

# 2026

## COMMUNITY RESOURCE GUIDE



Burnaby & New Westminster



**BURNABY NEIGHBOURHOOD HOUSE**  
[Burnabynh.ca](http://Burnabynh.ca)



# What do **YOU** want to do?

**Finish high school or upgrade your marks** – Tuition-free for eligible students.

We offer **High School Completion Courses** to suit your lifestyle. Take them day or night. Talk to one of our advisors. It's never too late to graduate.

**Improve your English language skills** – Tuition-free for eligible students.

Improve your reading, writing, speaking and listening skills, and meet new friends while taking **Literacy Foundations Courses** in English.

**LINC Classes** focus on speaking, listening, reading, and writing English for day-to-day living, to help you integrate more easily into the community. Childminding is available.

## Work toward new career opportunities

We have a variety of study options to suit your needs. Choose part-time or full-time, short term or long term, and daytime or evenings.

- **Dental Receptionist**
- **Early Childhood Education**
- **Education Assistant**
- **Start a Family Day Care**
- **TESOL (ELL Instructor)**
- **Floristry Design**
- **Building Service Worker**
- **Building Caretaker**
- **Arborist ISA**
- **Landscape Horticulture Apprenticeship**
- **Residential Landscape Technician**
- **Pesticide Application**
- **Tree Pruning**
- **Restoring Soil Health**
- **Hardscape Installation**
- **Sustainable Landscape Design**
- **Accounting & Payroll**
- **Computer Courses: Excel, Word, Power Point, Keyboarding**
- **Virtual Presentation Skills**
- **Artificial Intelligence**
- **How to Create a Show from Scratch**
- **Office Skills**
- **Speaking Effectively**
- **Voice Over Acting**

## Try something new

Choose from a long list of **General Interest Courses** including: French, Spanish, Mandarin, Japanese, Reiki, Photography, and Soap Making & Self Care.

# Explore your options.



## BNH Locations

### South House

4460 Beresford Street  
604.431.0400  
info@burnabynh.ca  
 @SBurnabyNH

### Brentwood

2055 Rosser Ave.  
604.299.5778  
info@bbyservices.ca  
 @BbyServices

### North House

4908 Hastings St.  
604.294.5444  
northinfo@burnabynh.ca  
 @NorthBNH

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*What's On! Burnaby*

# COMMUNITY RESOURCE GUIDE 2026

Burnaby Neighbourhood House, the umbrella organization of Burnaby Community Services, Burnaby Meals on Wheels, and Burnaby Seniors Outreach, is pleased to present this year's Community Resource Guide. This guide provides updated listings of selected services offered in our community. If you, or someone you care about needs support, reach out. Please call 604.431.0400 to order copies of our Guide, or visit burnabynh.ca to download a PDF version.

### Disclaimer

Changes may occur after printing and the inclusion of agencies in the Guide does not constitute endorsement, nor does omission constitute disapproval.

### OUR VISION

BNH enables people to enhance their lives and strengthen their community. We work with our communities to develop innovative programs and services that meet the changing needs of a diverse population.

### CHILDREN & YOUTH



Family Drop-in  
Childcare Programs  
Parenting Workshops & Resources  
Youth Employment Program  
Youth Leadership Program  
Youth Neighbourhood Small Grants  
Family Outreach



### ADULTS

English Conversation  
Qi Gong / Hui Chun Gong / Tai Chi  
Chess and Mahjong  
Breathing and Meditation  
Computer Cafe  
Yoga  
Walking Group  
Dude's Club



### NEWCOMERS

Settlement Services  
English Conversation Circles  
Newcomer Orientation  
Cook & Chat  
Podcast



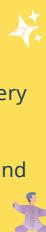
### COMMUNITY

Walk & Roll Walkathon Event  
BNH Food Hubs  
Income Tax Clinic  
We Are Burnaby  
Adult Literacy Program  
Poverty Law Advocate  
Christmas & Camping Bureau



### SENIORS

Computer Support  
Seniors Socials  
Qi Gong / Tai Chi  
Hui Chun Gong  
Seniors Outreach  
Memory Club  
Walking Group



To see our full program guide and schedule visit:

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



This guide is generously supported by:



We acknowledge that we are gathered on the unceded, shared, current, and traditional territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), səlilwətaɬ (Tsleil-Waututh), and kʷikʷəƛ̓əm (Kwikwetlem) Nations.

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## HARMONY FOR ALL

Getting instruments into the hands of our community

### INSTRUMENT LENDING PROGRAM

The Harmony for All instrument lending program makes it possible for you to borrow an instrument for free!

Choose from many different instruments including acoustic and electric guitars and basses, drum kits, saxophones, clarinets, flutes, trumpets, trombones, violins and accordions.

### MUSIC PROGRAM SCHOLARSHIPS

The scholarship program supports Burnaby residents experiencing financial barriers to participation in music lessons of all ages.

Successful applicants will be able to take seasonal lessons at Bonsor, Edmonds and the Shadbolt Centre for the Arts.



Visit the Harmony for All website to access the online application forms.

[Burnaby.ca/HarmonyForAll](http://Burnaby.ca/HarmonyForAll)

**shadbolt for  
the arts**

 City of Burnaby

## Counselling & Support Services

<b>Atira Women's Resource Society</b> atira.bc.ca/what-we-do/programs	<b>604.681.4437</b> info@atira.bc.ca	<b>Burnaby Neighbourhood House</b> burnabynh.ca/get-involved-seniors	<b>604.294.5444</b>
Provides housing, counselling, legal advocacy, and support programs to women experiencing violence, abuse, substance use problems, homelessness, chronic health or mental health issues.		Offers support services for seniors, their family, friends, and caregivers, including support groups for caregivers, and one-on-one peer support by trained volunteers for seniors experiencing frustration or difficulties because of life changes. Dementia Friendly programs include a monthly café for people with memory loss or dementia, their family and friends, and a seniors memory club for playing games, exercising, socializing, singing, and sharing stories. *This is not a counselling service.	
<b>Battered Women's Support Services</b> bwss.org/support	<b>604.687.1867</b> 24-hr Crisis Line: <b>1.855.687.1868</b>	<b>Burnaby Hospice Society</b> burnabyhospice.org	<b>604.520.5087</b>
Provides counselling, support, and advocacy for racialized, queer, and all women who have experienced abuse and trauma. Family, child protection, and immigration legal advocates are available.		Provides services to those in Burnaby going through the end-of-life journey. Supports palliative or hospice care patients and their families and caregivers. Also offers free bereavement counselling and art therapy.	
<b>BC Bereavement Helpline</b> bcbh.ca	<b>604.738.9950</b> contact@bcbh.ca	<b>Burnaby Safe House</b> safeshelter.ca/resources	<b>604.525.0999</b> Confidential: <b>778.886.7001</b>
Provides information, referral, and compassionate listening for persons coping with grief.		Offers second-stage accommodation in a safe, confidential location for abused women, and vulnerable pregnant women.	
<b>Burnaby Counselling Group</b> counsellinggroup.org	<b>604.430.1303</b>	<b>BC Men's Resource Centre</b>	<b>604.878.9033</b>
Offers a wide range of confidential counselling services for individuals, couples, children, teenagers, and families. Subsidies may be available to persons with low income.		Offers individual, couple, and family counselling, support groups, and a comprehensive library of books, articles, tapes, and videos on a variety of men's issues. Programs include Anger Management, Anger Management for Teens 13-18, and Ending Partner Abuse. Call for information or to visit; by appointment only.	
<b>Burnaby Family Life Institute</b> burnabymfamilylife.org/counselling	<b>604.659.2200</b>	<b>Cameray Child &amp; Family Services</b> cameray.ca/counselling-programs	<b>604.436.9449</b>
Provides individual counselling services to women who experience trauma due to abuse and violence, and group counselling to women who have a history of sexual child abuse. Offered for children 3-19 years who witness abuse.		Provides free child and family counselling, parent support and education, victim support, emergency sexual assault services, and advocacy for families in Burnaby and New Westminster. Programs include ACTS Program, Child and Youth Victim Support Service, Child, Youth, and Family Counselling, Early Years Parenting Support Services, and Emergency Sexual Assault Services. In-person and virtual services available.	



We deliver warm meals to those who may have challenges accessing warm meals at home

### When do we deliver?

Mondays, Wednesdays, Fridays  
10:30am - 12pm

### What types of meals?

Western meals, Vegetarian meals, Chinese meals and Asian meals

### Cost?

\$9 - \$11 per meal

### Delivery?

Free - Volunteer drivers are always welcome!



burnabymeals.ca  
604 299 5754  
mealsonwheels@burnabynh.ca



### Seniors Grocery Shopping + Delivery

Are you having challenges grocery shopping for yourself? We can help!

No delivery fee, just the cost of your groceries



### Frozen Prepared Subsidized Meals

Are you a senior and having challenges  
a. Cooking for yourself and  
b. Affording other meal delivery options?

We offer our Frozen Prepared meals on a subsidized scale - \$7 or less



burnabynh.ca  
778 288 3747  
seniorshopping@burnabynh.ca

**Century House Peer Support**

centuryhouseassociation.com/service-group/peer-support-program  
Provides free peer counselling programs for New Westminster aging adults and seniors, helping with life transitions, bereavement, loss, loneliness, isolation, health, and aging concerns. Volunteers always welcome.

**Counselling BC**

counsellingbc.com

Provides an online resource and professional directory for counselling, psychological services, art therapy, and psychotherapy. Services are available in over 25 languages.

**Covenant House Vancouver**

covenanthousebc.org

Offers support services for vulnerable, at-risk young people including housing, alcohol and drug counselling, mental health counselling, and life skills training.

**Crisis Program**

Offers safe housing, food, clothing, and counselling to youth 16-24 years on a first-come, first-served basis.

**Community Support Services (CSS)**

Offers street outreach, housing support workers, and drop-in access to free food, clothing, laundry and showers.

**Foundations Program**

Offers a harm-reduction program for youth not requiring medical detox. Intake via Vancouver Coastal Health Centralized Intake and Assessment Team.

**Rights of Passage Program (ROP)**

Offers a transitional housing program for youth 16-24 years including access to life skills, mentorship, mental health and social work support.

**Mental Health and Addictions Supports**

Offers referrals to in-house Registered Clinical Counsellors (RCC) for youth 16-24 years. Therapy may involve one-on-one counselling, Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Art Therapy, referrals, or a combination of services.

**Dixon Transition Society**

dixonsociety.ca

Provides temporary shelter, housing, and support for women and their children directly fleeing abuse.

**Family Services of Greater Vancouver**

fsgv.ca

Offers free or affordable support services and counselling programs to families, individuals, and youth.

**Fraserside Community Services Society**

fraserside.bc.ca/mental-health

Provides multiple counselling services to all ages.

**Lookout Housing & Health Society**

lookoutsociety.ca

Offers supportive housing and services for people experiencing homelessness based on individual needs and current living situations. Must be in/have history with New Westminster.

**Cliff Block Residence**

604.255.0340

info@lookoutsociety.ca

**Rhoda Kaellis Housing Centre**

604.523.9126 x103

**Russell Residence and Housing Centre**

604.544.5145 x107

604.529.9126

604.519.1064

**Lumara Grief & Bereavement Care Society**

lumarasociety.org

info@lumarasociety.org

Provides bereavement programs and counselling services to children, youth, and families. Offers educational programs and workshops on grief and loss for volunteers and professionals.

**MOSAIC Men in Change**

mosaicbc.org/our-programs/men-supporting-healthy-relationships

Provides counselling and psychoeducation for immigrant, refugee, and visible minority men who have used or are at risk of using violence in intimate relationships.

**Memorial Society of BC**

memorialsocietybc.org

604.733.7705

1.888.816.5902

Provides objective information and education on funeral pre-planning, including simple, dignified, low-cost funerals. Also offers support and direction for grieving families. Membership is required.

**Maida Duncan Women's Drop-In Centre**

604.523.6749

maida.duncandropin@efry.com

Drop-in centre offering marginalized women and children a place for light snacks, a shower, laundry, computers, free clothing, and household items, as well as social activities.

**Post Abortion Community Services**

604.525.0999

pacsccanada.org

Provides non-judgmental post abortion grief recovery through counselling, support groups, and retreats.

**Purpose Society — Family Services**

604.526.2522

purposesociety.org/family-programs

Offers various programs to families with referrals from the Ministry of Children and Family Development.

**Rape Victims Support Network**

604.525.0999

assaultcare.ca

Confidential: 604.545.0834

Provides peer counselling, advocacy, referrals, and practical help to victims of sexual assault.

**Victim Services****Chinese Community Policing Centre**

604.688.5030

chinesecpc.com

info@chinesecpc.com

Provides support and assistance to Chinese speaking victims of crime. Programs include victim services, translation and interpretation, and community outreach programs.

**Embrace Clinic — Forensic Nursing Service**

604.807.5406

embraceclinic@fraserhealth.ca

Provides specialized, trauma-informed, outpatient medical care and modified forensic assessments for mature minors and adults of any gender who have experienced recent violence (partner violence, sexual assault or exploitation). Also offers support and guidance for next steps. Interpreters are available. Offers some sexual health services to anyone in need such as STI/HIV screening and treatment, and pregnancy testing.



Burnaby **Hospice** Society

Compassionate Care for  
individuals & families during  
the end-of-life journey.

We offer free bereavement services  
to the community, including:

- Grief Counselling
- Support Groups
- Workshops





Vancouver's Business  
and Tech University  
[ucanwest.ca](http://ucanwest.ca)

## FUEL YOUR HUSTLE



SCAN TO LEARN MORE

### UNDERGRADUATE PROGRAMS

- > Bachelor of Commerce
  - Specializations Available:
    - Accounting
    - Marketing
    - Technology Management
- > Bachelor of Arts in Business Communication
- > Associate of Arts

### GRADUATE PROGRAM

- > Master of Business Administration
  - Specializations Available:
    - Supply Chain Management
    - Business Analytics
    - Artificial Intelligence and Machine Learning Leadership

Vancouver's Business and Tech University  
[ucanwest.ca](http://ucanwest.ca)



UNIVERSITY  
CANADA WEST

**Family Services of Greater Vancouver** **604.525.9144**  
**— Victim Services & Trauma Counselling**  
[fsgv.ca/programs/traumacounselling](http://fsgv.ca/programs/traumacounselling)  
 Offers professional, compassionate trauma counselling to women, gender diverse people, families, children, youth, and seniors.

**Surrey Memorial Hospital — Forensic Nursing Service** **604.953.4723**  
 Provides free 24-hr, confidential care for persons who have experienced sexual assault or inter-personal violence within the past 7 days. Provides emotional support, health care, and the option to collect forensic evidence. Interpreters are available. Available to all ages and genders.

**MADD Metro Vancouver** **1.800.665.6233 x266**  
[maddchapters.ca/vancouver](http://maddchapters.ca/vancouver) [maddvancouver@gmail.com](mailto:maddvancouver@gmail.com)  
 Offers support services to victims/survivors of impaired drivers and their families and friends.

**MOSAIC — Multicultural Victim Services** **236.512.7149**  
[mosaicbc.org/our-programs/multicultural-victim-services](http://mosaicbc.org/our-programs/multicultural-victim-services)  
[victim.support@mosaicbc.org](mailto:victim.support@mosaicbc.org)  
 Provides community-based, specialized services for multicultural victims of all types of crime, including criminal justice information and support, safety planning, information and referral, and emotional/practical support to assist victims in recovery.

**Police Victim Services Units**  
 Offers information, emotional support, and practical assistance to persons or families affected by a crime or trauma.

**Burnaby RCMP** **604.646.9700**  
[burnaby.rcmp-grc.gc.ca](http://burnaby.rcmp-grc.gc.ca)  
**New Westminster Police** **604.529.2525**  
[nwpolice.org](http://nwpolice.org) [VAU@nwpolice.org](mailto:VAU@nwpolice.org)

**Sexual Assault Service** **604.875.2881**  
 Provides free 24-hr, confidential care for anyone 13+ who has been sexually assaulted within the past 7 days. Specially trained female doctors and nurses provide emotional support, health care, and the option to collect forensic samples for police.

#### **Vancouver General Hospital Emergency Department**

920 W. 10th Ave, Vancouver (near Oak St)

**UBC Hospital Emergency Department**  
 899 West 12th Ave, Vancouver

**Society for Male Survivors of Sexual Abuse** **604.682.6482**  
[bc-malesurvivors.com](http://bc-malesurvivors.com) [victimservices@bc-malesurvivors.com](mailto:victimservices@bc-malesurvivors.com)  
 Offers legal advice and therapy for male-identifying persons who are victims of domestic violence and sexual assault. Discounted fees may apply.

**Stopping the Violence Counselling** **236.512.9739**  
[mosaicbc.org/our-programs/counselling-support-for-victims-of-violence](http://mosaicbc.org/our-programs/counselling-support-for-victims-of-violence)  
[stvc@mosaicbc.org](mailto:stvc@mosaicbc.org)  
 Provides free and confidential counselling support and referrals to adult women experiencing or at risk of experiencing abuse or violence.

**VictimLINK BC** **24-hr: 1.800.563.0808**  
[victimlinkbc.ca](http://victimlinkbc.ca)  
 Provides multilingual assistance and immediate crisis support to victims of family/sexual violence. Victim Service Workers help with referral to victim and community services, transition houses, counselling, justice system/legislation programs, and safety planning.

## **Education**

**BC Ministry of Education and Child Care**  
[gov.bc.ca/bced](http://gov.bc.ca/bced)

**Burnaby School District** **604.296.6900**  
[burnabyschools.ca](http://burnabyschools.ca)

**Federation of Independent School Associations** **604.684.6023**  
[fisabc.ca](http://fisabc.ca) [info@fisabc.ca](mailto:info@fisabc.ca)

**Independent Schools Association of BC** **604.913.6038**  
[isabc.ca](http://isabc.ca)

**New Westminster School District** **604.517.6240**  
[newwestschools.ca](http://newwestschools.ca)

## **Homeschooling Resources**

**BC Ministry of Education — Homeschooling Resources**  
[bced.gov.bc.ca/home\\_school](http://bced.gov.bc.ca/home_school)  
 Provides parents with homeschooling resources.

**Burnaby Online** **604.296.6940**  
[online.burnabyschools.ca](http://online.burnabyschools.ca)  
 Follows the BC Ministry of Education Curriculum providing engaging, dynamic, and flexible learning opportunities to all students K-12 level, as well as adult learners.

**New Westminster Schools — Home Learners Program** **604.517.5980**  
[homelearnersprogram.ca](http://homelearnersprogram.ca)  
 Supports children in kindergarten through grade 8. A teacher-led distributed learning program that provides options for families who prefer to have their children educated in the home.

**New Westminster Online Learning** **604.517.6191**  
[newwestonlinelearning.ca](http://newwestonlinelearning.ca)  
 Offers online learning options for students (including adults) who are working on courses at the grade 9-12 level.

**The Canadian Homeschooler**  
[thecanadianhomeschooler.com](http://thecanadianhomeschooler.com) [thecanadianhomeschooler@gmail.com](mailto:thecanadianhomeschooler@gmail.com)  
 Provides resources for Canadian home educators.

**COURSES for**  
**SENIORS** **50+**

**Community Centred College for the Retired**

**The College offers a variety of daytime classes**  
 (9:00 am to 3:30 pm - Wed-Fri)  
 Including: Computers • Photography - Smartphones & iPhones • Spreadsheets • Video Editing • Social Media: Smartphones & iPad • Drawing • Quilting & more  
 Group • Calligraphy • Piano • Ukulele • Genealogy • Languages: French, Spanish, Hindi, Mandarin • Discussion classes - Poetry • Short Stories & Memories into Memoirs • Thriving in the 3rd Stage of Life & more...

# Working for You

Please contact us if you require help with any of your federal or provincial needs.



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**Post-Secondary Institutions**

**British Columbia Institute of Technology (BCIT)**  
bcit.ca

**Douglas College**  
douglascollege.ca **604.527.5400**

**Justice Institute of British Columbia (JIBC)**  
jibc.ca **604.525.5422**

**Nicola Valley Institute of Technology (NVIT)**  
nvit.ca **877.682.3300**

**Simon Fraser University (SFU) — Burnaby Campus** **778.782.3111**  
sfu.ca

**NEC Native Education College**

[necvancouver.org](http://necvancouver.org)

Private college works to strengthen Indigenous communities through accredited college level programs that lead to employment and higher learning.

**Pearson Adult Learning Centre** **604.517.6286**  
[newwestadultlearning.ca](http://newwestadultlearning.ca)

Supports adult students who need academic upgrading in English or Math, or specific courses for post-secondary institutions, or high school graduation.

**POWER Alternate Secondary School** **604.517.6141**  
[newwestschools.ca/our-schools/power](http://newwestschools.ca/our-schools/power)

Offers New Westminster students 16-18 years a high school graduation Dogwood Diploma and incorporates academic, career exploration and work experience opportunities, along with individualized support, instruction, and recreational or artistic experiences.

**Purpose Secondary School** **778.727.3410**  
[purposessecondary.org](http://purposessecondary.org)

Offers an independent high school program for students from grades 8-12.

**Royal City Alternate Program** **604.517.6141**  
[newwestschools.ca](http://newwestschools.ca)

Offers grade 8 and 9 courses to students facing social and emotional challenges in school.

**SIGMA Program** **604.517.6220**  
[newwestschools.ca/our-schools/sigma](http://newwestschools.ca/our-schools/sigma)

Offers flexible programming in an academic setting, smaller class sizes and wide variety of courses in preparation for grade 12 graduation. Out of district students are accepted.

**Continuing Education & Extended Learning**

**Burnaby Community & Continuing Education** **604.296.6901**

[burnabycce.ca](http://burnabycce.ca)  
Offers vocational, career, and general interest programs, including English, math, science upgrading, and English language instruction (LINC and Foundations programs).

**British Columbia Institute of Technology (BCIT) — Flexible Learning**

[bcit.ca/flex](http://bcit.ca/flex)  
BCIT Flexible Learning offers over 1,000 courses during the day, in the evening, or a bit of both. With options like microcredentials and free online courses, building your resume has never been easier.




New Patients Welcome




902 Quayside Drive, New Westminster | 604-522-5242  
[info@queensparkdental.ca](mailto:info@queensparkdental.ca) | [queensparkdental.ca](http://queensparkdental.ca)

**thank you**

for voting us Best Cosmetic Dentistry and Best Dental Clinic

[www.instagram.com/queensparkdental](http://www.instagram.com/queensparkdental)



## Try a Taste of the Good Life

When we say PARC life is your best life, we don't expect you to take our word for it. Instead, we want you to try it for yourself!

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[parcliving.ca/mulberry](http://parcliving.ca/mulberry)

## EAL Resources

### Burnaby Language Centre

[mosaicbc.org/services/language/linc](http://mosaicbc.org/services/language/linc)

**604.298.8201**

LINCburnaby@mosaic.org

MOSAIC provides free daytime and evening English classes for newcomers with PR and refugees taught by highly experienced instructors. Childminding services provided on-site. New location on website.

### Burnaby Community & Continuing Education

**604.296.6901**

[burnabycce.ca](http://burnabycce.ca)

For newcomers with PR, they offer free LINC (Language Instruction for Newcomers to Canada) classes and Foundations English classes (free for students that meet requirements). These classes help students improve in speaking/listening, reading, and writing.

### Burnaby Neighbourhood House

[burnabynh.ca/get-involved\\_adult](http://burnabynh.ca/get-involved_adult)

**South: 604.431.0400**

**Brentwood: 604.299.5778**

**North: 604.294.5444**

Provides online and in-person English conversation classes. All are welcome to attend.

