

Thank-you Kwantlen Polytechnic University Nursing Students – Alisha Walia, Ned Carausos, and Charlene Gladwell Spring 2019 for updating the Pink Book.

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 the previous version

The Network to Eliminate Violence in Relationships (NEVR) www.kpu.ca/NEVR

March 2019

~ Together we can eliminate relationship violence ~

FOR CHANGES or updates please contact:

Please email Dr. Balbir Gurm, Facilitator NEVR - NEVR@kpu.ca

Quick Search: Use control "F" to search keywords

**Scan QR Code to
Access NEVR's
Community Resource Map**



Quick Referrals

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

intervention counseling

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

Shelter Quick Referral

Cloverdale Emergency Shelter (Women and Men) **604-574-4341**

Cynthia's Place (Women and their children) **604-582-2456**

Gateway Shelter and Front Room Drop-in (Women and Men) **604-589-7777**

Hyland House Emergency Shelter (Women and Men) **604-599-8900**

Sheena's Place (Women and their children) **604-581-1538**

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
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VictimLink - Victims Information Line	1-800-563-0808
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Youth in BC Distress Line	1-866-661-3311
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Non-Emergency Numbers

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

(Formerly Peace Arch Community Services)

882 Maple Street White Rock, BC V4B 4M2

E-mail: counsellingservices@sourcesbc.ca

Website: www.sourcesbc.ca

604-538-2522

Fax: 538-9473

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 and individuals. Financial assistance through Extended Health plans and Employee Assistance Programs. A sliding scale is also available if required. Wheelchair accessible.

OPTIONS: Services to Communities Society

Centre for Counselling Services

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

<http://www.scss.ca/counselling>

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.

Community Counseling Clinic

Two locations:

- 1) Guildford Youth Resource Centre
205-14727 108th Avenue, Surrey, BC V3R 1V9

604-587-8100

- 2) Newton Youth Resource Centre
114-13479 76th Avenue, Surrey, BC V3W 2W3

604-592-6200

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 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
E-mail: counsellingservices@sourcesbc.ca
Website: <http://www.sourcesbc.ca>

Fax: 604.538.9473

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@dcrcs.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.

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
Email: 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: counsellingservices@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

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

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

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, 11th Floor; 13401-108th 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, consultation, group therapy, one-to-one counselling (ASTAT program). We serve clients with serious and persistent mental illness, offering case management services in areas of housing, nutrition, rehabilitation, finances (ACSS/ACM programs). 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

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: counsellingservices@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

Grief and Loss

BC Bereavement Helpline

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

Website: www.bchb.ca

Email: contact@bcbh.ca

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. Trainings for professionals on various topics including sudden and traumatic loss offered periodically. There are fees for the trainings. Please contact for more information.

DIVERSEcity

604-597-0205 ext 1202

Email: 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

604-948-0660

Fax: 604-948-0651

- 2) Irene Thomas Hospice

4635 Clarence Taylor Crescent

Delta, BC V4K 4L8

E-mail: anne@deltahospice.org

604-948-4828

Fax: 604-948-4842

Website: 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

Fax: 778-591-9180Email: admin@surreyhospice.comWebsite: www.surreyhospice.com

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**604-531-7484**

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

Fax: 604-531-8101Email: contactus@peacearchhospice.orgWebsite: www.peacearchhospice.org

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)**604-584-2626**

PO Box 16 Station Main

Long Distance: 866-466-7272

Surrey BC V3T 4W4

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

South Fraser Women's Services Society (Surrey/White Rock)

604-536-9611

stvcounsellors@sfbwomensservices.com

Surrey Women's Centre Society (Whalley)

604-583-1295

stv@surrey womenscentre.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 140th 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

Arborcare Suicide Support Group

604-596-8866

14660 – 72 Ave Surrey BC
Contact: Marlyn Ferguson
Email: Ferguson21@telus.net

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.1325

E-mail: nancy.orlikow@options.bc.ca

The SPEAC program provides suicide risk assessment, urgent-response and short-term counselling for children and youth. The type of services offered include: individual and family counselling, risk assessment and consultation.

1800SUICIDE

1 (800) 784-2433

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

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.

The Clothing Exchange

604-589-1868

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

Open on Wednesdays from 10am-12pm and 2pm-4pm, the Clothing Exchange 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

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

12740 - 102 Ave, Surrey

Fax: 778-395-0323

E-mail: info@oanh.ca

Website: 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****604-953-1155**

10635 King George Blvd., Surrey

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**Community Meals****604-581-5172****Surrey Urban Mission****13388 – 104 Ave, Surrey**

Lunch is served on Monday, Wednesday and Friday at noon. Saturday breakfast is held from 9:00am to 11:00 am Sunday evening dinner is from 5:00 to 6:00 p.m. on the third week each month. Doors open 15 minutes prior to each meal and everyone is welcome to attend. Dinner is served on Thanksgiving Day, Christmas Day and Easter Sunday.

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
<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

#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 6th – December 1st.

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

604-531-8168

2343 – 156 St, Surrey

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

604-501-3292

8285 - 120 St, Delta

Surrey North

604-586-4255

103, 10475 - 138 St, Surrey

Surrey South/East

604-502-5330

100, 13545 - 64 Ave, Surrey

Crown Counsel

Criminal Justice Branch of the Ministry of the Attorney General; 1430 57 Ave, Surrey **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 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

1-877-387-7027

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.

Delta	604 501-3237
Ste. 200 – 11861 88th Ave, Delta	
Surrey	604 501-3139
Ste. 110 7350 King George Hwy, Surrey	
White Rock	604 542-3900
15455 Vine St, White Rock	

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.

Fleetwood	604-586-5600
101-16088 84 th Ave, Surrey	
Park Place	604-586-5600
130-13749 72 nd Ave, Surrey	
Whalley	604-586-5600

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 th 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.

