

# 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@bbysservices.ca

@BbyServices

### North House

4908 Hastings St.

604.294.5444

northinfo@burnabynh.ca

@NorthBNH

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Good Neighbour  
Marketing is  
the publisher of  
*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

Chess/Mahjong  
Grocery/Meal Delivery  
Caregiver and Peer  
Support Groups  
Gentle Movement and  
Mindfulness (TAPS)



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 kʷikwəλəm (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  
centre



## Counselling & Support Services

### Atira Women's Resource Society

atira.bc.ca/what-we-do/programs

Provides housing, counselling, legal advocacy, and support programs to women experiencing violence, abuse, substance use problems, homelessness, chronic health or mental health issues.

604.681.4437

info@atira.bc.ca

### Battered Women's Support Services

bwss.org/support

24-hr Crisis Line: 1.855.687.1868

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.

604.687.1867

### BC Bereavement Helpline

bcbh.ca

contact@bcbh.ca

Provides information, referral, and compassionate listening for persons coping with grief.

604.738.9950

### Burnaby Counselling Group

counsellinggroup.org

Offers a wide range of confidential counselling services for individuals, couples, children, teenagers, and families. Subsidies may be available to persons with low income.

604.430.1303

### Burnaby Family Life Institute

burnabyfamilylife.org/counselling

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.

604.659.2200

### Burnaby Neighbourhood House

burnabynh.ca/get-involved-seniors

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.

604.294.5444

### Burnaby Hospice Society

burnabyhospice.org

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.

604.520.5087

### Burnaby Safe House

safeshelter.ca/resources

Confidential: 778.886.7001

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

604.525.0999

### BC Men's Resource Centre

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.

604.878.9033

### Cameray Child & Family Services

cameray.ca/counselling-programs

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.

604.436.9449



**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

- Cooking for yourself and
- 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****604.519.1064**

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****604.685.7474**

covenanthousebc.org

**1.877.685.7474**

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****604.298.3454**

dixonsociety.ca

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

**Family Services of Greater Vancouver****604.525.9144**

fsgv.ca

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

**Fraserside Community Services Society****604.522.3722 x101**

fraserside.bc.ca/mental-health

Provides multiple counselling services to all ages.

**Lookout Housing & Health Society****604.255.0340**

lookoutsociety.ca

info@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****604.523.9126 x103****Rhoda Kaellis Housing Centre****604.544.5145 x107****Russell Residence and Housing Centre****604.529.9126****Lumara Grief & Bereavement Care Society****604.553.4663**

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****236.688.7750**

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****604.733.7705**

memorialsocietybc.org

**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**

pacscanada.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.



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



☎ **604.520.5087** ✉ **info@burnabyhospice.org** 🌐 **burnabyhospice.org**





# 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)





**Family Services of Greater Vancouver** 604.525.9144  
**— Victim Services & Trauma Counselling**  
 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 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  
 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

**New Westminster Police** 604.529.2525  
 nwpolice.org 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 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  
 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 211-victimlinkbc@uwbc.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

**Burnaby School District** 604.296.6900  
 burnabyschools.ca

**Federation of Independent School Associations** 604.684.6023  
 fisabc.ca info@fisabc.ca

**Independent Schools Association of BC** 604.913.6038  
 isabc.ca

**New Westminster School District** 604.517.6240  
 newwestschools.ca

## Homeschooling Resources

**BC Ministry of Education — Homeschooling Resources**  
 bced.gov.bc.ca/home\_school  
 Provides parents with homeschooling resources.

**Burnaby Online** 604.296.6940  
 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  
 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  
 Offers online learning options for students (including adults) who are working on courses at the grade 9-12 level.

**The Canadian Homeschooler**  
 thecanadianhomeschooler.com thecanadianhomeschooler@gmail.com  
 Provides resources for Canadian home educators.




**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...



www.cccrburnaby.org cccr@telus.net 604-517-8732  
 6650 Southoaks Crescent, Burnaby (Kingsway/Sperling)



# Working for You

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



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604-775-2101  
Jennifer.Whiteside.MLA@leg.bc.ca

### Post-Secondary Institutions

**British Columbia Institute of Technology (BCIT)**  
[bcit.ca](http://bcit.ca)

**Douglas College** 604.527.5400  
[douglascollege.ca](http://douglascollege.ca)

**Justice Institute of British Columbia (JIBC)** 604.525.5422  
[jibc.ca](http://jibc.ca)

**Nicola Valley Institute of Technology (NVIT)** 877.682.3300  
[nvit.ca](http://nvit.ca)

**Simon Fraser University (SFU)—Burnaby Campus** 778.782.3111  
[sfu.ca](http://sfu.ca)

**NEC Native Education College** 604.873.3772  
[necvancover.org](http://necvancover.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  
[burnabyccce.ca](http://burnabyccce.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.



