.org)

Website: <https://kinvillage.org/>

Non-profit society that provides independent and supportive housing, assisted living, and long-term care accommodations for older adults and people with disabilities. Services include nursing and personal care, medication assistance, weekly housekeeping, laundry service, two meals prepared daily by an in-house chef (lunch and dinner), and social and recreational programming. 68 one-bedroom suites in assisted living. Wheelchair accessible. There is a monthly accommodation fee. Referral from a Home and Community Care office for assisted living can be accessed following a health care needs assessment.

### **Westminster House**

**604-524-5633**

228-7th Street, New Westminster, BC V3M 3K3

Email: [info@westminsterhouse.ca](mailto:info@westminsterhouse.ca)

Website: <https://www.westminsterhouse.ca/>

Residential treatment centre that provides addiction recovery and treatment programs for adult women and youth girls. Uses 12-step recovery model to provide the following services: information and education, individual and group counselling, life skills development, social and recreational opportunities, and transitional planning and care. Accepts women on methadone maintenance and women on probation or parole. Bursaries are available to fund addiction treatment and recovery for those in financial need. Referral from an addiction counsellor, physician, or third-party funder must be submitted.

**Fraser Health** - List of long-term care and seniors' assisted living facilities:

Website: <https://www.fraserhealth.ca/longtermcare#.YuHWExzMLIU>

## **Continuing Home Health Care**

### **Newton Home Health**

**604-572-5340**

1013-7495 132 Street, Surrey, BC V3W 1J8

**604-953-4965**

**Continuing Care** provides in-home health care support, residential care, and special support services to assist people whose ability to function independently is affected by health-related problems. **Home Nursing Care** provides nurse and social worker case management services to adults with ongoing health challenges who require assistance to remain independent in their home. **Rehabilitation Services**

provides occupational therapists and physiotherapists for in-home consultations and interventions. There is also an ambulatory clinic. This is also a designated agency responsible for looking into reports of suspected abuse and neglect of, or self-neglect by, adults who cannot seek help for themselves.

**Gateway Home Health Palliative Care**

1500-Station Tower, 13401 108th Avenue, Surrey, BC V3T 5T3

**604-953-4995 ext 364**

**604-953-4965**

**Continuing Care** provides in-home health care support, residential care, and special support services to assist people whose ability to function independently is affected by health-related problems. **Home Nursing Care** provides medical treatment, health education, and referrals to other services. Also provides ongoing case management for individuals who require significant assistance to live at home. Offers **caregiver respite** to provide a break from the emotional and physical demands of caring for a relative or friend; services include service in caregiver's home, short-term alternative care, and day programs. Also provides **therapeutic bathing services** to individuals unable to bathe at home independently or with assistance from home health care workers. This is also a designated agency responsible for looking into reports of suspected abuse and neglect of, or self-neglect by, adults who cannot seek help for themselves. Office hours are 8:30 AM to 4:30 PM Monday to Friday.

**White Rock Home Health Office**

15476 Vine Avenue, White Rock, BC V4B 5M2

**Intake (Home Health Service Line): 1-855-412-2121**

Website: <https://www.fraserhealth.ca/Service-Directory/Locations/White-Rock/white-rock-home-health#.YuHdFBzMLIU>

**604-541-6800**

The White Rock Home Health Office offers health care and support services to older adults with acute, chronic, palliative, or rehabilitative needs. The following services are available based on intake eligibility: home support, nursing services, occupational therapy and physiotherapy, adult day services, and referrals to assisted living and residential care facilities. Costs may vary. Office hours are 8:30 AM to 9:00 PM Monday to Sunday.

## Abuse Services

**Seniors First BC**

502-1281 West Georgia Street, Vancouver, BC V6E 3J7

Email: [info@seniorsfirstbc.ca](mailto:info@seniorsfirstbc.ca)

Website: <http://www.seniorsfirstbc.ca/>

**604-336-5653**

Seniors First BC (formerly known as the BC Coalition to Eliminate Abuse of Seniors) is a non-profit organization that provides services to older adults who are facing abuse and neglect as well as third parties assisting older adults. Services are offered through a helpline, victim services, legal advocates, and an elder law clinic. Educational workshops, training, and outreach programs are also offered to provide information about abuse prevention, financial literacy, residential tenancy, legal issues, and government benefits. This organization is wheelchair accessible.

**Seniors Abuse and Information Line (SAIL)**

502-1281 West Georgia Street, Vancouver, BC V6E 3J7

Website: <http://seniorsfirstbc.ca/getting-help/when-to-call-sail/>

**604-437-1940**

**Toll-free: 1-866-437-1940**

**TTY: 604-428-3359**

**TTY Toll-free: 1-855-306-1443**



The SAIL line is Seniors First BC's confidential information and referral line for seniors and those who care about them to speak with a trained intake worker about abuse, mistreatment, and other issues affecting their well-being. SAIL provides intakes for legal and victim services programs as well as assistance with navigating other services for older adults. The intake line operates 8:00 AM to 8:00 PM on weekdays and 10:00 AM to 5:30 PM on weekends, except holidays. Language interpretation and teletype (TTY) services are available 9:00 AM to 4:00 PM on Monday to Friday. The line is closed on statutory holidays.

**Atira Women's Resource Society - Senior Women's Outreach Program****604-816-0928**Email: [swo@atira.bc.ca](mailto:swo@atira.bc.ca)Website: <https://atira.bc.ca/what-we-do/program/outreach-for-women-who-are-older/>

This program is designed for women age 55 and over who have or are still experiencing abuse and are unable to or not ready to access a transition house. They may be facing abuse from an intimate partner, family member or someone who is in a position of power such as a landlord or caregiver. The program provides education, advocacy, emotional support, and referrals to older women. Office hours are 8:30 AM to 5:00 PM Monday to Wednesday and 11:30 AM to 8:00 PM on Thursdays.

**Atira Women's Resource Society - Ama Transition House****604-542-5992**Email: [amasupport@atira.bc.ca](mailto:amasupport@atira.bc.ca)Website: <https://atira.bc.ca/what-we-do/housing/ama-transition-house/>

Ama Transition House is a first-stage, six-bed specialized shelter for women age 55 and over without children. This criteria includes those who self-identify as women. There are no geographical limitations for access; accepts women from out of the province, refugees, and refugee claimants. The transition house provides a safe space for women who have experienced or are at risk of experiencing abuse, violence, threats, or homelessness. The length of stay ranges from 30 to 180 days; the first 30 days are free and rent is charged afterwards. Services offered include advocacy, one-to-one emotional support, information, referrals, assistance with safety planning, support for finding housing, court accompaniment, and onsite non-medical detoxification. The transition house also accepts women who are on methadone. Although women are not required to be abstinent, use of alcohol and/or drugs is not permitted onsite. There is also a 16-step support group available onsite. Accepts pets but no vicious dogs are allowed. Pets are allowed to stay in the owner's room. This site is accessible for walkers and small wheelchairs. Confidential location.

**Crisis Centre of BC – Seniors' Distress Line****604-872-1234**Website: <https://crisiscentre.bc.ca/get-help/>

The Crisis Centre of BC offers free, confidential, and low-barrier Distress Phone Services that are available 24 hours a day and 7 days a week. These phonelines are provincewide. Calls are answered by highly trained volunteers who provide emotional support, crisis intervention, information, and referrals. Language translation is available in over 140 languages. The Seniors' Distress line is a free, confidential, and low-barrier telephone support service for seniors, their caregivers, or anyone concerned about a senior.

## Emergency Support and Health Care

### Peace Arch Hospital – Specialized Seniors Clinic

**604-535-4577**

Berkley Pavilion; 15521 Russell Avenue, White Rock, BC V4B 2R4

Website: <https://www.fraserhealth.ca/Service-Directory/Service-At-Location/9/4/specialized-seniors-clinic---peace-arch-hospital#.YuHzpRzMLIU>

The clinic provides assessment and treatment services for seniors ages 65 and over who are living in the Fraser Health region and experiencing multiple health problems and/or are at risk of losing their ability to live independently. Open 24 hours and 7 days a week. Referral from a physician, nurse practitioner or other health professional is required.

### Delta (South) Home Health Office

**604-952-3552**

4470 Clarence Taylor Crescent, Delta, BC V4K 3W3 **Intake (Home Health Service Line): 1-855-412-2121**

Website: <https://www.fraserhealth.ca/Service-Directory/Locations/Delta/delta-south-home-health-office#.YuH4IBzMLIU>

The South Delta Home Health Office offers health care and support services to older adults with acute, chronic, palliative, or rehabilitative needs. The following services are available based on intake eligibility: home support, nursing services, occupational therapy and physiotherapy, adult day services, and referrals to assisted living and residential care facilities. Costs may vary. Office hours are 8:30 AM to 9:00 PM Monday to Sunday.

### Lifelink Personal Emergency Response Program

**604-535-4560**

Lifelink is a personal emergency response system for those who wish to remain independent in spite of age or medical limitations. In crisis situations, the resident pushes a button located on a pendant or wristband to obtain emergency assistance.

### Alzheimer Society of BC Resource Centre for White Rock, Surrey, and North Delta

**604-541-0606**

4-1475 Anderson Street, White Rock, BC V4B 0A8

Email: [atournier@alzheimerbc.org](mailto:atournier@alzheimerbc.org)

Website: <https://alzheimer.ca/bc/en>

Non-profit organization that provides information and education to individuals with Alzheimer's disease or another dementia. Also provides support to caregivers, families, and health professionals who help those with dementia. Operates Safely Home, which is a nationwide program that assists police in finding a person who is lost and returning them safely to their home. Once a person is registered, vital information is stored confidentially on a police database, should they wander. Registration is voluntary and the MedicAlert ID bracelets cost \$35. Registration can be done online at or through the Alzheimer Society Resource Centre above.

### BC Housing - Shelter Aid for Elderly Renters (SAFER)

**604-433-2218**

101-4555 Kingsway, Burnaby, BC V5H 4V8

**Toll-free: 1-800-257-7756**

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

The Shelter Aid for Elderly Renters (SAFER) Program provides direct cash assistance to eligible low to moderate income seniors who are ages 60 or over and who pay more than 30% of their gross (before taxes) monthly household income towards rent for their home. SAFER reimburses between 35% and 90% of the difference between 30% of your total income and your rent. Specific eligibility requirements can be found on the website to apply. Office hours are 8:30 AM to 4:30 PM Monday to Friday (excluding holidays).

**Lookout Housing and Health Society – Julian House**

**604-589-8678**

Address: 10689-135A Street, Surrey BC, V6T 4E3

Email: [surrey.hascoord@lookoutsociety.ca](mailto:surrey.hascoord@lookoutsociety.ca)

Website: <https://lookoutsociety.ca/contact-us/#1497653830017-8580d198-abad>

Non-profit organization that provides housing and additional support services to adults with low or zero income. Julian House provides affordable housing for individuals living with HIV/AIDS. There are a total of 6 one-bedroom units.

## Recreation and Activities

### **Brella Community Services Society**

15008 26th Avenue, Surrey, BC V4P 3H5

Email: [scc@comeshare.ca](mailto:scc@comeshare.ca)

Website: <https://www.brellasociety.ca/day-programs>

**604-531-9400 ext 204**

**Fax: 1-855-510-5701**

Brella Community Services Society (formerly known as the Seniors Come Share Society) provides therapeutic recreational programming to help frail seniors remain independent and as active as possible. Costs vary depending on needs.