Douglas College Assisting Program

604-527-5094

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

Basic dentistry services

Reach Dental Clinic

604-254-1331

1145 Commercial Drive, Vancouver

Basic dentistry, all ages.

Mid Main Community Health Centre Dental Clinic**604-873-3602**

3998 Main St & 24th, Vancouver

Basic and emergency dentistry, all ages.

Vancouver General Hospital Diamond Health Care Centre**604-875-4006**

2775 Laurel Street, 7th Floor, Vancouver

Basic dentistry, must be 18 years and older

UBC Dental School**604-822-2112**

2151 Wesbrook Mall, Vancouver

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

Disability Services**Community Living BC****604-501-8310**

#110 - 7525 King George Highway, Surrey, BC, V3W 5A8

Fax: 604-501-8309Email: CLBCInfo@gov.bc.caWebsite: <http://www.communitylivingbc.ca>

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**778-452-2860**Website: www.translink.ca

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: \$1.75 (1 zone), \$2.50 (2 zones), \$3.50 (3 zones) Cost on weekdays after 6:30pm or on Sat, Sun, or Holidays: \$1.75 (all zones)

HandyDART by Translink**604-575-6600**Website: 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: \$2.75 (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

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

E-mail: shs@shsbc.ca

Website: <http://www.semi-house-society.com>

604-536-1242

Fax: 604-536-9507

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

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

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

604-574-7481

Fax: 604-574-4731

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.

Surrey Connections

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

E-mail: surreyconnections@dcls.ca

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

778-593-1112

Fax: 778-593-1422

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

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

604-946-9508

Fax: 604-940-9683

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.

BC Centre For Ability

604-580-6962

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

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

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.

Semiahmoo House Society

604-536-1242

15306 24th Avenue, Surrey, BC V4A 2J1

Fax 604.536.9507

Email: shs@shsbc.ca

Website: <http://www.semi-house-society.com/>

Provides advocacy and community-based services to people with developmental disabilities or acquired brain injury in the White Rock/Surrey area, and their families. Services for adults include: community living support; day programs featuring recreation, socializing opportunities, life skills training, and employment skills development; and employment search assistance with follow-up support. Also offers a variety of residential care and respite service options. Services for families of children with a developmental disability include advocacy and community referral services. Office hours are 8:30 am to 4:30 pm Monday to Friday. Self/Family referral Online Form
Membership Cost: Individual: \$15/year; Family \$25/year; Corporate \$50/year.

SportAbility BC

604-599-5240

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

Fax: 604-599-5241

Email: 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.

Medical Equipment Loan Services

604-930-9049

Canadian Red Cross
109 - 14727 108th Avenue, Surrey, V3R 1V9
Website: www.redcross.ca

Fax: 604-930-9036

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

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

Mental Health Support

Mental Health Information Line

604-669-7600

Mental Health Information Line provides pre-recorded information on mental health issues.

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

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

Surrey Mental Health and Addictions Services

604-953-4900

Station Tower, 11th Floor; 13401-108th Ave, Surrey

Fax: 604-953-4901

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

604-547-1202

Email: counsellingservices@dcrs.ca

Fax: 604-597-4299

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

Program provides clinical services and education for youth and young adults ages 13-35 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 provide vocational supports and peer recreational activities.

Community Residential Emergency Short-Stay And Treatment

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.

BC Schizophrenia Society: Family Respite Services

1-877-717-5518

Email ccharleyboy@bcss.org

<http://www.bcss.org/2007/07/programs/family-respite-program/>

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) 604-585-5514

13750 96th Avenue, Surrey, BC V3V 1Z2

Intake: 604-953-4900

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

Intake: 604-587-3755

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

Daytox: 604-585-5610

Lower Mainland (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.

Special Need Programs

604-502-6321

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

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

604-588-9004

10667 135A St, Surrey

Fax: 604-588-9044

Email: surrey.hascoord@lookoutsociety.ca

A peer-driven support lounge for members who are HIV-positive. Services include advocacy, education, treatment information, 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

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

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 - 4pm Monday to Friday, excluding statutory holidays.

Canadian Cancer Society

604-583-2228

150 – 10362 King George Blvd, Surrey BC

Website: 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)

Fax: 604-541-0680

White Rock, B.C. V4B 0A8

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 am to 4 pm Monday to Friday. *Serving: White Rock, North Delta and Surrey Central*

Osteoporosis Canada

604-541-1942

13845 18th Avenue, Surrey, BC V4A 1W6

Email: rycarda@telus.net

Contact: Rycarda Smith

Support and education group for people with osteoporosis; guest speakers attend. Also provides health information at wellness shows. Meets at 7pm-830pm on the third Thursday of the month at Crescent Retirement Center, 1222 King George Highway. No meetings in July and August.

Arthritis Society

1-800-321-1433

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

Fax: 604.582.4590

Jim Pattison Outpatient Care and Surgery Centre

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.

Sleep Lab And Daytime Sleep Clinic

604-587-3809

Surrey Memorial Hospital

5th Floor-13750 96th Avenue, Surrey, BC V3V 1Z2

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. 9am-5pm Monday to Friday. Daytime Sleep Clinic is located in the Charles Barham Pavilion of the hospital (entrance off Highway 94A).

Early Childhood Development

604-586-3351

10453 Whalley Boulevard, Surrey, BC V3T 5B1

Located in Surrey North Family Service Centre

The Ministry of Children and Family Development provides programs and services to ensure that healthy children and responsible families are living in safe, caring and inclusive communities. If you are looking for services and programs, please website, where you can choose from a list of specific services and program areas.

Lower Mainland Down Syndrome Society

604-591-2722

201-13281 72nd Avenue, Surrey, BC V3W 2N5

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 are 8 am to 2 pm Monday to Thursday.