**Queen's Park DENTAL**

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

**RECORD READERS' CHOICE**  
NEW WESTMINSTER 2024

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

**thank you**  
for voting us Best Cosmetic Dentistry and Best Dental Clinic





## 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!

PARC experience stays allow seniors to sample all the comforts of our lifestyle and suites – with no cost or commitment. Come and gaze at our beautiful views, taste our flavour-packed, chef-made cuisine and experience the freedom of having your every need taken care of. You'll feel at home from the moment you walk through our doors.



Your experience stay comes packaged with our exclusive PARC Active Living™ program including fitness classes, art and cultural programs, complimentary transportation and more. And unlike experience stays offered at other senior living communities, the PARC Experience is immersive, lasting up to two weeks.

***Call Erin or Wendy at 604.526.2248 to learn more and book your personalized tour today.***

7230 Acorn Avenue, Burnaby

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

## EAL Resources

**Burnaby Language Centre** 604.298.8201  
mosaicbc.org/services/language/linc 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  
burnabyccce.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** South: 604.431.0400  
burnabynh.ca/get-involved\_adult 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 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 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 — English Conversation Circles** 604.527.4660  
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 development socially-oriented conversation skills, free of charge.

**ISSofBC — LINC** 604.522.5902  
issbc.org/program-types/learn-english 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 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 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 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**  
isiponline.ca/services/english-learning 604.430.1899  
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 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  
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 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 icare@douglascollege.ca  
Free literacy tutoring for English-speaking adults; call to book an assessment.

**Literacy Now Burnaby** 604.431.0400  
literacynowburnaby.ca 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 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

### ACCESS Employment Services

604.251.7955

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.

### BC Securities Commission

604.899.6854

bcsc.bc.ca

Provides guidance on investment markets, financial goal setting, and market regulation.

### BGC South Coast BC

604.591.9262 x117

bgcbc.ca/employment

youthemployment@bgcbc.ca

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.

### Canada Revenue Agency

1.800.267.6999

canada.gc.ca/en/revenue-agency

1.800.959.8281

Offers tax information and phone service (TIPS), and resources for managing payroll, business licensing, and income tax statements.

### Career Paths for Skilled Immigrants

604.360.3574

issbc.org/our-programs-service/career-paths

careerpaths@issbc.org

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.

### Douglas College — Career Development

604.777.6099

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.

### Legal Aid — Apply for Welfare & Welfare Benefits

604.408.2172

legalaid.bc.ca/publications/subject/17

Publications explain the process for applying for welfare and the benefits available once qualified.

### ISSofBC — B-Hired

604.684.2561

issbc.org/service-types/find-work

B-Hired@issbc.org

Provides free skills training, career counselling, and job search support to eligible newcomer youth ages 16-29.

### Job Bank

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.

### Ministry of Social Development — Income Assistance Offices

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

#002-4603 Kingsway, Burnaby

1.866.866.0800

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.

### MOSAIC Employment Services

604.438.8214

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.

### Progressive Intercultural Community Services (PICS)

pics.bc.ca

604.596.7722

Provides programs for newcomers, women, seniors, youth, and persons with disabilities. Includes Employment Programs, Settlement Services, Language Services, Social and Housing Programs.

### S.U.C.C.E.S.S BC

Provides services to newcomers with PR, protected refugees, and citizens.

#### Chance to Choose: A Youth Employment Program

604.438.7222

successbc.ca/service-categories/youth

Helps youth ages 15-30 advance their careers in office administration and customer service.

#### Career Mentoring

604.430.1899

successbc.ca/isip/

Gain career information, support, and guidance related to your target occupation/sector in BC from a local professional.

#### Active Career Connect & Engagement Project for Internationally Educated Health Professionals (ACCEP-IEHP)

778.819.0728 x1011

accep-vancouver@successbc.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.

### WorkBC Employment Services

1.877.952.6914

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.