### British Columbia Institute of Technology (BCIT) — Professional English

[bcit.ca/peld](http://bcit.ca/peld)

peld@bcit.ca

BCIT's professional English offerings help EAL and non-EAL speakers who need an English upgrade to enter BCIT programs or other post-secondary programs across BC. They are designed for upper-intermediate level students.

### Douglas College — Proficiency in Academic College English

[douglascollege.ca/program/cnella](http://douglascollege.ca/program/cnella)

**604.527.5478**

The Academic College English Program is designed to improve speaking, listening and writing skills in preparation for college and university level classes. It is free for Canadian citizens, permanent residents, or refugees.

### New Westminster Public Library

**604.527.4660**

#### — English Conversation Circles

[nwpl.ca/events/test-english-conversation-circles-sat/](http://nwpl.ca/events/test-english-conversation-circles-sat/)

In partnership with the Immigrant Services Society of BC (ISSofBC), they offer two English Conversation classes. Open to all, these informal get-togethers offer those pursuing English as a second language the opportunity to meet others and develop socially-oriented conversation skills, free of charge.

### ISSofBC — LINC

[issbc.org/program-types/learn-english](http://issbc.org/program-types/learn-english)

**604.522.5902**

[linc.nwest@issbc.org](mailto:linc.nwest@issbc.org)

Provides LINC (Language Instruction for Newcomers to Canada) including literacy, and workplace English for all CLB levels.

### New Westminster Continuing Education — Pearson ALC

[newwestadultlearning.ca/home](http://newwestadultlearning.ca/home)

**604.517.6286**

Provides evening English Language Learning. Free tuition for all BC residents.

### Purpose Society — English Made Easy Program

**778.727.0786**

[purposesociety.org](http://purposesociety.org)

[mail@purposesociety.org](mailto:mail@purposesociety.org)

Offers a free beginner's English class for New Westminster families and caregivers with children 0-6 years.

### Pacific Immigrant Resources Society

#### — Community English Classes for Women

[pirs.bc.ca/our-programs/community-english-classes](http://pirs.bc.ca/our-programs/community-english-classes)

**osw@pirs.bc.ca**

Provides newcomer women with various English classes (beginner to pre-intermediate). Offers online and in-person classes.

### S.U.C.C.E.S.S. — LINC Program and Conversation Circle

**604.430.1899**

[isiponline.ca/services/english-learning](http://isiponline.ca/services/english-learning)

Provides free daytime and evening English Classes and Conversation Circles to Newcomers. Classes include in-person and online, or hybrid.

## Literacy

### Burnaby Neighbourhood House

**South: 604.431.0400**

[burnabynh.ca/get-involved\\_adult](http://burnabynh.ca/get-involved_adult)

**Brentwood: 604.299.5778**

**North: 604.294.5444**

### Burnaby Community Adult Literacy Program (CALP)

Offers a free program for English-speaking adults who face challenges with reading and writing. They are matched with trained tutors who support them in acquiring basic literacy and numeracy skills.

### Digital Literacy Program

Volunteers support adults to learn to use smartphones, computers and tablets.

### Burnaby Public Library

**604.436.5400**

[bpl.bc.ca](http://bpl.bc.ca)

Offers a range of programs that support literacy for kids of all ages, including story time and summer reading club. Adult services provide an adult literacy book collection which includes stories, reading, writing, math, and teaching literacy.

### Decoda Literacy Solutions

**604.681.4199**

[decoda.ca](http://decoda.ca)

[info@decoda.ca](mailto:info@decoda.ca)

Provides resources, training, and funds to support community-based literacy programs and initiatives.

### Douglas College — I-CARE

**604.527.5409**

[douglascollege.ca/ICARE](http://douglascollege.ca/ICARE)

[icare@douglascollege.ca](mailto:icare@douglascollege.ca)

Free literacy tutoring for English-speaking adults; call to book an assessment.

### Literacy Now Burnaby

**604.431.0400**

[literacynowburnaby.ca](http://literacynowburnaby.ca)

[literacynow@burnabynh.ca](mailto:literacynow@burnabynh.ca)

Works to raise awareness of literacy challenges and increase access to literacy and learning programs in Burnaby and New Westminster.

### New Westminster Public Library

**604.527.4660**

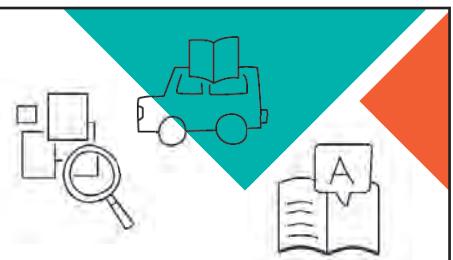
[nwpl.ca](http://nwpl.ca)

[askus@nwpl.ca](mailto:askus@nwpl.ca)

Offers a wide range of programs and events for children learning to read.

- Reference & research services
- Downloadable audiobooks and e-books
- Online news, research, language learning and career resources

- Personalized reading suggestions
- Books in accessible formats and delivery to residents who qualify



## Employment & Financial Assistance

<b>ACCESS Employment Services</b> accessfutures.com Delivers a range of educational career services and training opportunities to Indigenous Peoples in Greater Vancouver. Includes trades training or apprenticeship programs, essential skills, construction training, career advising, resume writing, funding for training, and job search support.	<b>604.251.7955</b>	<b>Ministry of Social Development — Income Assistance Offices</b> gov.bc.ca/gov/content/family-social-supports/income-assistance #002-4603 Kingsway, Burnaby 202-1015 Columbia St, New Westminster Provides information about applying for income or disability assistance. Access services online through "My Self Serve", or by phone or in person at your local office.
<b>BC Securities Commission</b> bcsc.bc.ca Provides guidance on investment markets, financial goal setting, and market regulation.	<b>604.899.6854</b>	<b>MOSAIC Employment Services</b> mosaicbc.org/our-services/employment-services Career Paths is designed to provide advanced level support (career planning and financial) to skilled newcomers, help them find a job that best suits their pre-arrival qualifications, and gain Canadian work experience.
<b>BGC South Coast BC</b> bgcbc.ca/employment Offers a free 8-week program involving online and in-person group-based workshops and certificate training, and up to a 4-week work experience placement with a local employer. For youth in the Metro Vancouver Regional District looking to enter or re-enter the workforce.	<b>604.591.9262 x117</b> youthemployment@bgcbc.ca	<b>Progressive Intercultural Community Services (PICS)</b> pics.bc.ca <b>604.596.7722</b> Provides programs for newcomers, women, seniors, youth, and persons with disabilities. Includes Employment Programs, Settlement Services, Language Services, Social and Housing Programs.
<b>Canada Revenue Agency</b> canada.gc.ca/en/revenue-agency Offers tax information and phone service (TIPS), and resources for managing payroll, business licensing, and income tax statements.	<b>1.800.267.6999</b> <b>1.800.959.8281</b>	<b>S.U.C.C.E.S.S BC</b> Provides services to newcomers with PR, protected refugees, and citizens. <b>Chance to Choose: A Youth Employment Program</b> <b>604.438.7222</b> successbc.ca/service-categories/youth Helps youth ages 15-30 advance their careers in office administration and customer service.
<b>Career Paths for Skilled Immigrants</b> issbc.org/our-programs-service/career-paths Assists experienced newcomers in resuming their careers by providing personalized career support and coaching, funding for skills upgrading and re-credentialing occupation-specific language education, connection to employers, and help gaining Canadian work experience.	<b>604.360.3574</b> careerpaths@issbc.org	<b>Career Mentoring</b> successbc.ca/isip/ Gain career information, support, and guidance related to your target occupation/sector in BC from a local professional.
<b>Douglas College — Career Development</b> douglascollege.ca/programs-courses/training-group Delivers various programs and services supporting lower mainland residents in navigating the job market. Provides services for newcomers, a VOICE Disability Employment Program, and Youth Programs.	<b>604.777.6099</b>	<b>Active Career Connect &amp; Engagement Project for Internationally Educated Health Professionals (ACCEP-IEHP)</b> <b>778.819.0728 x1011</b> accep-vancouver@success.bc.ca Skilled immigrants who are Internationally Educated Health Professionals (IEHPs) advance their careers in Canada through innovative services that bridge them into subsidized Canadian work experience opportunities.
<b>Legal Aid — Apply for Welfare &amp; Welfare Benefits</b> <b>604.408.2172</b> legalaid.bc.ca/publications/subject/17 Publications explain the process for applying for welfare and the benefits available once qualified.		<b>WorkBC Employment Services</b> <b>1.877.952.6914</b> workbc.ca/discover-employment-services Offers services to individuals seeking work, apprenticeship or training programs. Also assists those receiving income assistance or employment insurance. Specialized services are available for persons with disabilities, Indigenous Peoples, newcomers with PR, protected refugees, citizens, older workers, youth, survivors of abuse, and people facing barriers.
<b>ISSofBC — B-Hired</b> issbc.org/service-types/find-work Provides free skills training, career counselling, and job search support to eligible newcomer youth ages 16-29.	<b>604.684.2561</b> B-Hired@issbc.org	
<b>Job Bank</b> jobbank.gc.ca/home Offers an online source for job searching. Includes free occupational, career, and labour market information such as job opportunities, career exploration including educational requirements, duties, wage rates and salaries.		

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Independent local home care agency established 2010



Call for a free home consultation: **604.551.8867** [www.seniorschoiceforcare.ca](http://www.seniorschoiceforcare.ca)



**Community Volunteer Income Tax Clinics** 1.800.959.8281

canada.ca/taxes-help

Visit website or call for location and times of free tax clinics.

**Credit Counselling Society** 604.527.8999

nomoredebts.org

Offers free credit counselling, bankruptcy help and debt consolidation options.

**Government Programs**

Federal and provincial governments provide various programs and benefits for individuals and families. Websites provide the latest information about programs and related application instructions.

**Service BC** 604.660.2421

gov.bc.ca

TDD: 711

VRS: 1.800.663.7867

1.800.622.6232

TTY: 1.800.926.9105

servicecanada.gc.ca

**Families****Information & Childcare Resources****Burnaby Community Services** 604.299.5778

bbyservices.ca

An umbrella organization for Burnaby community resources.

**Community Resource Guide**

Lists a wide range of programs and services in Burnaby and New Westminster. Free copies can be picked up at local libraries, recreation and community centres, government, and non-profit agencies or our office.

**Burnaby Early Childhood Development Table**

kidsinburnaby.ca kidsinburnaby@gmail.com

One-stop shop for information, resources, and support for families with children 0-6 years.

**City of New Westminster Parks and Recreation** 604.521.3711

newwestcity.ca/parks-and-recreation active@newwestcity.ca

Parks, facilities and recreation programs in New Westminster.

**Information on Financial Assistance**

newwestcity.ca/parks-and-recreation/access-and-inclusion

**Fraser Health — New Westminster Public Health Unit** 604.777.6740

Our public health units offer a range of services to promote health and wellness in the community.

**Friend 2 Friend Social Learning Society**

friend2friendsociety.org f2fsociallearning@gmail.com

Friend 2 Friend Social Learning Society is dedicated to turning loneliness into learning through the creation and delivery of programs that foster inclusion and celebrate diversity for children aged 4-10.

**Information Children**

informationchildren.com

778.782.3548

info@informationchildren.com

Provides information, education, workshops (including COS), and support for parents and caregivers. Helpline, email support, and one-on-one coaching available. Monday-Friday, 9am-5pm.

**Kids New West**

kidsnewwest.ca

knwtable@gmail.com

Connects families in New Westminster with other families, community service providers, information, resources and events.

**Kidcare Canada**

604.314.4794

kidcarecanada.org

atpinfo@cw.bc.ca

Provides trustworthy videos empowering new parents/caregivers in the journey of raising children. Videos model how to build loving bonds with babies and demonstrate positive parenting skills.

**Kinsight (formerly Simon Fraser Society)**

604.525.9494

kinsight.org

info@kinsight.org

Empowers children, youth, and adults with developmental disabilities.

**S.U.C.C.E.S.S. — The Community Leadership****Initiative (CLI) Program**

236.880.8428

successbc.ca/cli

CLI@success.bc.ca

Empower youth to design and lead their own civic engagement projects that promote inclusivity and reconciliation. Includes interactive workshops and field trips.

**The Purpose Society — Burnaby Youth Hub**

604.551.4999

purposesociety.org/events/categories/youth-programs/youth-hubs/new-west-youth-hub pavandeep.nijjar@purposesociety.org

A vibrant and inclusive community space dedicated to empowering young individuals ages 12-24. Provides a range of essential services such as substance use support, personal growth, skill development, and overall well-being.

**Vancouver & Lower Mainland Multicultural**

604.436.1025

**Family Support Services Society**

Helpline: 236.865.1194

vlmfss.ca

help@vlmfss.ca

Offers free support services to immigrants, refugees, visible minorities, and women without immigration status and children facing family violence within the Metro Vancouver area. Service offered in various languages.

**Westminster Children's After School Society**

604.540.1688

wcass.com

admin@wcass.com

Offers safe and affordable childcare to all children aged 5-12.

**YMCA Child Care Resource & Referral**

604.294.1109

gv.ymca.ca/ccrr

ygv.ccrr@bc.ymca.ca

Provides parents and childcare providers with childcare referrals and assistance in applying for the Affordable Child Care Benefit. Offers provincially funded, and free programs.

**NEW NAME, SAME GREAT DENTAL TEAM!**  604-524-4981  609 Sixth Street, New Westminster Dr. Douglas M. Lovely & ASSOCIATES New West Dentistry & Implant Centre

Dr. Stephen Yoon



Dr. Douglas Lovely



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Dr. Hsuan Wei (Alan) Yang



Dr. Mae Hegazi



Dr. Matthew Yeung

General & Family Dentistry – Dental Implants  
Invisalign – Botox – Emergency Visits[newwestminsterdentistryandimplantcentre.com](http://newwestminsterdentistryandimplantcentre.com)

## Pregnancy Resources

### Pregnancy Options Phone Service **1.888.875.3163**

bcwomens.ca

Provides free, unbiased, and confidential short-term phone counselling, information about abortion, adoption, and referral support for unwanted pregnancies.

### Pregnancy Outreach Program **604.659.2225**

burnabyfamilylife.org bfi-info@burnabyfamilylife.org

Offers free weekly support groups for pregnant individuals: includes education, support, lunch, and childcare. Also offers farmers market coupons during growing season and free prenatal vitamins. Post-natal services are offered up to 6 months.

## Early Childhood Programs & Support

### Baby & Me Second Stage **604.659.2200**

burnabyfamilylife.org/frpbabyandme

Free weekly educational support groups for high-risk moms with babies 6-18 months. Discussion, nutritious snacks, support, and childcare are provided every Friday, 9:30-11:30am.

### Burnaby Infant Development Program **778.888.3864**

idp.gobaci.com idp@gobaci.com

Provides family-centred services and playgroups to support families who are raising infants 0-3 years old with or at risk of developmental delay or disabilities.

### Burnaby Just B4 Preschool

burnabyschools.ca/just-b4-preschool

The Preschool is designed to provide a rich, nurturing, play-based learning environment which stimulates children's thinking, creativity and engagement. Our qualified Early Childhood Educators work to create deep, meaningful relationships with children and families.

### Burnaby Family Place **604.299.5112**

burnabyfamilylife.org kellygardbfp93@gmail.com

Offers drop-in playtime for parents/caregivers and their children 6 years and under, Monday-Thursday, 9:30am-1pm.

### Council of Parent Participation Preschools of BC (CPPPB) **604.435.4430**

cpppb.wordpress.com

CPPPB supports parent participation preschools – their children, parents, teachers and executives – by providing a medium of exchange and mutual assistance.

### East Burnaby Family Place **604.512.1100**

ebfp@shaw.ca

Offers parents and children aged 0-5 a free drop-in program with motor skills toys, outdoor play space, circle time, community outreach workers, clothing exchange, ECE program coordinator and daily crafts. Tuesdays and Fridays, 10am-1pm.

### La Leche League Canada

lllc.ca

Provides breast-feeding support and referral services.

**778.282.1184**

sarah.elder@lllc.ca

### New Westminster Family Place

**604.520.3666**

newwestfamilies.ca

A family resource program for children 0-6 years to learn, play, and socialize. Offers parenting education, a toy lending library housed in the New Westminster Public Library catalogue, and family support programs.

### New Westminster Just B4 Preschool

newwestschools.ca/programs-services/early-learning/just-b4-preschool

A play-based preschool program in New Westminster for children before kindergarten.

### Pacific Post Partum Support Society

**604.255.7999**

postpartum.org

admin@postpartum.org

Offers free phone and text support to parents with a baby up to 18 months old, individuals expecting children, and those experiencing any kind of distress. Offers various support groups in the Lower Mainland. Online support available Monday-Friday, 10am-3pm.

### Queensborough Just B4 Program

newwestschools.ca/programs-services/early-learning/just-b4-preschool

Introducing a play-based preschool program in New Westminster designed to support future young learners in their year leading into kindergarten.

### StrongStart Centres

Provides free early learning programs and activities for children 0-5 years and their parents/caregivers who will benefit from resources, outreach, and networking opportunities. Snacks provided. Burnaby locations offer drop-in Monday-Friday, 9-11:30am.

#### Burnaby Schools:

burnabyschools.ca/strongstart

**604.296.9007**

#### Cascade Heights

**604.296.9008**

#### Chaffey-Burke

**604.296.9010**

#### Edmonds

**604.296.9012**

#### Forest Grove

**604.296.9026**

#### Kitchener

**604.296.9017**

#### Lochdale

**604.296.9019**

#### Maywood

**604.296.9022**

#### Morley

**604.296.9024**

#### Second Street

**604.296.9029**

#### Stoney Creek

**604.296.9031**

#### Stride Avenue

**604.296.9032**

#### Twelfth Avenue

**604.296.9035**

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- Delicious meals
- Weekly housekeeping and on-site laundry
- Daily social and recreation activities
- Professional maintenance



**(604) 788-8164 | agecare.ca/harmony-court**



<b>New Westminster Schools:</b> <a href="http://newwestschools.ca/programs-services/early-learning">newwestschools.ca/programs-services/early-learning</a>	ineilson@sd40.bc.ca
<b>Connaught Heights</b> Monday-Friday, 9:00am-11:30am	<b>604.517.6010</b>
<b>Queensborough Middle School</b> Monday-Friday, 8:45am-11:15am	<b>604.517.6040</b>
<b>Skwo:wech Elementary School</b> Monday-Wednesday, and Fridays, 9:15am-11:45am. Thursdays, 9:30am-11:30am, Queens Park – at the Circle Log.	<b>604.517.6090</b>

## Parenting Programs & Support

<b>Belonging Network</b> <a href="http://belongingnetwork.com">belongingnetwork.com</a>	<b>604.320.7330</b>
Provides support for families including prospective/current adoptive families, and youth in government care.	<a href="mailto:info@belongingnetwork.com">info@belongingnetwork.com</a>

<b>British Columbia Family Maintenance Agency</b> <a href="http://bcfma.ca">bcfma.ca</a>	<b>1.866.557.2427</b>
The BC Family Maintenance Agency (BCFMA) helps families and children with an order or agreement get the support (child support and spousal support) they are entitled to; enrolment is free.	

<b>Burnaby Neighbourhood House</b> <a href="http://burnabynh.ca/get-involved_family">burnabynh.ca/get-involved_family</a>	Brentwood: <b>604.299.5778</b>
	South: <b>604.431.0400</b>

Provides family drop-in and parent support programs for parents/caregivers with children 0-5 years, preschool, and school-age childcare in multiple locations, community kitchens and income tax services for families and individuals with limited income, and information and referral services.

<b>Cameray Child &amp; Family Services</b> — <b>Early Years Parenting Support Program</b> <a href="http://cameray.ca">cameray.ca</a>	<b>604.436.9449</b>
Provides free daily interactive and educational parenting groups, one-on-one caregiver support sessions for those with at least one child under 5 years. Services are available both in-person and virtually. Youth counselling is also available.	

<b>Family Services of Greater Vancouver</b> <a href="http://fsgv.ca">fsgv.ca</a>	<b>604.731.4951</b>
Provides counselling, education, and support services to parents and their families.	

<b>Parent/Teen Mediation Services</b> Offers free parent-teen conflict mediation for residents of Burnaby and New Westminster. Referrals are made through the BC Ministry of Children and Family Development.	<b>604.525.9144</b>
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<b>Fraser Valley Foster Parents Association</b> <a href="http://fraservalleyfosterparents.org">fraservalleyfosterparents.org</a>	<b>1.877.797.7701</b>
Provides information about fostering, support services, and resources for foster parents currently in the network.	

**Ministry of Children & Family Development — 1.800.663.9122**

### Centralized Screening Team

Receives requests for child protection services and reports.

#### Intake and Family Services

(Under 12 years) Bby: **604.660.5900**

#### Youth Intake and Family Services Team

(13 years+) Bby: **604.660.5900**

#### New Westminster Intake and Family Services

**604.660.9495**

### MOSAIC — Family Centre

[mosaicbc.org/our-programs/support-services-for-refugee-families](http://mosaicbc.org/our-programs/support-services-for-refugee-families)

family.centre.reception@mosaicbc.org

Provides early childhood development programs where government-assisted refugee children aged 0-6 years join activities while their parents practice English, and learn about parenting skills, health, and nutrition.

### New Westminster Children's Centre

**604.525.9494**

[kinsight.org](http://kinsight.org)

Provides services for families whose children and youth have a delay in their development. Services include Infant Development Program, Supported Child Development, Early intervention therapies, and Key Worker services. Open referral system.

### New Westminster Family Justice Centre

**604.660.8636**

[gov.bc.ca/familyjustice](http://gov.bc.ca/familyjustice)

Aids families experiencing separation: offers a parenting plan or calculation of child/spousal support. Interpreters can be arranged upon request. All court process services are free and confidential. Booking an appointment through the phone is recommended.

### Parent Support Services Society of BC

**604.669.1616**

[parentsupportbc.ca](http://parentsupportbc.ca)

office@parentsupportbc.ca

Supports families and children by empowering those in a parenting role through community connections, research, resources, and advocacy. Services are offered in multiple languages at no cost.

### Parents Together & Parents in the Know

**604.315.0665**

[bgcbc.ca/counselling-support-services/parent-group-support](http://bgcbc.ca/counselling-support-services/parent-group-support)

awilson@bgcbc.ca

Local: **604.879.6554 x109**

Provides facilitated education and programs for caregivers looking after youth aged 13-24 years. Strategies include relationship-building, positive communication skills, and self-care.

### Purpose Society

**778.727.0786 x205**

#### — Parenting Support Groups/Circles

**604.526.2522**

[purposesociety.org](http://purposesociety.org)

mail@purposesociety.org

Offers free groups to parents, caregivers, and their children.

### Family Circle

Provides support for parents with children 3-5 years.

### Nobody's Perfect Parenting Program

Provides a 6-week parenting program for families with children ages 0-5 years. Runs 2-3 times/year.