### **White Rock Come Share Centre**

Contact: Sue McIntosh (Executive Director)

Email: [smcintosh@comeshare.ca](mailto:smcintosh@comeshare.ca)

### **City of Surrey Community Recreation Services**

<https://www.surrey.ca/parks-recreation>

### **City of White Rock Recreation Services**

<https://www.whiterockcity.ca/817/Recreation>

### **Surrey Newton Come Share Centre**

13855 68th Avenue, Surrey, BC V3W 2G9

Site Manager: Pat Brucker

**604-599-0034 ext 222**

### **Kent Street Activity Centre**

1475 Kent Street, White Rock, BC V4B 5A2

Website: <https://www.whiterockcity.ca/822/Seniors>

**604-541-2231**

The Activity Centre provides those 55+ with a place to continue interests, gain new skills, pursue creative activities, volunteer, and meet new friends. The centre offers social activities, instructional classes, and support services for seniors. An annual membership fee is charged.

### **Senior and Caregiver Support Services**

15008 26th Avenue, Surrey, BC V4P 3H5

Senior and caregiver support services are offered through the Brella Community Services Society.

These services include a dining club, elder abuse program, foot care service, computer lessons, income tax clinics, friendly visitors, volunteer opportunities, peer support, and caregiver support programs.

**604-531-9400 ext 204**

## ***Family Health Services***

### **Brella Community Services Society**

15008 26th Avenue, Surrey, BC V4P 3H5

Email: [scc@comeshare.ca](mailto:scc@comeshare.ca)

Website: <https://www.brellasociety.ca/day-programs>

**604-531-9400 ext 204**

**Fax: 1-855-510-5701**

Brella Community Services Society (formerly known as the Seniors Come Share Society) provides therapeutic recreational programming to help frail seniors remain independent and as active as possible. Costs vary depending on needs.

**White Rock Come Share Centre**

Contact: Sue McIntosh (Executive Director)

Email: [smcintosh@comeshare.ca](mailto:smcintosh@comeshare.ca)

**Sources Community Resources Society – Newton Resource Centre**

102-13771 72A Avenue, Surrey, BC V3W 9C6

Email: [info@sourcesbc.ca](mailto:info@sourcesbc.ca)

Website: <https://www.sourcesbc.ca/our-services/>

**778-731-9195**

**Fax: 604-596-2319**

Sources Community Resources Society is a non-profit society that provides social wellness services for children, families, people with disabilities, seniors, and vulnerable individuals coping with addiction, poverty, or other forms of conflict. The family service programs and centres provide family supports and counselling.

**DIVERSECity**

**604-597-0205**

13455 76th Avenue Surrey, BC, V3W 2W3

Email: [info@dcrs.ca](mailto:info@dcrs.ca)

Website: <https://www.dcrs.ca/>

Provides counselling and settlement services for families.

**The Children’s Foundation**

**604-434 9101**

Surrey Location: 1000-10th Floor, 13737 96th Avenue, Surrey, BC V3V 0C6

Vancouver Location: 2750 East 18th Avenue, Vancouver, BC V5M 4W8

Website: <https://www.childrens-foundation.org/>

Communities Caring For Children (CCC) emphasizes the need to build healthy, caring communities that are committed to strength-based approaches to child-rearing. CCC offers the parenting programs Right from the Start for parents of children under 1 year of age, COPEing with Toddler Behaviour for parents of children between the ages of 1 and 3 and Triple P (the Positive Parenting Program) for parents of children aged 3-6. All programs are offered at no cost to the participants. Child minding and bus tickets are also provided at no cost if needed.

**Umoja Newcomers Family Service Center**

**604-581-5574**

Email: [info@umojaoperation.ca](mailto:info@umojaoperation.ca)

Website: <http://umojaoperation.ca/?q=node/114>

It is a non-profit society formed in 2002 to work with low-income immigrants living in the British Columbia the lower mainland. Seeks to help promote unity, respect, and dignity among minority immigrants and refugees. Through Umoja Family Services Center, they provide a variety of culturally sensitive programs to help families, children, and youth integrate successfully into their new social environment.

**Oak Avenue Neighbourhood Hub Society****604-582-7088**

12740 102 Avenue, Surrey, BC V3V 3E5

Email: [info@oanh.ca](mailto:info@oanh.ca)Website: <http://www.oanh.ca/>

A registered non-profit society providing a variety of services to the community. This community hub provides a range of services for people in the community as part of a continuum of support for all ages. The hub serves as a place for other organizations and agencies to offer programs and fosters a unified vision of promoting healthy community development. Each program and service work in intentional cooperation with the Neighbourhood Hub to ensure that the needs of people in the community are being met in a way that is integrated and comprehensive. Services offered: food security, literacy, family support, child care, seniors, youth engagement, culture, etc.

**Stepping Stones****604-530-5033**

20101 Michaud Crescent, Langley, BC V3A 8L9

Email: [info@sscsc.org](mailto:info@sscsc.org)Website: <https://sscsc.org/>

Stepping Stones is about welcoming pregnant and parenting youth, ages 12 to 24 into a caring, safe and supportive environment. As they face a world of often overwhelming odds and challenges, Stepping Stones is there to provide the hope and love they need.

**Children Who Witness Abuse Program**

Options Community Services

**604-531-9143**[http://www.options.bc.ca/program\\_info.php?cat\\_id=4&program\\_id=23](http://www.options.bc.ca/program_info.php?cat_id=4&program_id=23)

This Program offers free and confidential support for women, children, and youth who have lived in violent or abusive home environments. Support consists of closed group sessions lasting for ten weeks, covering areas such as self-esteem, anger, abuse, and problem-solving.

DIVERSECITY Community Resource Society

**604-547-1201**

Prevention, Education, Advocacy, Counselling and Empowerment Program (PEACE)

[www.dcrs.ca](http://www.dcrs.ca)Email: [counsellingservices@dcrs.ca](mailto:counsellingservices@dcrs.ca)**Atira Women's Resource Society****604-681-4437**

Surrey Office: 107-2430 King George Boulevard, Surrey, BC V4P 1H5

Email: [info@atira.bc.ca](mailto:info@atira.bc.ca)Website: <https://atira.bc.ca/what-we-do/programs/>

Atira Women's Resource Society offers free and confidential support for women, children, and youth who have lived in violent or abusive home environments. Support consists of closed group sessions lasting for ten weeks, covering areas such as self-esteem, anger, abuse, and problem-solving.

**Options Community Services – Nobody's Perfect  
Parenting**

**604-583-3852**

100 6846 King George Boulevard, Surrey, BC V3W 4Z9

Email: [spyc@options.bc.ca](mailto:spyc@options.bc.ca)

Website: [http://www.options.bc.ca/program\\_info.php?cat\\_id=4](http://www.options.bc.ca/program_info.php?cat_id=4)  
[program\\_id=14](http://www.options.bc.ca/program_info.php?cat_id=4)

A six-week, free educational program offered to parents or caregivers with children from birth to age five. Provides information about children's health, safety, development, and behaviour, and supports and encourages confidence in positive parenting. Also offers books on child care and parenting. Groups may be offered in languages other than English. Programs are offered in Punjabi, Spanish, Vietnamese, Korean and English.

The program includes::

- Learning how to understand your child better
- Information on children's health, safety, and behaviour
- Coping with stress
- Sharing ideas, tips, and experiences
- How to take a break from your busy day
- Nutritious snacks
- Free Childminding

Self-referral or agency referral. Parents/caregivers of children 0 - 5 years living in the Surrey/White Rock area.

**Family Strengthening and Development (FSD)**

**604-596-4321 ext 1150**

13520 78th Avenue, Surrey, BC V3W 8J6

**Fax: 604-572-7413**

Email: [arjan.manhas@options.bc.ca](mailto:arjan.manhas@options.bc.ca)

**Family Strengthening & Development (FSD)** provides support to improve parenting knowledge, behaviours, and family dynamics, thereby improving family life overall. FSD works with your family to create an intervention plan and goals leading to a cooperative solution. Provides outreach counselling, support, and education to families to help parents strengthen their parenting skills, cope with difficult behaviours, and encourage their children. Also offers **Parenting Education Groups** in English and Punjabi, **Men's Anger Management Group**, **Women's Empowerment Group**, and **Women's Assertiveness and Conflict Resolution Group**. All services are free of charge; referrals through MCFD Child Protection and Family Services offices. Serves Surrey. Office hours are 9 am to 5 pm Monday to Friday.

**Immigrant Parents and Children Together (IMPACT)**

**604-597-0205 Local 1317**

DIVERSEcity Community Resources Society

1107-7330 Whalley Boulevard, Surrey, BC V3W

1A3S

Email: [info@dcrs.ca](mailto:info@dcrs.ca)

Provides immigrant parents and caregivers with practical information on how to best help their children from birth to age six to grow and develop to their full potential. The main goal of the program is to provide immigrant parents and caregivers with practical information on how to best

support, encourage, and help their children to grow and develop to their full potential. In a friendly, safe and non-judgmental atmosphere, the participants of the program learn about:

- Child development
- Health and Safety
- Positive Parenting
- Canadian Child Protection Law
- Issues related to settlement process in Canada

Immigrant mothers, grandmothers and caregivers of children 0 – 6 years old.

### **Semiahmoo Family Place (SFP)**

**604-592-2605**

Kensington Prairie Community Centre 16824-32 Avenue, Surrey, BC V3S 0L5

Email: [ed@semiahmoofamilyplace.com](mailto:ed@semiahmoofamilyplace.com)

Website: <https://semiahmoofamilyplace.com/>

Semiahmoo Family Place (SFP) is a drop-in family centre that offers programs for families with children from birth to age six, which include the following activities: arts and crafts, music, toys, circle time, gym, and outdoor play.

## ***Housing Services***

The following are three kinds of housing services available to those living in the Fraser Valley. Emergency shelters are available for those who are homeless or at risk of homelessness. Affordable housing programs will connect you with public, co-op, and low-cost housing options. Housing advocacy organizations educate about renter rights, and assist with landlord-tenant conflicts.

## **Emergency Shelters**

### **Options Community Services – Bill Reid Place**

**604-574-4341**

17752 Colebrook Road, Surrey, BC, V3S 0L5

Email: [info@options.bc.ca](mailto:info@options.bc.ca)

Website: <https://www.options.bc.ca/program/shelters-housing-services>

Bill Reid Place is a year-round, low-barrier, 24-hour emergency shelter for adults ages 19 and older of any gender. There are 16 beds and 12 bachelor transition units. Couples may be allowed on a case-by-case basis. Services include showers, laundry facilities, and meals. Health-related services include access to bed rest, medication storage, and home care nursing support through a referral. Oxygen tanks are permitted. Use of alcohol and/or drugs is not permitted onsite. Pets are allowed. Wheelchair accessible.

### **Elizabeth Fry Society of Greater Vancouver – Cynthia’s Place**

**604-582-2456**

**Intake and General Inquiries: 604-520-1166**

Email: [info@elizabetsfry.com](mailto:info@elizabetsfry.com)

Website: <https://efry.com/we-can-help/programs-services/>

Cynthia’s Place is an emergency shelter for women ages 19 and over, including homeless single women as well as women with children. There are support workers onsite who provide assistance



with crisis management and housing plans. Services include emotional support, counselling, food, clothing, advocacy, and referrals to housing, medical, and legal resources as needed. Use of alcohol and/or drugs is not permitted onsite. 24/7 intake. Confidential location.