## Government Benefits & Tax Services

### Burnaby Neighbourhood House

604.431.0400

#### — Community Volunteer Income Tax Program

Volunteers help complete income tax papers for those with low income as part of Revenue Canada's CVITP.



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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 info@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

**Service Canada**  
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** 778.782.3548  
informationchildren.com 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

purposesociety.org/events/categories/youth-programs/youth-hubs/  
new-west-youth-hub pavendeep.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 Family Support Services Society** 604.436.1025  
Helpline: 236.865.1194  
vlmfs.ca help@vlmfs.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.

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## 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 (CPPPBC)**  
cpppbc.wordpress.com 604.435.4430  
CPPPBC 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** 778.282.1184  
lllc.ca sarah.elder@lllc.ca  
Provides breast-feeding support and referral services.

**New Westminster Family Place** 604.520.3666  
newwestfamilies.ca info@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

<b>Cascade Heights</b>	604.296.9007
<b>Chaffey-Burke</b>	604.296.9008
<b>Edmonds</b>	604.296.9012
<b>Forest Grove</b>	604.296.9026
<b>Kitchener</b>	604.296.9017
<b>Lochdale</b>	604.296.9019
<b>Maywood</b>	604.296.9022
<b>Morley</b>	604.296.9024
<b>Second Street</b>	604.296.9029
<b>Stoney Creek</b>	604.296.9031
<b>Stride Avenue</b>	604.296.9032
<b>Twelfth Avenue</b>	604.296.9035

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

**New Westminster Schools:** ineilson@sd40.bc.ca  
newwestschools.ca/programs-services/early-learning

**Connaught Heights** 604.517.6010  
Monday-Friday, 9:00am-11:30am

**Queensborough Middle School** 604.517.6040  
Monday-Friday, 8:45am-11:15am

**Skwo:wech Elementary School** 604.517.6090  
Monday-Wednesday, and Fridays, 9:15am-11:45am.  
Thursdays, 9:30am-11:30am, Queens Park – at the Circle Log.

## Parenting Programs & Support

**Belonging Network** 604.320.7330  
belongingnetwork.com info@belongingnetwork.com  
Provides support for families including prospective/current adoptive families, and youth in government care.

**British Columbia Family Maintenance Agency** 1.866.557.2427  
bcfma.ca  
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.

**Burnaby Neighbourhood House** Brentwood: 604.299.5778  
burnabynh.ca/get-involved\_family South: 604.431.0400  
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.

**Cameray Child & Family Services**  
— **Early Years Parenting Support Program** 604.436.9449  
cameray.ca admin@cameray.ca  
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.

**Family Services of Greater Vancouver** 604.731.4951  
fsgv.ca  
Provides counselling, education, and support services to parents and their families.

**Parent/Teen Mediation Services** 604.525.9144  
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.

**Fraser Valley Foster Parents Association** 1.877.797.7701  
fraservalleyfosterparents.org fvfosterparents@gmail.com  
Provides information about fostering, support services, and resources for foster parents currently in the network.

**Ministry of Children & Family Development — Centralized Screening Team** 1.800.663.9122

Receives requests for child protection services and reports.

**Intake and Family Services** Bby: 604.660.5900  
(Under 12 years)

**Youth Intake and Family Services Team** Bby: 604.660.5900  
(13 years+)

**New Westminster Intake and Family Services** 604.660.9495

**MOSAIC — Family Centre** 604.636.0120  
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 info@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  
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 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  
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.

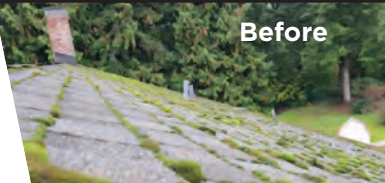
**Purpose Society** 778.727.0786 x205  
— **Parenting Support Groups/Circles** 604.526.2522  
purposesociety.org mail@purposesociety.org  
Offers free groups to parents, caregivers, and their children.

**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.



**Before**



**After**



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**236-268-0552**

**vanhousewash@gmail.com**



### Single Parent Program

604.368.0776

Provides resources for single parents with children 0-6 years.

### Parent-Child Mother Goose

Provides an 8-week program for parents and children 0-3, focusing on nurturing through rhymes, songs, and stories. Runs 1-2 times/year.

### Parenting Children with Challenging Behaviours

Provides a 6-week parenting program for families with children 5-12 years. Runs 1-2 times/year.

### Pitter Patter

Provides support and information for parents with children ages 0-3 years.