Ankylosing Spondylitis Association of British Columbia (ASABC)

604-531-8307

3-15273 24th Avenue, Surrey, BC V4A 2H9

Email: 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

TTY: 604-584-9108

Fax: 604-584-2800

Serves families with young children birth to school-age who are deaf, hard-of-hearing, or deafblind. Family-centred 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

604-591-1955

218-13569 76th Avenue, Surrey, BC V3W 2W3

Fax: 604-591-2624

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

1-800-361-7494

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.

Multiple Sclerosis Society of Canada

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 line operates from Monday to Friday, from 8:30 am to 4:30 pm. Located in Burnaby.

Physical Activity Line

1-877-725-1149

Website: www.physicalactivityline.com.

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

Free 3-month mobile texting service available.

Text QUITNOW to 654321

QuitNow Services provide a wide range of free smoking cessation services that are available around the clock for all B.C. residents. 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

Provides general information on the province's breast screening program for women over 40.

The line will operate from 8:30 a.m. to 5:30 p.m., Monday to Friday.

Addiction Services

Surrey Urban Mission Society

604-581-5172

13388 104 Avenue, Surrey, BC V3T 1V6

604-878-7400

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.

Narcotics Anonymous (NA)

NA offers programs for people on Tuesday and Friday evenings from 7:00 p.m. until 9:30 p.m. Just drop in if you are interested in getting involved.

Cocaine Anonymous (CA)

CA offers a program on Monday evening from 7 p.m. until 9:30 p.m. This is a Christian based program. People are welcome to drop in.

The Needle Exchange Program

604-584-5845

10697 - 135A St., Surrey

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.

Medical Clinics

New Canadian Clinic

604-953-5030

DIVERSEcity Community Services
7330 Whalley Boulevard, Surrey, BC V3W 1A3

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

604-582-4585

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 8 pm Monday to Friday; 9 am to 5 pm Saturdays. Closed Sundays and statutory holidays.

Services for Children

Child Protection Services

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

Provides individualized services for children and teens with autism or a developmental disability. 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. Encourages social and other life skills. Referral through MCFD.

DIVERSEcity

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

www.dcrs.ca

13455 76 Avenue, Surrey, BC, V3W 2W3

604-547-1202

Email: counsellingservices@dcrs.ca

Fax: 604-597-4299

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.

Centre For Child Development

604-584-1361

9460 140th Street, Surrey, BC V3V 5Z4

Website: www.centreforchilddevelopment.ca

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 8:30 am to 4:30 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

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

604-872-3311

SMH Youth Clinic

604-585-5999

13750 - 96 Ave., Surrey

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.

Child & Youth Empowerment Camp (CYEC)

604-547-1202

DIVERSEcity Community Resources Society

13455 76 Avenue, Surrey, BC, V3W 2W3

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 96th Avenue, Surrey, BC V3V 1Z2

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). Hours of operation are 8:30 am to 4 pm Monday to Friday.

Stop Exploiting Youth (SEY) Program**604-999-1222**

Guildford Youth Resource Centre

604-587-8100

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

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. 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.

Surrey Street Youth Program**604-589-4746**

10667 135A Street, Surrey, BC

Email: 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 Wellness Centre**604-585-5999**

Surrey Memorial Hospital

13750 96th Avenue, Surrey, BC V3V 1Z2

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. Clinic will take drop-ins, but appointments are preferred. Hours are 1 pm to 8 pm Mondays, 12 noon to 6 pm Tuesdays, 10:30 am to 5 pm Wednesdays, 11 pm to 6 pm Thursdays, and 11 am to 4 pm 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. Drop-in clinic hours are 6 pm to 8 pm Tuesdays

South Fraser Pregnancy Options Centre**Crisis (24-hour): 1-800-395-4357**

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

604-584-4490Email: info@pregnancyoptionscentre.com

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.

Surrey-Delta Pro-Life Society

604-574-0225

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

3H4 Fax: 1-866-842-4276

Email: sdpro-life@telus.net

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 9:30 am to 12:30 pm Monday to Thursday.

Alternative Education Programs

604-584-1181

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. The program offers academic courses as well as studies in home management, child development, and work experience. A subsidized daycare is on site. Operates 8 am to 3 pm Monday to Friday.

Implant Awareness Society (IAS)

604-572-8486

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

E-mail: implantas@shaw.ca

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

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

604-583-8334

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

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

Provides information and literature addressing menopause. Serves the lower mainland. Office hours are Monday to Thursday 10am-4pm; Friday 7-12pm. 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

604-582-6823

312C-9801 King George Boulevard, Surrey, BC V3T 5H5

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

Provides information and referral regarding denturists across BC. Office hours are 8:30 to 12:30 Monday to Thursday. Non-profit society.

Oak Avenue Neighbourhood Hub Society

604-582-7088

Email: info@oanh.ca

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

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 works 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.

Senior Come Share Society

604-599-0034

13855 68th Avenue, Surrey, B.C. V3W 2G9

E-mail: info@comeshare.ca

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

Sources Community Resource Centres

604-542-4357

E-mail: volunteerservices@sourcesbc.ca

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.

Website: http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=13&Itemid=171

City of Surrey's Senior Programs

Website: <http://www.surrey.ca/culture-recreation/1774.aspx>

City of White Rock's Seniors Programs**604-541-2231**

Kent Street Activity Centre
1475 Kent Street
White Rock, BC V4B 5A2

The Kent Street Centre offers instructional courses, special events, day trips, volunteer opportunities and services such as Legal Advice and Personal Counseling for adults 55+.

Website: <http://www.whiterockcity.ca/EN/main/community/leisure/amenities/kent-street-activity-centre.html>

Fraser Health Authority Senior Programs

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

Senior Service Society**604-520-6621**

750 Carnarvon St
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 to live as independently as possible.

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

Residential Care Facilities**Carelife Fleetwood****604-598-7200**

8265 159th Street, Surrey, BC V4N 5T5

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. 191 beds.