**Shelter Directory for Greater Vancouver Area**

**778-945-7790**

155-4400 Dominion Street, Burnaby, BC V5G 4G3

Email: [info@hsa-bc.ca](mailto:info@hsa-bc.ca)

Website: <https://hsa-bc.ca/shelter-directory.html>

The Homelessness Services Association of BC (HSABC) has an online list of shelters in the Metro Vancouver area, which can be accessed through the link above.

**Lookout Housing and Health Society - Gateway Shelter**

**604-589-8678**

10667 135A Street, Surrey, BC V3T 4E3

Email: [surrey.shelter@lookoutsociety.ca](mailto:surrey.shelter@lookoutsociety.ca)

Website: <https://lookoutsociety.ca/contact-us/#1496953674826-529f42ab-39ff>

Gateway Shelter is a year-round, low-barrier, 24-hour emergency shelter for adults ages 19 and older. There are 32 beds for men and 8 beds for women. Couples may be allowed on a case-by-case basis. Services include showers, laundry facilities, meals, clothing, reading and television areas, overnight storage lockers, and access to phone and internet. Health-related services include access to bed rest and medication storage upon request. A safe injection site with harm reduction supplies and a smoking tent are available from 1:00 to 3:00 PM daily. Also offers crisis intervention, case planning, educational workshops, referrals to community services, and social and recreational programming. Pets are allowed. Wheelchair accessible.

**Options Community Services - Hyland House**

**604-599-8900**

6595 King George Boulevard, Surrey, BC V3W 4Z4

Email: [info@options.bc.ca](mailto:info@options.bc.ca)

Website: <https://www.options.bc.ca/program/shelters-housing-services>

Hyland House is a year-round, low-barrier, 24-hour emergency shelter for adults ages 19 and older of any gender. There are 35 beds in single rooms for short-term stay and 20 transitional housing units for up to two years. Services include showers, laundry facilities, and meals. Also offers counselling and personal development services including life skills training, employment search assistance, vocational/academic education, home management, community reintegration, and budgeting. Health-related services include access to bed rest, medication storage, and home care nursing support through a referral. Oxygen tanks are permitted. Use of alcohol and/or drugs is not permitted onsite. No pets allowed. Wheelchair accessible.

**Elizabeth Fry Society of Greater Vancouver – Sheena's Place**

**604-581-1538**

Surrey, BC

**Intake and General Inquiries: 604-520-1166**

Email: [info@elizabetfry.com](mailto:info@elizabetfry.com)

Website: <https://efry.com/we-can-help/programs-services/>

Sheena's Place is an emergency shelter for women ages 19 and over, including homeless single women as well as women with children. 12 beds. There are support workers onsite who provide

assistance with crisis management and housing plans. Services include emotional support, counselling, food, clothing, advocacy, and referrals to housing, medical, and legal resources as needed. Use of alcohol and/or drugs is not permitted onsite. 24/7 intake. No pets allowed. Wheelchair inaccessible. Confidential location.

**BC211****Dial 2-1-1**

<http://www.bc211.ca/>

The Shelter and Street Help Line is designed to assist people of all ages and genders who are affected by homelessness in the Metro Vancouver and Fraser Valley Regional districts. Provides information on shelter beds and services. Shelters include year-round shelters, temporary shelters, and extreme weather shelters.

**Atira Women's Resource Society****Vancouver: 604-800-8882**

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

**Surrey: 604-262-3405**

Surrey Office: 107-2430 King George Boulevard, Surrey, BC V4P 1H5

Email for Housing Outreach Vancouver: [hppvancouver@atira.bc.ca](mailto:hppvancouver@atira.bc.ca)

Email for Housing Outreach Surrey: [hppsurrey@atira.bc.ca](mailto:hppsurrey@atira.bc.ca)

Website: <https://atira.bc.ca/what-we-do/housing/>

Atira Women's Resource Society Services operates several housing options in Surrey, including: Ama Transition House, Durrant Transition House, Koomseh 2nd Stage Housing, Maxxine Wright Second Stage, Maxxine Wright Shelter, and Shimai Transition House.

**Options Community Services****Emergency shelter: 604-599-8900**

Main Office: 9815 140 St, Surrey, BC V3T 4M4

**Mobile Outreach Team: 604-765-6751**

Newton Office: 13520-78th Avenue Surrey, BC V3W 8J6

Email for General Inquiries: [info@options.bc.ca](mailto:info@options.bc.ca)

Email for Mobile Outreach Team: [hylandoutreach@options.bc.ca](mailto:hylandoutreach@options.bc.ca)

Website: <https://www.options.bc.ca/program/shelters-housing-services>

Options Community Services offers shelter and housing services. There are two emergency shelters: Hyland House in Newton and Bill Reid Place in Cloverdale. People who are in need of finding housing, health and income support services can contact the Mobile Outreach Team.

**Fraser Regional Aboriginal Friendship Center - All Nations Youth Safe House (ANYSH)**

Head Office: 10095 Whalley Boulevard, Surrey BC, V3T 4G1

**Intake: 604-584-2625**

Email: [samantha.work@fracfa.org](mailto:samantha.work@fracfa.org)

Coordinator: Samantha Work

Website: <https://fracfa.org/programs-services/youth-and-young-adult/all-nations-youth-safe-house-anysh/>

The All Nations Youth Safe House (ANYSH) is a 24-hour emergency shelter for vulnerable youth ages 16 to 18 who are homeless or at risk of homelessness. The length of stay is 30 days. There is staff onsite 24 hours and 7 days a week, including on Christmas and New Year's Day. 6 beds. Services include daily meals, access to computers, phone, television, and leisure activities. Also offers

assistance with completing education, finding employment and/or training, housing, and other supports for youth. 24/7 intake line. Self-referrals are accepted. Confidential location.

## Transition Houses

### **Atira Women's Resource Society – Ama Transition House**

**604-542-5992**Email: [amasupport@atira.bc.ca](mailto:amasupport@atira.bc.ca)Website: <https://atira.bc.ca/what-we-do/housing/ama-transition-house/>

Ama Transition House is a first-stage, six-bed specialized shelter for women age 55 and over without children. This criteria includes those who self-identify as women. There are no geographical limitations for access; accepts women from out of the province, refugees, and refugee claimants. The transition house provides a safe space for women who have experienced or are at risk of experiencing abuse, violence, threats, or homelessness. The length of stay ranges from 30 to 180 days; the first 30 days are free and rent is charged afterwards. Services offered include advocacy, one-to-one emotional support, information, referrals, assistance with safety planning, support for finding housing, court accompaniment, and onsite non-medical detoxification. The transition house also accepts women who are on methadone. Although women are not required to be abstinent, use of alcohol and/or drugs is not permitted onsite. There is also a 16-step support group available onsite. Accepts pets but no vicious dogs are allowed. Pets are allowed to stay in the owner's room. This site is accessible for walkers and small wheelchairs. Confidential location.

### **Atira Women's Resource Society – Durrant Transition House**

**604-531-9151**Email: [durrantsupport@atira.bc.ca](mailto:durrantsupport@atira.bc.ca)Website: <https://atira.bc.ca/what-we-do/housing/durant-transition-house/>

Durrant Transition House is a first-stage, low-barrier, 10-bed specialized shelter for women and their children who are fleeing violence and abuse. Also accepts women who are in need of support to reduce or eliminate substance use but who are not yet ready for an intense residential treatment program. This criteria includes those who self-identify as women. The length of stay ranges from 30 to 90 days; the first 30 days are free and rent is charged afterwards. Services offered include advocacy, one-to-one emotional support, parenting support, information, referrals, and court accompaniment. The low-barrier policy means that women are not screened for mental health or substance use issues prior to intake. Use of alcohol and/or drugs is not permitted onsite. No pets allowed. Wheelchair accessible. Confidential location.

### **Options Community Services – Evergreen Transition House**

**604-584-3301**Email: [evergreen@options.bc.ca](mailto:evergreen@options.bc.ca)Website: <https://www.options.bc.ca/program/transition-houses>

Evergreen Transition House is a high-barrier, temporary shelter for single women and women with children who are fleeing violence or at risk of abuse, threats, or violence. This criteria includes transgender women who have been living as a woman for the past two years, and present and identify as a woman at all times during their stay. Male children who are 18 or under with a legal guardian may be allowed on a case-by-case basis. High-barrier criteria means that women must be in recovery and detoxed for at least 30 days with evidence of supports in place to promote recovery prior to being accepted. Accepts women on substitution therapy. There are no geographical limitations for access; accepts women from out of the province, refugees, and refugee claimants. 10 beds. The length of stay is usually 30 days. Services include access to clothing, toiletries, and meals.

Also offers advocacy, emotional support, education about relationship violence, assistance with safety planning, referrals, support for accessing financial assistance, legal aid, and affordable housing. Accommodation for one pet is allowed. Wheelchair inaccessible. Confidential location.

**Atira Women’s Resource Society – Shimai Transition House**

**604-581-9100**

Email: [shimaisupport@atira.bc.ca](mailto:shimaisupport@atira.bc.ca)

Website: <https://atira.bc.ca/what-we-do/housing/shimai-transition-house/>

Shimai Transition House is a first-stage shelter for women with or without children who are fleeing violence. This criteria includes those who self-identify as women. ID is required, however transgender women whose ID has not been updated will still be accepted. The length of stay ranges from 30 to 90 days. Services offered include advocacy, one-to-one emotional support, parenting support, information, referrals, court accompaniment, and onsite non-medical detoxification. The transition house also accepts women who are on methadone and the staff will dispense carries. Although women are not required to be abstinent, use of alcohol and/or drugs is not permitted onsite. An alcohol and drug therapist is available twice weekly for appointments. There is also a 16-step support group available onsite. No pets allowed. Wheelchair inaccessible. Confidential location.

**Options Community Services – Virginia Sam Transition House**

**604-572-5116**

Email: [virginiasam@options.bc.ca](mailto:virginiasam@options.bc.ca)

Website: <https://www.options.bc.ca/program/transition-houses>

Virginia Sam Transition House is a high-barrier, temporary shelter for single women and women with children who are fleeing violence or at risk of abuse, threats, or violence. This criteria includes transgender women who have been living as a woman for the past two years, and present and identify as a woman at all times during their stay. Male children who are 18 or under with a legal guardian may be allowed on a case-by-case basis. High-barrier criteria means that women must be in recovery and detoxed for at least 30 days with evidence of supports in place to promote recovery prior to being accepted. Accepts women on substitution therapy. There are no geographical limitations for access; accepts women from out of the province, refugees, and refugee claimants. 10 beds. The length of stay is usually 30 days. Services include access to clothing, toiletries, and meals. Also offers advocacy, emotional support, education about relationship violence, assistance with safety planning, referrals, support for accessing financial assistance, legal aid, and affordable housing. Accommodation for one pet is allowed. Wheelchair accessible. Confidential location.

Referrals to the transition house programs may come from a variety of sources, including self-referrals. Support Workers must speak to women being referred to the program before they will be accepted into the program.

## **Affordable Housing Programs**

**BC Housing**

101-4555 Kingsway, Burnaby, BC V5H 4V8

Email: [tenantinquiries@bchousing.org](mailto:tenantinquiries@bchousing.org)

Website: <https://www.bchousing.org/>

**604-433-2218**

**Toll-free: 1-800-257-7756**

Offers subsidized housing options for families (a minimum of two people, including one dependent child), seniors age 55 and older, people with disabilities, people experiencing homelessness, women

and children at risk of violence, low-income individuals, Indigenous people, and new home buyers. Eligible applicants are able to apply for rental assistance and public housing. Office hours are 8:30 AM to 4:30 PM Monday to Friday (excluding holidays).