### PLANS (Physical Literacy, Arts, Nature & Science)

Provides an outdoor experience that aims to develop children's learning: for children ages 2-5 years. Registration required.

### Building Community and Connections

6-week program to connect with community members and learn about anti-racism through arts, crafts, and culture.

### Family Circle Book Club

6-week program to read and discuss an article or book with other parents and caregivers. Currently offered on Zoom.

### Leo Street Youth & Family Services

604.524.1511

stleo.ca

Offers counselling, assessment, mediation, life skills training, and support groups for parents and teens.

## Families with Low Income

### Affordable Child Care Benefit

1.888.338.6622

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.

### Athletics for Kids

604.221.7529

a4k.ca

info@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.

### Burnaby Community Services

604.299.5778

BbyServices.ca

### Camping Bureau

Burnaby families of low income can register to receive summer camp subsidies for their children.

### Christmas Bureau

Burnaby families of low income or on income assistance can register to receive gifts for their children during the holiday season.

### FAIR Play Program

604.320.2227

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.

### BGC South Coast BC — North Burnaby Club

604.299.7040

bgcbc.ca/locations/north-burnaby

northburnabyclub@bgcbc.ca

BGC (Boys and Girls Club) provides a safe, supportive place for vulnerable youth through offering substance use services, counselling, and employment services.

### BC Hydro — Savings and Rebate Programs

bchydro.com/powersmart/residential.html

1.800.224.9376

Provides qualifying households with savings and rebate programs.

### Burnaby Parks, Recreation & Cultural Services

#### — FAIR Play Program

604.320.2227

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.

### Canadian Tire Jumpstart

1.844.937.7529

jumpstart.canadiantire.ca

Helps low-income kids 4-18 years get involved in organized sports and active recreation activities.

### Canada Scores

778.871.6316

canadascores.org

Offers an innovative afterschool program for vulnerable youth that integrates soccer, poetry, and community involvement.

### FraserSide Community Services

604.522.3722 x101

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.

### Harmony For All

604.294.7944

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.

### Kidsport Burnaby

604.294.7111

kidsportcanada.ca

burnaby@kidsportcanada.ca

Provides financial support to qualifying Burnaby families for sport registration fees for kids 18 years and under.

### Salvation Army

604.521.2421

New Westminster families with low income may receive food and gifts for their children 14 years and under during Christmas.

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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** South: 604.431.0400  
burnabynh.ca/get-involved\_community North: 604.294.5444  
foodhubcoord@burnabynh.ca  
Coordinates community food hubs in Burnaby. Please call or email for more information.

**Don't Go Hungry** 604.521.4242  
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** 604.876.3601  
foodbank.bc.ca 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** 604.521.2511  
holyltrinitycathedral.ca  
514 Carnarvon St, New Westminster  
Offers a free take-away bagged brunch every Saturday, 11am-12pm.

**Muslim Food Bank Services** 1.866.248.3868  
muslimfoodbank.com 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** 604.526.2522  
purposesociety.org/events/categories/health-programs/food-insecurity/food-hampers  
40 Begbie St., New Westminster  
Bi-weekly food hamper program.

**Quest Food Exchange** 604.553.0636  
questoutreach.org info@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** 604.761.4357  
rrefo.com 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** 604.437.1521  
6125 Nelson Ave, Burnaby  
Offers food assistance by appointment; call to arrange.

**Salvation Army — New Westminster** 604.521.2421  
325 6th St, New Westminster  
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  
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** 604.526.6646  
stbarnabasparish.ca stbarna@telus.net  
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** 604.902.3071  
burnabyhomeless.org foodhub@burnabyhomeless.org  
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** 604.525.8989  
ugm.ca/get-help  
658 Clarkson St, New Westminster  
Provides free lunch, 11:30am-12:30pm, Monday-Friday.

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Dr. Mae Hegagi



Dr. Matthew Yeung



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## Food Delivery Programs

### Burnaby Meals on Wheels

burnabymeals.ca/ mealsonwheels@burnabynh.ca  
604.299.5754  
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 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 meals, including gluten-free options.

### Casalinga Meal Delivery Service

casalinga.ca 604.435.1994  
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 604.687.2172  
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 604.520.6621  
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 604.600.6939  
directors@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.

604.357.4736

### BC Farmers' Nutrition Coupon Program

bcfarmersmarket.org/coupon-program info@bcfarmersmarket.org 604.734.9797  
Provides farmers' market coupons to families, pregnant women, and seniors with lower income.