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- House Washing
- Window Cleaning
- Driveway / Fences
- Roof / Gutter Repairs
- Gutter Guard Installations
- Drain Pipe
- Trash / Recycling Bins
- Leaf / Snow Removal

**236-268-0552**

**vanhousewash@gmail.com**

<b>Single Parent Program</b> Provides resources for single parents with children 0-6 years.	<b>604.368.0776</b>	<b>FAIR Play Program</b> burnaby.ca/recreationcredit Provides support to qualifying Burnaby residents in financial need: offers access to Parks, Recreation or Cultural programs, and an Annual Be Active pass. Applications are available online or at any community or recreation centre.	<b>604.320.2227</b>
<b>Parent-Child Mother Goose</b> Provides an 8-week program for parents and children 0-3, focusing on nurturing through rhymes, songs, and stories. Runs 1-2 times/year.			
<b>Parenting Children with Challenging Behaviours</b> Provides a 6-week parenting program for families with children 5-12 years. Runs 1-2 times/year.			
<b>Pitter Patter</b> Provides support and information for parents with children ages 0-3 years.			
<b>PLANS (Physical Literacy, Arts, Nature &amp; Science)</b> Provides an outdoor experience that aims to develop children's learning: for children ages 2-5 years. Registration required.			
<b>Building Community and Connections</b> 6-week program to connect with community members and learn about anti-racism through arts, crafts, and culture.			
<b>Family Circle Book Club</b> 6-week program to read and discuss an article or book with other parents and caregivers. Currently offered on Zoom.			
<b>Leo Street Youth &amp; Family Services</b> stleo.ca Offers counselling, assessment, mediation, life skills training, and support groups for parents and teens.	<b>604.524.1511</b>	<b>BC Hydro — Savings and Rebate Programs</b> bchydro.com/powersmart/residential.html Provides qualifying households with savings and rebate programs.	<b>1.800.224.9376</b>

## Families with Low Income

<b>Affordable Child Care Benefit</b> gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/childcarebc-programs/child-care-benefit Provides monthly payment to help eligible families with the cost of childcare.	<b>1.888.338.6622</b>	<b>Burnaby Parks, Recreation &amp; Cultural Services</b> — FAIR Play Program burnaby.ca/services-and-payments/seniors-and-family-support/fair-play-program Provides support to qualifying Burnaby residents in financial need. Credit can be used to register for most Parks, Recreation or Cultural programs. Annual BeActive pass included Applications are available online or at any community/recreation centre.	<b>604.320.2227</b>
<b>Athletics for Kids</b> a4k.ca Provides financial support towards sports registration fees for youth aged 5-18 enrolled in school. Athletics4Kids covers up to \$450 per 12-month period or 80% of the registration fees. Eligible applicants must meet one of their requirements: net family income must be under \$45,000/year, or their child is in foster care.	<b>604.221.7529</b> info@a4k.ca	<b>Canadian Tire Jumpstart</b> jumpstart.canadiantire.ca Helps low-income kids 4-18 years get involved in organized sports and active recreation activities.	<b>1.844.937.7529</b>
<b>Burnaby Community Services</b> ByServices.ca	<b>604.299.5778</b>	<b>Canada Scores</b> canadascores.org Offers an innovative afterschool program for vulnerable youth that integrates soccer, poetry, and community involvement.	<b>778.871.6316</b>
<b>Camping Bureau</b> Burnaby families of low income can register to receive summer camp subsidies for their children.		<b>Fraserside Community Services</b> fraserside.bc.ca Provides low-income families with access or referrals to financial aid through Kidsport BC grants and Quest Not-For-Profit Grocery Markets.	<b>604.522.3722 x101</b>
<b>Christmas Bureau</b> Burnaby families of low income or on income assistance can register to receive gifts for their children during the holiday season.		<b>Harmony For All</b> burnaby.ca/recreation-and-arts/programs-and-activities/arts-and-heritage/harmony-for-all harmonyforall@burnaby.ca Provides free musical instrument lending, no-cost musical education outreach programs and scholarship opportunities for City music lessons.	<b>604.294.7944</b>
		<b>Kidsport Burnaby</b> kidsportcanada.ca burnaby@kidsportcanada.ca Provides financial support to qualifying Burnaby families for sport registration fees for kids 18 years and under.	<b>604.294.7111</b>
		<b>Salvation Army</b> New Westminster families with low income may receive food and gifts for their children 14 years and under during Christmas.	<b>604.521.2421</b>

## HEROES, NOT JUST CAREGIVERS

- Companionship
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- End-of-Life Care
- Homemaking
- Medication Management
- Transportation
- Home Nursing
- Cooking & Meal Support
- Dementia & Alzheimer's Care



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1-888-988-9913 | care@herohomecare.ca



## Food

### Food Bank & Community Meals

#### Burnaby Neighbourhood House

[burnabynh.ca/get-involved\\_community](http://burnabynh.ca/get-involved_community)  
foodhubcoord@burnabynh.ca

Coordinates community food hubs in Burnaby. Please call or email for more information.

#### Don't Go Hungry

[dontgohungry.ca](http://dontgohungry.ca)  
Provides grocery hampers every Saturday at four locations for Burnaby and New Westminster residents who need food support.

#### Burnaby

7457 Edmonds St, Burnaby, 12:30am-2pm.

#### New Westminster

1320 Seventh Ave, New Westminster, 12:30am-1:30pm.  
920 Ewen Ave, New Westminster, 12:45am-1:15pm.  
322 Hospital St, New Westminster, 1:00-1:30pm.

#### Greater Vancouver Food Bank

[foodbank.bc.ca](http://foodbank.bc.ca) [reception@foodbank.bc.ca](mailto:reception@foodbank.bc.ca)  
Dine in 7-days a week from 11am-12pm and 5-7:30pm.  
Offers a 2-3 day food supplement at various locations as well as baby food, formula, and diapers for qualifying infants. Registration is open to residents of Burnaby, New Westminster, Vancouver, and the North Shore. Also offers workshops, training, and various food programs.

#### Burnaby

8345 Winston St, Burnaby

#### Gurdwara

347 Wood St.

#### Holy Trinity Cathedral

[holyltrinitycathedral.ca](http://holyltrinitycathedral.ca) [604.521.2511](tel:604.521.2511)  
514 Carnarvon St, New Westminster  
Offers a free take-away bagged brunch every Saturday, 11am-12pm.

#### Muslim Food Bank Services

[muslimfoodbank.com](http://muslimfoodbank.com) [coordinator@muslimfoodbank.com](mailto:coordinator@muslimfoodbank.com)  
Provides food to individuals and families in need, including those with special dietary needs such as halal, kosher, vegetarian, and vegan.  
Serves the Muslim community, and persons from all faith groups.  
Registration is required, but first-time recipients may access a one-time emergency food hamper.

#### Purpose Society Hamper Program

[purposesociety.org/events/categories/health-programs/food-insecurity/food-hampers](http://purposesociety.org/events/categories/health-programs/food-insecurity/food-hampers) [604.526.2522](tel:604.526.2522)  
40 Begbie St., New Westminster  
Bi-weekly food hamper program.

#### Quest Food Exchange

[questoutreach.org](http://questoutreach.org)  
7753 6th St, Burnaby

Provides dignified access to affordable foods to people facing food insecurity. Referrals can be obtained from a local charity, non-profit, school, church, healthcare practitioner or a social worker. Those with food bank ID or confirmation of ministry assistance don't require a referral.

#### Ryan's Rainbow Emergency Food Outreach

[rrefo.com](http://rrefo.com) [ryansrainbowoutreach@gmail.com](mailto:ryansrainbowoutreach@gmail.com)  
1600 Cliff Ave, Burnaby

Provides nutritious food and essential supplies to individuals and families in need in Burnaby. Baby supplies are available if needed and food hampers are distributed every Thursday, 11am-3pm.

#### Salvation Army — Metrotown

[6125 Nelson Ave, Burnaby](http://6125nelsonave.ca) [604.437.1521](tel:604.437.1521)  
Offers food assistance by appointment; call to arrange.

#### Salvation Army — New Westminster

[325 6th St, New Westminster](http://3256thst.ca) [604.521.2421](tel:604.521.2421)  
Offers food assistance for New Westminster and Tri-Cities residents on Mondays, from 12:30pm; Tuesday-Thursday, 10am-12pm and 1-3pm; Burnaby residents on Fridays, 12:30-2pm. Registration required; call to make an appointment prior to service.

#### St. Vincent de Paul

[740 Carnarvon St., New Westminster](http://740carnarvon.ca)  
Offers dine-in or take-out at The Russell Shelter via Alexander St on Fridays at 5-6pm, and on the first and second Sunday of each month at 12-1pm.

#### St. Barnabas Anglican Church

[stbarnabasparish.ca](http://stbarnabasparish.ca) [604.526.6646](tel:604.526.6646)  
1010 5th Ave, New Westminster  
New Westminster residents can access grocery hampers every Wednesday, 1-2:30pm; arrive by 10am, it is first-come first serve.

#### The Society to End Homelessness in Burnaby

[burnabylhomeless.org](http://burnabylhomeless.org) [foodhub@burnabylhomeless.org](mailto:foodhub@burnabylhomeless.org) [604.902.3071](tel:604.902.3071)  
Offers essential groceries on a weekly basis, including culturally inclusive items. This program is held in collaboration with The Neighbourhood Church. Every Tuesday, 1-6pm, and Wednesday, 9am-2pm.

#### Union Gospel Mission

[ugm.ca/get-help](http://ugm.ca/get-help) [604.525.8989](tel:604.525.8989)  
658 Clarkson St, New Westminster  
Provides free lunch, 11:30am-12:30pm, Monday-Friday.

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 New West Dentistry & Implant Centre

Dr. Stephen Yoon



Dr. Douglas Lovely



Dr. Chantal Thériault



Dr. Hsuan Wei (Alan) Yang



Dr. Mae Hegagi



Dr. Matthew Yeung



General & Family Dentistry – Dental Implants  
Invisalign – Botox – Emergency Visits

[newwestminsterdentistryandimplantcentre.com](http://newwestminsterdentistryandimplantcentre.com)

## Food Delivery Programs

### Burnaby Meals on Wheels

burnabymeals.ca/

We deliver warm meals to those who may have challenges accessing and cooking meals at home. Deliveries are available on Mondays, Wednesdays, and Fridays and menu items include Western meals, Vegetarian meals, Chinese meals, Asian meals, and Frozen meals.

### Better Meals

bettermeals.ca

Offers a wide selection of affordable, nutritious, and ready-to-eat full course meals and à la carte food items. Offers regular diabetic friendly and low sodium meals, including gluten-free options.

### Casalinga Meal Delivery Service

casalinga.ca

Offers delivery of fresh and frozen ready-made meals, including choices from vegan, gluten-free, and regular menus.

### Japanese-Style Meals on Wheels

tonarigumi.ca/support-services

Delivers Japanese-style bento lunch boxes on Tuesdays to homebound seniors in Burnaby, New Westminster, and more.

### New Westminster Meals on Wheels

seniorsservicessociety.ca/smow.htm

Delivers food to those who are unable to make their own meals. Call their office at 8am-4:30pm any weekday for registration.

## Community Gardens

Gardens are administered by local non-profit community groups. Gardening plots are very popular and space is limited; you may have to add your name to a waiting list.

### Burnaby & Region Allotment Garden

baraga.ca

Garden site: 7528 Meadow Ave, Burnaby.

### Heights Community Garden

heightsgrdn@gmail.com

Garden site: 3897 Pender St, Burnaby.

### New Westminster Community Gardening Society

nwcgs.ca

nwcommunitygarden@gmail.com

Provides garden plots in various locations in New Westminster.

### NEBCA Community Organic Garden

nebcagarden.org

nebcagarden@gmail.com

Garden Site: Stoney Creek School, 2740 Beaverbrook Cres, Burnaby.

### Port Royal Community Garden

portroyalgardens.wordpress.com

karenjustice@shaw.ca

Garden site: 86 Star Cres at the foot of Ewen Ave, New Westminster.

### Stride Community School Garden

stridegarden@gmail.com

Garden Site: Stride Community School, 7014 Stride Ave, Burnaby.

## Farmers Markets

### Artisan Farmers Markets

artisanmarkets.ca

#### Brentwood Artisan Farmers Market

brentwood@artisanmarkets.ca

Brentwood Blvd at The Amazing Brentwood mall. Sundays, 10am-2pm. June-September.

#### Burnaby Artisan Farmers Market

burnaby@artisanmarkets.ca

Location and dates to be determined.

#### BC Farmers' Nutrition Coupon Program

bcfarmersmarket.org/coupon-program

604.734.9797

info@bcfarmersmarket.org

Provides farmers' market coupons to families, pregnant women, and seniors with lower income.

#### New Westminster Farmers Market

778.928.7236

newwestfarmers.ca

Tipperary Park, 4th St and Royal Ave, New Westminster Thursdays, 3-7pm, March 27-October 30.

## Health & Wellness

### Acute, Home & Community Care Services

1.800.663.7867

gov.bc.ca/gov/content/health/accessing-health-care

Offers subsidized housing, community care services, health care, and accommodations for those with acute, chronic, palliative or rehabilitative health care needs.

### Assisted Living Registry

1.866.714.3378

gov.bc.ca/gov/content/health/assisted-living-in-bc

Offers assisted living services and hospitality for seniors and adults with substance use/mental health challenges, or disabilities.

### Arthritis Information Line

1.800.321.1433

arthritis.ca

Provides education, treatment and wellness information, and community support systems for those with arthritis.

**Looking for a job? Need Assistive Technology?  
Want help using email or social media?**

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services are available.**

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We use technology, knowledge and passion to empower Canadians with disabilities.



**BC Healthy Kids Program**

gov.bc.ca (Search &gt; Healthy Kids)

Helps families with low income with the cost of basic dental care, prescription eyewear, and hearing assistance for their children, including dependent children up to 18 years whose families receive MSP premium assistance through the Ministry of Health.

**1.866.866.0800****BC Palliative Care Benefits**

gov.bc.ca/gov/content/health

Provides benefits and support for at home palliative care for residents with Medical Services Plan of BC (MSP) coverage.

**604.683.7151****BC Cancer Screening Programs**

bccancer.bc.ca/screening

Provides booking for breast, colon, and cervical cancer screening.

**Breast Cancer Screening****1.800.663.9203****Cervical Cancer Screening****1.877.702.6566****Colon Cancer Screening****1.877.702.6566****Lung Cancer Screening****1.877.717.5864****BC Drug & Poison Information Centre****604.682.5050**

dpic.org

24-hr telephone support and advice on poisoning and drug overdoses. Help is available in over 150 languages.

**BC Emergency Health Services****604.660.6897**

bcehs.ca

Provides critical care program, dispatch, emergency management, transport services, and ambulance billing through BC Ambulance Services and BC Patient Transport Network.

**Burnaby Primary Care Network**

burnabypcn.ca

Metrotown Urgent and Primary Care Centre: call 604.451.4888.

**604.262.8569**

community@burnabydivision.ca

**Fall Prevention Mobile Clinics****604.587.7866**

fraserhealth.ca/service-directory/services/clinics/falls-prevention-mobile-clinic  
Provides an assessment for seniors: includes fall prevention exercises and discussions with health care professionals.

**First Link Dementia Helpline****1.800.936.6033**

alzheimer.ca/bc

Offers information and advice for those with dementia.

**Punjabi, Hindi and Urdu****1.833.674.5003****Mandarin and Cantonese****1.833.674.5007****Food Skills for Families**

foodskillsBC@bccdc.ca

bccdc.ca/our-services/programs/food-skills-for-families

Provides inclusive cooking sessions that focus on culinary skills, healthy eating, and wise grocery shopping choices.

**Fraser Health Authority**

fraserhealth.ca

**Fraser Health Crisis Line**24-hr: **604.951.8855****Public Health General Info**Burnaby: **604.918.7605**New Westminster: **604.777.6740****Integrated Homelessness Action Response Teams (IHART)**

IHART.Burnaby@fraserhealth.ca

**236.332.6144**

Nurses, social workers, outreach support workers, peer support workers and mental health clinicians provide low barrier, culturally safe, wrap-around care.

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- Errands & Appointments
- Respite Care
- Medication Supports
- ICBC Approved Vendor

**778-244-7742****office@justlikefamily.ca****www.justlikefamily.ca**

**HealthLink BC**

healthlinkbc.ca

Multilingual, non-emergency health information and referral; speak with a nurse, pharmacist or dietitian.

24-hr: 811

TTY: 711

**Healthy Eating & Physical Activity**

healthlinkbc.ca/healthy-eating-physical-activity

Offers resources for a healthy lifestyle for all ages.

**Home Health Service Line**

New Intake: 1.855.412.2121

Burnaby: 604.918.7447

New Westminster: 604.777.6700

**Health Insurance BC**

604.683.7151

gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-insurance-bc

Provides information on Pharmacare, Fair Pharmacare, and the Medical Services Plan (MSP).

**Health Connect Registry**

24-hr: 811

healthlinkbc.ca/health-connect-registry

Provides a centralized registry for BC residents without doctors to connect to physicians and nurse practitioners.

**Immunize BC**

healthlinkbc.ca/health-library/immunizations

Provides evidence-based immunization information and tools for BC residents.

**Medimap BC**

medimap.ca

Offers patients an online healthcare navigation tool for identifying availability at local medical walk-in and paramedical clinics, with current wait times. Includes walk-in clinics, mental health specialists, optometrists, physiotherapists, chiropractors and more.

**MOSAIC Community Clinic**

communityclinic@mosaicbc.org

mosaicbc.org/our-services/mosaic-community-clinic

MCC serves as a medical home for Burnaby's diverse priority populations, providing ongoing primary care to Newcomers (in Canada for less than 3 years), persons who identify as First Nations, Inuit, and Métis, new parents, people living with complex mental health issues, and people experiencing homelessness or precarious housing.

**Umbrella Multicultural Health Co-op**

604.553.0633

umbrellacoop.ca

Delivers culturally-appropriate healthcare to immigrants/refugees.

info@umbrellacoop.ca

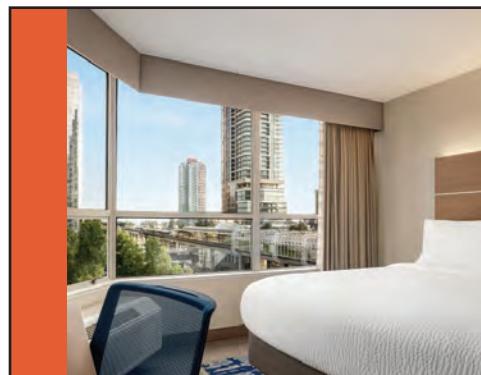
**Hospitals****Burnaby Hospital**

3935 Kincaid St, Burnaby

604.434.4211

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**BC Children's Hospital**

bccchildrens.ca

4500 Oak St, Vancouver

604.875.2345

1.888.300.3088

**BC Women's Hospital & Health Centre**

604.875.2424

bcwomens.ca

4500 Oak St, Vancouver

Visiting Info Line: 604.875.2929

**Royal Columbian Hospital**

604.520.4253

330 E. Columbia St, New Westminster

**Dental Health Resources****Axis Dental Surgery Group**

604.553.7177

Provides dental and oral surgeries, such as implants, wisdom teeth removals, and specialized dental treatments.

**CDI College**

604.437.8585

**— Certified Dental Assisting Program**

1.800.889.1712

Students offer free dental services (polishing, desensitizing, sealants, x-rays, and fluoride treatments) to the public.

**Canadian Dental Care Plan**

canada.ca/en/services/benefits/dental/dental-care-plan/apply.html

All eligible Canadians can now apply for the Canadian Dental Care Plan (CDCP). Register for a My Service Canada Account if you don't already have an account. Once registered or signed in, go to the "Canadian Dental Care Plan" section on your MSCA dashboard to: apply to the CDCP: select "Apply for the Canadian Dental Care Plan". You can use the automated phone service to check your application. Available all day, call 1.833.537.4342, select your preferred language, then press 3.

**Duke Park Denture Clinic & Laboratory**

778.985.5000

burnabydentures.ca

dukedenture@gmail.com

Provides consultations, denture services, and personalized dentures.

**Halo Dental Clinic**

604.544.8875

halodental.ca

Provides general dentistry and cosmetic services. Patients on ministry and income assistance are welcomed.

**Madison Centre Family Dental**

604.332.7420

madisoncentredental.com

Offers collaborative dental care planning, implants, custom-made dental appliances, and cosmetic dental surgeries.

**Mid-Main Health Centre — Dental Clinic**

604.873.3602

midmain.net

dental@midmain.net

Provides services at discounted rates for individuals with no dental coverage.



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www.hiexpress.com/yvr-burnaby

<b>New West Dentistry &amp; Implant Centre</b> newwestminsterdentistryandimplantcentre.com Provides dental care services in English, Korean, Spanish, and Arabic.	<b>604.524.4981</b>	<b>BC Lung Association — QuitNow</b> quitnow.ca Provides free, confidential information and support for people wanting to quit smoking or vaping.	<b>1.877.455.2233</b>
<b>New West Dentureworks Inc.</b> newwestminsterdenturist.com Offers cosmetic and functional dental treatments. Includes mobile denture services.	<b>604.553.1222</b>	<b>Burnaby Substance Use Services</b> Provides confidential counselling for those who are concerned about their own or another's substance use. Services are available via drop-in or booked appointments.	<b>604.777.6870</b>
<b>North Burnaby Denture Clinic</b> northburnabydentureclinic.com Offers custom dentures, free consultations, and various denture treatments.	<b>604.294.6911</b>	<b>Charlford House Society for Women</b> charlfordhouse.ca Provides a supportive recovery home for women who are ready to move on from their substance addiction.	<b>604.420.4626</b>
<b>Prime Denture Clinic Ltd.</b> primedentureclinic.ca Provides conventional denture services for cosmetics and function.	<b>604.305.1483</b> primedentureclinic@gmail.com	<b>Creekside Withdrawal Management Centre</b> Provides in-patient and out-patient withdrawal management services including assessment, substance use education, counselling, medical, and nursing care.	<b>604.587.3755</b>
<b>Queen's Park Dental</b> queensparkdental.ca Provides dental surgeries, implants, cleanings, and aesthetic dental procedures.	<b>604.256.2825</b>	<b>DEW Program (Day, Evening, Weekend)</b> Group-based out-patient program, for those in early recovery/ not requiring in-patient services.	<b>1.888.587.3755</b>
<b>Trask Denture Clinic</b> traskdenture.ca Offers free consultations for dentures. Other treatments include denture repairs and reline services.	<b>604.437.7916</b>	<b>Youth Detox Program</b> Short and longer stay detox services depending on needs, for youth 14-18 years.	
<b>UBC Dental Clinic</b> dentistry.ubc.ca/treatment Students provide a range of dental services for adult and geriatric patients at reduced rates.	<b>604.822.2112</b>	<b>Gambling Support BC</b> gamblingsupportbc.ca Provides 24-hr information, a mobile service, referral to free community resources, counselling services, prevention resources, and self-help resources, in multiple languages.	<b>1.888.795.6111</b>
<b>Vancouver Aboriginal Health Society Dental Clinic</b> vahs.life/dental-clinic Not-for-profit emergency and basic dental clinic welcomes Indigenous Peoples and those with low income or low coverage. Donations based on internal suggested fee guide. VAHS reserves the right to accept/screen patients.	<b>604.254.9900</b> dentalclinic@vahs.life	<b>Last Door Recovery Society</b> lastdoor.org Provides bed-based addiction treatment for adult men and youth who are experiencing problematic substance misuse, gambling or media addictions. Post treatment transitional living and support services for families are also available.	<b>1.855.910.5942</b>
<b>VCC Dental Hygiene Clinic</b> vcc.ca/services/eat-shop--more/dental-clinic Students provide low-cost dental cleaning services to the general public, under the guidance of experienced instructors.	<b>604.443.8499</b>	<b>New West Substance Use Services</b> fraserhealth.ca Provides counselling and resources for those struggling with substance use. Referrals are made through a hospital or a mental health and substance use centre.	<b>604.520.4253</b>
<b>Your Dental Health</b> yourdentalhealth.ca Public education program by the BC Dental Association provides dental health information and contacts for dentists accepting new patients.	<b>604.736.7202</b> info@bcdental.org	<b>Perspectives Substance Use Counselling Services</b> fraserside.bc.ca Free counselling services to anyone who is affected, either directly or indirectly, by the misuse of alcohol or other drugs. Prevention services are available for persons at risk.	<b>604.522.3722 x101</b>

## Substance Use Support

<b>Alcohol &amp; Drug Information &amp; Referral</b> uwbc.ca/helpline-services/#helplines Provides 24-hr information and referral to counselling, detox, residential treatment centres, and self-help groups.	<b>604.660.9382</b> 211-info@uwbc.ca
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<b>Phoenix Drug &amp; Alcohol Recovery &amp; Education Society</b> phoenixsociety.com Offers residential addiction services, transitional housing, education programs, and employment assistance.	<b>604.583.7166</b>
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[www.volunteerburnaby.ca](http://www.volunteerburnaby.ca)  
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Burnaby, BC V5C 6P6

SATELLITE OFFICE  
#306 - 15300 54A Avenue  
Surrey, BC V3S 8R7



**Quibble Creek Sobering & Assessment Centre** 24-hr: **604.580.4950**  
 Provides a safe and supportive environment for individuals under the influence of alcohol and/or drugs to sober up from intoxication. Centre also provides safe consumption services for IV users.