Cherington Place**604-581-2885**

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. 75 beds.

Crescent Gardens**604-541-8861**

1222 King George Boulevard, Surrey, BC V4A 9W6

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. 75 beds, including a 32-bed secure care unit for people with dementia.

Evergreen Cottage**604-597-7906**

15660 84th Avenue, Surrey, BC V3S 2N5

Provides 24-hour personal care assistance and nursing support in a residential setting to adults with

brain injuries, Huntington's disease, multiple sclerosis, and cerebral palsy. 45 beds.

Fleetwood Place

604-590-6860

16011 83rd Avenue, Surrey, BC V3S 8M2

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. Has a 25-bed secure care unit for people with dementia. 108 beds.

Guildford Senior's Village

604-582-0808

14568 104A Avenue, Surrey, BC V3R 1R3

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. 89 beds.

Hilton Villa Care Centre

604-588-3424

13525 Hilton Road, Surrey, BC V3R 5J3

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. 174 beds.

Kinsmen Place Lodge

604-588-0445

13333 Old Yale Road, Surrey, BC V3T 5A2

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. 144 beds.

Morgan Place

604-535-7328

3288 156A Street, Surrey, BC V3S 9T1

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. 144 beds, including a 25 bed unit suitable to residents at risk of wandering.

Zion Park Manor

604-576-2891

5939 180th Street, Surrey, BC V3S 4L2

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 in assisted living facilities. 86 beds.

Sunnyside Manor

604-265-4995

15340 17 Avenue, White Rock, BC V4A 1T9

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

Christina Place

604-541-4663

1183 Maple Street, White Rock, BC V4B 5K9

Website: <http://www.retirementconcepts.com/homes/white-rock-seniors-village/>

Peace Portal Lodge**604-535-2273**

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

Website: <http://www.retirementconcepts.com/homes/peace-portal-lodge/>**Laurel Place****604-582-6336**

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

Website <http://www.laurelplace.ca/>**KinVillage Association****604-943-0155**

5410 – 10th Avenue, Delta, BC V4M 3X8

Email: Info@kinvillage.orgWebsite: www.kinvillage.org**Westminster House****604-524-5633**

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

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

Fraser Health has a whole list of facilities here as well:

Website: http://www.fraserhealth.ca/your_care/residential_care/residences/residential_care_delta_surrey_langley_%26_white_rock/residential_care_delta_surrey_%26_white_rock**Continuing Home Health Care****Newton Home Health****604-572-5340**

1009-7495 132nd 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 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**604-953-4950**

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

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

604-541-6800

15476 Vine Avenue

White Rock, B.C. V4B 5M2

Abuse Services

BC Coalition to Eliminate Abuse of Seniors

604-437-1940

1-866-437-1940 (toll free)

Website: <http://bcceas.ca>

BCCEAS provides information, training, and materials regarding the abuse and neglect of seniors. The Coalition offers information about ongoing adult guardianship and legal issues confronting seniors.

We invite you to call the SAIL Line to get a referral to our legal advocate and other programs.

Monday to Friday, 9:00am to 1:00pm

SAIL (Senior Advocacy Information Line) SAIL Line

604-437-1940

1-866-437-1940 (toll free)

Hours 9 a.m. – 1 p.m.

For Business related matters:

Office Line: 604-688-1927 (Vancouver)

Senior Women's Outreach Program

604-816-0928

Email: swo@atira.bc.ca

Atira Women's Resource Society

Website: <http://www.atira.bc.ca/senior-womens-outreach>

This program is designed for women age 55+ who are experiencing abuse by an intimate partner or family member or someone who is in a position of power such as a landlord or caregiver and who may be unable to or not ready to access a transition house.

Ama House

604-542-5992

Website: <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.

Crisis Centre B.C.

604-872-1234

Senior Distress Line

Website: <http://crisiscentre.bc.ca/distress-phone-services/>

The Distress Phone Services provide confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair.

Emergency Support and Health Care

Elder Health Services**604-535-4577**

Peace Arch Hospital – Berkley Pavilion; 15521 Russell Ave, White Rock

The elder health program provides assessment and treatment services for seniors who have had changes in their physical or mental health that affects their ability to live independently.

Fraser South Home Health**604-953-4965**

Delta-South Home Health Office

4470 Clarence Taylor Crescent, Delta, B.C. V4K 3W3

604-952-3552**Fax: 604-946-6953**

Website: http://www.fraserhealth.ca/find_us/services/?program_id=10189

Hours of operation: General office hours: Mon - Fri, 8:30 am - 4:30 pm

Home Health provides in-home health care support services, residential care services and special support to people whose ability to function independently is affected by health-related problems. Costs may vary.

Lifeline – Personal Emergency Response**604-535-4560**

Lifeline 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 Resource Centre, #102-15240 Thrift

Safely Home**604-541-0606**

Avenue, White Rock

Website: www.safelyhome.ca

Safely Home 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 costs \$35. Registration can be done online at or through the Alzheimer Society Resource Centre above.

SAFER Shelter Aid for Elderly Renters**604-433-2218**

BC Housing; 101-4555 Kingsway, Burnaby

The SAFER Program provides direct cash assistance to eligible residents of British Columbia who are age 60 or over and who pay rent for their homes. SAFER reimburses between 35% and 90% of the difference between 30% of your total income and your rent.

Julian House**604-589-8678**

South Fraser Community Services Society, 10697 135A Street, Surrey, BC

Address: 10667 135A Street, Surrey B.C.