### New Westminster Farmers Market

newwestfarmers.ca 778.928.7236  
Tipperary Park, 4th St and Royal Ave, New Westminster  
Thursdays, 3-7pm, March 27-October 30.

## Health & Wellness

### Acute, Home & Community Care Services

gov.bc.ca/gov/content/health/accessing-health-care 1.800.663.7867  
Offers subsidized housing, community care services, health care, and accommodations for those with acute, chronic, palliative or rehabilitative health care needs.

### Assisted Living Registry

gov.bc.ca/gov/content/health/assisted-living-in-bc 1.866.714.3378  
Offers assisted living services and hospitality for seniors and adults with substance use/mental health challenges, or disabilities.

### Arthritis Information Line

arthritis.ca 1.800.321.1433  
Provides education, treatment and wellness information, and community support systems for those with arthritis.

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**BC Healthy Kids Program****1.866.866.0800**[gov.bc.ca](http://gov.bc.ca) (Search > 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.

**BC Palliative Care Benefits****604.683.7151**[gov.bc.ca/gov/content/health](http://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.

**BC Cancer Screening Programs**[bccancer.bc.ca/screening](http://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](http://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](http://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****604.262.8569**[burnabyh.ca](http://burnabyh.ca)[community@burnabydivision.ca](mailto:community@burnabydivision.ca)

Metrotown Urgent and Primary Care Centre: call 604.451.4888.

**Fall Prevention Mobile Clinics****604.587.7866**[fraserhealth.ca/service-directory/services/clinics/falls-prevention-mobile-clinic](http://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](http://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](mailto:foodskillsBC@bccdc.ca)[bccdc.ca/our-services/programs/food-skills-for-families](http://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](http://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](mailto: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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- Medication Supports
- ICBC Approved Vendor

**778-244-7742****[office@justlikefamily.ca](mailto:office@justlikefamily.ca)****[www.justlikefamily.ca](http://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

info@umbrellacoop.ca

Delivers culturally-appropriate healthcare to immigrants/refugees.

## Hospitals

### Burnaby Hospital

3935 Kincaid St, Burnaby

**604.434.4211**

## BC Children's Hospital

bcchildrens.ca

4500 Oak St, Vancouver

**604.875.2345**

**1.888.300.3088**

## BC Women's Hospital & Health Centre

bcwomens.ca

4500 Oak St, Vancouver

**604.875.2424**

Visiting Info Line: **604.875.2929**

## Royal Columbian Hospital

330 E. Columbia St, New Westminster

**604.520.4253**

## 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.

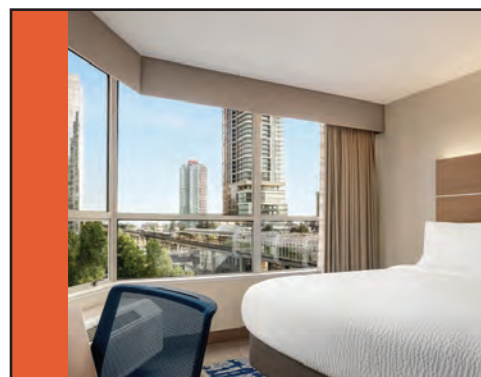
### Mid-Main Health Centre — Dental Clinic

**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



**New West Dentistry & Implant Centre** 604.524.4981  
newwestminsterdentistryandimplantcentre.com  
Provides dental care services in English, Korean, Spanish, and Arabic.

**New West Dentureworks Inc.** 604.553.1222  
newwestminsterdenturist.com  
Offers cosmetic and functional dental treatments. Includes mobile denture services.

**North Burnaby Denture Clinic** 604.294.6911  
northburnabydentureclinic.com  
Offers custom dentures, free consultations, and various denture treatments.

**Prime Denture Clinic Ltd.** 604.305.1483  
primedentureclinic.ca primedentureclinic@gmail.com  
Provides conventional denture services for cosmetics and function.

**Queen's Park Dental** 604.256.2825  
queensparkdental.ca  
Provides dental surgeries, implants, cleanings, and aesthetic dental procedures.

**Trask Denture Clinic** 604.437.7916  
traskdenture.ca  
Offers free consultations for dentures. Other treatments include denture repairs and relines services.