### Stop Overdose BC

[stopoverdose.gov.bc.ca](http://stopoverdose.gov.bc.ca)

Learn to recognize the risks and signs of overdose and how to respond to save lives. Offers information on how and when to use naloxone, tips on talking openly with loved ones, and finding supervised consumption/overdose prevention services.

### Toward the Heart

[towardtheheart.com/site-finder](http://towardtheheart.com/site-finder)

Provides a comprehensive list of harm reduction and Take-Home Naloxone sites across the province. Harm reduction sites offer sharps disposal and some offer drug checking.

## Support Groups

The following anonymous groups provide addiction and recovery support for persons dealing with their own or another's addictions.

### Alcoholics Anonymous

[vancouveraa.ca](http://vancouveraa.ca)

24-hr: **604.434.3933**

### Al-Anon/Alateen

[bcyukon-al-anon.org](http://bcyukon-al-anon.org)

**604.688.1716**

### Cocaine Anonymous

[ca-bc.org](http://ca-bc.org)

**604.662.8500**

### Gamblers Anonymous

[gabc.ca](http://gabc.ca)

**1.855.222.5542**

### Narcotics Anonymous

[bcrna.ca](http://bcrna.ca)

**1.855.444.2262**

Offering virtual and in-person support meetings.

### Overeaters Anonymous

[oaseatosky.com](http://oaseatosky.com)

24-hr: **604.878.4575**

[chair@oaseatosky.com](mailto:chair@oaseatosky.com)

Support group of individuals in recovery from compulsive eating, compulsive food behaviours, bulimia or anorexia.

### Parents Forever

[parentsforever.ca](http://parentsforever.ca)

**604.256.8979**

[parentsforever@lookoutsociety.ca](mailto:parentsforever@lookoutsociety.ca)

Support group for parents and families of loved ones struggling with substance abuse.

## Mental Health Resources

### Anxiety Canada's Mindshift CBT App

Free downloadable app for learning how to manage your anxiety through scientifically proven strategies, and a virtual group treatment program based on Cognitive Behavioural Therapy.



### Borderline Personality Disorder Society of BC

[bpdbc.ca](http://bpdbc.ca)

[info@bpdbc.ca](mailto:info@bpdbc.ca)

Registered charity that runs peer support groups in Vancouver, New Westminster, Nanaimo, and Victoria to provide information about BPD.

### BounceBack

[bouncebackbc.ca](http://bouncebackbc.ca)

Toll-Free: **1.866.639.0522**

[bounceback@cmha.bc.ca](mailto:bounceback@cmha.bc.ca)

Free self-help program obtained by a doctor's, nurse practitioners, psychiatrist referral, or through self-referral. Serves youth 13+ and adults experiencing stress, depression, or anxiety. Workbooks and coaching available in French, Punjabi, Mandarin, and Cantonese.

### Canadian Mental Health Association

— Vancouver-Fraser Branch

[cmhavf.ca](http://cmhavf.ca)

**604.872.4902**

Provides education and community-based research, programs, and services to those impacted by mental illness.

### Child & Youth Mental Health Program

Ministry of Children and Family Development provides community-based specialized mental health services for children and youth 6-18 years. Services are accessed through a walk-in intake clinic; no appointment necessary.

701-1901 Rosser Avenue, Burnaby

**778.572.2370**

201-7645 Kingsway, Burnaby

**604.660.9544**

201-1065 Columbia St, New Westminster

**604.660.9495**

### Crisis Line

[crisiscentre.bc.ca](http://crisiscentre.bc.ca)

24-hr Distress Line: **604.872.3311**

Provides compassionate and non-judgemental support for those experiencing a mental health crisis.

### Early Psychosis Intervention

[earlypsychosis.ca](http://earlypsychosis.ca)

**604.777.8386**

Promotes early detection of psychosis, education, and direction for getting help. Services assist those aged 13-30 years.

### FamilySmart — Together Centre

[familysmart.ca](http://familysmart.ca)

**1.855.887.8004**

[info@familysmart.ca](mailto:info@familysmart.ca)

Offers parent peer support, resources, and information about child and youth mental health services.

### Foundry

**604.806.9415**

24 hr: **1.800.784.2433**

[info@foundrybc.ca](mailto:info@foundrybc.ca)

Offers young people 12-24 years and their caregivers health and wellness resources, services, and support.

### Fraser Health Mental Health Centres

Bby: **604.453.1900**

New Westminster: **604.777.6800**



## Independent Senior Living

All-inclusive services

Book Now

(604) 529-1019

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

**Infant & Early Childhood Mental Health Program 778.572.2370**

701-1901 Rosser Avenue, Burnaby  
Ministry of Children and Family Development provides mental health services for children 0-5 years.

**Indigenous Crisis Line 1.800.588.8717****Kelty Mental Health Resource Centre 604.875.2084**

keltymentalhealth.ca keltycentre@cw.bc.ca

Provides support and resources on mental health, medications, and substance use issues for children and youth under 24 years and their families, including empowered parent peer support.

**Mood Disorders Association of BC 604.873.0103**

mdabc.net

Provides information, counselling, psychiatric services, and repetitive transcranial magnetic stimulation treatments (rTMS). Also offers support groups for families and friends.

**Suicide Line 1.800.784.2433****Seniors Distress Line 604.872.1234****310 Mental Health Support Line 310.6789****Sexual Health Resources****Options for Sexual Health Care 604.731.4252**

optionsforsexualhealth.org/care

Provides a range of free, confidential services including STI testing and treatment, pregnancy testing and counselling, physical exams, affordable birth control, and more. Serves all genders, orientations, and ages. By appointment only; call or book online.

**Rape Crisis Line**

24-hr: 604.872.8212

**Rape Relief & Women's Shelter**

TDD: 604.877.0958

**Salal Sexual Violence Support Centre**

24-hr: 604.255.6344

**Sex Sense Line**

604.731.7803

optionsforsexualhealth.org/sex-sense

Provides free, confidential information and resources on sex, sexuality, and sexual health, including safer sex, STIs, birth control and emergency contraception, periods, and pregnancy options.

**Smart Sex Resource**

smartsexresource.com

Sexual health information and resources provided by the BC Centre for Disease Control.

**Health Organizations****Alzheimer Society of BC — Fraser Region 1.800.667.3742**

alzheimer.ca/bc/en info@alzheimerbc.org

Provides information and support to family, friends, and individuals affected by Alzheimer's disease and other dementias. First Link dementia support services for patients and caregivers.

**First Link Dementia Helpline**

1.800.936.6033

Cantonese and Mandarin:

1.833.674.5007

Punjabi, Hindi and Urdu:

1.833.674.5003

# Where Your Family Feels Like Ours

**Home Support**

- Personal Care
- Companion Care
- Meal Prep
- Light Housekeeping

**Adult Day Program for Seniors**

- Reduce Isolation
- Support cognitive well being
- Offer respite to family/caregivers



**COMPASSIONATE  
HOMECARE**



**compassionatehome.care**



(236) 668-6769 (English) or (236) 668-0876 (Chinese)



<b>Arthritis Society — BC &amp; Yukon Division</b> arthritis.ca Provides information, programs, events, and resources on arthritis.	604.714.5550 Toll-Free: 1.800.321.1433 info@arthritis.ca	<b>Canadian Blood Services — BC &amp; Yukon</b> blood.ca Provides education and research on blood and stem cells; additional resources include information on donating blood.	1.888.236.6283
<b>Autism BC</b> autismbc.ca Offers inclusive information, support, and education to autistic individuals and their loved ones. Workshops, events, referrals to community support, and an online newsletter are available.	604.434.0880	<b>Diabetes Canada</b> diabetes.ca Provides diabetes related information, summer camps for kids, advocacy, and referral services.	1.800.226.8464
<b>ALS Society of BC</b> alsbc.ca Offers research, raises awareness, and supports those with Amyotrophic Lateral Sclerosis (ALS).	604.278.2257	<b>Down Syndrome Resource Foundation</b> dsrf.org Offers innovative programs for children and adults with Down syndrome and other developmental disabilities. Programs include speech and language development, behavioural support, mental wellness, communications, and occupational therapy. Adult programs focus on literacy, math, and social communication.	604.444.3773 info@dsrf.org
<b>BC Epilepsy Society</b> bcepilepsy.com Offers free education, resources, advocacy, and support services to persons and their families living with epilepsy. No barrier clinics are available throughout BC; services also available by phone, email or online.	604.875.6704	<b>GI Society</b> badgut.org Provides trusted information, resources, and research on a wide range of gastrointestinal diseases and disorders.	604.873.4876
<b>BC Lung Association</b> bclung.ca Provides educational and community programs about respiratory diseases including asthma, COPD, lung cancer, pulmonary fibrosis, sleep apnea, and other lung related conditions.	604.731.5864	<b>Heart and Stroke Foundation of Canada — BC &amp; Yukon</b> heartandstroke.ca Provides heart disease and stroke related information.	1.888.473.4636
<b>BC Schizophrenia Society</b> bccss.org Provides information, education, and non-therapeutic support groups for families with relatives who have schizophrenia or other serious persistent mental illnesses.	604.270.7841 info@bccss.org	<b>Kidney Foundation of Canada — BC &amp; Yukon Branch</b> kidney.ca/bc Provides information, referral, and education about kidney and related diseases.	604.736.9775
<b>BC Cancer Foundation</b> bccancerfoundation.com/about-us Promotes awareness, funding, events, and publishes newsletters for those with cancer.	604.877.6040	<b>Liver Canada — BC/Yukon Chapter</b> liver.ca Provides information and support programs for people living with liver disease.	604.707.6430 mchui@liver.ca
<b>Burnaby Hospital Foundation</b> bhfoundation.ca Offers a bridge between Burnaby Hospital, government relations, and community needs.	604.431.2881	<b>MEFM Society of BC</b> (Myalgic Encephalomyelitis & Fibromyalgia) mefm.bc.ca support@mefm.bc.ca Provides information, referrals to support groups, and educational material to patients and their families.	604.878.7707
<b>Canadian Cancer Society</b> cancer.ca/en Offers support to cancer patients and their families. Provides public education, accommodations, financial resources, prevention initiatives, and support groups.	Info Line: 1.888.939.3333	<b>MS Canada — BC &amp; Yukon Division</b> mssociety.ca msnavigators@mscarada.ca Provides information, referral, wellness and support services to persons living with Multiple Sclerosis. Customized services available.	1.844.859.6789
<b>Cerebral Palsy Association of BC</b> bccerebralthpalsy.com Provides information and assistance to persons living with Cerebral Palsy and other disabilities. Programs and services offered across BC.	604.408.9484 info@bccerebralthpalsy.com	<b>Muscular Dystrophy Canada</b> muscle.ca Provides information and assistance to persons living with muscular dystrophy or neuromuscular disorders.	1.800.567.2873 x2108

## Casalinga - Meal Delivery Service



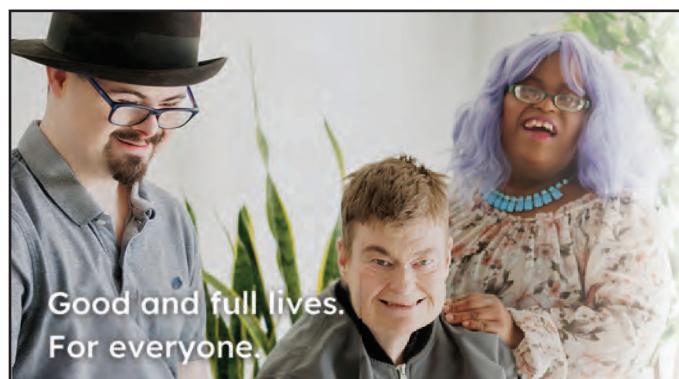
- Proudly Registered with Veterans Affairs
- Delicious Scratch-Made Meals
- Wholesome Ingredients, No Preservatives
- Fresh & Frozen Options
- Family-Size Portions
- Convenient Weekly Delivery
- No Subscriptions – Order Anytime
- Earn Rewards Toward Free Meals



<b>Osteoporosis Canada</b> osteoporosis.ca Provides medical information, educational programs, and referrals to local resources for patients, professionals, and the public.	<b>1.800.463.6842</b>	<b>Canadian Red Cross Society</b> redcross.ca/lowermainland Offers an extensive network of services, such as health equipment loans that actively serve local communities. Provides short-term loans of health equipment on a donation basis, referral is required.	<b>604.522.7092</b>
<b>Pain BC</b> painbc.ca Provides education and resources for those with chronic pain.	<b>1.844.430.0818</b>	<b>CAYA — Communication Assistance for Youth &amp; Adults</b> cayabc.net Provides communication assistance to those 19+ that require an augmentative or alternative communication (AAC) system.	<b>604.326.3500</b>
<b>Parkinson Society British Columbia</b> parkinson.bc.ca Offers support, information, and education for people with Parkinson's, caregivers, and health care professionals.	<b>604.662.3240</b> info@parkinson.bc.ca	<b>Calea Pharmacy</b> Provides resources for patient-specific medications and wound care therapies to prevent acute care stay.	<b>604.294.1500</b>
<b>Prostate Cancer Foundation Canada</b> prostatecancerbc.ca Virtual meetings available; check website for meeting schedule.	<b>604.574.4012</b> support@prostatecanada.ca	<b>Fraser Health Lifeline</b> fraserhealth.ca (Search > Lifeline) Offers a personal 24-hr emergency response service that assists individuals to remain independent and safe in their homes.	<b>604.953.4960</b> lifeline@fraserhealth.ca
<b>Stroke Recovery Association of BC</b> strokerecoverybc.ca Provides information in multiple languages and programs including virtual services to assist stroke recovery.	<b>604.688.3603</b>	<b>Galaxy Medical Alert Systems</b> galaxymedicalalert.com Provides medical alert technology for seniors living at home.	<b>1.855.905.7414</b>
<b>Wavefront Centre for Communication Accessibility</b> wavefrontcentre.ca Provides services for deaf, Deafblind, and hard of hearing individuals, including audiology, interpreting, counselling, employment resources, seniors outreach program, and communication devices.	<b>604.736.7391</b> TTY: 604.736.2527 info@wavefrontcentre.ca	<b>Health Equipment Loan Program</b> Provides short-term loans of basic medical equipment (by donation) to individuals of all ages and income levels. Referral required from a health care professional.	<b>604.522.7092</b>

## Medical Equipment & Supplies

<b>Adaptive Comfort Clothing</b> adaptivecomfortclothing.com Offers clothing and footwear for seniors in care facilities or at home, and adaptive wear for persons in wheelchairs.	<b>604.984.8211</b>	<b>Initio Medical Group</b> initiomedical.ca Offers PET/CT cancer diagnostics, therapeutics, and more medical imaging services.	<b>604.678.9274</b> info@initiomedical.ca
<b>AssistList</b> assistlist.ca Offers a free online marketplace for individuals to buy, sell, and donate home health medical equipment, and find other healthcare resources.		<b>Lancaster Medical Supplies &amp; Prescriptions</b> lancastermed.com Offers prescriptions and health supplies; provides repair services for wheelchairs, scooters, walkers, stairlifts, and more.	<b>604.873.8585</b>
<b>Bonsor Pharmacy &amp; Medical Supplies</b> healthlinkbc.ca/clinic/bonsor-pharmacy Offers pharmacy services for individuals that require prescriptions.	<b>604.431.8877</b>	<b>Medic Alert Foundation Canada</b> medicalert.ca Provides medical ID services and 24/7 emergency support.	<b>1.800.668.1507</b>
<b>BC Medequip Home Health Care</b> bcmedequip.com Provides sales, rentals, installation, repairs, and maintenance of an extensive range of medical equipment and supplies. Certified expert garment fitters are available for all compression needs. Showroom is fully accessible; home visits are available.	<b>604.888.8811</b>	<b>National Seating and Mobility</b> nsm-seating.ca Offers a large inventory of home health products and rehabilitative equipment.	<b>604.872.5800</b>
<b>New West PharmaChoice</b> pharmacohoice.com/locations/new-west-pharmacohoice Offers pharmacy and health services, including natural health product advice.		<b>604.525.2474</b>	



### Community living services (all ages)

- Behaviour Consultation
- Employment Service
- Community Inclusion
- Home Living
- Explore Service

posabilities.ca

<b>Pharmasave</b>	<b>604.455.2400</b>
pharmasave.com	
Provides prescription management, supplements, and more.	
<b>Pharmasave – Columbia Square</b>	<b>604.525.5607</b>
<b>Pharmasave – Crest Plaza</b>	<b>604.522.8050</b>
<b>Pharmasave – Greystone</b>	<b>604.428.2648</b>
<b>Pharmasave – Metrotown</b>	<b>604.563.4390</b>
 <b>Price Smart Foods Pharmacy</b>	 <b>604.431.0227</b>
pricesmartfoods.ca	1.800.242.9229
Offers affordable food products and pharmacy services.	
 <b>Regency Medical Supplies</b>	 <b>604.434.1383</b>
regencymed.com	
Offers a large inventory of home health products and rehabilitative equipment. Shop online services available.	
 <b>Save On Foods Pharmacy</b>	 <b>604.415.5111</b>
saveonfoods.com	
Provides a plethora of medication services, health and wellness clinics, and vaccinations such as flu shots.	
<b>Cameron</b>	<b>604.415.5111</b>
<b>Highgate Village</b>	<b>604.540.1368</b>
<b>Madison</b>	<b>604.298.8412</b>
<b>Marine Way</b>	<b>604.433.6314</b>
<b>Royal City Centre</b>	<b>604.520.5937</b>
<b>Sapperton</b>	<b>604.523.2581</b>
<b>Willingdon</b>	<b>604.437.3220</b>
 <b>Telus Health — LivingWell Companion</b>	 <b>1.888.505.8008</b>
telus.com/livingwellcompanion	
Provides emergency response service with optional fall detection.	
 <b>Tetra Society of North America</b>	 <b>604.688.6464</b>
tetrasociety.org	info@tetrasociety.org
Provides customized assistive devices to people with disabilities. Engineers and technicians work one-on-one with people who have specific needs that can't be met by commercial devices.	
 <b>West Coast Medical Imaging Clinics</b>	 <b>778.309.1559</b>
westcoastmedicalimaging.com	
Offers medical services such as X-ray, ultrasound, and mammography.	
<b>Lougheed</b>	<b>778.309.1559</b>
<b>Royal City Centre</b>	<b>604.522.6818</b>
<b>Nelson's Cres</b>	<b>604.526.2466</b>

## Housing

### Emergency & Supportive Housing

**Burnaby Shelter** **604.522.9669 x318**  
[progressivehousing.net/service/emergency-shelter](http://progressivehousing.net/service/emergency-shelter)  
 2294 Douglas Rd, Burnaby  
 24-hr emergency shelter, includes dinner, open to diverse abilities.  
 Intake: 10am-10pm.

### Extreme Weather Shelters

[lookoutsociety.ca/lookout\\_projects/extreme-weather-response-shelters-ewr](http://lookoutsociety.ca/lookout_projects/extreme-weather-response-shelters-ewr)  
 Open on weather dependent basis from November 1-March 31 (8pm-9am) if weather presents a threat to life. Openings posted at local community centres, libraries, and service agencies.

<b>Westminster Bible Chapel:</b> 7540-6th St	<b>604.255.0340</b>
<b>Neighbourhood Church:</b> 7135 Walker Ave	<b>778.384.6486</b>
<b>Cliff Block Winter Shelter</b>	<b>778.780.0634</b>
<b>Rhoda Kaellis Housing Centre</b>	<b>604.544.5145 x107</b>
<b>Russell Residence and Housing Centre</b>	<b>604.529.9126</b>

<b>Fraserside Community Services Society</b>	<b>604.522.3722</b>
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fraserside.bc.ca  
 Provides no-cost, high-barrier Family Emergency Shelter; transitional housing for adults with mental illnesses or developmental disabilities; low-barrier housing for adults at risk of homelessness; and supportive housing for adults with mental health and substance use issues.

<b>Purpose Society Nightly Shelter</b>	<b>604.526.2522</b>
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[purposesociety.org](http://purposesociety.org)  
 Nightly Shelter at 502 Columbia St (access off Front St). 8:00 pm-8:00 am.

<b>Society to End Homelessness in Burnaby — Outreach Resource Centres (ORC)</b>	<b>604.200.0712</b>
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[burnabyhomeless.org/homeless-outreach-program](http://burnabyhomeless.org/homeless-outreach-program)  
[info@burnabyhomeless.org](mailto:info@burnabyhomeless.org)  
 Provides a welcoming, non-judgemental atmosphere where guests can access support with dignity.

**The Neighbourhood Church**  
 7135 Walker Ave, Thursdays, 9-11:30am.

**Youth Centre**  
 Jubilee Ave near Imperial St, Wednesdays, 9-11am.

<b>Shelter &amp; Street Helpline (24/7)</b>	Dial or text: <b>211</b>
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bc.211.ca/shelter-lists  
 Provides information on shelters, emergency accommodations, housing search, meal and grocery services, medical assistance, mental health services, recovery/treatment programs, low-cost goods, legal, and advocacy; list is updated 11:30am, and 7:30pm.

## HUNGER HURTS. HELP US HELP OTHERS.



Our two Food Hubs support over **1,000 households** every week, but many more neighbours need help.

604-294-5444  
[FOODHUBCOORD@BURNABYNH.CA](mailto:FOODHUBCOORD@BURNABYNH.CA)

**FOOD**  
 Providing healthy, non-perishable pantry items

**DONATE**  
 Our purchasing power can magnify your impact

**VOLUNTEER**  
 Give back to your community



## DONATE TODAY



[BURNABYNH.CA](http://BURNABYNH.CA)

# Your Care, Our Priority.

# Your Journey, Our Story.



No Term Contract



Bonded and Insured



Certified, background-  
checked caregivers



Personalized care plans



24/7 support and  
emergency assistance



Focus on dignity, respect  
& independence



## Book a FREE Assessment!

 [mycarmatters.ca](http://mycarmatters.ca)

 [info@mycarmatters.ca](mailto:info@mycarmatters.ca)

 778-608-4255



My Care Matters  
Health Services

### Terms & Conditions

- Offer valid for new clients only.
- One-time use per client.
- Valid until December 31, 2026.
- Applies on your first 24 hours of service.
- Available to clients in the Greater Vancouver area and beyond.
- Non-transferable and not redeemable for cash.
- Cannot be combined with other offers or promotions.

**100.00 CAD**  
**FREE VOUCHER** worth of service **CODE: MCM2026**

**Salvation Army Shelter Services**

salvationarmy.ca &gt; What We Do &gt; Housing and Shelters

**Stevenson House**

32 Elliot St, New Westminster

14 bed, 30-day stay emergency shelter for men. Self-referral on a first-call, first-served basis. Call at 9am, not accessible to those with mobility issues, or wheelchairs.

**604.526.4783****Union Gospel Mission**

ugm.ca

Offers emergency shelter, meals, clothing, alcohol/drug recovery programs, and affordable housing in Downtown Eastside, Vancouver, and New Westminster. Drop-in centres open Monday-Friday, 2-4:30pm; and the first Saturday of each month, 1-3pm (games). Centres also serve as cooling centres.