Recreation and Activities

Come Share

15008 26th Ave, Surrey V4P 3H5

Email: smcintosh@comeshare.ca

Website: http://adulthoodcentres.org/come_share_centre

604-531-2502 ex 4

Fax: 604- 535-8781

Come Share 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)

City of Surrey Community Recreation Services

<http://www.surrey.ca/city-government/1840.aspx>

City of White Rock Recreation Services

<http://www.whiterockcity.ca/EN/main/community/leisure/leisure-guide.html>

Surrey Come Share Centre

13855-68th Ave. Surrey, BC, V3W 2G9

Pat Brucker (Site Manager)

604-599-0034 ext 222

email sitemanager

Kent Street Activity Centre

1475 Kent St, White Rock

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 Support Services

604-531-9400

15008 26th Ave, Surrey

Senior support services offers services including a dining club, elder abuse program, foot care service, friendly visitors, peer support and caregiver support programs.

Family Health Services

Seniors Come Share Society

604-531-9400

15008 26th Avenue, Surrey, BC V4P 3H5

- Supports those who **care for elderly** or frail people in their homes. Provides support groups,

information and referral, social events, individual counselling, educational opportunities, and a resource centre (open 9 am to 3:30 pm Monday to Friday). **General caregiver support group** meetings are held 10 am to 12 noon on the first Monday of the month. A **Parkinson's disease caregiver support group** is held 1 pm to 3 pm on the first Wednesday of the month. Also offers special one-on-one support for South Asian caregivers, including counselling and education services.

Sources Community Resource Centres

http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=34&Itemid=1

The family services programmes and centres provide family supports and counselling

DIVERSECity

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

It provides counselling and settlement Services for families

The Children's Foundation

http://www.childrens-foundation.org/programs/community_caring.html

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

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

E-mail: 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

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 works 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.

Stepping Stones

<http://youngfamilies.ca/what-we-do/stepping-stones/index.php>

We meet young mothers, and mothers to be when they are at their most vulnerable, and often have no one where else to turn. 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

Atira Women's Resource Society

Unit 1 - 2970 King George Blvd, Surrey, BC, V4P 0E6

Fax:604-531-9143

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

604-547-1201

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

www.dcrs.ca

Email: counsellingservices@dcrs.ca

Nobody's Perfect Parenting

604-583-3852

Option Community Services

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

spyc@options.bc.ca

http://www.options.bc.ca/program_info.php?cat_id=4&program_id=14

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

Fax: 604-572-7413

13520 78th Avenue, Surrey, BC V3W 8J6

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) 1317

604-597-0205 Local

DIVERSEcity Community Resources Society

1107-7330 Whalley Boulevard, Surrey, BC V3W

1A3S

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

Kensington Prairie Community Centre

16824 - 32 Avenue

Surrey, BC V3S 0L5

<https://semiahmoofamilyplace.com/>

604-541-3261E-mail: info@semiahmoofamilyplace.com

Housing Services

The following are three kinds of housing services available in 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.

http://www.bchousing.org/Options/Emergency_Housing/ESP

Emergency Shelters

Cloverdale Shelter

604-574-4341

Options; 17910 Colebrook Road, Surrey
10-bed shelter for Men and Women

Cynthia's Place

604-582-2456

Cynthia's Place is an emergency housing program for homeless single women and women with children.

Shelter Directory for Metro

Vancouver

Greater Vancouver Shelter

Strategy

<http://www.gvss.ca/Directory.htm>

!

Three meals are provided per day.

14-bed shelter for women and
children

Through Elizabeth Fry Society of Greater Vancouver

Gateway Shelter and Front Room Drop In

604-589-7777

South Fraser Community Services Society; 10667 135A St, Surrey
40-bed shelter for men and women

Hyland House

604-599-8900

Options; 6595 King George Highway
35-bed shelter for men and women

Sheena's Place

604-581-1538

Sheena's Place offers emergency housing for homeless single women and women with children. Three meals are provided per day. 12-bed shelter for women and children. Runs through Elizabeth Fry Society of Greater Vancouver.

BC211

Dial 2-1-1

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

The Shelter and Street Help Line is designed to assist people (all ages and genders) who are affected by homelessness in the Metro Vancouver and Fraser Valley regional districts. We understand that a wide range of circumstances can result in homelessness so we provide information on a variety of programs and services.

Atira Women's Resource Society Housing

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

Atira Women's 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
Shimai Transition House

Options Community Services

604-599-8900

Shelter & Shelter Services

Hyland House

<http://www.options.bc.ca/housing-homelessness/shelters-shelter-services>

Are you currently homeless or at risk of becoming homeless? Hyland House is here for you. As a safe emergency shelter, Hyland House provides the support you need in difficult times and assists you in getting back on your feet. You may call and refer yourself to the program.

Fraser Regional Aboriginal Friendship Center

All Nations Youth Safe House

604-584-2625

<http://frafca.org/youth/all-nations-youth-safe-house/>

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.

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 provides emotional support, referrals and resource information, advocacy, court and other accompaniments, parenting support, etc.

Maximum length of stay is 30 days.

Durrant practices low-barrier protocols, which means women are not screened for mental health or substance use issues. Women must be able to live communally. There are a total of 10 beds available for women and their children.

Evergreen Transition House

604-584-3301

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.

Shimai House, Surrey, BC

604-331-1407

Toll-free: (877) 581-9100

Fax: (604) 688-1799

E-mail: 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.

Wheelchair accessible

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.

Affordable Housing Programs

BC Housing

Fraser Regional Office; #800 - 5945 Kathleen Avenue, Burnaby

<http://www.bchousing.org/tenantinquiries@bchousing.org>

1-800-257-7756

604-433-2218

Families (a minimum of two people, including one dependent child), seniors age 55 and older, people with disabilities who can live independently, and single people with low incomes who are homeless or at risk of homelessness are able to apply for rental assistance, and public housing.