**Options Community Services - Community Housing Registry**

13520 78th Avenue, Surrey, BC V3W 8J6

Email: [housing.registry@options.bc.ca](mailto:housing.registry@options.bc.ca)

**604-590-7368**

**604-590-RENT**

The Registry links people seeking housing with affordable housing options that are available in North Delta, Ladner, Tsawwassen, Surrey, and White Rock. Self-referrals are accepted. Provides the following services: a listing of rentals, information and applications for subsidized and co-operative housing for families, seniors, and people with disabilities, information on the Residential Tenancy Act, and listings for apartments, hotels, and motels. Office hours are 9:00 AM to 12:00 PM and 1:00 PM to 5:00 PM Monday to Friday.

**YWCA Metro Vancouver – Housing**

535 Hornby Street, Vancouver, BC V6C 2E8

Email: [propertyservicesassistant@ywcavan.org](mailto:propertyservicesassistant@ywcavan.org)

Website: <https://ywcavan.org/programs/housing>

**General Inquiries: 604-895-5800**

Non-profit organization that provides affordable housing options for single mothers and women without children in the Lower Mainland. Offers two types of housing: rent geared to income and predetermined rent. Information on eligibility criteria can be found on the link above.

**Options Community Services - Youth Supported Independent Living (YSIL) Program 604-596-4321**

13520 78th Avenue, Surrey, BC V3W 8J6

Email: [youthservices.info@options.bc.ca](mailto:youthservices.info@options.bc.ca)

Website: <https://www.options.bc.ca/program/youth-supported-independent-living>

The Youth Supported Independent Living (YSIL) Program is designed for youth ages 17 to 21 with a serious mental illness who would like to improve their life skills for community reintegration and are in need of rental assistance to live independently. Outreach workers work in collaboration with youth to develop a care plan to meet their goals. Youth receive assistance with finding housing and are given a rental subsidy. They may access this program until their 21<sup>st</sup> birthday. Referral from Surrey Child and Youth Mental Health (CYMH) is required.

**Habitat Housing Society**

13520 78th Avenue, Surrey, BC V3W 8J6

Email: [info@options.bc.ca](mailto:info@options.bc.ca)

Website: <https://www.options.bc.ca/housing-homelessness/habitat-housing-society>

**604-584-5811**

Habitat Housing Society is a sister society to Options Community Services. Habitat Housing Society develops and builds affordable housing complexes for low-income families and adults with mental illness in the South Fraser Region (North Delta, Surrey, White Rock, and Langley). Sunset Grove is a 25-unit housing complex for low-income families with two, three and four-bedroom units. Offered in partnership with BC Housing. Hazel Villa is a 12-unit apartment complex of self-contained 1-bedroom apartments in White Rock for adults with mental illness. Applications from low-income

families and adults with mental health disabilities are accepted on a self-referral basis via Option's Community Housing Registry.

## Housing Advocacy

### Sources Community Resources Society – Newton Resource Centre

102-13771 72A Avenue, Surrey, BC V3W 9C6

Email: [info@sourcesbc.ca](mailto:info@sourcesbc.ca)

Website: <https://www.sourcesbc.ca/our-services/advocacy-housing-prevention-services/>

**778-731-9195**

**Fax: 604-596-2319**

Sources Newton Resource Centre offers advocacy, housing and homelessness prevention services, Sources Rent Bank, and youth mental health services. The Housing and Homelessness Prevention Program provides information, support and advocacy for people who are homeless or at risk of being homeless.

### Atira Women's Resource Society

**Vancouver: 604-331-1407 (ext 103 or 104)**

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

**Surrey: 604-299-1733**

Surrey Office: 107-2430 King George Boulevard, Surrey, BC V4P 1H5

**or 604-315-1713**

Email for Housing Outreach Vancouver: [hppvancouver@atira.bc.ca](mailto:hppvancouver@atira.bc.ca)

Email for Housing Outreach Surrey: [hppsurrey@atira.bc.ca](mailto:hppsurrey@atira.bc.ca)

Email for General Housing Inquiries: [housingoutreach@atira.bc.ca](mailto:housingoutreach@atira.bc.ca)

Website for Housing Outreach Vancouver: <https://atira.bc.ca/what-we-do/program/homelessness-prevention-housing-outreach/>

Website for Housing Outreach Surrey: <https://atira.bc.ca/what-we-do/program/homelessness-prevention-housing-outreach-surrey/>

Atira Women's Resource Society Services operates several housing options in Surrey, including: Ama Transition House, Durrant Transition House, Koomseh 2nd Stage Housing, Maxxine Wright Second Stage, Maxxine Wright Shelter, and Shimai Transition House. Housing Outreach workers work with women who are homeless or at risk of homelessness to assist them to find secure safe, affordable, appropriate, long-term housing. Also help women build and maintain relationships with landlords in an effort to support women in keeping their housing. Services include advocacy, assistance with finding housing and completing forms, subsidies, and referral to community resources.

### Pacific Community Resources Society (PCRS) - Surrey Youth Housing

**604-592-6200**

City Centre Youth Hub (CCYH): 10453 Whalley Boulevard, Surrey, BC, V3T 5B1

Newton Youth Hub (NYH): 114-13479 76th Avenue, Surrey, BC V3W 2W3

Email: [nyrcreception@pcrs.ca](mailto:nyrcreception@pcrs.ca)

Referral from any source i.e.: self/community - Email referrals to: [referral@pcrs.ca](mailto:referral@pcrs.ca)

Website: <https://pcrs.ca/service-types/housing/>

Pacific Community Resources Society (PCRS) is a non-profit organization that works to assist and advocate for Surrey youth ages 16 to 19 in finding, securing and maintaining safe, affordable, and appropriate housing. The aim of Surrey Youth Housing is to improve relationships between youth and landlords in the community by facilitating understanding and life skills development.

### Government of BC - Residential Tenancy Branch (RTB)

**604-660-1020**

Email: [HSRTO@gov.bc.ca](mailto:HSRTO@gov.bc.ca)

Website: <https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies>

The Residential Tenancy Branch (RTB) is the government department that provides landlords and tenants with information and dispute resolution services. The information on this website will help landlords and tenants understand their rights and responsibilities under British Columbia's Residential Tenancy Act and Manufactured Home Park Tenancy Act. Also offers dispute resolution service. Office hours are 9:00 AM to 4:00 PM Monday to Friday.

### **Tenant Resource & Advisory Centre (TRAC)**

Email: [info@tenants.bc.ca](mailto:info@tenants.bc.ca)

Website: [www.tenants.bc.ca](http://www.tenants.bc.ca)

**Vancouver Area: 604-255-0546**

**Rest of BC: 1-800-665-1185**

The Tenant Resource & Advisory Centre (TRAC) is a non-profit organization that provides tenants with legal education and information about residential tenancy law through a Tenant Infoline, website, social media platforms, multilingual publications, video-based online course, and legal education workshops. Also provides input about residential tenancy law into other organizations' legal resources and trains advocates on how to best serve clients dealing with tenancy problems. Offers dispute resolution services. Works with all levels of government, the media, other community organizations, and the general public to promote the legal protection of tenants and the availability of affordable rental housing. Office hours for Tenant Infoline are 1:00 PM to 5:00 PM Mondays, Tuesdays, Thursdays, and Fridays, and 5:30 PM to 8:30 PM Wednesdays.

### ***Legal Services***

The following services provide either advocacy or representation. An advocate is able to answer your questions, provide information, advice, and emotional support while a representative is most often a licensed attorney who is able to provide information, but also performs on your behalf in court.

### **Advice and Advocacy**

#### **Access Justice Pro Bono Legal Clinics**

300-845 Cambie Street, Vancouver, BC V6B 4Z9

Email: [help@accessprobono.ca](mailto:help@accessprobono.ca)

Website: <https://www.accessprobono.ca/>

**604-878-7400**

**Toll-free: 1-877-762-6664**

Free legal advice clinics staffed by volunteer lawyers on various legal issues. The mission is to promote access to justice in BC by providing and fostering quality pro bono legal services for people and non-profit organizations of limited means.

#### **Dial-a-Law**

**1-800-663-1919**

**604-687-3221**

Website: <https://seniorsfirstbc.ca/for-professionals/dial-a-law/>

Dial-a-Law offers free legal information on a variety of legal issues. Call Dial-A-Law if you think you may have a legal

problem and want practical information on the law involved  
 want to find out about your legal rights and responsibilities or  
 want to learn more about the law and the legal system in  
 British Columbia.

Language translation available in French, German, Portuguese, Russian, Spanish, Chinese, Punjabi

**1-888-879-9593**  
**604-520-1166**

**Elizabeth Fry Society**

402 E Columbia St, New Westminster

Email: [info@elizabethfry.com](mailto:info@elizabethfry.com)

Website: <https://efry.com/we-can-help/programs-services/>

Provides advocacy and support for youth or women in conflict with the law or at risk of coming in conflict with the law.

**Women in Conflict with the Law**

**604-547-1202**

Email:

The Women in Conflict with the Law program assists and guides four cohorts of high risk women to address the underlying psychological issues influencing their behavior. All participants will take part in an eight-week psycho-educational, group-based intervention that aims to help recognize and manage the invitation to commit future crimes by developing their emotional regulation knowledge and skills. Group work will also help these women to recognize the impacts of their behavior on themselves, their families and the wider community. Childminding will be available to support the participation of women with small children.

Email: [counsellingservices@dcrs.ca](mailto:counsellingservices@dcrs.ca)

**Family Duty Counsel**

**604-572-2204**

Website: [https://lss.bc.ca/legal\\_aid/familyDutyCounsel.php](https://lss.bc.ca/legal_aid/familyDutyCounsel.php)

Family Duty Counsel are lawyers paid by the Legal Services Society (Legal Aid BC) to provide free legal advice to help lower income individuals with family law issues. Located at the Surrey Provincial courthouse, this service provides advice both by appointment and on a drop-in basis. The lawyers can talk to you about your legal rights, your options in and out of court, the steps involved and what to expect. They can also help you when you are preparing court documents and talk to you about how to negotiate and settle family law issues.

**Sources Legal Resource Centre - Legal Information & Advocacy Program 778-565-3638 ext. 1903**  
 (Family and Poverty law) Location: #106 - 13771 72A Ave., Surrey, BC V3W 9C6

Website:

[http://www.sourcesbc.ca/index.php?option=com\\_content&view=article&id=272&Itemid=267](http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=272&Itemid=267)



Provides Legal Resource Library, pro bono family law clinics, legal workshops and seminars.

### **Parents Legal Centre**

**604-595-4360**

Surrey — Newton Town Centre

**Fax: 604-398-3497**

308-7337 137th Street, Surrey, BC V3W 1A4

**Toll-free: 1-866-577-2525**

For child protection cases from Surrey, White Rock, Delta (for cases handled by Métis Family Services, and parts of Langley). The **Parents Legal Centre (PLC)** helps parents settle their child protection matters early on and collaboratively (everyone working together). It offers services at any stage of the child protection case, from first contact with the Ministry of Children and Family Development or a delegated Aboriginal agency, until it's obvious the matter can't be settled out of court in a cooperative way. Office hours are 8:30 AM to 4:30 PM Monday to Friday

## **Representation**

### **Access Pro Bono- Lawyer Referral Service**

**604-687-3221**

Website: <https://www.accessprobono.ca/our-programs/lawyer-referral-service>

The Lawyer Referral Service will refer callers to a suitable lawyer for legal assistance with no obligation. The caller then makes an appointment and receives an initial thirty-minute consultation for \$25. All further meeting fees are determined by the lawyer and client.