**604.253.3323**

ugm@ugm.ca

**AgeCare**

agecare.ca

Offers affordable housing and apartment rentals for seniors.

**Carlton (Burnaby)****604.419.3000****Women's Shelters & Transitional Housing****Burnaby Safe House**

safeshelter.ca/resources

Offers second-stage accommodation in a safe, confidential location for abused women, and vulnerable pregnant women.

Confidential: **778.886.7001****Cynthia's Place**

Provides high-barrier emergency housing and support for women, including those with children. Self-referrals accepted.

**1.888.879.9593****Dixon Transition Society**

dixonsociety.ca

Provides temporary shelter, housing, and support for women and their children directly fleeing abuse.

**BC Indigenous Housing Society****604.320.3312**

bcihs.ca

info@bcihs.ca

Provides safe, secure, supportive, and affordable housing to families and individuals with priority to Indigenous communities.

**BC Residential Tenancy Branch****604.660.1020**

gov.bc.ca/landlordtenant

HSRTO@gov.bc.ca

Provides landlords and tenants with information about their rights and responsibilities, and a dispute resolution service.

**BC Housing****604.433.2218**

bchousing.org/housing-assistance

Provides subsidized rental housing for persons with low income including families with young children, seniors, and persons with disabilities.

**Housing Registry**

Provides housing-related information for housing providers and applicants seeking affordable housing.

**Shelter Aid for Elderly Renters (SAFER)**

Provides financial aid for eligible renters 60+.

**Rental Assistance Program (RAP)**

Provides low income working families with assistance to help with their monthly rent payments.

**Condominium Homeowners Association****604.584.2462**

choa.bc.ca

info@choa.bc.ca

Provides leadership, education, and resources for strata owners.

**Co-operative Housing Federation of BC****604.879.5111**

chf.bc.ca

Provides resources for co-op living. Offers a range of programs and services.

**Cascade Gardens****604.434.2666**

parkplaceseniorsliving.com

Offers various housing options for seniors in retirement, or for those who require daily assistance.

**Chartwell Carlton Retirement Residence****778.300.2389**

chartwell.com

Provides retirement living for seniors in Burnaby.

**Courtyard Terrace Seniors Community****604.437.6262**

parkplaceseniorsliving.com

Offers assisted living subsidized suites and support services.

**Dania Manor & Dania Home****604.299.2414**

dania.bc.ca

Provides a Residential Care Facility, assisted living, and new housing units for seniors.

**Derby Manor****604.529.1019**

derbymanor.ca

Offers cost-friendly non-profit rental units for those 55+.

**Housing Information & Services****Affordable Housing Societies**

affordablehousingsocieties.ca

Provides rental housing at market and subsidized rates.

**604.521.0818**

<b>Fair Haven Homes Society</b> fairhaven.bc.ca Provides independent and accessible living for those 55+ within Burnaby.	<b>604.225.9937</b>	<b>Rideau Retirement Residence</b> rideauresidence.ca Provides independent and assisted living, along with fitness classes, private gardens, and social activities for seniors.	<b>604.291.1792</b>
<b>Fellburn Care Centre</b> fraserhealth.ca Provides seniors with publicly subsidized long-term care beds, health care, and recreational services.	<b>604.412.6503</b>		
<b>Hopehill Living in Community</b> hopehill.ca Offers independent living and assisted living residences for underprivileged seniors.	<b>604.255.7707</b> office@hopehill.ca		
<b>Licensing &amp; Consumer Services</b> bchousing.org/licensing-consumer-services Provides information on home registry and licensing.	<b>604.646.7050</b> <b>604.433.2218</b>		
<b>Metro Vancouver Housing Cooperation</b> metrovancouver.org/services/housing Offers affordable rental homes to low and moderate-income families, seniors, and persons living with physical disabilities. Limited rental assistance program for those who qualify.	<b>604.432.6200</b>		
<b>Mulberry PARC</b> parcliving.ca Provides seniors with premium amenities, services, and residences central to the community.	<b>604.526.2248</b>		
<b>Nikkei Seniors Health Care &amp; Housing Society</b> seniors.nikkeiplace.org Offers independent housing, community-based programs, and wellness activities.	<b>604.777.5000</b>		
<b>New Chelsea Society</b> newchelsea.ca Provides affordable, safe, and clean housing for seniors 55+, families and persons with disabilities.	<b>604.395.4370</b> admin@newchelsea.ca		
<b>New Vista Society Housing Office</b> newvista.bc.ca Provides housing to families of varied incomes and subsidized housing to seniors 55+ with low income.	<b>604.521.7764</b> info@newvista.bc.ca		
<b>New Westminster Homelessness Coalition Society</b> nwhomeless.ca newwesthcs@gmail.com Organization with a mission to inform, engage and advocate to improve life for unhoused and at-risk people in New Westminster.	<b>604.862.9582</b>		
<b>Progressive Housing Society</b> progressivehousing.net Outreach program operates with a mobile unit bringing supplies and services to unhoused persons. Pop-up locations on Wednesdays, 9:30-11am at Bonsor Skate Park (@ Jubilee & Imperial), and Thursdays, 9:30-11am at Southside Church (7135 Walker Ave).	<b>604.522.9669 x316</b> info@progressivehousing.net		
		<b>Rent Banks</b> purposesociety.org (Rent Bank) burnabyrentbank@purposesociety.org newwestminsterrentbank@purposesociety.org Provides housing for qualifying low to moderate income individuals and families. Low-fee, no interest, short-term loans can assist with rent arrears, next month's rent, essential utility arrears, damage or pet deposit, or first month's rent, if living in or moving to Burnaby, Maple Ridge, New Westminster, or Pitt Meadows. Check for eligibility requirements and fill out a pre-assessment form at: apply.bcrentbank.ca/apply/purpose-society.	<b>778.727.1142</b>
		<b>Seton Villa Retirement Centre</b> setonvilla.com Provides affordable housing, wellness services, and diverse suite options for seniors.	<b>604.291.0607</b>
		<b>Society for Christian Care of the Elderly</b> scce.ca Offers accessible independent living for seniors in the Lower Mainland.	<b>604.681.7337</b>
		<b>Swedish Canadian Village</b> swedishcanadian.ca Provides housing to seniors of all ethnic and cultural backgrounds; services include subsidized and pet-friendly housing, and amenities such as organized activities.	<b>604.420.1124</b>
		<b>Seniors Services Society — Housing Services/Programs</b> seniorsservicessociety.ca info@seniorsservicessociety.ca Provides a broad range of one-on-one housing navigation services including information and guidance on varied seniors housing in the Lower Mainland, referral, seniors homeless outreach program, and Temporary Housing Program (assisting seniors aged 60+ in securing and maintaining affordable and appropriate housing. Services available for seniors 60+ living in the Lower Mainland (except Downtown Eastside) and are provided on a case-by-case basis: suitability determined upon intake.	<b>604.520.6621</b>
		<b>The Poppy Residences</b> thepoppyresidences.com info@thepoppyresidences.com Offers affordable independent senior living; housing is pet-friendly and includes large amenities rooms for events.	<b>604.568.5563</b>
		<b>Thornebridge Gardens</b> verveseniorliving.com/thornebridge-gardens Provides independent living, independent supported living, assisted living, and respite stays.	<b>604.524.6100</b>

## For all your insurance needs



**Johnston Meier**  
Insurance Agencies Group

The Amazing Brentwood  
4525 Lougheed Hwy  
**604-299-0651**

5000 Kingsway Plaza  
4982 Kingsway  
**604-736-4574**

 **Wawanesa**  
Insurance

Lougheed Town Centre  
9855 Austin Rd  
**604-421-2422**



**AUTO | HOME | BUSINESS | TRAVEL | PERSONAL | JMINs.COM**

**TRAC — Tenant Resource & Advisory Centre** **604.255.3099**  
 tenants.bc.ca **1.800.665.1185 x5**  
 Provides tenants with legal education and information about residential tenancy law through the Tenant Infoline, website, social media, workshops, and online Tenant Survival Guide. Free legal representation to qualifying tenants. Free online course "Renting-It-Right" available.

**Willingdon Care Centre** **604.433.2455**  
 fraserhealth.ca  
 Offers long-term housing for those requiring personalized care; access requires Fraser Health assessment.

## Home Modifications & Maintenance

**BC Home Renovation Tax Credit** **1.877.387.3332**  
**for Seniors and Persons with Disabilities** [ITBTaxQuestions@gov.bc.ca](mailto:ITBTaxQuestions@gov.bc.ca)  
[gov.bc.ca/gov/content/housing-tenancy/building-or-renovating](http://gov.bc.ca/gov/content/housing-tenancy/building-or-renovating)  
 Assists eligible seniors 65+ and persons with disabilities with the cost of permanent renovations to improve accessibility at home.

**BC Housing — BC RAHA** **604.433.2218**  
 (Rebate for Accessible Home Adaptations)  
[bchousing.org/housing-assistance/BC-RAHA](http://bchousing.org/housing-assistance/BC-RAHA)  
 Provides financial help in the form of rebates to eligible seniors with low-income and people with disabilities to complete home adaptations for independent living.

**Clean Start BC** **1.855.297.8278**  
[cleanstartbc.ca](http://cleanstartbc.ca)  
 Offers junk and sharps removal, hoarding cleanup, pest control, sanitization services, basic upholstery and extreme cleaning.

**Mobile Work Crew** **604.522.3722**  
[fraserside.bc.ca/community-living/mobile-work-crew](http://fraserside.bc.ca/community-living/mobile-work-crew)  
 Supervised workers with physical/mental health challenges offer landscaping, maintenance, and rubbish removal.

**Neighbours Helping Neighbours** **604.435.9544**  
[larchevancouver.org](http://larchevancouver.org) [office@larchevancouver.org](mailto:office@larchevancouver.org)  
 Supervised team of persons with developmental disabilities assist seniors and others with basic gardening, lawn maintenance, light home maintenance and repairs, recycling, and debris removal.

**1st Hoarding CleanUp** **1.855.468.2588**  
[1sthoardingcleanup.com](http://1sthoardingcleanup.com)  
 Offers compassionate and discreet decluttering and organizing.

## Indigenous Peoples

**ACCESS Employment Services** **604.251.7955**  
[accessfutures.com](http://accessfutures.com)  
 Delivers a range of educational career services and training opportunities to Indigenous Peoples in Greater Vancouver. This includes trades training, apprenticeship programs, essential skills, construction training for at-risk youth, career advising, resume writing, funding for training, and job search support.

**Aboriginal Legal Aid in BC** **604.408.2172**  
[aboriginal.legalaid.bc.ca](http://aboriginal.legalaid.bc.ca)  
 Indigenous community legal workers provide legal information and limited advice services to Indigenous Peoples.

**BC Aboriginal Child Care Society (BCACCS)** **604.913.9128**  
[acc-society.bc.ca](http://acc-society.bc.ca) [reception@acc-society.bc.ca](mailto:reception@acc-society.bc.ca)  
 Offers workshops, training, and education opportunities. Advocates for early years, shares resources and research to ensure all Indigenous children in BC have access to spiritually enriching, culturally relevant, and high-quality early learning and childcare. Hosts two Aboriginal Head Start preschool programs in Vancouver (Singing Frog and Eagle's Nest).

**Crown-Indigenous Relations and Northern Affairs Canada**  
[rcaanc-cirnac.gc.ca](http://rcaanc-cirnac.gc.ca)  
 Provides information, games, and stories on Indigenous Peoples' culture, history, and languages as well as resources for teachers.

**Fraser Region Aboriginal Friendship Centre** **604.595.1170**  
[frafca.org](http://frafca.org)  
 Helps foster the well-being of urban Indigenous Peoples in the Fraser Salish Region by providing culturally relevant services such as social, health and wellness programs, trauma counselling, housing and family support, education, and advocacy.

**First Nations Health Authority** **604.693.6500**  
 Offers various healthcare services including dental care, public health services, mental health support and more.

**Indian Residential School Survivors Society** **604.985.4464**  
[irss.ca](http://irss.ca) **Crisis Line: 1.800.721.0066**  
 Provides physical, emotional, intellectual, spiritual growth, development, and healing through culturally based values and guiding principles for survivors, families, and communities.

**Fraser Health — Indigenous Health Liaison Program** **1.866.766.6960**  
[fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-health-liaisons](http://fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-health-liaisons)  
 Provides referrals, advocacy, and support to Indigenous patients ensuring access to appropriate and culturally safe health care and community services.



# Yeartown Monument

**FACTORY DIRECT SUPPLIER OF CUSTOM HEADSTONES AND MONUMENTS.**

**Large inventory in stock; some products can be delivered within 3 days.**

**Better quality, better price!**

**Specialized Services:**

- Customized design, delivery, and installation
- On-site engraving with mobile equipment
- Headstone repainting & restoration
- Stone repair and color refinishing

**135-5751 Cedarbridge Way,  
 Richmond, B.C.**

**604-270-1219**

**普通話服務 : 778-223-5899**

**[Yeartownmonument.com](http://Yeartownmonument.com)**

<b>Métis Family Services</b> metisfamilyservices.ca	<b>604.584.6621</b> reception@metisfamilyservices.ca	<b>BC Ministry of Justice</b> gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/wills-and-estate-planning
Provides supportive information and services to help nurture, protect, and promote balance within Métis families.		Offers resources on wills, estate planning, funeral planning, and mental health resources.
<b>Métis Nation British Columbia</b> mnbc.ca	<b>604.557.5851</b> info@mnbc.ca	<b>Clicklaw</b> clicklaw.bc.ca
Advocates for Métis citizens through enhancing social and economic programs and services through a cultural lens.		1.800.665.2570 librarian@courthouselibrary.ca
Provides online legal information, education, and assistance.		Provides online legal information, education, and assistance.
<b>Ministry of Children &amp; Family Development — Indigenous Child and Family Services</b> 2nd Fl, 201-7645 Kingsway, Burnaby	<b>604.660.9544</b>	<b>Courthouse Libraries BC</b> courthouselibrary.ca
Provides supportive and protective services to Indigenous children and families.		<b>604.660.2841</b> librarian@courthouselibrary.ca
<b>NEC Native Education College</b> necvancouver.org		<b>Law Matters @ your public libraries</b> Supports public libraries in the province in purchasing legal collections to provide all BC residents with local access to basic legal information. Please see page 39 for local library branches.
Private college works to strengthen Indigenous communities through accredited programs that lead to employment and higher learning.		
<b>Pacific Association of First Nations Women</b> 2018 Wall St, Vancouver	<b>604.872.1849</b> info@pafnw.ca	<b>Cobbett &amp; Cotton Law Corporation</b> cobbett-cotton.com
Provides Indigenous, culturally safe learning and holistic supports for Indigenous women and their families.		Provides real estate legal services such as advice on financing and will preparation; offers additional resources on family or marital separation, and business law.
<b>Spirit of the Children Society</b> sotcs.ca	<b>604.524.9113</b> reception@sotcs.ca	<b>Dial-A-Law</b> dialalaw.peopleslawschool.ca
201-768 Columbia St, New Westminster		604.687.4680 1.800.565.5297
Dedicated to make positive changes with a vision of family health, community well-being, and cultural prosperity.		Offers 24-hr information on a variety of topics on BC law.
<b>Urban Native Youth Association</b> unya.bc.ca	<b>604.254.7732</b> info@unya.bc.ca	<b>Fast &amp; Company Law</b> fastandco.ca
Offers programs for Indigenous youth including education and training, advocacy, and support services.		Provides legal counsel for estate law, corporate law, notary services, and probate guidance.
<b>Vancouver Aboriginal Friendship Centre Society</b> 604.251.4844 vafcs.org		<b>First United Legal Aid</b> firstunited.ca/how-we-help/legal-advocacy
1607 E. Hastings St, Vancouver		604.251.3323 advocacy@firstunited.ca
Provides programs for Indigenous Peoples in health, wellness, welfare, social services, culture, education, and recreation.		Free legal aid to low-income and vulnerable individuals.
		<b>Justice Education Society of BC (JES)</b> justiceeducation.ca
		604.660.9870 1.855.875.8867
		Provides information about our courts and justice system, resources for Indigenous Peoples, immigrants, parents, youth, and many self-help guides and resources.
		<b>Lawyer Referral Service</b> appointments@accessprobono.ca
		Offers access to a free 15-minute consultation with a lawyer; regular fees would apply thereafter.
		<b>Law Students' Legal Advice Program</b> lslap.bc.ca
		604.822.5791
		UBC students provide free legal advice/representation from clinics located in community centres, social agencies, and churches. Call or visit website for info; appointments only.
		<b>Legal Aid BC</b> legalaid.bc.ca
		604.408.2172
		Provides subsidized legal aid services for eligible clients with low income. Publications on many legal topics are available through website.
		<b>Mediate BC</b> mediatebc.com
		604.684.1300 info@mediatebc.com
		Provides people with practical, accessible, and affordable services to prevent, manage, and resolve disputes.
		<b>New Westminster Tenants Union</b> nwtenantsunion.org/
		778.358.2680 nwtenantsunion@gmail.com
		A volunteer collective of community organizers who help renters work together to fight for better conditions in their buildings.

## Legal & Advocacy

<b>Access Pro Bono Society</b> accessprobono.ca	<b>604.878.7400</b>	<b>Ask JES Multilingual Legal Help Services</b> legalhelpbc.ca	<b>604.660.9870</b> info@justiceeducation.ca
Provides access to free legal services for people and non-profit organizations of limited means.		Provides free information and resources on legal terms, processes, documents, referrals and one-on-one support in English, Mandarin, Cantonese, Punjabi, Hindi, and French.	
<b>Association of Community Organizations For Reform Now</b> acorncanada.org/locations/bc-acorn	<b>778.381.5446</b> bcacorn@acorncanada.org	<b>Legal Aid BC</b> legalaid.bc.ca	<b>604.408.2172</b>
Multi-issue, membership-based community union of low-moderate income people working together towards social and economic justice.		Provides subsidized legal aid services for eligible clients with low income. Publications on many legal topics are available through website.	
<b>Brydges Line</b> Connects people to lawyers if they have been arrested, detained, and under investigation.	<b>1.866.458.5500</b>	<b>Mediate BC</b> mediatebc.com	<b>604.684.1300</b> info@mediatebc.com
		Provides people with practical, accessible, and affordable services to prevent, manage, and resolve disputes.	
		<b>New Westminster Tenants Union</b> nwtenantsunion.org/	<b>778.358.2680</b> nwtenantsunion@gmail.com
		A volunteer collective of community organizers who help renters work together to fight for better conditions in their buildings.	

**People's Law School**[peopleslawschool.ca](http://peopleslawschool.ca)

Provides free legal information webinars and articles.

**604.331.5400****Seniors First BC — Elder Law Clinic****604.437.1940****— Seniors Abuse & Information Line (SAIL)****1.866.437.1940**[seniorsfirstbc.ca](http://seniorsfirstbc.ca)

outreach@seniorsfirstbc.ca

Offers legal consultations to seniors including proceedings, adult guardianship, wills, powers of attorneys, and representation agreements. Legal Advocacy Program helps with government pensions and benefits, residential tenancy issues, and debt.

**South House (4460 Beresford St)**

first and fourth Tuesday of the month.

**Society of Notaries Public of BC****604.681.4516**[snpbc.ca](http://snpbc.ca)

Offers legal guidance on healthcare declarations, contracts, estate planning, insurance loss declarations, and more.

**The Tenant Resource & Advisory Centre****1.800.665.1185**[tenants.bc.ca/?ref=nwtenantsunion.org](http://tenants.bc.ca/?ref=nwtenantsunion.org)

Helpful information for frequently asked tenancy questions around leases, pets, and roommates.

**The Residential Tenancy Branch****1.800.663.7867**[gov.bc.ca/gov/content/housing-tenancy/residential-tenancies](http://gov.bc.ca/gov/content/housing-tenancy/residential-tenancies)

HSRTO@gov.bc.ca

Branch of the provincial government responsible for regulating and arbitrating tenancy agreements in BC.

**West Coast Prison Justice Society****604.636.0470**[prisonjustice.org](http://prisonjustice.org)

Promotes fair and equal treatment of prisoners, including Indigenous prisoners, trans prisoners, and prisoners with mental disabilities.

**Advocacy****BC Human Rights Clinic**[bchrc.net](http://bchrc.net)

Offers free legal assistance and education services on human rights. Monday-Friday, 8:30am-4pm.

**604.622.1100**[intakebchrc@clasbc.net](http://intakebchrc@clasbc.net)**Disability Alliance BC****604.872.1278**[disabilityalliancebc.org](http://disabilityalliancebc.org)

Operates a number of programs and projects including Advocacy Access which assists people with disabilities to access provincial and federal benefits, apply for a disability tax credit, and open a RDSP. Publishes self-help guides, manuals for community advocates and Transition magazine.

**Legal Advocate Program****778.714.5252**[Advocacy@bbyservices.ca](mailto:Advocacy@bbyservices.ca)

Provides legal information and assistance to residents of Burnaby with low incomes, with mental or physical disabilities, or experiencing difficulties accessing legal services. Assistance includes but is not limited to tenancy, welfare, pensions, and debt. ID Bank services are also available for assistance obtaining government identification.

**Law Advocacy Program****604.659.2200**[Burnabyfamilylife.org](http://Burnabyfamilylife.org)[Bfl\\_info@burnabyfamilylife.org](mailto:Bfl_info@burnabyfamilylife.org)

Provides free and confidential legal information, advocacy and referrals to qualifying residents within certain cities of the Lower Mainland.

**MOSAIC Legal Advocacy Program****604.254.9626**[mosaicbc.org/our-programs/legal-help-for-immigrants-and-refugees](http://mosaicbc.org/our-programs/legal-help-for-immigrants-and-refugees)[lap@mosaicbc.org](mailto:lap@mosaicbc.org)

Provides legal information, advice, referrals, legal support, and representation to low-income immigrants and refugees. LAP also assists with PWD Application for persons with disabilities.

# New West DENTUREWORKS INC.

Accepting Canadian Dental Care Plan  
Member of Association of BC

At New West Dentureworks, we don't just create dentures- we create happiness. With an in-house lab for faster turnaround times and quality control. Why settle for less when you can have a smile that's worth showing off? Let us help you reclaim your smile- because life's too short not to grin!



Quan Gifford, R.D.  
with over 25 years experience  
Denturist & Owner

**Office of the Seniors Advocate**

seniorsadvocatebc.ca

Provides a "go-to" resource for seniors' information and referral.

**1.877.952.3181****PovNet**

povnet.org

A website for people on welfare, advocates, and community groups involved in anti-poverty work. Connects members of the public with advocates.

**Sources — Ask an Advocate**

askanadvocate.ca

Provides resources on income assistance, disability, and tenancy.

**The Society to End Homelessness in Burnaby**

burnabyhomeless.org

info@burnabyhomeless.org

Support services for persons who are unhoused or at risk of homelessness. Includes a weekly Outreach Resource Centre providing meals on Thursdays, service provision events, leadership, support for outreach, and extreme weather programs.

**The Kettle Society**

thekettle.ca

**604.251.2801**

advocacy@thekettle.ca

Offers advocacy services for people with mental illness.

**Government Elected Officials**

Elected officials may help residents navigate various government authorities, advocate on their behalf, ensure access to government services, and respond to grievances/questions about government.

Mayors:

**Mayor Mike Hurley** (Burnaby)**604.294.7340****Mayor Patrick Johnstone** (New Westminster)**604.527.4522****Burnaby City Hall**

burnaby.ca

**604.294.7944**

Provides a platform for public hearings, comments on city initiatives, discussions and more resources.

**New Westminster City Hall**

newwestcity.ca

**604.521.3711**

Provides resources on court hearings, environmental concerns, council agendas, community events and more.