**UBC Dental Clinic** 604.822.2112  
dentistry.ubc.ca/treatment  
Students provide a range of dental services for adult and geriatric patients at reduced rates.

**Vancouver Aboriginal Health Society Dental Clinic** 604.254.9900  
vahs.life/dental-clinic dentalclinic@vahs.life  
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.

**VCC Dental Hygiene Clinic** 604.443.8499  
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.

**Your Dental Health** 604.736.7202  
yourdentalhealth.ca info@bcdental.org  
Public education program by the BC Dental Association provides dental health information and contacts for dentists accepting new patients.

## Substance Use Support

**Alcohol & Drug Information & Referral** 604.660.9382  
uwbc.ca/helpline-services/#helplines 211-info@uwbc.ca  
Provides 24-hr information and referral to counselling, detox, residential treatment centres, and self-help groups.

**BC Lung Association — QuitNow** 1.877.455.2233  
quitnow.ca  
Provides free, confidential information and support for people wanting to quit smoking or vaping.

**Burnaby Substance Use Services** 604.777.6870  
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.

**Charlford House Society for Women** 604.420.4626  
charlfordhouse.ca info@charlfordhouse.ca  
Provides a supportive recovery home for women who are ready to move on from their substance addiction.

**Creekside Withdrawal Management Centre** 604.587.3755  
Provides in-patient and out-patient withdrawal management services including assessment, substance use education, counselling, medical, and nursing care.

**DEW Program (Day, Evening, Weekend)** 1.888.587.3755  
Group-based out-patient program, for those in early recovery/ not requiring in-patient services.

**Youth Detox Program**  
Short and longer stay detox services depending on needs, for youth 14-18 years.

**Gambling Support BC** 1.888.795.6111  
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.

**Last Door Recovery Society** 1.855.910.5942  
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.

**New West Substance Use Services** 604.520.4253  
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.

**Perspectives Substance Use Counselling Services**  
fraserside.bc.ca 604.522.3722 x101  
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.

**Phoenix Drug & Alcohol Recovery & Education Society**  
phoenixsociety.com 604.583.7166  
Offers residential addiction services, transitional housing, education programs, and employment assistance.

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#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

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

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** 24-hr: **604.434.3933**  
vancouveraa.ca

**Al-Anon/Alateen** **604.688.1716**  
bcyukon-al-anon.org

**Cocaine Anonymous** **604.662.8500**  
ca-bc.org

**Gamblers Anonymous** **1.855.222.5542**  
gabc.ca

**Narcotics Anonymous** **1.855.444.2262**  
bcna.ca  
Offering virtual and in-person support meetings.

**Overeaters Anonymous** 24-hr: **604.878.4575**  
oaseatosky.com chair@oaseatosky.com  
Support group of individuals in recovery from compulsive eating, compulsive food behaviours, bulimia or anorexia.

**Parents Forever** **604.256.8979**  
parentsforever.ca 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

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

Toll-Free: **1.866.639.0522**

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

**604.872.4902**

#### — Vancouver-Fraser Branch

cmhavf.ca

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

24-hr Distress Line: **604.872.3311**

crisiscentre.bc.ca

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

### Early Psychosis Intervention

**604.777.8386**

earlypsychosis.ca

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

### FamilySmart — Together Centre

**1.855.887.8004**

familysmart.ca

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**

foundrybc.ca

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**

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**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  
rapereliefshelter.bc.ca

**Salal Sexual Violence Support Centre** 24-hr: 604.255.6344  
salalsvsc.ca

**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@alzheimersbc.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



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



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**Arthritis Society — BC & Yukon Division** 604.714.5550  
 Toll-Free: 1.800.321.1433  
[arthritis.ca](http://arthritis.ca)  
 Provides information, programs, events, and resources on arthritis.

**Autism BC** 604.434.0880  
[autismbc.ca](http://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.

**ALS Society of BC** 604.278.2257  
[alsbc.ca](http://alsbc.ca)  
 Offers research, raises awareness, and supports those with Amyotrophic Lateral Sclerosis (ALS).

**BC Epilepsy Society** 604.875.6704  
[bcepilepsy.com](http://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.

**BC Lung Association** 604.731.5864  
[bclung.ca](http://bclung.ca)  
 Provides educational and community programs about respiratory diseases including asthma, COPD, lung cancer, pulmonary fibrosis, sleep apnea, and other lung related conditions.