### **Legal Aid BC**

**604-408-2172**

**Rest of BC: 1-866-577-2525**

102-10706 King George Highway

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

Can represent clients in serious family law situations, child protection matters, immigration problems, and criminal charges (some exceptions apply). Proof of income required. Office hours are 9:00 AM to 4:00 PM Mondays, Tuesdays, Thursdays, and Fridays and 9:00 AM to 2:30 PM Wednesdays.

### **Legal Services Society**

**604-585-6595**

1370-13450 102nd Avenue, Surrey, BC

The Society provides legal information, advice and representation to clients facing family law and criminal law matters, as well as some other legal matters. An application form must be completed to determine financial eligibility.

### **Law Students Legal Advice Program (LSLAP)**

**604-822-5791**

Allard Hall, 1822 East Mall #129, Vancouver, BC V6T 1Z1

Website: <http://www.lslap.bc.ca>

Call to book an appointment for legal advice or representation. LSLAP covers most areas of law, including: Criminal (if no previous record), small claims, residential tenancies, WCB, employment insurance, CPP, social assistance, BC benefits, wills and estates, consumer transactions, employee-employer, criminal injury compensation. They do not cover family law, real estate, personal injury or malpractice, immigration, or cases in the supreme or federal court. Office hours are 10:00 AM to 4:00 PM Monday to Friday.

### ***Police Services***

The following are the municipal level police services for Delta, Surrey, and White Rock. Each is focused on law enforcement, but can also provide additional information and services.

#### **Delta, Surrey & White Rock**

**Delta Police Department** **911 or 604-946-4411**

4455 Clarence Taylor Crescent, Delta

**Surrey RCMP Detachment** **911 or 604-599-0502**

14355 57th Avenue, Surrey

**Surrey RCMP District 5 – South Surrey** **911 or 604-599-7810**

#100-1815 152 Street, Surrey

District 5 delivers various volunteer crime prevention programs to South Surrey residents

#### **White Rock**

**White Rock RCMP Detachment** **911 or 778-545-4800**

15299 Pacific Avenue, White Rock

### ***Multicultural Services***

The following provide culturally appropriate programs and community services for both newcomers to Canada as well as those looking to reconnect with their cultural community.

**DIVERSEcity** **604-597-0205**

#1107, 7330 - 137th Street,  
Surrey <http://www.dcrs.ca>

DIVERSEcity Community Resources Society offers culturally appropriate counselling, employment, outreach and other services through six main departments, namely: Family Services, Community Development, Language Programs, Career Services, Interpretation and Translation Services, and

Fee-for-Service Programs. DIVERSEcity also offers services for seniors, non-permanent residents, refugees and LGBTQ+ newcomers. Mental health and substance use services along with violence prevention services are also available.

Office Hours: Mon & Fri 8:30am-4:30pm, Tues, Wed, Thurs 8:30am- 7:00pm

### **Roshni Clinic**

Phone: **604-580-4950**

The Roshni Clinic is operated in partnership with the FHA. This clinic serves South Asian community that struggle with addiction including drugs, alcohol, and opiate use. The Clinic's FHA addiction physicians work in tandem with DIVERSEcity's Counselling Department to facilitate a wrap-around approach to wellness for the clients. No referral form is necessary. Drop-in groups, addiction counselling, family counselling, and affected member counselling services are available. Services are offered in English, Hindi and Punjabi.

Office Hours:

Monday to Wednesday- 4:30pm to 8:30pm

Sunday- 10:30am to 2:30pm

Location:

Quibble Creek

102-13670 94A Avenue, Surrey, BC

Phone: 604-580-4950

### **Immigrant Services Society of BC**

**604-683-1684**

#201-7337 137 St,

Surrey

<http://www.issbc.org>

ISSofBC is a friend to newcomers, assisting with immediate settlement needs and appropriate language and employment training, and additional programs designed to help establish networks in their communities.

### **Kla-how-eya**

#### **Fraser Region Aboriginal Friendship Centre**

**604-595-1170**

6878 King George Boulevard

Surrey, BC V3W 4Z9

<http://fracfa.org/about-us/about-fracfa/>

Prior to becoming a friendship centre the organization started as Surrey Aboriginal Cultural Society in the early 1990's and eventually became Kla-How-eya Aboriginal Centre of SACS. This grass roots organization provided social programs and services for aboriginal people in Surrey. Over the years, the organization supported many First Nations', Metis and Inuit people. Programs and services offered include: O'Sieum early childhood development, family development, trauma response,

youth and young adult, health and wellness promotion, housing, homelessness prevention and positive health.

**Baobab Inclusive Empowerment Society****778-791-9117**

10326 Whalley Blvd

Surrey, BC V3T 4H4

<http://www.baobabinclusive.ca/>Email: [baobabinclusive.ca](mailto:baobabinclusive.ca)

Baobab Inclusive Empowerment Society is a registered non-profit society that came about as a result of experienced social worker, human services worker, mental health professionals, Early Childhood Educators, Settlement workers, health professional, career development practitioner, educator, clinical therapist, and non-profit professionals, who saw the need of having a catalyst (BIES), which would empower, spark awareness and include disempowered families and individuals in our community. BIES, would strive to serve as a hub for partnerships and multiculturalism. Programs offered include: summer camps, children's program, colours of unity program, employment program, employment for persons with a disability, housing, women and youth program.

**Progressive Intercultural Community Services Society – Surrey Office****604-596-7722**

#205 12725 80 Ave

Surrey, BC V3W 3A6

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

PICS provides a variety of comprehensive programs and services to assist new and recent immigrants with their translation. PICS offers a wide range of employment programs, English Language Services for Adults (ELSA), seniors housing, and culturally-sensitive programs in English, Punjabi, Hindi, Urdu, Farsi, Pashto, Dari and Bengali. Some programs include employment, housing, settlement, vocational rehab, legal and community.

**S.U.C.C.E.S.S. – Surrey Office****604-495-8970**

#206 – 10090 152nd Street,

Surrey, BC V3R 8X8

<http://www.successbc.ca>

SUCCESS is a multi-service agency in BC that delivers services in five major areas: social services, employment services, business and economic development services, training and education services and health services. Additional services include housing, settlement and services for seniors, family and youth. They also provide services in the following languages: English, Punjabi, Mandarin, Cantonese, Farsi and Korean.

**Umoja Operation Compassion Society****604-581-5574**

#208- 14888 104 Ave  
Surrey, BC V3R 1M4

Umoja Operation Compassion Society helps African and other immigrant and refugee families successfully integrate into the Canadian culture while embracing their cultural roots. Umoja offers a Literacy and Life Skills Program, three unique Parenting Programs, Family Outreach Program, Sewing Program, Children and Middle Years Program, Youth Drop-in and Surrey Champions Soccer Project.

Office Hours: Mon-Fri 9:00am-4:00pm, Sat- Sun: Closed

***Services for Women***

The following organizations provide support for women and their children in the Fraser Valley. Many of the programs are specifically for women who have experienced abuse.

**Childcare and Parenting Support****Atira Family Project: Rediscover Parenting**

<http://www.atira.bc.ca/rediscover-parenting>

Email: [rdp@atira.bc.ca](mailto:rdp@atira.bc.ca)

Surrey office: #107-2430 King George Blvd  
Surrey, BC V4P 1H5

Phone: (604) 681-4437 (press 5 for Surrey)

This 15-week parenting program offers a safe and supportive environment for women who have been exposed to violence or abuse to explore parenting. The curriculum acknowledges the impact that violence against women has on the mother-child relationship and the challenges that women and children face in living free from violence/abuse. Women don't need to be parents or have current custody of their children to attend classes.

**Childcare Options Resource & Referral Program****604-572-8032**

6878 King George Boulevard,  
Surrey

[http://www.childcareoptions.c  
a](http://www.childcareoptions.ca)

This referral program offers free consultation, support and referral services to parents seeking child care in Surrey and White Rock.

### **Healthiest Babies Possible**

**604-583-1017**

#100 – 6864 King George Blvd,  
Surrey <http://www.options.bc.ca>

Healthiest Babies Possible provides support for women who may have a high-risk pregnancy or a baby up to months old, and their family. Home visits, nutritional counselling, referrals and support are provided. Services are free, confidential, and offered in a variety of languages. Clients must be residents of Surrey, Delta or White Rock and may participate until the baby is 6 months old. There is no charge for this.

### **Maxxine Wright Community Health**

**(877) 483-6456 or 604-587-3835**

#2 – 13733 92<sup>nd</sup> Ave, Surrey  
<http://www.atira.bc.ca/maxxine-wright-community-health-centre>

The Maxxine Wright Place Project supports women who are pregnant or have very young children (under the age of 6 months at intake) and who are impacted by substance use and/or violence. Women do not need to have their children in their care to receive support provided there is an ongoing relationship with the child. Once a woman has completed intake, we can potentially work with her up to her youngest child turns 4 years old.

### **Parenting After Separation Program**

Parenting After Separation is a free three-hour information session for parents who are in the process of separation. The session includes information about the impact of separation on parents and children. This program helps parents make careful and informed decisions about their separation and strategies for dealing with any conflicts that may result from it and ensure that decisions are in the best interests of their children.

This course is available online. For more information go to <https://pas-finances.familieschange.ca/>.

### **Family Resource Programs**

The programs are operated by: Options Community Services, Alexandra Neighbourhood House, Semiahmoo Family Place in Surrey/White Rock.

### **Options Community Services**

For parents, grandparents, guardians, or caregivers of a child (birth to 6 years old). This program can be accessed directly.

<http://www.options.bc.ca/families-children/family-resource-programs>

**Contact Info:**

Shelby Gordon

Program Manager

[604.842.0780](tel:604.842.0780)

[shelby.gordon@options.bc.ca](mailto:shelby.gordon@options.bc.ca)

**Alexandra Neighbourhood House**

<http://www.alexhouse.net/alexandra-neighbourhood-house>

Offers programs for families with youth children or school-aged children. It also offers parenting workshops.

**Semiahmoo Family Place**

**604-592-2605**

Kensington Prairie Community Centre

16824 - 32 Avenue

Surrey, BC V3S 0L5

<http://www.semiahmoofamilyplace.com>

Family Place is a program for children up to 6 years old to connect with parents, caregivers and other kids through play. Activities include circle time, arts and crafts, live music with Nelson (on select days), dramatic play and free play.

**Parent Education programs**

**Options Community Services**

<http://www.options.bc.ca/families-children/overview>

Offers parent education to parents and caregivers based on the needs of the family. This service is also offered at home, in the community or at the SPYC office. Options also provides parenting education and support group workshops.

**Contact:**

Jen Mantyka

Program Manager

604.583.1017 ext. 1

[jen.mantyka@options.bc.ca](mailto:jen.mantyka@options.bc.ca)

### **Sources Community Resource Centres**

[http://www.sourcesbc.ca/index.php?option=com\\_content&view=article&id=34&Itemid=1](http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=34&Itemid=1)

The family services programs and centre provide family support and counselling.

#### **Contact:**

604.531.6226

[info@sourcesbc.ca](mailto:info@sourcesbc.ca)

### **DIVERSECity**

<http://www.dcrs.ca/>

It provides counselling and settlement Services for families

### **The Children's Foundation**

<https://www.childrens-foundation.org/>

Communities Caring For Children (CCC) emphasizes the need to build healthy, caring communities that are committed to strength-based approaches to child-rearing. CCC offers parenting programs Right from the Start for parents of children under 1 year of age, coping with Toddler Behavior for parents of children between the ages of 1 and 3 and Triple P (the Positive Parenting Program) for parents of children aged 3-6. All programs are offered at no cost to the participants. Child minding and bus tickets are also provided at no cost if needed.