Community Housing Registry (RENT)

604-590-7368 (604-590-

Options; 13520 78th Ave Surrey, BC V3R 4C1

housing.registry@options.bc.ca

<http://www.options.bc.ca/housing-homelessness/community-housing-registry>

Our program provides the following:

- A listing of rentals.
- Information and application for subsidized and co-operative housing for families, seniors, and the disabled.
- Information on the Residential Tenancy Act
- Free advertising for landlords in our office (all rental accommodations).
- Access to newspapers, telephone and maps

The Registry links people seeking housing with individuals offering affordable housing options. No referral from an agency necessary; self-referral.

YWCA Metro Vancouver

Affordable Housing

<http://www.ywcavan.org/programs/affordable-housing>

Options Community Services

Youth Supported Independent Living Program

<http://www.options.bc.ca/mental-health-supported-housing/supported-living>

If you are an older youth between the ages of 17 to 19, the Youth Supported Independent Living (YSIL) program can help you live independently with rental subsidy, and provide you with the skills to integrate into the community. If necessary, you may access this program until your 21st birthday. Note: You must obtain a referral from Child and Youth Mental Health (CYMH) to enter this program. You must be eligible for the Person with Disabilities (PWD).

Habitat Housing Society

604-596-4321

13520 78 Ave, Surrey BC, V3W 8J6

http://www.options.bc.ca/program_info.php

info@options.bc.ca

The society accepts applications from low-income families and adults with mental health disabilities on a self-referral basis.

The Society's is dedicated to the provision of safe and affordable housing that meets the needs of the community and promotes community health. Our goals are to: provide safe, affordable and quality housing; work collaboratively with the community in addressing social housing needs; and operate in a professional, accountable and ethical manner. Habitat Housing Society is a registered Charity and non-profit Society incorporated in 1991 as a 'Sister Society' of OPTIONS: Services to Communities Society.

Habitat Housing society was established in response to the growing need for affordable housing in the region. Working in partnership with B.C. Housing Management Commission (B.C.H.M.C.) Habitat Housing Society develops and builds affordable housing complexes in the South Fraser Region. Applications are accepted for low income families and adults with disabilities.

Housing Advocacy

**Sources Community Resource Center
Newton Resource Centre
Homeless Prevention Program**

604 596 2311

Fax: 604.596.2319

http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=152&Itemid=71

#102 13771 72A Ave., Surrey, BC V3W 9C6

This 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.107)

Surrey 604-262-3405 (ext. 103 OR 104)

Housing Outreach Support Worker

housingoutreach@atira.bc.ca

<http://www.atira.bc.ca/housing-outreach-support-worker>

Work with women who are homeless or at risk of homelessness to assist them to secure safe, affordable, appropriate, long-term housing, provide ongoing support in an effort to support women to maintain their housing, build and maintain relationships with landlords in an effort to support women to keep their housing, work with landlords to support them to consider renting to other women.

**Pacific Community Resources Society
Surrey Youth Housing**

604-592-6200

http://www.pcrs.ca/surrey_youth_housing

Referral from any source i.e.: self/community - Email referrals to: referral@pcrs.ca

To assist and advocate for the youth (age 16-19) of Surrey in finding, securing and maintaining safe,

affordable and appropriate housing. We will work to improve relationships between youth and landlords in the community by facilitating understanding and life skill development.

Residential Tenancy Branch**604-660-1020**

Lower Mainland Office; 400 - 5021 Kingsway, Burnaby

Govt of BC. The Residential Tenancy Branch provides landlords and tenants with information and dispute resolution services. The information on this web site will help you understand your rights and responsibilities under British Columbia's Residential Tenancy Act and Manufactured Home Park Tenancy Act.

Tenant Resource & Advisory Centre (TRAC)**1-800-665-1185/604-255-0546**

[http://www.tenants.bc.ca/main/
info@tenants.bc.ca](http://www.tenants.bc.ca/main/info@tenants.bc.ca)

TRAC Tenant Resource & Advisory Centre provides tenants with legal education and information about residential tenancy law through our tenant Infoline (8am-4pm) website, social media platforms, multilingual publications, and legal education workshops. We provide input about residential tenancy law into other organizations' legal resources and train advocates on how to best serve clients dealing with tenancy problems. We also work 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. TRAC is currently unable to accommodate drop-in visits.

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****604.878.7400 or 1.877.762.6664 (toll-free)**

[http://accessprobono.ca/
help@accessprobono.ca](http://accessprobono.ca/help@accessprobono.ca)

Free legal advice clinics staffed by volunteer lawyers on various legal issues. Our 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. We also subscribe to a number of supporting Objectives and Principles.

Dial-a-Law

1-800-663-1919/604-687-3221

http://www.cba.org/bc/public_media/dal/

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

Elizabeth Fry Society

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

402 E Columbia St, New Westminster
info@elizabethfry.com

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

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.

counsellingservices@dcrs.ca

Family Duty Counsel

604-572-2204

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.

Legal Information & Advocacy Program

(Family and Poverty law)

Sources Legal Resource Centre

http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=272&Itemid=267

Legal Resource Library

Legal Workshops and Seminars

Location: #106 - 13771 72A Ave., Surrey, BC V3W 9C6

Contact: 778-565-3638 Ext. 1903

Parents Legal Centre

Phone: 604-595-4360

Surrey — Newton Town Centre

308 – 7337 137th Street

Surrey, BC V3W 1A4

Fax: 604-398-3497

Toll-free: 1-866-577-2525

Hours: Mon to Fri: 8:30 am to 4:30 pm

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.

Representation**Lawyer Referral Service**

604-687-3221

http://www.cba.org/bc/initiatives/main/lawyer_referral.aspx

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

604-585-6595

#102-10706 King George Highway

Can represent clients in serious family law situations, child protection matters, immigration problems, and criminal charges (some exceptions apply). Proof of income required.