**BC Schizophrenia Society** 604.270.7841  
[bcss.org](http://bcss.org)  
 Provides information, education, and non-therapeutic support groups for families with relatives who have schizophrenia or other serious persistent mental illnesses.

**BC Cancer Foundation** 604.877.6040  
[bccancerfoundation.com/about-us](http://bccancerfoundation.com/about-us)  
 Promotes awareness, funding, events, and publishes newsletters for those with cancer.

**Burnaby Hospital Foundation** 604.431.2881  
[bhfoundation.ca](http://bhfoundation.ca)  
 Offers a bridge between Burnaby Hospital, government relations, and community needs.

**Canadian Cancer Society** Info Line: 1.888.939.3333  
[cancer.ca/en](http://cancer.ca/en)  
 Offers support to cancer patients and their families. Provides public education, accommodations, financial resources, prevention initiatives, and support groups.

**Cerebral Palsy Association of BC** 604.408.9484  
[bccerebralpalsy.com](http://bccerebralpalsy.com)  
[info@bccerebralpalsy.com](mailto:info@bccerebralpalsy.com)  
 Provides information and assistance to persons living with Cerebral Palsy and other disabilities. Programs and services offered across BC.

**Canadian Blood Services — BC & Yukon** 1.888.236.6283  
[blood.ca](http://blood.ca)  
 Provides education and research on blood and stem cells; additional resources include information on donating blood.

**Diabetes Canada** 1.800.226.8464  
[diabetes.ca](http://diabetes.ca)  
 Provides diabetes related information, summer camps for kids, advocacy, and referral services.

**Down Syndrome Resource Foundation** 604.444.3773  
[dsrf.org](http://dsrf.org)  
[info@dsrf.org](mailto:info@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.

**GI Society** 604.873.4876  
[badgut.org](http://badgut.org)  
 Provides trusted information, resources, and research on a wide range of gastrointestinal diseases and disorders.

**Heart and Stroke Foundation of Canada — BC & Yukon**  
[heartandstroke.ca](http://heartandstroke.ca) 1.888.473.4636  
 Provides heart disease and stroke related information.

**Kidney Foundation of Canada — BC & Yukon Branch**  
[kidney.ca/bc](http://kidney.ca/bc) 604.736.9775  
 Provides information, referral, and education about kidney and related diseases.

**Liver Canada — BC/Yukon Chapter** 604.707.6430  
[liver.ca](http://liver.ca)  
[mchui@liver.ca](mailto:mchui@liver.ca)  
 Provides information and support programs for people living with liver disease.

**MEFM Society of BC** 604.878.7707  
 (Myalgic Encephalomyelitis & Fibromyalgia)  
[mefm.bc.ca](http://mefm.bc.ca)  
[support@mefm.bc.ca](mailto:support@mefm.bc.ca)  
 Provides information, referrals to support groups, and educational material to patients and their families.

**MS Canada — BC & Yukon Division** 1.844.859.6789  
[mssociety.ca](http://mssociety.ca)  
[msnavigators@msscanada.ca](mailto:msnavigators@msscanada.ca)  
 Provides information, referral, wellness and support services to persons living with Multiple Sclerosis. Customized services available.

**Muscular Dystrophy Canada** 1.800.567.2873 x2108  
[muscle.ca](http://muscle.ca)  
 Provides information and assistance to persons living with muscular dystrophy or neuromuscular disorders.

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**Osteoporosis Canada** 1.800.463.6842  
osteoporosis.ca  
Provides medical information, educational programs, and referrals to local resources for patients, professionals, and the public.

**Pain BC** 1.844.430.0818  
painbc.ca  
Provides education and resources for those with chronic pain.

**Parkinson Society British Columbia** 604.662.3240  
parkinson.bc.ca info@parkinson.bc.ca  
Offers support, information, and education for people with Parkinson's, caregivers, and health care professionals.

**Prostate Cancer Foundation Canada** 604.574.4012  
prostatecancerbc.ca support@prostatecanada.ca  
Virtual meetings available; check website for meeting schedule.

**Stroke Recovery Association of BC** 604.688.3603  
strokerecoverybc.ca  
Provides information in multiple languages and programs including virtual services to assist stroke recovery.

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

## Medical Equipment & Supplies

**Adaptive Comfort Clothing** 604.984.8211  
adaptivecomfortclothing.com  
Offers clothing and footwear for seniors in care facilities or at home, and adaptive wear for persons in wheelchairs.