#### **Surrey Location**

#1000 - 10th Floor, 13737 96th Avenue,  
(City Centre 1 Building across  
from Surrey Memorial Hospital)  
Surrey, B.C. V3V 0C6  
(604) 434 9101

### **Umoja Newcomers Family Service Center**

**604-581-5574**

<http://umojaoperation.ca/?q=node/114>

E-mail: [info@umojaoperation.ca](mailto:info@umojaoperation.ca)

It is a non-profit society formed in 2002 to work with low-income immigrants living in the British Columbia the lower mainland. Our society seeks to help promote unity, respect, and dignity among minority immigrants and refugees. Through Umoja Family Services Center, we provide a variety of culturally sensitive programs to help families, children, and youth integrate successfully into their



new social environment.

**Oak Avenue Neighbourhood Hub Society**

**604-582-7088**

<http://www.oanh.ca/index.html>

E-mail: [info@oanh.ca](mailto:info@oanh.ca)

It now is a registered non-profit society providing a variety of services to the community. The purpose of the Hub is to provide a range of services for people in the community as part of a continuum of support for all ages. The hub serves as a place for other organizations and agencies to offer programs and fosters a unified vision of promoting healthy community development. Each program and service work in intentional cooperation with the Neighbourhood Hub to ensure that the needs of people in the community are being met in a way that is integrated and comprehensive.

Address: 12740 102 Avenue, Surrey BC V3V 3E5

**Stepping Stones**

<https://sccss.org/>

Stepping Stones is about welcoming pregnant and parenting youth, ages 12 to 24 into a caring, safe and supportive environment. As they face a world of often overwhelming odds and challenges, Stepping Stones is there to provide the hope and love they need.

**PEACE Program**

Options Community Services

**604-531-9143**

[http://www.options.bc.ca/program\\_info.php?cat\\_id=4&program\\_id=23](http://www.options.bc.ca/program_info.php?cat_id=4&program_id=23)

Prevention, Education, Advocacy, Counselling and Empowerment (PEACE) provides education and supportive counselling for children and youth that have been exposed to and/or witnessed domestic violence/abuse.

PEACE Counsellors

Tel: [604.584.5811](tel:604.584.5811)

Email: [peace@options.bc.ca](mailto:peace@options.bc.ca)

**Atira Women's Resource Society**

**Fax:604-531-9143**

Unit 1 - 2970 King George Blvd, Surrey, BC, V4P 0E6

**Surrey Office Phone 604-535-8080**

**Fax 604-535-1767**

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

Monday-Friday 8:30AM to 5:00PM. (PST)

This Program offers free and confidential support for women, children, and youth who have lived in violent or abusive home environments. Support consists of closed group sessions lasting for ten weeks, covering areas such as self-esteem, anger, abuse, and problem-solving.

**DIVERSECITY Community Resource Society****604-547-1202**

Prevention, Education, Advocacy, Counselling and Empowerment Program (PEACE)

13455 76 Avenue, Surrey, BC, V3W 2W3

This program offers services to the mainstream population as well as immigrants and refugees living in Delta or Surrey, providing counseling in either the child's first language or English. Through individual and group counseling, the objective of the program is to work with children who have witnessed abuse or experienced trauma in their country of origin. Goals of counselling may include helping children to develop: self-esteem, an understanding of their own emotions and healthy ways to cope with the impact of trauma. Additionally, this program aims at preventing violence against women in relationships and breaking the cycle of violent behavior in future relationships. Services are available in Punjabi, Hindi, Urdu, Spanish, Farsi, Arabic and English.

[www.dcrs.ca](http://www.dcrs.ca)Email: [counsellingservices@dcrs.ca](mailto:counsellingservices@dcrs.ca)**Transition Houses****Ama House****604-542-5992**<http://www.atira.bc.ca/ama-transition-house>

Safe shelter and support for women 55 years of age and older who are experiencing emotional or physical abuse in an intimate relationship or from a caregiver. Ama Transition House is the first transition house of its kind in Canada. Accessible to women 55+, Ama serves a community where the number of seniors per capita is twice the national average although there are no geographical limitations for access. Ama House is transgender inclusive, animal friendly and there is no wheelchair access.

Length of stay: 30-180 days

Services offered: Advocacy, Referrals, One-to-one support

On-site programs/resources: Senior Women's Outreach Program

**Durrant House****604-531-4430**<http://www.atira.bc.ca/durrant-transition-house>

Durrant offers safe shelter, emotional support, resource information, and advocacy for women and their children who are victims of violence or emotional abuse from their partners. A first-stage transition house staffed 24 hours a day, seven days a week. Staff provide emotional support, referrals and resource information, advocacy, court and other accompaniments, parenting support, etc. It is a low barrier shelter and is animal friendly, but does not have wheelchair access. This shelter accepts children, also male children over the age of 12 years. Single women are accepted and service is transgender inclusive. Shelter will also accept recent sexual assault survivors. Women must be able to live communally. There are a total of 10 beds available for women and their

children.

Maximum length of stay is 30 days.

**Evergreen Transition House**

**604-584-3301**

[http://www.options.bc.ca/program\\_info.php?cat\\_id=10&program\\_id=24](http://www.options.bc.ca/program_info.php?cat_id=10&program_id=24)

Referral needed

Evergreen provides safe shelter to women and children who are victims of violence or emotional abuse from their partners. Counseling and referrals are provided, when needed. Maximum stay is generally one month.

The transition house accepts pets, children (also male children over the age of 12 years), accepts single women, is transgender inclusive and accepts recent sexual assault survivors who are independent. This house, however, is not a low barrier house and is not wheelchair or disability accessible.

**Shimai House** Surrey, BC

**Toll-free: (877) 581-9100**

**Fax: (604) 688-1799**

E-mail: [shimai@atira.bc.ca](mailto:shimai@atira.bc.ca)

Shimai is a first-stage transition house for women and their children escaping abuse; in addition to standard supports, their staff provides on-site non-medical detoxification. An alcohol and drug therapist is available twice weekly for appointments. Women are not required to be abstinent, but must not use alcohol and/or drugs on site. Women on methadone are welcome and staff will dispense carries Eligibility restrictions? Yes

Women are not screened for mental health or substance use and must be able to live communally. Restricted to gender: Female.

This house is a low-barrier house, transgender inclusive, is wheelchair accessible, accepts children 12+, single women and is not wheelchair accessible.

The length of stay is 30-90 days.

**Virginia Sam Transition House**

Surrey

**604-572-5116**

This program provides a safe home-like environment for women, and women with children, who are fleeing abusive relationships.

Referrals to the transition house programs may come from a variety of sources, including self-referrals. Support Workers must speak to women being referred to the program before they will be accepted into the program. Accepts pets, single women, women with children also above 12 years of

age, and is transgender inclusive.

## **Women's Centres**

### **Sources Women's Place**

**604-536-9611**

15318 20th Ave, Surrey

SFWS offers information, referral, peer support groups, and a legal information and advocacy program. Individual and group counselling is available through the trauma counselling program.

Office Hours: Mon-Fri 9:30am-4:00pm, Drop-in Tues-Fri 10:30am-2:30pm

#### **1. Women's Program – Mon and Tues drop in for women, 2-12**

-Workshops to connect women with local agencies, make-up and hair -sex trade workers, mental health, high poverty

**2. Homeless Services:** Self-referral – low barrier, must be able to take care of self -24-hr drop in centre

low-cost dental  
clinic -walk in  
clinic -needle  
distribution

### **Surrey HIV+Hepatitis Drop-in – Positive Haven Society Centre**

**Location:** 10697 135A Street  
Surrey, BC V3T 4E3

**604-588-9004**

Provides advocacy, outreach, and a variety of support programs and services to individuals with HIV/AIDS and or hepatitis C in Surrey. Support services include peer training programs, dental and medical clinics, supervised consumption site, meals and snacks, and educational workshops.

### **Surrey Women's Centre**

**604-583-1295 (24 hr Crisis Line)**  
**Centre phone: 604-589-1868**

<http://www.surreywomenscentre.ca>

Email: [info@surreywomenscentre.ca](mailto:info@surreywomenscentre.ca)

10075 Whalley Blvd, Surrey

SWC provides crisis assistance, court accompaniment, and counselling for women who have

experienced sexual assault, childhood abuse, or violence in intimate relationships. All services are free and confidential. The 24-hour service "S.M.A.R.T." (Surrey Mobile Assault Response Team) is a crisis response team that will provide services in partnership with Surrey Memorial Hospital over the phone and in person, for women and girls who have experienced physical or sexual violence.

## Women's Services: Battered Women

### Women's Place Resource Centre

**604-536-9611**

15318 20th Ave Surrey, BC, V4A 2A2

Fax: 604-536-6362

Email: [info@sourcesbc.ca](mailto:info@sourcesbc.ca)

<https://www.sourcesbc.ca/our-services/womens-place/>

Through the Stopping the Violence Program, provides individual and group counseling for women who have experienced relationship violence. Also offers peer support groups for survivors of abusive relationships. Drop-in or appointment peer counseling sessions offered, both on a long-term basis and in short term crisis situations. ESL group, mental health group, and disabled women's group also focus largely on violence against women (to register call 604-589-1868), daily hot lunch, single mom's group, clothing exchange, a literacy group, and health evenings. Hours of Operation: Monday to Friday, 9:30am to 4pm. Wheelchair accessible. Trans inclusive. Self-referral or referral needed depending on program being utilized.

### Surrey Women's Centre Society

PO Box 33519 Central City, Surrey, BC, V3T 5R5

E-mail: [info@surreywomencentre.ca](mailto:info@surreywomencentre.ca)

[www.surreywomencentre.ca](http://www.surreywomencentre.ca)

24-hour Crisis Support: **604-583-1295**

Administration: 604-589-1868

Fax: 604-589-1868

Provides long-term, one-to-one crisis intervention for women who have experienced sexual assault, childhood sexual abuse, and violence in intimate relationships. Services include: support line, one-to-one crisis support, Specialized Victim Assistance, long term counseling, clothing exchange, lending library, pro bono (free) family law clinic, accompaniments to courts, police, and hospitals, information and referral, support groups, and community kitchen. This service is for women only; men will be referred to community based Victim Services. Wheelchair accessible. Services provided in English, Punjabi, and French. Surrey is the catchment area for victims' services. Free service. Self-referral or referral needed depending on program being utilized.

## Women's Programs

### Aboriginal Women's Outreach

13733 92 Ave Surrey BC V3V 1H9

**604-584-7597**

**Surrey Office Phone 604-531-9143**

**Fax 604-531-9145**

Hours of Operation Monday-Friday 8:30 AM to 5:00PM. (PST)

Outreach and support to Aboriginal women who have experienced violence and who are living in Surrey, Delta, White Rock and Langley areas. Some of the services provided include:

- Accompaniments (Ministry of Child and Family Development)
- Ministry of Human Resources
- Court
- Doctors, HIV testing, etc.)
- advocacy, one-to-one support resource information and referrals
- support with children in conflict in school or with the law
- support when children have been apprehended; and support through custody and access disputes.

Atira offers an outreach program for First Nations and Métis women who have experienced violence, including support groups, information and referral, crisis support, parenting groups, advocacy and accompaniment to some appointments.