Legal Services Society

604-585-6595

#1370-13450 102nd Ave, Surrey

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

604-822-5791

Progressive Intercultural Community Society, #109 12414 82 Ave, Surrey
<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.

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 57 Ave, Surrey

Surrey RCMP District 5

604-599-7810

#100-1815 152 St, Surrey

District 5 delivers various volunteer crime prevention programs to South Surrey residents

White Rock

White Rock RCMP Detachment

911 or 778-593-3600

15233 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.

Office Hours: Mon & Fri 8:30am-4:30pm, Tues, Wed, Thurs 8:30am-:900pm

Roshni Clinic

Phone: **604-580-4950**

The Roshni Clinic is operated in partnership with the FHA. This clinic serves South Asian patients 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.

Office Hours:

Monday, Tuesday and 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

604-598-8545

#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.

Baobab Inclusive Empowerment Society

604-585-6775

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

Email: 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.

Progressive Intercultural Community Services Society – Surrey Office

604-596-7525

#211 – 8556 120th Street,
Surrey

<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, and settlement.

S.U.C.C.E.S.S. – Surrey Office

604-588-6869

#206 – 10090 152nd Street,
Surrey

<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. They also provide services in the following languages: English, Punjabi, Mandarin, Cantonese, Farsi and Korean.

Umoja Operation Compassion Society

604-581-5574

10025 Whalley Blvd, Surrey

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, An Outreach Program, Sewing Program, Children and Middle Years Program, Youth Drop-in and Surrey Champions Soccer Project. Office Hours: Mon-Fri 9:00am-4:30pm, Sat 10:00am-5:00pm

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

604-531-9143

<http://www.atira.bc.ca/rediscover-parenting>

This parenting program offers a safe and supportive environment for women who have been exposed to violence or abuse to explore parenting. The parenting program consists of thirteen weeks of closed group sessions. 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.

Maxxine Wright Community Health

604-587-3835

#2 – 13733 92nd 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

604-607-1035

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.

Family Resource Programs

The programs are operated by: Options Community Services, Alexandra Neighbourhood House, Semiahmoo Family Place in Surrey/White Rock.

Options Community Services

<http://www.options.bc.ca/families-children/family-resource-programs>

Contact Info:

Program Manager: **Katherine MacIntyre**

(604) 572-8032 #1551

E-mail: katherine.macintyre@options.bc.ca

Alexandra Neighbourhood House

<http://www.alexhouse.net/alexandra-neighbourhood-house>

Semiahmoo Family Place

604-541-3261

Kensington Prairie Community Centre

16824 - 32 Avenue

Surrey, BC V3S 0L5

<http://www.semiahmoofamilyplace.com>

Parent Education programs

Options Community Services

<http://www.options.bc.ca/families-children/overview>

Sources Community Resource Centres

http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=34&Itemid=1

The family services programmes and centres provide family supports and counsellors

DIVERSECity

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

It provides counselling and settlement Services for families

The Children's Foundation

http://www.childrens-foundation.org/programs/community_caring.html

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

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

E-mail: 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

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 works 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.

Stepping Stones

<http://youngfamilies.ca/what-we-do/stepping-stones/index.php>

We meet young mothers, and mothers to be when they are at their most vulnerable, and often have no one where else to turn. 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

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

Email: 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.

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 provides emotional support, referrals and resource information, advocacy, court and other accompaniments, parenting support, etc.

Maximum length of stay is 30 days.

Durrant practices low-barrier protocols, which means women are not screened for mental health or substance use issues. Women must be able to live communally. There are a total of 10 beds available for women and their children.

Evergreen Transition House

604-584-3301

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.

Shimai House Surrey, B

604-331-1407

Toll-free: (877) 581-9100

Fax: (604) 688-1799

E-mail: 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.

*Wheelchair accessible

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.

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

3. Surrey HIV+Hepatitis Drop-in – Positive Haven

604-588-9004

Provide counselling, advocacy, pre- and post-test counselling and referrals

Surrey Women's Centre

604-583-1295 (24 hr Crisis Line)

<http://www.surreywomencentre.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

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

15318 20th Ave Surrey, BC, V4A 2A2

Fax: 604-536-6362

Email: info@sourcesbc.ca<http://www.sfwomensservices.com>

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 Society24-hour Crisis Support: **604-583-1295**

PO Box 33519 Central City, Surrey, BC, V3T 5R5

Administration: 604-589-1868

E-mail: info@surreywomencentre.ca

Fax: 604-589-1868

www.surreywomencentre.ca

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****604-584-7597**

Suite 204 - 15210, North Bluff Road, White Rock, BC V4B 3E6

Surrey Office Phone 604-531-9143**Fax 604-531-9145**<http://www.atira.bc.ca/aboriginal-womens-outreach>

Hours of Operation Monday-Friday 8:30AM 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

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

Contact Ruby Dosange/Amy Chahal

Womens Outreach Worker

Email: info@options.bc.ca

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:

604-584-5811

9815 – 140 st, Surrey, B.C. Canada, V3T 4M4

Fax: 604-584-7628

Newton Office:

13520 – 78th 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

#104-13771-72A Avenue
Surrey, BC V3W 9C6

604-596-2311

Fax: 604- 596-2319

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

Centre Manager: **Cindy Faulkner**

Phone: **604-.542.7772**

Email: avalonwhiterock@avaloncentres.org

<http://avalonrecoveryociety.org/>

The new Women's Drop-In Centre in White Ro

ck– 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

<http://www.ywcavan.org/programs/single-mothers-support-services/individual-and-group-support#Surrey>

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

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

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 include the following:

[16 Step Groups](#)

[Community Garden & Kitchens](#)

[Aboriginal Women's Outreach](#)

[Enterprising Women Making Art](#)

[Housing Outreach Support Worker](#)

[Senior Women's Outreach](#)

[Legal Advocate](#)

[Stopping the Violence](#)

[Maxxine Wright Community Health Centre](#)

[The Family Project: Children Who Witness Abuse & Rediscover Parenting](#)

[Maxxine Wright Early Care & Learning Centre](#)

Healthy Kitchen Program

604-536-9611 Local 221

South Fraser Women's Services Society

15318 - 20 Avenue, Surrey, BC V4A 2A2 <http://www.sfwomensservices.com/calendar/4.html> (Link to Calendar of events)

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

604-951-5844

8-15355 102A, Surrey

604-586-2685

11861 88th 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.