Provincial MLAs:

**Raj Chouhan** (Burnaby -New Westminster)**604.660.7301****Rohini Arora** (Burnaby East)**604.660.5058****Anne Kang** (Burnaby Centre)**604.775.0565****Janet Routledge** (Burnaby North)**604.775.0778****Paul Choi** (Burnaby South -Metrotown)**604.660.0855****Jennifer Whiteside** (New Westminster)**604.775.2101****Steve Kooner** (Richmond-Queensborough)**604.322.0022**

Federal MPs:

**Terry Beech** (Burnaby North-Seymour)**604.718.8870****Jake Sawatzky** (New Westminster-Burnaby-Maillardville)

jake.sawatzky@parl.gc.ca

**Gregor Robertson** (South Burnaby-Vancouver Fraserview)**236.203.2211****Wade Chang** (Burnaby Central)**778.330.0505****Consumer Protection****Better Business Bureau of Mainland BC****604.682.2711**

bbb.org/local-bbb/bbb-of-mainland-bc

Provides consumers with information and reviews on businesses. Receives complaints and offers a dispute resolution service.

**Consumer Protection BC****1.888.564.9963**

consumerprotectionbc.ca

Promotes fairness and understanding in the marketplace by educating consumers and businesses about their rights and responsibilities. Enforces consumer protection laws by responding to inquiries and complaints.

**Canadian Anti-Fraud Centre****1.888.495.8501**

antifraudcentre.ca

Collects information on fraud, identity theft, cybercrime and scams.

**2SLGBTQIA+ Community****Alphabet Soup****604.294.7607**

burnaby.ca/our-city/diversity-and-inclusion/2SLGBTQIAplus

A space for 2SLGBTQIA+ youth and allies ages 13-18 to be themselves and socialize with other youth. There is cooking, art, movies, and more! At Creekside Youth Centre on Tuesdays, 3-5:30pm.

**HIM Health Initiative for Men****604.488.1001**

checkhimout.ca

Provides physical, sexual, social, and mental health services for gay, bi, queer men, and gender diverse people in BC. This includes HIV &amp; STI testing, counselling, sexual health resources, groups, events, and anonymous harm reduction supplies orders.

**I Belong (LGBTQ2SAI+ Community)****604.254.9626**

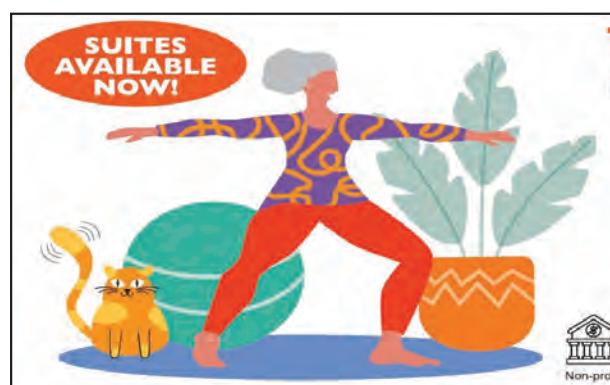
mosaicbc.org/our-programs/services-for-newcomer-lqbtq-refugees

Offers a safe space for 2SLGBTQIA+ newcomers to meet new people, share experiences, and make positive changes through one-on-one social mentorship, and group counselling.

**MANifest Program FamilyLife****604.700.5604**

burnabyfamilylife.org/manifest-program

A gender-based violence prevention program for male-identifying youth ages 13-24. Trauma informed approaches set in educational workshops that explore topics from Healthy Masculinities, Peer Support Skills, Navigating Stereotypes, to Active Bystander Skills.



**Together we grow.**

Discover your best retirement options. Active lifestyle, social connections, affordable worry-free living, and pets are always welcome.

**ASK ABOUT OUR MOVE-IN SPECIAL**

Veteran or Legion Member status not required for residency

5291 Grimmer Street, Burnaby  
**604.568.5563**  
[thepopyresidences.com](http://thepopyresidences.com)

**The Poppy Residences**  
Independent Living Community for Active Seniors

**QMUNITY**

qmunity.ca

QMUNITY is BC's queer, trans, and Two-Spirit resource centre, providing a safe space for 2SLGBTQIA+ folks and their allies.

**604.684.5307**

reception@qmunity.ca

**Burnaby Neighbourhood House — QUEST+ Café**

QUESTPlus@burnabynh.ca

Provides a safe space for older adults that identify as 2SLGBTQIA+. Participants can socialize and learn with refreshments provided.

**RainBow Refugee**

rainbowrefugee.ca

info@rainbowrefugee.ca

Supports refugees in BC, or those who have fled persecution in their country of origin based on their sexual orientation, gender identity, expression, or HIV status.

**Sher Vancouver**

shervancouver.com

info@shervancouver.com

Provides education, empowerment, connection, and assistance to queer South Asians and allies. Seeks to protect human rights by ending all forms of exclusion, discrimination, and prejudice.

**1.866.999.1514****Trans Care BC**

phsa.ca/transcarebc

transcareteam@phsa.ca

Provides information for accessing gender-affirming health and wellness care. Supports those who identify as Trans, Two-Spirit and gender diverse, their families, friends and loved ones, as well as service providers.

**Low Cost Goods****Habitat for Humanity — ReStore**

restoreshop.ca

**604.420.1618**

7977 Enterprise St, Burnaby

Offers new and used building materials, appliances, and furniture at reduced costs. Proceeds support local affordable housing.

**Helping Families in Need Society**

helpingfamiliesinneed.org

**604.294.3087**

hfins@telus.net

Collects used household items (furniture, mattresses, dishes, clothing, and toys) and distributes them to families in need. Referral is required.

**Salvation Army Emergency Clothing**

325-6th St, New Westminster

**604.521.2421**

103-3833 Henning Dr, Burnaby

**604.299.3908**

Vouchers are available twice a year for persons in New Westminster or Burnaby experiencing homelessness, seniors 65+, or those in shelters with a referral letter.

**WRAGS Bed Warehouse**

wragsbc.wixsite.com/wrags

**604.214.0613**

Referral is required from Ministry of Social Development and Poverty Reduction for a free sanitized bed.

**Consignment & Thrift Stores****Burnaby Hospice Society Thrift Store**

burnabyhospice.org/thriftstore

**604.520.5082**

6843 Kingsway, Burnaby

Open Monday-Saturday, 9:30am-6pm; Sundays, 9:30am-4pm.

**Found (UGM) Thrift Store**

641 Columbia St, New Westminster

**604.553.0604**

Open Tuesday-Friday, 10am-5:30pm, Saturdays, 10:30am-5:30pm.

**Grand Central Consignment**

719 Carnarvon St, New Westminster

Open Monday-Saturday, 11am-4pm; Sundays, 12-3pm.

**604.524.4095****Jubilee United Church Thrift Store**

jubilee-uc.ca/ministries/service/thrift-shop/

6000 Sussex Ave, Burnaby

Open Thursdays, 10am-2pm. (September-June; cash only).

**604.434.8323****New to You Thrift Store**

706 6th Ave, New Westminster

Open Tuesday-Saturday, 10am-4pm.

**604.515.4815****Orphan Aid Thrift Store**

7889 Edmonds St, Burnaby

Open Tuesday-Friday, 10am-5pm; Saturdays, 10am-4pm.

**604.521.1013****Salvation Army Thrift Stores**

thriftstore.ca/shift-to-thrift

4099 E. Hastings St, Burnaby

**604.299.0264**

774 Columbia St, New Westminster

**604.521.0319**

Open Monday-Saturday, 10am-8pm.

**St. Barnabas Anglican Church Thrift Store**

stbarnabasparish.ca/thrift-store

**604.526.6646**

1010 5th Ave, New Westminster

stbarna@telus.net

Open Wednesday, Friday, Saturday, 11am-4pm.

**Newcomers****BC Newcomers' Guide to Resources & Services**

welcomebc.ca

Online and print versions available in many languages. Printed copies of the guide can be found in libraries or ordered online.

**BC Refugee Claimant Housing Referral System (BC CHARMS)**

refugeeclaimbc.com/housing

**604.254.9626**

Connects refugee claimants to safe and suitable housing in BC.

**BC Services and Assistance for Humanitarian & Vulnerable Newcomers (BC SAFE HAVEN)****604.254.9626**

mosaicbc.org/our-programs/support-for-refugee-claimants

BCSIS@mosaicbc.org

Supports the specific needs of refugee claimants and asylum seekers who intend to file a refugee claim.

**Burnaby Intercultural Planning Table (BIPT)****604.419.6919**

bipt.ca

Offers resources that document and investigate immigrant issues.

Provides support services that help newcomers settle.

**Burnaby Neighbourhood House — Settlement & Integration**

burnabynh.ca/newcomers-services

**604.431.0400**

Provides permanent resident and convention refugee newcomers with first language settlement and integration services and support. Programs are available for individuals, families, youth, and seniors in multiple languages, with a focus on improving access to Canadian benefits, settlement resources, and opportunities for community engagement. Case management support is available for multi-barrier clients with complex needs.

**Career Paths for Skilled Immigrants — Back in Motion**

careerpaths.ca

**604.575.3800**

Provides occupation-specific resources and support to help immigrant job seekers move into applicable careers.

**British Columbia Institute of Technology (BCIT)**  
**— International Credential Evaluation Service (ICES)**  
 bcit.ca/ices  
 Evaluates the credentials of people who have studied in other provinces or countries and determines comparable levels in BC and Canadian terms, for immigration or employment purposes.

**ISSofBC**  
 issbc.org  
 207-7355 Canada Way, Burnaby 604.942.1777  
 280-610 6th St, New Westminster 604.522.5902  
 Provides newcomers with first language settlement services, community connections, programs for women, seniors, youth, career services, language classes, and digital literacy support.

**BC Newcomer Services Program (BC NSP)**  
 settlement@issbc.org  
 Offers settlement services, opportunities to develop English fluency, and employment support.

**Multi-cultural Youth Circle (MY Circle)**  
 MYCircleVan@issbc.org  
 Designed for newcomer youth to connect with others and develop new skills – offers support so you can make friends, learn about Canada, and explore British Columbia (BC)!

**Moving Ahead Program (MAP)**  
 MAP@issbc.org  
 Provides specialized support to 2SLGBTQIA+ newcomers, and those with mental or physical disabilities. Also provides one-on-one support, group services, referrals, and case conferencing. For permanent residents and protected persons.

**Newcomer Women Support**  
 settlement@issbc.org  
 Empowers newcomer women through settlement support, cultural learning, community connections, and leadership training.

**Senior Newcomer Support**  
 newhorizons@issbc.org  
 For seniors ages 55+, this program allows senior newcomers to socialize and become part of your community.

**Journey Home Community Association** 604.568.4892  
 journeyhomecommunity.ca  
 Provides transitional housing, settlement assistance and relational support to refugee claimant families in Greater Metro Vancouver.

**MOSAIC Settlement Programs** 604.254.9626  
 mosaicbc.org/our-services/settlement-services  
 Offers a variety of programs to support newcomers and refugees.

**MOSAIC Refugee Programs** 604.254.9626  
 mosaicbc.org/our-programs/support-for-refugee-claimants

**Private Sponsorship of Refugees Program**  
 Offers case management in collaboration with private sponsorship groups working to resettle refugees, and provide support, with a focus on Sudanese refugees.

**New Canadian Clinic** 604.412.6580  
 fraserhealth.ca/Service-Directory/Service-At-Location/C/A/new-canadian-clinic---burnaby  
 Provides primary care for government assisted refugees, privately sponsored refugees, and refugee claimants.

**New Westminster Schools Welcome Center** 604.517.6240  
 newwestschools.ca/programs-services/the-wellness-centre  
 Offers New Westminster Schools registration, a Community Navigator for newcomers, and Settlement services.

**Options Community Services — Moving Ahead Program**  
 options.bc.ca/program/moving-ahead-program 604.572.4060  
 Provides one-on-one support tailored to each individual's unique needs

and goals through a client-centred, holistic approach, including accessing essential services, finding housing, improving language skills, and building connections in the community. This program is designed for immigrant adults and families with complex needs in Surrey and North Delta.

**Pacific Immigrant Resources Society (PIRS)** 604.298.5888  
 pirs.bc.ca  
 Offers programs for all newcomers and refugee women and their young children.

**REACH Community Health Center** 604.251.3000  
 reachcentre.bc.ca  
 Provides innovative, high-quality primary health and dental care. Offers social and educational services to support the physical health, mental health, and well-being of the community.

**Settlement Workers in Schools (SWIS)**  
 Connects immigrants and refugee families to school, community, and government resources.

**Burnaby School District Welcome Centre** 604.296.6936  
 swis.burnabyschools.ca  
**New Westminster Schools** 604.517.6240  
 newwestschools.ca/programs-services/settlement-workers-in-schools-program

**SUCCESS Settlement Services** 604.430.1899  
 successbc.ca/service-categories/settlement  
 Assists all newcomers and refugees to learn about life in Canada, develop English language skills, find employment, and get involved in the community.

**Vancouver & Lower Mainland Multicultural Family Support Services Society** 604.436.1025  
 vlmfss.ca help@vlmfss.ca  
 Provides culturally and linguistically responsive services in many languages to immigrants, refugees, women and families with and without immigration who are experiencing the challenges of family violence.

**YMCA Newcomer Services** 604.374.5465  
 gv.ymca.ca/newcomer-services connections@bc.ymca.ca  
 Offers free programs to newcomers with PR and refugees: such as Conversation Club, Canadian Fitness Connection, and Social and Educational Events for learning new things, exercising, making friends, and practicing English skills.

## Persons with Disabilities

**BACI — Burnaby Association for Community Inclusion** 604.299.7851  
 gobaci.com  
 Offers a range of programs and services to infants, children, youth, and adults with developmental disabilities and their families.

**BC Centre for Ability** 604.451.5511  
 bc-cfa.org  
 Provides community-based services to children, youth, adults and their families with neurological, physical, and developmental disabilities.

**BC Access Income and Disability Assistance** 1.866.866.0800  
 gov.bc.ca/gov/content/family-social-supports/income-assistance/access-services  
 Income and disability assistance services provided by the Province of BC.

**CNIB Foundation** 604.431.2121  
 cnib.ca 1.800.563.2642  
 Offers innovative programs designed to empower people of all ages who are blind, Deafblind, or have low vision, across Canada.

<b>Community Living Society</b> communitylivingsociety.ca	<b>604.523.0303</b>	<b>Monarch House</b> monarchhouse.ca	<b>604.205.9204</b>
Provides individualized, flexible, and creative supports to people with developmental disabilities or acquired brain injuries.		Offers services for autistic individuals with developmental delays. Including Autism Diagnostic Assessments, behaviour and speech therapy, social and life skills groups, and support groups for parents and siblings.	
<b>Canucks Autism Network (CAN)</b> canucksautism.ca	<b>604.685.4049</b>	<b>Neil Squire Society</b> neilsquire.ca	<b>604.473.9363</b>
Provides programs to autistic individuals and their families, while promoting acceptance and inclusion through community engagement.	info@canucksautism.ca	Provides employment services, computer tutoring, and assistive technology for people with disabilities.	info@neilsquire.ca
<b>Disability Alliance BC</b> disabilityalliancecbc.org	<b>604.872.1278</b>	<b>Pacific Autism Family Network</b> pacificaautismfamily.com	<b>604.207.1980</b>
Operates a number of programs and projects including Advocacy Access which assists people with disabilities to access provincial and federal benefits, apply for a disability tax credit, and open a RDSP. Check website for more information.		Provides resources for information, learning, assessment, treatment, and support to address the needs of autistic individuals.	
<b>Disability Foundation</b> disabilityfoundation.org	<b>604.688.6464</b>	<b>AIDE Canada Library</b> library.aidecanada.ca	
Provides opportunities for people with physical disabilities to participate in a variety of indoor/outdoor activities.		4,800+ autism-related books, e-books, audiobooks and DVDs that can be shipped to any BC resident for free.	
<b>BC Mobility Opportunities Society (BCMOS)</b> bcmos.org		<b>Planned Lifetime Advocacy Network (PLAN)</b> plan.ca	<b>604.558.2055</b>
	info@bcmos.org	Provides advocacy, legal assistance, person-centred planning, and personal support networks for people with disabilities to build safe and inclusive communities.	hello@plan.ca
<b>ConnecTra Society</b> connectra.org		<b>posAbilities</b> posabilities.ca	<b>604.299.4001</b>
	info@connectra.org	info@posAbilities.ca	
<b>Disabled Independent Gardeners Association (DIGA)</b> digabc.org		Supports people with developmental disabilities. Offers behaviour consultation, community inclusive art, employment training, and home living supports. Government-funded services are free.	
<b>Adapted Sailing Association of BC (ASABC)</b> asabc.org			
<b>Vancouver Adapted Music Society (VAMS)</b> vams.org		<b>SPARC BC</b> sparc.bc.ca/parking-permit	<b>604.718.7744</b>
	info@vams.org	<b>Accessibility and Enforcement Line:</b>	<b>1.888.718.7794</b>
<b>Down Syndrome Resource Foundation</b> dsrf.org	<b>604.444.3773</b>	<b>Parking Permit Program</b> permits@sparc.bc.ca	<b>604.718.7734</b>
Provides innovative programs for individuals with Down syndrome. Offers speech and language development, behavioural support, mental wellness, reading, and education for all ages.	info@dsrf.org	Provides parking permits for people with disabilities.	
<b>Easter Seals BC</b> eastersealsbcy.ca	<b>604.873.1865</b>	<b>Spectrum Society for Community Living</b> spectrumssociety.org	<b>604.323.1433</b>
Provides services for children and adults with disabilities. Offers learning, social connections, and work experience alongside their summer camps. Parents/caregivers are welcome.		Offers community-based services for people with disabilities. Delivers community living workshops and community living books and DVDs. Also offers home sharing with 24/7 staff.	
<b>Fraser Health Services for Community Living</b> — <b>New Westminster</b>	<b>604.777.6700</b>	<b>Spinal Cord Injury BC</b> sci-bc.ca	
fraserhealth.ca/Service-Directory/Service-at-Location/C/F/health-services-for-community-living---new-westminster		Provides peer support and information services to help people with spinal cord injuries and their families, adjust, adapt, and thrive. Includes resources for housing, equipment, transportation, recreational events and meetups.	info@sci-bc.ca
Offers support and help for adults with developmental disabilities requiring access to health services.		<b>Peer Program</b>	
<b>Kinsight — Individual &amp; Family Support</b> kinsight.org	<b>604.525.9494</b>	Provides educational and social events for persons living with spinal cord injury, and includes family or friends.	
Provides free programs and services for families and individuals who require extra support or have developmental delays or disabilities: including development programs, employment and therapy services.		<b>SCI Info Database</b> sci-bc.ca/sci-info-database	
		Online encyclopedia with comprehensive resources for people with spinal cord injuries and related physical disabilities.	
<b>Learning Disability Society</b> ldsociety.ca	<b>604.873.8139</b>	<b>SCI BC Marketplace</b> sci-bc.ca/marketplace	
Offers affordable programs for child, youth, and adult learning and tools to increase self-esteem and success for those with suspected or diagnosed learning differences, such as ADHD, dyslexia, and autistic individuals. Offers funding and support.	info@ldsociety.ca	Online forum for buying/selling disability related equipment and finding accessible housing and employment.	
<b>Ministry of Children &amp; Family Development</b> — <b>Services to Children with Support Needs</b>	<b>604.660.9494</b>	<b>Technology for Living</b> technologyforliving.org	<b>TIL: 604.326.0175</b>
Provides support to children with disabilities.		<b>Technologies for Independent Living Program (TIL)</b>	<b>PROP: 1.866.326.1245</b>
		Provides assistive devices for people with physical disabilities to create an accommodating home environment.	

**Provincial Respiratory Outreach Program (PROP)**  
Provides equipment to qualified persons needing assistive ventilation while living in community.

**Together Speech & Language Services**  
togetherspeech.com info@togetherspeech.com  
Offers in-home speech and language services for autistic individuals and those with neurological and developmental disabilities. Works with individuals and families to support them by providing therapy for articulation, language, stuttering, voice, aphasia, social skills, brain injury, AAC, and more.

**Variety — The Children's Charity** 604.320.0505  
variety.bc.ca info@variety.bc.ca  
Provides support to autistic children or those with disabilities. Funding covers adaptive equipment, physiotherapy, speech therapy, diabetes support, private assessment and counselling.

**Vision Loss Rehabilitation Canada** 1.844.887.8572  
visionlossrehab.ca  
Provides rehabilitation therapy and services for individuals with vision loss, including client navigation, customized services, and adaptive technology to help clients achieve independence goals.

**Wavefront Centre for Communication Accessibility**  
wavefrontcentre.ca 604.736.7391  
info@wavefrontcentre.ca TTY: 604.736.2527  
Provides services for deaf, Deafblind, and hard of hearing individuals: includes audiology, counselling, employment resources, seniors outreach program, and communication devices.

<b>Century House</b>	604.519.1066
<b>Moody Park Arena</b>	604.525.5301
<b>Youth Services</b>	604.515.3801
<b>Queen's Park Arena</b>	604.777.5111
<b>Queen's Park Sportsplex</b>	604.777.5121
<b>Queensborough Community Centre</b>	604.525.7388
<b>temesewtxʷ Aquatic and Community Centre</b>	604.777.5100

<b>New Westminster Public Library</b> nwpl.ca	
<b>Main Branch</b> 716-6th Ave, New Westminster	604.527.4660
<b>Queensborough Library</b> 920 Ewen Ave, New Westminster	604.636.4450

<b>New Westminster — Accessible Services</b> nwpl.ca/using-the-library/accessible-services	604.527.4650
	homelib@nwpl.ca
Delivers materials free of charge to New Westminster residents who are confined to home, facility or hospital due to a print disability or mobility challenges.	

## Art Galleries, Museums & Theatres

<b>Arts Council of New Westminster</b> artsnewwest.ca	604.525.3244
Presents monthly exhibitions, workshops, concerts, artisan markets, film screenings, and roundtables.	info@artsnewwest.ca

<b>Burnaby Arts Council at Deer Lake Gallery</b> burnabyarts council.org	604.298.7322
Offers culturally diverse events, exhibitions, and activities.	info@burnabyarts council.org

<b>Burnaby Art Gallery</b> burnaby.ca/recreation-and-arts/arts-and-culture-facilities	604.297.4422
Presents a variety of exhibitions, programs, and events.	gallery@burnaby.ca

<b>Burnaby Village Museum</b> burnabyvillagemuseum.ca	604.297.4565
Immersive, ten-acre village includes exhibits and programs where visitors can learn and experience the past in an inclusive and welcoming space. Open seasonally with free admission.	bvm@burnaby.ca

<b>Fraser River Discovery Centre</b> fraserriverdiscovery.org	604.521.8401
Interpretive centre presents the Fraser River's contribution to the life, history and people of the land.	info@fraserriverdiscovery.org

<b>Massey Theatre and Plaskett Gallery</b> masseytheatre.com	604.517.5900
Theatre hosts musical theatre, international music and dance forms, children's entertainers, orchestras, choirs, ballet and music star performances.	info@masseytheatre.com

<b>Michael J. Fox Theatre</b> michaeljfoxtheatre.ca	604.664.8875
Community-styled theatre hosts multicultural music, drama performances, and events by amateur and professional artists.	info@michaeljfoxtheatre.ca

<b>New Westminster Museum &amp; Archives</b> newwestcity.ca/services/arts-and-heritage/museums-and-archives	604.527.4640
City museum and archives are located across three sites including the Anvil Centre, Irving House, and the Samson V Museum.	

<b>Nikkei National Museum &amp; Cultural Centre</b> centre.nikkeiplace.org	604.777.7000
Centre celebrates Japanese Canadian culture and its contribution to the Canadian mosaic. Includes the Nikkei garden, gift shop and Japanese bookstore.	