ALL women including Transgender, Queer, Two-Spirit, Intersexed, as well as women struggling with substance and/or mental health issues. Recognizing the barriers, stigmatization and oppression faced by all women who encounter poverty and discrimination as a result of their experience with violence.

**DIVERSEcity**

**604-597-0205 Ext. 1202**

Email: [info@dcrs.ca](mailto:info@dcrs.ca)

Fax: **604-597-4299**

DIVERSEcity's *South Asian Women's Drop-in Support Group* is facilitated in Punjabi and held every Sunday at DIVERSEcity. This is a free drop-in group; registration is not required.

DIVERSEcity's *SAFE (South Asian Family Empowerment)* program is a parenting and relationship group program (separate groups for South Asian women and South Asian men). The program accepts counselling referrals from Social Workers, Counsellors and other staff from MCFD and The Fraser Health Authority only.

DIVERSEcity's *Immigrant Women's Drop-in Support Group* is facilitated in English and held every Sunday at DIVERSEcity. This is a free drop-in group, Registration is not required.

**Threshold Women's Program**

**604-572-5883**

Womens Outreach Worker

Email: [info@options.bc.ca](mailto:info@options.bc.ca)

[http://www.options.bc.ca/program\\_info.php?cat\\_id=10&program\\_id=26](http://www.options.bc.ca/program_info.php?cat_id=10&program_id=26)

Threshold is an outreach service responding to the diverse needs of women who have experienced, or are at risk of abuse, threats, violence and requiring multicultural services. This includes the service areas of historical sexual abuse and sexual assault.

### **Options Community Services**

Main Office:  
9815 – 140<sup>th</sup> St, Surrey, B.C. Canada, V3T 4M4

**604-584-5811**  
**Fax: 604-584-7628**

Newton Office:  
13520 – 78<sup>th</sup> Ave, Surrey, B.C. V3W 8J6

**Phone: (604) 596-4321**

Program Location #100 – 6846 King George Blvd. Surrey, BC V3W 4Z9

**Fax: (604) 572-7413**

<http://www.options.bc.ca/index.php>

This program provides services to women who have experienced any type of abuse. The services provided are support, advocacy and information, court support, life skills, and immigration support.

This program is for all women who have experienced any type of abuse or violence in relationships. Outreach staff work with women who have left the transition house; with women who have left their abusive partners and also with those who decide to remain with their partners.

Referrals or Prerequisites: Referrals may come from a variety of sources, including self-referrals. Outreach staff must speak to women being referred before they may be accepted into the program.

### **Women’s Empowerment Program**

**Newton Resource Centre**

**778-731-**

**9195**

**#102 – 13771 72A Ave**  
**Surrey, BC V3W 9C6**

**Fax: 604- 596-2319**

[http://www.sourcesbc.ca/index.php?option=com\\_content&view=article&id=206&Itemid=216](http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=206&Itemid=216)

The Women’s Empowerment Program provides participants who are survivors of violence and/or abuse a combination of Group Workshops, as well as individual one-on-one sessions that include Personal Abuse Counseling and Personalized Coaching.

Partnered with The Newton Advocacy Group Society (NAGS) is a non-profit, charitable society committed to the empowerment of individuals and families through education, advocacy and the creation of supportive, community-based networks. Through this empowerment, they have made a lasting difference in the quality of life for families and individuals in need. Some programs include a Housing Stabilization Program, Mental Health Advocacy, Sustainable

Housing and Income Support Services, and Women's Empowerment Program.

This project has been made possible through funding from the Province of British Columbia and the Government of Canada.

Service Languages: English, Punjabi, Mandarin

**Avalon Recovery Society**

**White Rock Centre**

101 – 1548 Johnston Road

White Rock, BC V4B 3Z8

Phone: 604-542-7772

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

The new Women's Drop-In Centre in White Rock– offers clothes closet, computer use, recovery programs with childminding often provided.

**YWCA Single Mothers Support Groups**

Surrey Groups Locations:

**Newton - Sources Newton Resource Centre**

**South Surrey - Sources Women's Place**

To join a Single Mothers' Support Group, contact

YWCA Single Mothers' Support Services

tel **604 895 5849**

toll free **1 855 895 9922 (outside Metro Vancouver)**

E-mail: [singlemothers@ywcavan.org](mailto:singlemothers@ywcavan.org)

Weekly group meetings connect single moms in the community for peer support, resources and information. Together with other single moms, you can access the companionship and community so important to shaping your happiness and success.

**Atira Women's Resource Society**

Atira Women's Resource Society is a not-for-profit organization committed to the work of ending violence against women through providing direct service, as well as working to increase awareness of and education around the scope and impact on our communities of men's violence against women and children. Atira provides housing, advocacy and support to any woman who lives full time and identifies as a woman and meets our organizations mandate.

Programs can be found available at the following website : <https://atira.bc.ca/what-we-do/programs/>



**Healthy Kitchen Program****604-536-9611 Local 221**

South Fraser Women's Services Society  
15318 - 20 Avenue, Surrey, BC V4A 2A2

Healthy Kitchen is community kitchen, which provides a safe place for women to connect, support one another, learn about nutrition, and cook

Safe and confidential environment in which to connect with other woman and access direct services, crisis peer support, professional counseling, legal information and advocacy, professional referrals and resources, facilitated support groups and educational opportunities

***Services for Children and Youth***

The following services are available specifically for children and youth in the Fraser Valley. If you are looking for a specific service not listed, it may be helpful to contact the resource centers below, as each facilitates a wide variety of programs.

**Crisis and Mental Health****Child and Youth Mental Health**

201-13680 105A St, Surrey

**604-951-5960**

8-15355 102A, Surrey

**604-586-2685**

11861 88<sup>th</sup> Ave, Delta

**604-501-3237**

15455 Vine Avenue, White Rock

**604-542-3900**

<http://www.gov.bc.ca/mcf/>

To reduce the burden of suffering resulting from children's mental illness, child and youth mental health services are offered throughout British Columbia by the Ministry for Children and Family Development (MCFD). These services provide a wide range of community-based specialized mental health services to children and their families.

**Atira Women's Resource Society****Phone: 604-531-9143**

2430 King George Blvd #107, Surrey, BC V4P 1H5

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

Monday-Friday 8:30AM to 5:00PM. (PST)

This Program offers free and confidential support for women, children, and youth who have lived in violent or abusive home environments. Support consists of closed group sessions lasting for ten weeks, covering areas such as self-esteem, anger, abuse, and problem-solving. Programs offered include: housing, family care, health and well-being, outreach, education and resources, and employment initiatives.

**DIVERSECITY Community Resource Society****604-547-1202**

Offers Prevention, Education, Advocacy, Counselling and Empowerment Program (PEACE) for children and youth aged 3-18 who have or are experiencing violence. Services are free, compassionate, culturally informed and confidential, and available in several languages.

[www.dcrs.ca](http://www.dcrs.ca)

Email: [counsellingservices@dcrs.ca](mailto:counsellingservices@dcrs.ca)

**The F.O.R.C.E. Society for Kids Mental Health**

PO Box 91697  
West Vancouver, BC

**604-878-3400 or toll free (855) 887-8004**  
**604-310-6789 (direct line to Crisis Line)**

The F.O.R.C.E. Society for Kids' Mental Health is a provincial organization that provides families with an opportunity to speak with other families who understand and may be able to offer support or advice on what has worked for them. The F.O.R.C.E. also provides families and professionals with information, tools, and tips on how to support and assist children with mental health difficulties.

**Kid's Help Phone****1-800-668-6868**

<http://www.kidshelpphone.ca/teens/home/splash.aspx>

Counsellors are available for support 24 hours a day, 7 days a week. All calls are confidential, anonymous and free. Provides online counselling and text-based support in English and French to youth across Canada.

**Youth in B.C. (Crisis Centre)**

<http://youthinbc.com/>

YouthInBC.com (sometimes referred to as YIBC) is first and foremost an **online crisis chat service**, where you can chat 1-on-1 with a trained volunteer from the Crisis Center. It's for youth who need a safe, respectful place to access support and information, or just someone to listen without judgment.

**Fraser Health Crisis Line****604-951-8855 or 1-877-820-7444**

**Run by Options Community Services**

<http://www.options.bc.ca/fraser-health-crisis-line/about-the-fraser-health-crisis-line>

Provide immediate, free, and confidential emotional support, crisis intervention and community resource information to people of all ages 24 hours a day – everyday. Services include response to those who call 1800-SUICIDE and 310Mental Health Support, are delivered by skilled volunteers who have successfully completed a rigorous training program.

### **The 310Mental Health Support Line**

**604-310-6789**

It was developed by the Crisis Line Association of BC to better ensure that people with concerns about their own or another's mental health can access help when they need it. Offers emotional support, information on appropriate referral options, and a wide range of support relating to mental health concerns

### **Drug and Alcohol Abuse**

#### **Ala-Teen**

**604-688-1716**

3701 Hastings St Unit 222, Burnaby, BC V5C 2H6

<http://www.al-anon.org/for-alateen>

Support group for teens affected by others' alcohol abuse. (11-19 years old). Teens share experiences, strengths, and hope with each other to find effective ways to cope with problems and discuss difficulties and encourage one another.

#### **Astra Youth Substance Use Outreach Program**

(Pacific Community Resources Society)

**Delta, Ladner, Tsawwassen & South Surrey: 604-838-6723**

**Newton Youth Resource Centre 604-592-6217**

**Centre City Youth Hub 604-587-8107**

Confidential counselling service for youth struggling with substance use (13-18 yrs).

Contact: Rob Axsen

Addictions Clinical Supervisor

**Phone: 604-317-8498**

Email: [raxsen@pcrs.ca](mailto:raxsen@pcrs.ca)

<http://www.pcrs.ca/astra>

Astra works closely with other service providers and community supports, such as Detox and Youth Concurrent Disorder Therapists, to provide the most effective service planning possible. Counseling services help youth to address issues contributing to distress in their lives, including substance use and life functioning areas (physical health, emotional health, family/significant relationships, friends/social conditions, education, employment, legal issues and housing) – a comprehensive plan addresses individual, social and environmental issues/supports.

#### WHO IS ELIGIBLE?

- Youth aged 13 to 18 demonstrating problems with alcohol and/or drug use (those who are 19-24 will be screened and assessed for appropriateness to the program, and are usually referred to adult addiction services such as Surrey Substance Use Services Clinic 604-580-4950).
- Counselling services are offered to self-referred youth and professionally referred youth.
- Youth who are required to attend counseling as a condition of probation or continued school enrollment will be offered a 5 session Engagement and Awareness Series.

#### FEES?

Astra has no fees as the program is fully funded by Fraser Health Authority – participants will need to provide their Personal Health Number (CareCard).

#### **Daughters and Sisters**

Plea Community Services; Ste 100 8431 160<sup>th</sup> St, Surrey  
Site offering program: 12159 Sullivan Street  
Surrey, BC V4A 3B4

**604-708-2606**  
**604-541-1133**  
**Fax: 604-541-2324**

[http://fgta.ca/treatment\\_centres.php?region=1&cid=128](http://fgta.ca/treatment_centres.php?region=1&cid=128)

A six-month residential treatment program located in Surrey. This project helps young women aged 13 to 18 – including those who have been turned down by other agencies – to overcome the complex challenges they face as they move away from addiction.