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

Atira Women's Resource Society

Unit 1 - 2970 King George Blvd, Surrey, BC, V4P 0E6

Fax: 604-531-9143

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)

www.dcrs.ca

Email: 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.

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

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.

Youth in B.C.

<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, where our service is based. It's for youth who need a safe, respectful place to access support and information, or just someone to listen without judgment. By "youth", we mean 25 and under, but we've never turned

anyone away based on their age. It's also for parents and/or professionals who are looking for topic-specific information and resources for various youth-related issues.

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>

We provide immediate, free, and confidential emotional support, crisis intervention and community resource information to people of all ages 24 hours a day – everyday. Our services, which 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

<http://www.options.bc.ca/fraser-health-crisis-line/310mental-health-support>

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.

Drug and Alcohol Abuse

Ala-Teen

604-688-1716

<http://www.al-anon.org/for-alateen>

Support group for teens affected by others' alcohol abuse. (11-19 yrs)

To find local meeting Monday – Friday or call 888-4AL-ANON (888-425-2666) from 8 a.m. to 6 p.m. ET <http://www.bcyukon-al-anon.org>

Most recent schedule for surrey (October, 25, 2012)

<http://www.bcyukon-al-anon.org/~bcyukon-al-anon/pdf/DISTRICT9.pdf>

Astra Youth Substance Use Outreach Program

(Pacific Community Resources Society)

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

<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

604-543-7892

Plea Community Services; Ste 100 8431 160th St, Surrey

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

604-585-9195

Plea Community Services;
16590 96th Ave, Surrey, B.C. V4N2C3
Contact: Meaghan Dougherty 604-657-1559
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 successful

program combines our 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. If you are probation officer or family member interested in referring someone to the program, we can coordinate a contract to cover the cost of the four month program.

Link to download referral package:

<http://www.plea.ca/sites/default/files/Waypoint%20Referral%20Package%20new%20logo%2003%2010.pdf>

Detox Service

Creekside Withdrawal Management (Surrey)	778-241-7597 (Co-ed)
PLEA Detox Services (Vancouver)	604-708-2616 (Co-ed)
Family Service of Greater Vancouver	604-872-4349 (Co-ed)

Residential Treatment Programs

Peak House (Vancouver)	604-253-3381 (Co-ed)
PLEA :	
Daughters & Sisters (accessed via probation)	604-541-1133 (F)
Waypoint (accessed via probation)	604-585-9195 (M)
Supported Recovery	604-708-2616 (Co-ed)
Last Door (Youth) (New Westminster)	604-543-9411 (Males 14-18 yrs)
http://www.lastdoor.org	

Youth Addictions Counselling

ASTRA Youth Addictions Outreach	604-836-6273 (White Rock / South Surrey)
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	
Surrey Mental Health and Addictions	604-953-4900

Recovery Related Support Groups

Alcoholics Anonymous (AA)	604-434-3933 (Central Number)
Crystal Meth Anonymous (CMA)	604-574-7051

Narcotics Anonymous (NA)	604-873-1018
Cocaine Anonymous (CA)	604-623-0573
Al-A-Teen	604-688-1716 (Central BC Number)
Al-Anon	604-688-1716 (Central BC Number)
Alcohol & Drug Info	1-800-663-1441

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

e-mail: 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.

<http://www.sosbc.org/our-programs/transitiontoadult>

Options Community Services - <http://www.options.bc.ca/>

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.

<http://www.options.bc.ca/youth-services/youth-services-in-the-community>

Community Housing Registry Workers will help you search for housing.

<http://www.options.bc.ca/housing-homelessness/community-housing-registry>

Surrey Youth Housing Program

604-592-6200

Pacific Community Resources

Fax: (604) 598-8443

Email: referral@pcrs.ca

http://www.pcrs.ca/surrey_youth_housing

This program aids youth aged 16-19 support in finding, securing and maintaining housing.

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

www.dcrs.ca[1]

Resource Centres

Boys and Girls Club of South Coast BC

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

Surrey: 604-591-9262

10135 - 132nd Street, Surrey, BC V3T 3T6

Delta: 604-591-9116

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

http://www.pcrs.ca/surrey_youth_resource_centres

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 a 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
Income Tax Clinics**1-800-959-8281**
<http://www.surreylibraries.ca/programs-services/5740.aspx>
City Centre Library Computer Learning Centre

10350 University Drive, Surrey

Guildford Library Computer Learning Centre

15105 105 Avenue, Surrey

Strawberry Hill Library Computer Learning Centre

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 below organizations can help you apply for this through the Crime Victim Assistance Program.

Surrey Women's Centre Society**604-583-1295**

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.

VictimLINK**1-800-563-0808**

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

This program provides services including emotional support and information to victims of crime or tragedy.

White Rock RCMP Victim Assistance Program**778-593-3608**

15233 Pacific Avenue, White Rock

Fax: 778-545-3192Email: 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 <http://www.pssg.gov.bc.ca> (Victim Services) or through your local Victim Assistance Program.

**Revised by Kwantlen Polytechnic University Nursing Students – Alisha Walia, Ned Carausos, and Charlene Gladwell Spring 2019 **