## Recreation & Community

### Recreation Centres & Libraries

<b>Burnaby Parks, Recreation &amp; Cultural Services</b> burnaby.ca/active	604.294.7450
<b>Bill Copeland Sports Centre</b>	604.297.4521
<b>Bonsor Recreation Complex/Pool</b>	604.297.4597
<b>Christine Sinclair Community Centre</b>	604.320.2222
<b>Edmonds Community Centre/Pool</b>	604.297.4838
<b>Eileen Dally Leisure Pool</b>	604.298.7946
<b>Kensington Complex</b>	604.297.4535
<b>Temporary Cameron Recreation Complex</b>	604.297.4456
<b>Willingdon Community Centre</b>	604.297.4526
<b>Burnaby Public Library</b> bpl.bc.ca	604.436.5400
<b>Temporary Cameron Library</b> 110-9855 Austin Ave, Burnaby	604.421.5454
<b>Tommy Douglas Library</b> 7311 Kingsway, Burnaby	604.522.3971
<b>McGill Library</b> 4595 Albert St, Burnaby	604.299.8955
<b>Bob Prittie Metrotown Library</b> 6100 Willingdon Ave, Burnaby	604.294.7755
<b>Accessible Services</b> bpl.bc.ca/people-help/home-delivery-accessible-service	604.436.5423

**New Westminster Parks & Recreation**  
newwestcity.ca/parks-and-recreation

<b>Royal City Musical Theatre</b> royalcitymusicaltheatre.com Volunteer-led organization produces and presents musical theatre for the public and provides experience for emerging talent.	<b>604.521.5050</b>	<b>Seniors Resource Card</b> Features contact information for programs and services to help support seniors and prevent isolation.
<b>Shadbolt Centre for the Arts</b> burnaby.ca/recreation-and-arts/arts-and-culture-facilities shadboltinfo@burnaby.ca Offers live performances, festivals, exhibitions, and special events, ranging from performing arts, literature and the visual arts.	<b>604.297.4440</b>	<b>Brella Community Services Society</b> brellasociety.ca Offers community services, day programs, and dementia/caregiver or family services for older adults and their loved ones.
<b>SFU Museum of Archaeology &amp; Ethnology</b> sfu.ca/archaeology/museum Museum collects, researches, and exhibits artifacts from around the world with a focus on Turtle Island.	<b>778.782.3325</b>	<b>Century House Association</b> centuryhouseassociation.com Adults 50+ can explore activities, programs, events and more.

## Environment & Recycling

<b>Burnaby Solid Waste and Recycling</b> burnaby.ca/garbageandrecycling solidwasteandrecycling@burnaby.ca	<b>604.294.7972</b>	<b>Seniors BC/Seniors Info Line</b> gov.bc.ca Offers government services information, including health services.
<b>Burnaby Eco-Centre</b> burnaby.ca/ecocentre		<b>Seniors Services Society of BC</b> seniorsservicessociety.ca/about Connects vulnerable adults 60+ with individual supports and housing navigation services to enhance their lives.
<b>Composters &amp; Rain Barrels</b> Reduce waste and conserve drinking water by using a backyard composter and installing a rain barrel for watering gardens.		
<b>Large Item &amp; Appliance Pickup</b> burnaby.ca/bulkyitem Pickup service of furniture, mattresses, and appliances for Burnaby residents who receive weekly garbage and recycling collection from the city.		
<b>Interchange Recycling</b> interchangerecycling.ca info@interchangerecycling.com Provides BC a convenient, free and eco-friendly way to recycle used motor oil, antifreeze, oil filters and related containers.		<b>Food Delivery &amp; Meal Programs</b>
<b>Kidney Foundation of Canada — Kidney Car Program</b> kidneycar.ca 1.800.585.4479 Donate unwanted vehicles to the Kidney Foundation. Receive a free tow and tax receipt.		<b>Burnaby Meals on Wheels</b> burnabymeals.ca mealsonwheels@burnabynh.ca Delivers warm meals to those who may have challenges accessing and cooking meals at home. Deliveries are available on Mondays, Wednesdays, and Fridays and menu items include Western meals, Vegetarian meals, Chinese meals, Asian meals, and frozen meals.
<b>Recycling Council of BC</b> rcbc.ca 604.732.9253 Provides information on waste reduction, reuse, and proper disposal of all materials including household hazardous products.		<b>Burnaby Neighbourhood House — Better at Home</b> burnabynh.ca South: 604.431.0400 Brentwood: 604.299.5778 North: 604.294.5444
<b>Return-it (Encorp Pacific Canada)</b> return-it.ca 604.473.2411 Offers money back for recycling beverage containers and some electronics.		<b>Seniors Shopping &amp; Delivery</b> seniorshopping@burnabynh.ca This program is for seniors 55+ who may have challenges grocery shopping on their own. Seniors can order their groceries over the phone, and the grocery store will shop and provide a delivery to your home. There is no delivery fee, just the cost of your groceries. Registration required.
<b>United Boulevard Recycling and Waste Centre</b> metrovancouver.org/services/solid-waste 604.681.5600 Accepts various materials and items for recycling.		<b>Frozen Prepared Meals</b> seniorshopping@burnabynh.ca This program is for seniors 55+ who may be low to moderate income, low to moderate frailty, and/or socially isolated. We make healthy meals in our licensed kitchen, freeze them into portion sizes and have these meals available for pickup or delivery. This is a subsidized program and we can offer these meals from \$0-\$7, depending on your income. Registration required.

## Seniors

<b>Burnaby Community Services</b> bbyservices.ca 604.299.5778 Provides publications of interest to seniors. Free copies can be picked up at local libraries, recreation or community centres, and seniors centres or our office.	<b>Better Meals</b> bettermeals.ca 604.299.1877 1.888.838.1888 Offers a wide selection of affordable, nutritious, and ready-to-eat full course meals and à la carte food items. Offers regular diabetic friendly and low sodium as well as finely minced meals, including gluten-free options.
<b>As We Age Seniors Resource Guide</b> Lists services for and stories about seniors 55+ and their families.	<b>Casalinga Food Services</b> casalinga.ca 604.435.1994 Offers delivery of fresh and frozen ready-made meals, including choices from vegan, gluten free, and zero carb menus.
<b>Community Resource Guide</b> Includes a wide range of selected programs and services in Burnaby and New Westminster.	

<b>Citizen Support Services</b> burnaby.ca/citizensupportservices	<b>604.294.7980</b>	<b>Ocean View Funeral Home &amp; Burial Park</b> oceanviewfuneral.com Serves funeral and cremation needs for Burnaby residents.	<b>604.435.6688</b>
<b>Grocery Shop-By-Phone</b> Provides Burnaby seniors with weekly grocery shopping and delivery service.			
<b>Japanese-Style Meals on Wheels</b> tonarigumi.ca Delivers Japanese-style bento lunch boxes on Tuesdays to homebound seniors in Burnaby, New Westminster, and more.	<b>604.687.2172</b>	<b>Valley View Funeral Home &amp; Cemetery</b> arbormemorial.ca Provides funeral, cremation, interment services and personalized ceremonies.	<b>604.596.7196</b>
<b>New Westminster Meals on Wheels</b> seniorsservicessociety.ca/smow.htm Delivers food to those who are unable to make their own meals.	<b>604.520.6621</b>		
<b>Senior Services Society</b> seniorsservicessociety.ca			
<b>Grocery Shopping — Better at Home</b> Provides New Westminster residents 60+ with the option to order groceries by phone. Volunteers take orders and items are delivered by Save On Foods (Sapperton).	<b>604.520.6621</b>	<b>Amplifon Clinics</b> amplifon.com/ca Provides hearing treatment, hearing assessments, and hearing aids. Services also offer home visits and various budget options.	<b>Burnaby: 604.432.6696</b> <b>New Westminster: 604.526.9717</b>

## Funeral Home & Bereavement Support

<b>Bell &amp; Burnaby Funeral Chapel</b> bellburnaby.com Offers compassionate funeral services and homes.	<b>604.298.2525</b>	<b>First Link Dementia Helpline</b> 1.800.936.6033	
<b>BC Bereavement Helpline</b> bcbh.ca Provides information, referral, and compassionate listening.	<b>604.738.9950</b> contact@bcbh.ca	<b>Cantonese and Mandarin</b> 1.833.674.5007	
<b>British Columbia Funeral Association</b> bcfunerals.com Offers advice on pre-planning funeral arrangements.	<b>1.800.665.3899</b>	<b>Punjabi, Hindi, and Urdu</b> 1.833.674.5003	
<b>Forest Lawn Funeral Home &amp; Memorial Park</b> forestlawn-burnaby.com Provides funeral homes, including services and amenities.		<b>Burnaby Orthopaedic &amp; Mastectomy</b> burnabyorthopaedic.com Provides custom-made foot orthotics and foot or knee braces.	<b>604.436.6092</b>
<b>Forest Lawn</b> <b>Memorial Park</b>	<b>604.299.7720</b> <b>604.299.7711</b>	<b>Chipperfield Mobile Physiotherapy</b> chipperfieldphysio.ca Offers recovery plans, specialized physiotherapy care, kinesiology sessions, active rehab, and more clinical therapy services.	<b>604.828.2610</b>
<b>Last Post Fund</b> lastpostfund.ca Assists with funeral and burial services for veterans.	<b>1.800.465.7113</b>	<b>Elizz by SE Health</b> elizz.com Offers personalized caregiver coaching, nursing services, dementia support, and respite care.	<b>1.866.565.0065</b>
<b>Memorial Society of BC</b> memorialsocietybc.org Provides objective information and education on funeral pre-planning, including simple, dignified, low-cost funerals. Also offers support and direction for grieving families.	<b>604.733.7705</b> <b>1.888.816.5902</b>	<b>Metrotown Urgent and Primary Care Centre</b> Provides non-emergency care for Burnaby residents.	<b>604.451.4888</b>
		<b>Edmonds Urgent and Primary Care Centre</b> Provides convenient and non-emergency care for Edmonds residents.	<b>604.519.3787</b>
		<b>FYidoctors</b> FYidoctors.com Provides contact lenses, glasses, eye exams, and various eye health services.	<b>Burnaby: 604.291.8825</b> <b>New Westminster: 604.522.6929</b>

**Looking for a job? Need Assistive Technology?  
Want help using email or social media?**

**Neil Squire has you covered! Virtual and in-person services are available.**

**Contact us today: 604 473 9363 | info@neilsquire.ca**



We use technology, knowledge and passion to empower Canadians with disabilities.



**Fraser Health Authority**

fraserhealth.ca

**Home Health Service Line**New Intake: **1.855.412.2121**Burnaby: **604.918.7447**New Westminster: **604.777.6700**Burnaby: **604.918.7605**New Westminster: **604.777.6740****Fraser Health Lifeline**

fraserhealth.ca (Search &gt; Lifeline)

Offers a personal 24-hr emergency response service that assists individuals to remain independent and safe at home.

**604.953.4960**

lifeline@fraserhealth.ca

**Healthy Eating for Seniors**

gov.bc.ca/seniorshealthyeating

Provides information for seniors about food, meals, nutritional health, and supplements. Includes a handbook of recipes with nutritional information, smaller portions, and cultural variations.

**Health Protection Office****604.918.7683****— Community Care Facilities Licensing**

hpburnaby@fraserhealth.ca

Officers issue licenses, monitor, and inspect facilities, respond to complaints and investigate allegations of unsafe, inappropriate or abusive care in licensed facilities.

**HearingLife**

hearinglife.ca

Provides hearing aftercare, support, and personalized hearing services.

**Metrotown****604.923.8134**

1698 – 4500 Kingsway, Burnaby

**New Westminster****1.888.891.6743**

101 – 625 Fifth Ave, New Westminster

**HealthLink BC/Seniors Info Line**24-hr: **811**

healthlinkbc.ca

TTY: **711**

Provides multilingual, non-emergency health information and referral; speak with a nurse, pharmacist, dietitian and more.

**Older Adult Community Mental Health****604.453.1900**

100-4940 Canada Way, Burnaby

Provides support services to Burnaby and New Westminster seniors 65+, who are experiencing psychiatric symptoms such as depression, anxiety, psychosis, or other mental health symptoms.

**Royal Treatment Therapeutics****604.437.7777**

royaltreatmenttherapeutics.com

Offers acupuncture, physiotherapy, chiropractic, massage therapy, and more.

**Sonaris Ear Center****778.757.4247**

sonaris.ca

Offers prompt care for individuals with hearing loss. Includes hearing evaluations, hearing aids, and treatment plans.

**Seniors Distress Line**24-hr: **604.872.1234****Seniors Wellness Programs**

Offers blood pressure and height/weight monitoring, massage, exercise, footcare, therapeutic touch, health and housing information, peer counselling, and social activities.

**Bonsor 55+ Centre****604.297.4580****Cameron 55+ Centre****604.297.4456****Confederation 55+ Seniors Centre****604.294.1936****Edmonds 55+ Centre****604.297.4838****Telus Health — LivingWell Companion****1.888.505.8008**

telus.com/livingwellcompanion

Provides emergency response service with optional fall detection.

**Total Therapy Rehabilitation & Wellness Centre** **604.620.9700**

totaltherapy.ca

Offers physiotherapy, massage therapy, and clinical counselling.

**Burnaby North****604.437.9355**

4162 Dawson St, Burnaby

**Metrotown****604.620.9700**

4665 Central Blvd, Burnaby

**Vancouver Foot & Ankle Clinic****604.757.2558**

vancouverfootandankle.com

Offers podiatric surgeries, medical equipment, and more.

**YMCA Healthy Heart Program****604.939.9622**

gv.ymca.ca/healthy-heart information.request@bc.ymca.ca

A community-based program that supports those with cardiac risk through education and exercise. Doctor's referral is required.

*\* For more options see **Health & Wellness** on page 19.***Peer Counselling & Support****Burnaby Neighbourhood House****604.431.0400**

burnabynh.ca

seniorpeerCaregiver@burnabynh.ca

**Senior Peer Support**

One-on-one peer support by trained volunteers for seniors experiencing frustration or difficulties because of life changes. This is not a counselling service.

**Family & Friend Caregiver Supports**

Offers support to those providing care for a relative, neighbour or friend.

**Seniors Information, Referral & Form Completion****236.308.8049**

seniorsresource@burnabynh.ca

Support seniors to find information and community services.

Volunteers also help seniors with form filling, including CPP, OAS,

GIS, SAFER, BC Housing Registry, and Provincial Bus Pass.

**BC Ministry of Social Development & Poverty Reduction****1.800.663.7867**

gov.bc.ca

Provides Income assistance, Senior's Supplement, Bus Pass Program,

and resources for caring for seniors.

**BC Association of Community Response Networks**

info@bccrns.ca

bccrns.ca

Provides resources, training, and events to support vulnerable adults.

**Citizen Support Services****604.294.7980**

burnaby.ca/citizensupportservices

Provides Burnaby seniors (65+ years of age) with support services including: shop-by-phone, shopping buddies, volunteer visitors, social phone calls, and monthly recreational bus trips.

**Family Services of Greater Vancouver****604.525.9144****— Vital Connections Program**

fsgv.ca

Offers free counselling for adults ages 50+; practices arts, somatic, cognitive, and other forms of therapy.

**ISSofBC — Connecting Seniors****604.522.5902**

issbc.org/our-programs-and-services/connecting-seniors

Provides support to newcomer seniors through first language support groups, workshops on relevant topics, one-on-one digital literacy learning, and conversation circles.

**MOSAIC Seniors Club Programs for Immigrant & Refugee Seniors****604.362.4318**[mosaicbc.org/our-programs/join-the-mosaic-seniors-club](http://mosaicbc.org/our-programs/join-the-mosaic-seniors-club)

Provides free, multilingual services to newcomer and refugee seniors 55+, including settlement counselling, English conversation circles, computer classes, activity and information workshops, and rotating programs.

**MOSAIC CARES****604.438.8214**[mosaicbc.org/our-programs/one-on-one-support-for-seniors](http://mosaicbc.org/our-programs/one-on-one-support-for-seniors)

Provides an innovative service for Burnaby senior residents 65+ who require emotional support and social connection.

**New Westminster Police Service & FSGV****604.529.2525****— Victim Assistance Unit**Non-Emergency: **604.525.5411**

Provides elder abuse response and coordinates follow-up services to residents of New Westminster or victims of crimes committed in the area. The team is also available for consultation regardless of where the individual lives or site of crime.

**Nidus Personal Planning Resource Centre & Registry**

nidus.ca

registry@nidus.ca

Provides legal education on personal planning and related matters, training for volunteers and groups, and operates a centralized registry for personal planning documents.

**Voices of Burnaby Seniors Society****604.619.0953**

vobss.ca

VobsSociety@gmail.com

A non-profit society led by volunteer seniors who aim to support all Burnaby seniors in being healthy, independent, and connected community members through information access and advocacy.

**411 Seniors Centre Society****604.684.8171**

411seniors.org

info@411seniors.org

Provides information and referral services, social, recreational, and educational opportunities from a multicultural resource centre. Free income tax clinic by appointment in March/April for low-income seniors.

**Home Support Services****Better at Home**

Betterathome.ca

Better at Home is a basket of programs that helps older adults with simple non-medical, day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities. Services in Burnaby may include light housekeeping, transportation to and from medical appointments, grocery shopping and delivery, a subsidized frozen meal program, and food hub deliveries. Subsidies may be available, depending on income level.

**Citizen Support Services — City of Burnaby** **604.297.4877**

betterathome@burnaby.ca

**Burnaby Neighbourhood House**

emilyc@burnabynh.ca

**778.288.3747****New Westminster Better at Home**

support@seniorsservicessociety.ca

**604.520.6621****Compassionate Homecare****236.668.0876**

compassionatehome.ca

info@compassionatehome.ca

Provides compassionate, personalized, and quality care for seniors living at home. Services include medication management, companion care, meal preparation, and more.

**Compassionate Day Program**

compassionatehome.ca/day-program

Offers seniors 60+ a warm and supportive community where seniors can thrive, socialize, participate in physical activities, and more.

*Home care  
that celebrates  
happier aging!*



**From companionship to 24-hour care, we provide more than just the clinical healthcare you need. We'll work to get you back to doing the things you love.**

604.522.9989

[burnaby@nurseenextdoor.com](mailto:burnaby@nurseenextdoor.com)

**Nurse Next Door®**  
home care services

The following private businesses offer home support services to seniors who don't qualify for Fraser Health Home Care, Better at Home programs or require additional services for a fee.

**Aging My Way Home Care** **604.290.8331**  
[agingmywayhomecare.ca](http://agingmywayhomecare.ca)

**All Nursing Health Services** **604.488.9323**  
[allnursing.ca](http://allnursing.ca)  
 info@allnursing.ca

**Big Hearts Homecare** **604.493.2045**  
[bigheartshomecare.ca](http://bigheartshomecare.ca)  
 info@bigheartshomecare.ca

**CDN Eldercare Massage** **604.552.8282**  
[cdneldercare.ca](http://cdneldercare.ca)  
 info@cdneldercare.ca

**Caring Shepherd Home Care Services** **604.614.8544**  
[caringshepherd.ca](http://caringshepherd.ca)

**CBI Health Group Home Health** **604.436.3313**  
[cbihealth.ca](http://cbihealth.ca)

**Classic LifeCare** **604.263.3621**  
[classiclifecare.com](http://classiclifecare.com)

**Comfort Keepers** **604.689.8609**  
[comfortkeepers.ca/vancouver](http://comfortkeepers.ca/vancouver)

**Good Riddance Professional Organizing & Move Management** **778.229.6403**  
[goodriddance.ca](http://goodriddance.ca)  
 brittany@goodriddance.ca

**Hero Home Care** **1.888.988.9913**  
[herohomecare.ca](http://herohomecare.ca)  
 care@herohomecare.ca

**Home Instead Senior Care** **604.283.9415**  
[homeinstead.com](http://homeinstead.com)

**Integrative Rehabilitation** **604.419.0998**  
[bcintegrativerehab.com](http://bcintegrativerehab.com)  
 info@bcintegrativerehab.com

**Just Like Family Home Care Services** **778.244.7742**  
[justlikefamily.ca](http://justlikefamily.ca)  
 office@justlikefamily.ca

**Karp Home Care** **604.420.7800**  
[karphomecare.com](http://karphomecare.com)

**Nurse Next Door Home Care Services** **604.522.9989**  
[nursenextdoor.com](http://nursenextdoor.com)  
 burnaby@nursenextdoor.com

**Personalized Dementia Solutions Inc.** **1.888.502.1321**  
[dementiasolutions.ca](http://dementiasolutions.ca)  
 info@dementiasolutions.ca

**Physio2U** **778.846.7695**  
[physio2u.ca](http://physio2u.ca)  
 info@physio2u.ca

**Qualicare Home Care** **778.652.8426**  
[qualicare.com](http://qualicare.com)  
 Offers caregiving services, household managements, and customized care.

**Safe Care Home Support** **604.945.5005**  
[safecarehomesupport.ca](http://safecarehomesupport.ca)  
 info@safecarehomesupport.ca

**SE Health** **604.330.7464**  
[vancouver.sehc.com](http://vancouver.sehc.com)

**Seniors Choice for Care Inc.** **604.551.8867**  
[seniorschoiceforcare.ca](http://seniorschoiceforcare.ca)  
 info@seniorschoiceforcare.ca

**Shylo Nursing & Home Healthcare** **604.434.9681**  
[shylohomehealthcare.ca](http://shylohomehealthcare.ca)  
 office@shylohomehealthcare.ca

**Strive Living Society** **604.936.9944**  
[striveliving.ca](http://striveliving.ca)  
 info@striveliving.ca

## Housing Information

**BC Home Renovation Tax Credit for Seniors and Persons with Disabilities** **1.877.387.3332**

Govbc.ca  
 ITBTaxQuestions@gov.bc.ca  
 Assists eligible seniors 65+ and persons with disabilities with the cost of certain permanent renovations to improve accessibility, function or mobility at home.

**BC Housing — SAFER (Shelter Aid for Elderly Renters)**

bchousing.org  
**604.433.2218**  
 Provides monthly financial assistance for eligible renters 60+.

**Home Owner Grants** **1.888.355.2700**

gov.bc.ca/gov/content/taxes/property-taxes  
 BC's property assistance program helps homeowners reduce the taxes they pay.

**New Chelsea Society** **604.395.4370**

newchelsea.ca  
 admin@newchelsea.ca  
 Provides affordable, safe, and clean housing for seniors 55+, families, and persons with disabilities.

**New Vista Society Housing Office** **604.525.3288**

newvista.bc.ca  
 housing@newvista.bc.ca  
 Provides housing to families of varied incomes and subsidized housing to seniors 55+ with low income.

**Residential Tenancies** **604.660.1020**

gov.bc.ca/landlordtenant  
 Multilingual: **1.800.665.8779**  
 Provides information and resources on tenants' and landlords' rights and responsibilities.

**Route65.ca** **1.877.955.6565**

route65.ca  
 Offers a provincial directory of independent living, assisted living, long-term care, and home care options for seniors.

**Seniors Services Society — Housing Services** **604.520.6621**

seniorsservicessociety.ca  
 info@seniorsservicessociety.ca  
 Provides housing navigation services including guidance on varied seniors housing in the Lower Mainland, a seniors outreach program, homeless outreach program, and Temporary Housing Program: aiding seniors aged 60+ in securing and maintaining affordable and suitable housing.

\* For more options see **Housing** on page 28.

## Home & Yard Maintenance

**Mobile Work Crew** **604.723.3439**

fraserseite.bc.ca/community-living/mobile-work-crew  
 Supervised workers with physical or mental health challenges offer commercial/residential landscaping, property maintenance, recycling, and rubbish removal.