A six-month program for young women referred by their probation officers. The young people reside with PLEA Family Caregivers who are part of the treatment team and are trained to reinforce the learning from the day treatment program. They are also trained in detox, stabilization and supported recovery. Day, evening and weekend programming, located at separate day centres, includes individual and group counselling, an education program delivered by District #43 (Surrey) teachers, parent-teen mediation and family counselling, and a wide range of social and recreational activities.

#### **Waypoint**

**604-871-0450**  
**604-585-9195**

Plea Community Services;  
3894 Commercial Street  
Vancouver, BC V5N 4G2

[info@plea.bc.ca](mailto:info@plea.bc.ca)  
<http://www.plea.ca>

Waypoint is a four-month full-time addiction treatment program located in Surrey, BC. It helps young men age 12 to 18 - including those who may not think they have a problem with substances – to overcome the complex challenges they face as they address their substance use. This program combines family care home model with intensive treatment programming planned around each

participant's needs including detoxification, individual and group counseling, parent-teen mediation, ongoing assessment, teacher supervised education and social, cultural and recreational activities. To help ensure a successful transition back into the community, PLEA also provides intensive reintegration support to all young people leaving the program.

### **Detox Service**

Creekside Withdrawal Management (Surrey)	<b>778-241-7597/ 604-587-3755 (Co-ed)</b>
PLEA Detox Services (Vancouver)	<b>604-708-2616 (Co-ed)</b>
Family Service of Greater Vancouver	<b>604-731-4951 (Co-ed)</b>

### **Residential Treatment Programs**

Peak House (Vancouver)	<b>604-253-3381 (Co-ed)</b>
------------------------	-----------------------------

### **PLEA:**

Daughters & Sisters (accessed via probation)	<b>604-541-1133 (F)</b>
Waypoint (accessed via probation)	<b>604-585-9195 (M)</b>
Supported Recovery	<b>604-708-2616 (Co-ed)</b>
Last Door (Youth) (New Westminster)	<b>604-543-9411 (Males 14-18 yrs) /</b> <b>Helpline for youth &amp; adult males: +1855-910-5942 <a href="http://www.lastdoor.org">http://www.lastdoor.org</a></b>

### **Youth Addictions Counselling**

ASTRA Youth Addictions Outreach	<b>604-836-6273 (White Rock / South Surrey)</b> <b>604-836-6241 (North Surrey)</b>
---------------------------------	---

Sources Community Services Society **604-538-2522 (White Rock / South Surrey) [http://www.sourcesbc.ca/index.php?option=com\\_content&view=article&id=10&Itemid=11](http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=10&Itemid=11)**

Surrey Mental Health and Addictions (19+)	<b>604-953-4900</b>
---	---------------------

### **Recovery Related Support Groups**

Alcoholics Anonymous (AA)	<b>604-434-3933 (Central Number)</b>
---------------------------	--------------------------------------

Crystal Meth Anonymous (CMA)	<b>604-574-7051</b>
Narcotics Anonymous (NA)	<b>604-873-1018</b>
Cocaine Anonymous (CA)	<b>604-623-0573</b>
Al-A-Teen	<b>604-688-1716 (Central BC Number)</b>
Al-Anon	<b>604-688-1716 (Central BC Number)</b>
Alcohol & Drug Info	<b>1-800-663-1441</b>

## Housing Assistance

### Reconnect Youth Services

#### Alexandra Neighbourhood House

15455 Vine Avenue, White Rock

Camp Alexandra Office

**604-538-5060**

**Fax 604-531-3873**

[www.alexhouse.net](http://www.alexhouse.net)

e-mail: [info@alexhouse.net](mailto:info@alexhouse.net)

Reconnect is a program that offers a variety of services for street youth or youth thinking of moving onto the street. Outreach workers spend time on the street talking to and connecting with youth, helping them get in touch with services that can provide food, clothing, shelter or addiction support.

#### Transition to Adulthood Program – run by SOS Children’s Village

The program provides one-to-one support for youth between the ages of 16 and 24 years in the Surrey area, provided by two experienced part time youth workers. The services also include finding a place to live, giving advice for employment, training programs and helping youth navigate the years of adulthood.

<http://www.sosbc.org/our-programs/transitiontoadult>

**604-574-2964**

#### Options Community Services\_- Subsidized Youth Independent Housing Program

For youth age 16-24 Referral: Self-referral or community professional. If you are homeless or seriously at risk of becoming homeless, the SYIH program can help you secure and sustain housing. This supportive subsidized housing program provides you with housing support and assistance to pursue vocational and/or educational goals.

<https://www.options.bc.ca/program/subsidized-youth-independent-housing#:~:text=If%20you%20are%20homeless%20or,vocational%20and%20For%20educational%20goals.>

#### Surrey Youth Housing Program

**604-592-6200**

#### Pacific Community Resources

**Fax: (604) 598-8443**

Email: [referral@pcrs.ca](mailto:referral@pcrs.ca)

<https://pcrs.ca/our-services/surrey-youth-housing-search/>

This program aids youth aged 16-19 support in finding, securing and maintaining housing. The program provides in-office services including; advocacy, housing search, moving and landlord mediation supports

### **Domestic Violence Survivors Outreach Group**

**604-547-1202**

This project provides support to women (including those who are Indigenous) in Transition Houses and second stage recovery houses in the Surrey area. Community-based psycho-educational support and referrals are provided to women who are experiencing barriers to accessing ancillary services external to their temporary housing. Barriers include: significant mental health issues (PTSD, depression), fear.

13455 76 Avenue, Surrey, BC, V3W 2W3

[counsellingservices@dcrs.ca](mailto:counsellingservices@dcrs.ca)

[www.dcrs.ca](http://www.dcrs.ca)

### **Resource Centres**

#### **Boys and Girls Club of South Coast BC**

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

**Surrey : 604-495-1345**

**Delta: 604-591-9262**

10135 - 132nd Street, Surrey, BC V3T 3T6

Suite 302, 11861 - 88 Ave, Delta BC V4C 3C6

The club provides after-school camp and related programs such as counselling, anger management, sexual abuse counselling, youth housing support, and healthy relationships counselling. Membership is \$30 per year. No one is ever turned away due to an inability to pay.

Value and actively promote diversity to reflect the cultures within the community, programming and staff. Intent is to ensure equal opportunities for all children, youth and adults, regardless of age, race, gender, creed, visibility, religious belief of sexual orientation or national origin.

#### **Surrey Youth Resource Centres**

Newton: #114-13479 76th Ave, Surrey  
 Guildford: 205-14727 108th Ave, Surrey  
 Fraser Region Administration Office  
 10328 Whalley Blvd. Surrey, BC.

**604-592-6200**

**604-587-8100**

**604-951-**



**4821****604-951-4808**Email: [fraser@pcrs.ca](mailto:fraser@pcrs.ca)

The centres offer housing information, employment services, a counseling clinic, mentorship programs, an alternate school for Grades 8-12, and free phone and computer usage. Centers provide a broad range of programming to youth in the Fraser Region. The centers host Alternative Education programs, alcohol and drug programs, youth justice services, youth support programs, and Resource Rooms.

**Youth and Family Centre****604-538-5060****Alexandra Neighborhood House**; 15455 Vine Avenue, White Rock

The centre has a wide variety of programs and services available for youth, families and children, including one-to-one support, groups and activities for youth, groups and workshops for parents, volunteer opportunities and a youth clinic.

## Financial Support Services

**Surrey Rent Bank****604-547-0123**

A205-13588 88th Avenue, Surrey, BC V3W 3K8

[http://www.sourcesbc.ca/index.php?option=com\\_content&view=article&id=205&Itemid=163](http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=205&Itemid=163)

A housing stability and homelessness prevention resource that offers interest-free financial assistance, advice and a friendly face to help low-to-moderate income renters get through difficult times.

Newton Resource Centre.

#102 – 13771 72A Ave.

Surrey, B.C. V3W 9C6

**T 778-731-9195**

Sources White Rock/

South Surrey Food Bank

2343 156 St.

Surrey, B.C. V4A 4V5

**T 604-531-8168**

**Income Tax Clinics** **1-800-959-8281**

**City Centre Library Computer Learning Centre** **604-598-7426**

10350 University Drive, Surrey

**Guildford Library Computer Learning Centre** **604-598-7360**

15105 105 Avenue, Surrey

**Strawberry Hill Library Computer Learning Centre** **604-501-5836**

7399 122nd Street, Surrey

**BC Employment and Assistance Rate Tables  
General Supplements through the Ministry of  
Social Development and Social Innovation**

<http://www.eia.gov.bc.ca/mhr/gs.htm>

**Shop-by-Phone and Volunteer Wheels** **604-542-4357**

Source; 882 Maple St, White Rock

This grocery-shopping service is for residents who are unable to shop for themselves. Volunteer Wheels provides transportation for medical and dental appointments only.

## ***Victim's Services***

The City of Surrey has two victim service programs available to provide immediate assistance to victims of crime. The Surrey Women's Centre provides services to victims of family and sexual violence. The

Police Based Victim Service Units support victims of all crime types.

## **Community Based Victim's Services**

### **Crime Victim Assistance Program**

If you are a victim, immediate family member, or a witness to a crime who has been injured physically or emotionally, you may be eligible for financial assistance or benefits to help with costs and your recovery. Victim service workers from the organizations below can help you apply for this through the Crime Victim Assistance Program.

**Surrey Women's Centre Society** **604-589-1868**

10075 Whalley Blvd, Surrey

The Surrey Women's Centre Court Services assist victims of sexual assault and domestic violence by walking them through the justice system. Our workers connect with police, Crown counsel and

other criminal justice personnel to ensure that victims have the information, resources and support needed to ease their anxiety while testifying in court. Available 24 hours a day, 7 days a week, 365 days a year to ensure that women and girls have support when they need it.

**VictimLINK****1-800-563-0808**Email: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca).

This line provides immediate crisis support for victims of family and sexual violence, help for all other victims of crime, information about, and referral to, victim's services and other resources, and basic legal information and awareness of rights. It is available 24 hours, 7 days a week.

**Police Based Victim Services****Surrey RCMP Victim Services****604-599-7600**

14355 57th Ave, Surrey

Victim Services provides victims and witnesses of a crime or traumatic event with information and emotional support through coordinated and supportive Victim community and Criminal Justice System networks.

**White Rock RCMP Victim Assistance Program****778-593-3608**

15299 Pacific Ave.

White Rock, BC V4B 1R1

Email: [rob.pineau@rcmp-grc.gc.ca](mailto:rob.pineau@rcmp-grc.gc.ca)

The Victim Assistance Program offers practical and emotional support services to individuals affected by crime and/or trauma in the community.

**Delta Police Victim Services****604-940-5019**

DPVS provides victims of crime or trauma with confidential support, referrals and information on court and police procedures.

**Protection Order Registry****1-800-563-0808**

The POR ensures that the police have 24-hour access to current information on no-contact orders. Individuals who have protection orders can call the above number to ensure that their order is registered.

**Victim Safety Unit****604-660-0316**

#301-815 Hornby St, Vancouver

The Victim Safety Unit provides information to victims about the status of an accused /offender when he or she is being supervised by BC Corrections. Application forms to register for notification can be obtained online at [https://justice.gov.bc.ca/vsuwebforms/notification\\_application](https://justice.gov.bc.ca/vsuwebforms/notification_application) (Victim Services) or through your local Victim Assistance Program.

\*\*Revised by Kwantlen Polytechnic University Nursing Students – Anayat Johal, Siobhan Narayan, Navkiran Parmar & Jaskaran Wahla. Summer 2022 \*\*