**Neighbours Helping Neighbours** **604.435.9544**

larchevancouver.org/community-programs  
 Supervised team of persons with developmental disabilities assist seniors and others with basic gardening, lawn maintenance, light home maintenance and repairs, recycling, and debris clean up or removal.

**1st Hoarding CleanUp**

1stHoardingCleanUp.com

Offers compassionate and discreet decluttering, organizing and cleaning services for hoarders' homes.

**604.598.8887****Pension & Benefits Information****Government of Canada — Program & Services for Seniors**

canada.ca/seniors

**1.800.622.6232**

Provides information on Canada Pension Plan (CPP), Disability Benefits, Old Age Security (OAS), Guaranteed Income Supplement, and Survivor Benefits.

**Province of BC Seniors Programs & Services** **1.800.663.7867**

seniorsbc.ca

Offers information on seniors' healthcare, finances, benefits, housing, transportation, and more.

**Service Canada** **TTY: 1.800.622.6232**

servicecanada.gc.ca

Provides information about Canada Pension Plan (CPP) /CPP-D (Disability), Employers Insurance (EI), Old Age Security (OAS), Spouse Allowance, Survivor Allowance, Veterans Benefits, and any other general inquiries about government services.

**Service BC** **604.660.2421**

servicebc.gov.bc.ca/seniors TDD: 711 / VRS: 1.800.663.7867

Provides information on seniors programs including BC Seniors Supplement and Property Tax Deferment.

**Seniors Supplement** **1.866.866.0800****Continuing Education****Burnaby Seniors' Resources Society**

burnabyseniors.ca

**778.357.0525**

Resource guide for seniors seeking education and networking opportunities.

**College for the Retired**

cccrburnaby.org

Offers a variety of courses for seniors 50+. Learn for fun and teach for pleasure with many skill building opportunities.

**COSCO Seniors Health & Wellness Institute****604.630.4201**

workshops@seniorshelpingseniors.ca

Offers free virtual workshops to seniors' groups in healthy living, safety, and legal issues.

**SFU Liberal Arts & 55+ Program****778.782.8000**

sfu.ca/liberal-arts

Offers a variety of intellectually stimulating courses, lectures, and a liberal arts certificate program year-round for adults, with tuition discounts for those 55+.

**TechSMART Learning**

techsmartseniors.org

Provides instruction to older adults about the latest tools and technology to help them lead active lives.

**UBC Extended Learning****604.822.1444**

extendedlearning.ubc.ca

Offers a variety of learning opportunities including for anyone ages 18+.



We're by your side so your loved one can stay at *home*.



PERSONAL CARE | DEMENTIA CARE | RESPITE | HOUSEKEEPING

PALLIATIVE CARE | COMPANIONSHIP | MEALS &amp; NUTRITION

Approved Service Provider - City of Burnaby, ICBC

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**604-432-1139**

**Burnaby@HomeInstead.com**



Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company.

## Social & Recreation

**Burnaby Neighbourhood House**  
[burnabynh.ca/get-involved-seniors](http://burnabynh.ca/get-involved-seniors)

South: **604.431.0400**  
 Brentwood: **604.299.5778**  
 North: **604.294.5444**

### Dementia Friendly Café

[dementiacaregiver@burnabynh.ca](mailto:dementiacaregiver@burnabynh.ca)

For people living with dementia and their family or friends. Participants engage in socializing and informative workshops led by guest speakers. Refreshments are provided. Registration is required. This Café is held at two locations:

**Brentwood House** (2055 Rosser Ave): Second Thursday/month, 1-3pm.  
**South House** (4460 Beresford St.): Last Thursday/month, 12-2pm.

### Form Filling Clinics

[seniorsresource@burnabynh.ca](mailto:seniorsresource@burnabynh.ca)

Trained volunteers assist seniors with CPP, OAS, GIS, BC Housing Registry, SAFER or BC Bus Pass application forms. Also provides information about local resources and services to help meet your needs.

### Mahjong Club

[volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)

All levels are welcome to join us for weekly Mahjong sessions. Membership is required.

### Seniors Connections

[leak@burnabynh.ca](mailto:leak@burnabynh.ca)

Provides volunteer-led 55+ social and recreational activities across Burnaby including informative workshops from guest speakers and low-cost lunches. Held at two locations:

**North House** (4908 Hastings): Mondays.

**South House** (4460 Beresford St.): Wednesdays and Fridays.

### Seniors Memory Club

[dementiacaregiver@burnabynh.ca](mailto:dementiacaregiver@burnabynh.ca)

A dementia-friendly and multicultural social club. Participants play games, exercise, socialize, sing, share stories, and most importantly, have fun! Held most Saturdays from 10-11:30am at Brentwood House (2055 Rosser Ave).

### TAPS Day Program

[leak@burnabynh.ca](mailto:leak@burnabynh.ca)

Offers a low-cost day program for seniors 55+ who are experiencing health or mobility-related challenges. Held Wednesdays and Thursdays in South Burnaby. Lunch is available.

### QUEST+ Café

[QUESTPlus@burnabynh.ca](mailto:QUESTPlus@burnabynh.ca)

Provides a safe space for older adults that identify with the 2SLGBTQIA+ community. Participants can socialize and learn with refreshments provided. Café is offered on the last Tuesday/month from 3-5pm.

### Citizen Support Services

[burnabynh.ca/citizensupportservices](http://burnabynh.ca/citizensupportservices)

**604.294.7980**

### Friendly Visitors

Provides companionship through on-going weekly 2 hour-visits to housebound seniors.

### Gadabouts Program

Provides monthly social outing by bus and/or volunteer drivers once a month. Outings usually include lunch, and on occasion, entertainment.

### Shopping Buddies

Provides one-on-one volunteer assistance at local malls for personal shopping and social interaction. Also offers transportation by HandyDART to and from Lougheed Mall, Brentwood mall or Metrotown Mall on Thursdays.

### Seniors Lunch Program

Volunteer drivers provide Burnaby seniors with rides to a venue for lunch and social time every Thursday, 11am-1:30pm.

### WHEELERS PROGRAM

Provides monthly social outings by HandyDART for seniors who use a wheelchair. Outings usually include lunch, and on occasion entertainment. Includes one-on-one volunteer assistants.

### Physical Activity Services

[healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services](http://healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services)

**811**

**711**

Offers advice on physical activities and healthy living.

### Queensborough 50+ Social Club

**604.525.7388**

Provides social activities and lunches for those aged 50+.

### Seniors Services Society

**604.520.6621**

[seniorsservicessociety.ca](http://seniorsservicessociety.ca)

Offers support calls for adults ages 60+ experiencing loneliness, isolation, or who simply want to chat with someone.

### 55+ BC Games

**778.426.2940**

[55plusbcgames.org](http://55plusbcgames.org)

[info@55plusbcgames.org](mailto:info@55plusbcgames.org)

A multi-sport event where individuals ages 55+ can connect with each other and engage in friendly competition.

## Transportation

### Information

#### BC Ferries

**1.888.223.3779**

[bcferries.com](http://bcferries.com)

Offers transportation from Metro Vancouver to Vancouver Island.

#### BCAA — Safe Driving Tips for Seniors

**1.888.268.2222**

[caa.ca/driving-safely/senior-drivers](http://caa.ca/driving-safely/senior-drivers)

Offers tools for maintaining driving skills and guiding senior drivers.

#### Compass Card

**1.888.207.4055**

[compasscard.ca](http://compasscard.ca)

Offers convenient and streamlined access to transit.

#### Ebus

**1.877.769.3287**

[myebus.ca](http://myebus.ca)

Offers convenient, affordable, and responsible bus service to select destinations within BC and Alberta.

#### Gas Buddy

[gasbuddy.com](http://gasbuddy.com)

Calculates trip costs and compares local gas prices.

#### ICBC Seniors' Vehicle Insurance Discounts

**604.661.2800**

[icbc.com/insurance/costs](http://icbc.com/insurance/costs)

Provides information on discounts and savings for seniors and for those who rarely drive.

#### Ladies on the Go

**604.535.5565**

[ladiesonthego.ca](http://ladiesonthego.ca)

Provides travel services for women: including independent tours, escapes, river cruises, and global destinations.

#### Q to Q Ferry

**604.521.3711**

[newwestcity.ca/qtoqferry](http://newwestcity.ca/qtoqferry)

A ferry service in New Westminster traveling between the Mainland and Queensborough.

#### Quantcare

**604.767.4030**

[quantcare.ca](http://quantcare.ca)

Offers transportation in Vancouver, Burnaby, and North Shore.

<b>Road Condition Reports</b> drivebc.ca	<b>1.800.550.4997</b>	<b>Modo</b> modo.coop Coordinates a co-operative car-sharing network.	<b>604.685.1393</b>
<b>TransLink Customer Information</b> translink.ca Provides bus, skytrain, and seabus schedules and information.	<b>604.953.3333</b>	<b>New Westminster Seniors Transportation</b> seniorservicessociety.ca Provides New Westminster residents 60+ with transportation to their appointments. Subsidies may be available for residents with low income.	<b>604.520.6621</b>
<b>Translink — HandyDart Custom Transit</b> translink.ca/rider-guide/transit-accessibility/handydart HandyDART is TransLink's door-to-door, shared-ride service for people who are unable to navigate conventional public transit without assistance.	<b>604.398.2042</b>	<b>SPARC BC</b> sparc.bc.ca/parking-permit <b>Parking Permit Program</b> permits@sparc.bc.ca Provides parking permits for people with disabilities.	<b>604.718.7744</b> <b>1.888.718.7794</b>
<b>Vancouver International Airport</b> yvr.ca	<b>604.207.7077</b>	<b>Accessibility and Enforcement Line</b>	<b>604.718.7734</b>
<b>Volunteer Cancer Drivers Society</b> volunteercancerdrivers.ca Provides specialized transportation for cancer patients.	<b>604.515.5400</b>	<b>TransLink Programs for Accessible Transit</b> translink.ca (Search > Accessing Public Transit)	<b>604.953.3680</b>

## Programs

<b>Burnaby Seniors Transportation</b> bbyservices.ca/programs-seniors.php	<b>236.885.7303</b>
SeniorsTransport@bbyservices.ca	
Provides Burnaby seniors with transportation to their medical and dental appointments.	
<b>Bus Pass Program</b> gov.bc.ca/gov/content/transportation (Search >Bus Pass Program)	<b>1.866.866.0800</b>
BC government offers a discounted annual bus pass for eligible seniors with low income or those with disabilities.	
<b>Driving Miss Daisy Seniors Services</b> drivingmissdaisy.ca	<b>1.877.613.2479</b>
<b>Evo</b> evo.ca	<b>604.268.5594</b> info@evo.ca
BC car sharing service provides spacious, easy to drive, and eco-conscious vehicles. Car drop-off bases at BCIT and Metrotown.	

## Volunteer Opportunities

<b>Burnaby Community Services</b> bbyservices.ca	<b>604.299.5778</b>
<b>Seniors Transportation</b>	
<b>Burnaby Christmas Bureau</b>	
<b>Burnaby Meals on Wheels</b> burnabymeals.ca	<b>604.299.5754</b>



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**Burnaby Neighbourhood House**

burnabynh.ca

**South: 604.431.0400****Brentwood: 604.299.5778****North: 604.294.5444**

Offers opportunities for community members to volunteer in a wide range of programs, build skills, give back to your community, and gain Canadian work experience. Includes summer events, senior's transportation drivers, reception, meal delivery, income tax preparation, and form filling.

**Charity Village**

charityvillage.com

**1.800.610.8134**

help@charityvillage.com

Online source of information, jobs, services, resources, and volunteer opportunities for the non-profit community.

**City of New West Volunteer Opportunities**

newwestcity.ca/city\_hall/employment/volunteer

**604.515.3798**

Offers volunteer opportunities with the City of New Westminster, including animal shelters, the New Westminster Public Library, and more.

**Community Volunteer Connections****604.529.5139**

volunteerconnections.ca

Provides resources and advising for those seeking to volunteer with non-profits and grassroot organizations.

**Go Volunteer**

govolunteer.ca

**604.875.9144**

info@thevantagepoint.ca

Online databases that connects community volunteers to local non-profit organizations and vice-versa.

**iVolunteer**

iVolunteer.ca

info@ivolunteer.ca

United Way British Columbia's iVolunteer program pairs individuals with organizations and causes they are passionate about, helping create healthy, caring, inclusive communities for everyone.

**Lower Mainland Purpose Society Volunteer Opportunities**

purposesociety.org/about/volunteers

**604.526.2522**

volunteers@purposesociety.org

Provides various volunteer roles within harm reduction, food delivery, childcare and more.

**Royal Columbian Hospital Volunteer Opportunities 604.520.4253**

rchvolunteer@fraserhealth.ca

Offers volunteer opportunities within a hospital for those 18+.

**Seniors Services Society****604.520.6621**

seniorsservicessociety.ca

info@seniorsservicessociety.ca

Offers volunteer opportunities including: Meals on Wheels Runners/ Drivers, Medical Transport Drivers, Grocery Order Takers, Bus Outing Host, and Support Callers.

**Volunteer Burnaby****604.294.5533**

volunteerburnaby.ca

info@volunteerburnaby.ca

Promotes volunteerism and citizen participation through recruitment and referral of volunteers to non-profit community service agencies.

**Volunteer Grandparents****604.736.8271**

volunteergrandparents.ca

info@volunteergrandparents.ca

Connects generations through mentoring programs.

**Youth****Information & Support Lines****Aged Out****604.320.7330**

agedout.com

info@agedout.com

Provides accessible tools and resources for youth in and from government care. Includes information about education, health, housing, ID needs, money, and personal life.

**Creekside Withdrawal Management****604.587.3755**

Offers an in-patient medical withdrawal program for youth 14+. Short-term stay detox services depending on needs including stabilization and safety, assessment, and referral to treatment programs.

**Foundry Central Office****24-hr: 1.800.784.2433**

foundrybc.ca

Website is designed to help people 12-24 years assess their feelings and quickly connect to mental health supports. Offers education, self-care tools, and professional resources.

**Helpline for Children****310.1234****Inter-Regional At-Risk Youth Link****604.587.8100**

pcrs.ca

Provides outreach support, conversation, snacks, supplies, and resources to youth up to 19 years across the four Skytrain lines throughout the Lower Mainland. Monday-Friday, 11:30am-11pm.

**Kids Help Phone****24-hr: 1.800.668.6868**

kidshelpphone.ca

Text: "CONNECT" to 68.68.68

Provides free, confidential information, counselling, referral services, and resources for youth. Offers support to Indigenous youth through text: message "FIRSTNATIONS", "INUIT", or "METIS" to 68.68.68.

**Legal Rights for Youth in BC****Call or text: 1.855.875.8867**

legalrightsforyouth.ca

Website provides youth with information about age-based rights and responsibilities, work, driving, renting, medical rights, family break-up, abuse, sexual assault, and more.

**Services for Youth**

canada.ca/en/services/youth.html

Government of Canada's website for youth with information about careers, education, financial aid, and health.

**Sex Sense Line****Open 9am-9pm: 604.731.7803**

optionsforsexualhealth.org/sex-sense

Provides free, confidential information and resources on sex, sexuality, and sexual health, including safer sex, STIs, birth control and emergency contraception, periods, and pregnancy options. For more resources, email form is available on their website.

**Smart Sex Resource**

smartsexresource.com

Sexual health information is provided by the BC Centre for Disease Control. An email form is available on their website.

**YouthInBC.com****Suicide line (call/text): 988**

youthinbc.com

Crisis line: 310.6789

Online crisis chat service where youth chat one-on-one with a trained volunteer from the Vancouver Crisis Centre. Website offers information on a variety of youth-related issues, as well as a resource list of organizations and websites.

**Youth Against Violence Line****24-hr: 1.800.680.4264**

youthagainstviolenceline.com

Text: 604.836.6381

TTY: 604.875.0885

Offers safe, confidential access to trained support workers who talk with youth and concerned adults about bullying, gang activity, harassment, intimidation, sexual exploitation, and other issues. Services available in multiple languages.

**Youth Programs****Aunt Leah's Place****604.525.1204**

auntleahs.org

auntleahs@auntleahs.org

Offers housing, job training, life skills coaching, and quality of life opportunities for youth in foster care and young moms to help them

transition to independent living. Drop-in grocery pickup and hot meals on Wednesdays, 3-5pm for foster care youth and young moms.

**Burnaby Neighbourhood House** **604.431.0400**  
[burnabynh.ca/get-involved\\_youth](http://burnabynh.ca/get-involved_youth) [youth@burnabynh.ca](mailto:youth@burnabynh.ca)  
 Provides various opportunities for youth 13-18 years to gain pre-employment skills, certifications, hours for career preparations, and volunteer community engagement experiences.

**Big Brothers Big Sisters** **1.800.263.9133**  
[bigbrothersbigsisters.ca](http://bigbrothersbigsisters.ca)  
 Provides mentorship programs for youth to connect with trained adult mentors.

**Big Brothers of Greater Vancouver** **604.876.2447**  
[bigbrothersvancouver.com](http://bigbrothersvancouver.com)  
 officeadmin@bbgvf.com

**Big Sisters of BC Lower Mainland** **604.873.4525**  
[bigsisters.bc.ca](http://bigsisters.bc.ca)  
 info@bigsisters.bc.ca

**Dan's Legacy** **1.877.352.3407**  
[danslegacy.com](http://danslegacy.com)  
 Provides free trauma-informed and culturally sensitive counselling to youth. Also offers life-skills intervention programs to youth affected by mental health and substance use issues.

**Job Skills Training: "Dan's Diner Social Enterprise"**  
 Three-month free program for youth ages 19-25. Students are taught by professional chefs in a commercial kitchen and gain paid work experience. Food and transit pass will be provided.

**ISSofBC — MY (Multicultural Youth) Circle** **604.684.7498**  
[issbc.org/our-programs-and-services/my-multicultural-youth-circle](http://issbc.org/our-programs-and-services/my-multicultural-youth-circle)  
[MYCircleVan@issbc.org](mailto:MYCircleVan@issbc.org)  
 Provides multilingual training, peer support, and leadership skills to newcomer youth 14-24 years struggling with integration, social isolation, communication barriers, racism, trauma, family conflict, or lack of support.

**MOSAIC — Moving Ahead FreeRunning for Immigrant & Refugee Youth** **604.636.4712**  
[mosaicbc.org/stores/highgate-mall](http://mosaicbc.org/stores/highgate-mall) [movingahead@mosaicbc.org](mailto:movingahead@mosaicbc.org)  
 Empowers youth ages 16-28 through their settlement and integration in Canada by providing employment guidance, career resources, opportunities to socialize, and leadership skills.

**Pacific Youth & Family Services Society** **604.253.2187**  
**— Peak House** **604.253.6319**  
[peakhouse.ca](http://peakhouse.ca)  
 Intake: [admin@peakhouse.ca](mailto:admin@peakhouse.ca)  
 Offers a voluntary, ten-week, residential treatment program for youth ages 13-18 experiencing substance use: including counselling, education, nature exploration, recreational activities, relapse prevention, aftercare planning, and visiting Elders.

**QMUNITY Youth Services** **604.684.5307**  
[qmunity.ca/youth](http://qmunity.ca/youth)  
 Provides resources and support for 2SLGBTQIA+ individuals.

**Gender Supportive Wear Program**  
[qmunity.ca/get-support/youth/bbbexchange](http://qmunity.ca/get-support/youth/bbbexchange) [gsw@qmunity.ca](mailto:gsw@qmunity.ca)  
 Provides free new and used gender-affirming wear to trans and gender-variant youth ages 14-25 who are unable to attain these garments otherwise.

**Douglas College — Q+ Works Employment** **604.360.2368**  
[douglascollege.ca/programs-courses/training-group/employment-services-career-development](http://douglascollege.ca/programs-courses/training-group/employment-services-career-development) [ttg@douglascollege.ca](mailto:ttg@douglascollege.ca)  
 Offers a free, 2SLGBTQIA+ inclusive employment program with career exploration, scheduled training, and project-based learning. Financial support and financial bonuses are also available.

**Douglas College — Reboot Plus** **604.777.6006**  
[douglascollege.ca/programs-courses/training-group/employment-services-career-development/youth-programs](http://douglascollege.ca/programs-courses/training-group/employment-services-career-development/youth-programs)

Offers education and career planning for youth 17-24 years. Eligible individuals have not completed high school, or are struggling to complete high school.

**S.U.C.C.E.S.S. — Chance to Choose Employment Program**  
[successbc.ca/service-categories/employment](http://successbc.ca/service-categories/employment) **604.438.7222**  
 Provides employment training for youth 15-30 years through skills development and paid work experience.

## Youth Centres

The following youth centres offer recreation services and programs to youth including social drop-in, day trips, leadership development, games, computers, and counselling referrals.

**Burnaby Parks & Recreation Youth Centres:**  
[burnaby.ca/youth](http://burnaby.ca/youth)

<b>Creekside Youth Centre</b> 2720 Beaverbrook Cres, Burnaby	<b>604.294.7607</b>
<b>Youth Lounge @ Edmonds</b> 7433 Edmonds St, Burnaby	<b>604.297.4841</b>
<b>South Central Youth Centre</b> 6749 Nelson Ave, Burnaby	<b>604.297.4497</b>
<b>Summit Youth Centre</b> 200 Willingdon Ave, Burnaby	<b>604.268.1369</b>

<b>Burnaby Youth Hub</b> <a href="http://purposesociety.org/events/categories/youth-programs/youth-hubs/bysh-programs">purposesociety.org/events/categories/youth-programs/youth-hubs/bysh-programs</a>	<b>604.569.0951</b>
A safe, inclusive space where youth 12 to 24 can access a variety of resources, programs, and services for their personal health, development, and wellbeing.	

<b>Hub School</b> Provides high school, counselling, and youth programs.	<b>604.296.6900</b>
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<b>New Westminster Youth Centre</b> <a href="http://newwestyouth.ca">newwestyouth.ca</a> 620-Eighth St, New Westminster (back of Century House)	<b>604.515.3801</b>
Drop-in centre for youth 13-18 years.	

<b>Youth Source</b> <a href="http://purposesociety.org/events/categories/health-programs/youth-clinic/youth-source-youth-clinic/">purposesociety.org/events/categories/health-programs/youth-clinic/youth-source-youth-clinic/</a> 40 Begbie St, New Westminster	<b>604.329.1875</b>
Provides a space for youth under 24 years to hang out, do laundry, shower, access emergency food and access information on sexuality/health. Free Youth Clinic with Fraser Health: open Mondays, Tuesdays, and Thursdays, 1-6pm.	

## Youth Health Clinics

<b>East Van Youth Clinic</b> 1669 E. Broadway, Vancouver	<b>778.871.7132</b>
Serves youth up to 24 years. Open Monday-Wednesday 3-6pm, and Fridays 2-5pm, for drop-in services and appointments.	

<b>New Westminster Youth Clinic</b> <a href="http://purposesociety.org">purposesociety.org</a> 38 Begbie St, New Westminster	<b>604.329.1875</b>
Serves youth 24 years and under. Open Monday-Tuesday, and Thursdays, 1-6pm.	

<b>Surrey Youth Clinic</b> 9634 King George Blvd, Surrey (Shirley Dean Pavilion)	<b>604.585.5999</b>
Serves youth up to 21 years. Open Monday-Friday: 10am-6pm.	

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# Burnaby Neighbourhood House

## Program Highlights



### Child & Youth

Provides licensed childcare, parenting information, and volunteer opportunities for youth.



### Seniors

Offers support programs, social activities and meal delivery services for seniors.



### Community

Includes Food hubs, Literacy Programs, Cultures Nights, and workshops for all.



### Newcomers

Provides newcomers with opportunities to socialize and explore government services.



# Burnaby Neighbourhood House