**AssistList**  
assistlist.ca info@assistlist.ca  
Offers a free online marketplace for individuals to buy, sell, and donate home health medical equipment, and find other healthcare resources.

**Bonsor Pharmacy & Medical Supplies** 604.431.8877  
healthlinkbc.ca/clinic/bonsor-pharmacy  
Offers pharmacy services for individuals that require prescriptions.

**BC Medequip Home Health Care** 604.888.8811  
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.

**Canadian Red Cross Society** 604.522.7092  
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.

**CAYA — Communication Assistance for Youth & Adults** 604.326.3500  
cayabc.net contact@cayabc.org  
Provides communication assistance to those 19+ that require an augmentative or alternative communication (AAC) system.

**Calea Pharmacy** 604.294.1500  
Provides resources for patient-specific medications and wound care therapies to prevent acute care stay.

**Fraser Health Lifeline** 604.953.4960  
fraserhealth.ca (Search > Lifeline) lifeline@fraserhealth.ca  
Offers a personal 24-hr emergency response service that assists individuals to remain independent and safe in their homes.

**Galaxy Medical Alert Systems** 1.855.905.7414  
galaxymedicalalert.com  
Provides medical alert technology for seniors living at home.

**Health Equipment Loan Program** 604.522.7092  
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.

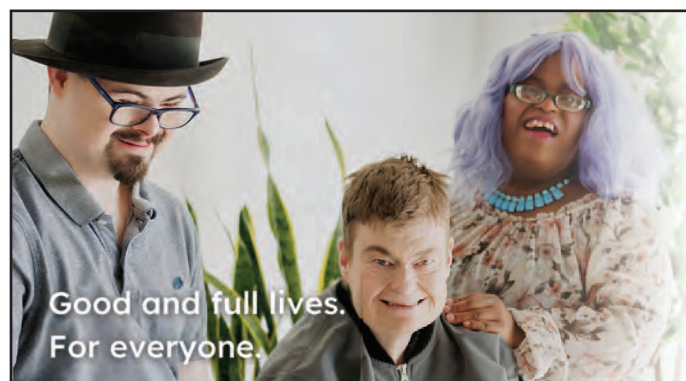
**Initio Medical Group** 604.678.9274  
initiomedical.ca info@initiomedical.ca  
Offers PET/CT cancer diagnostics, therapeutics, and more medical imaging services.

**Lancaster Medical Supplies & Prescriptions** 604.873.8585  
lancastermed.com  
Offers prescriptions and health supplies; provides repair services for wheelchairs, scooters, walkers, stairlifts, and more.

**Medic Alert Foundation Canada** 1.800.668.1507  
medicalert.ca  
Provides medical ID services and 24/7 emergency support.

**National Seating and Mobility** 604.872.5800  
nsm-seating.ca  
Offers a large inventory of home health products and rehabilitative equipment.

**New West PharmaChoice** 604.525.2474  
pharmachoice.com/locations/new-west-pharmachoice  
Offers pharmacy and health services, including natural health product advice.



### Community living services (all ages)

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

posabilities.ca

**Pharmasave** 604.455.2400  
 pharmasave.com  
 Provides prescription management, supplements, and more.

**Pharmasave – Columbia Square** 604.525.5607  
**Pharmasave – Crest Plaza** 604.522.8050  
**Pharmasave – Greystone** 604.428.2648  
**Pharmasave – Metrotown** 604.563.4390

**Price Smart Foods Pharmacy** 604.431.0227  
 pricesmartfoods.ca 1.800.242.9229  
 Offers affordable food products and pharmacy services.

**Regency Medical Supplies** 604.434.1383  
 regencymed.com  
 Offers a large inventory of home health products and rehabilitative equipment. Shop online services available.

**Save On Foods Pharmacy**  
 saveonfoods.com  
 Provides a plethora of medication services, health and wellness clinics, and vaccinations such as flu shots.

**Cameron** 604.415.5111  
**Highgate Village** 604.540.1368  
**Madison** 604.298.8412  
**Marine Way** 604.433.6314  
**Royal City Centre** 604.520.5937  
**Sapperton** 604.523.2581  
**Willingdon** 604.437.3220

**Telus Health — LivingWell Companion** 1.888.505.8008  
 telus.com/livingwellcompanion  
 Provides emergency response service with optional fall detection.

**Tetra Society of North America** 604.688.6464  
 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.

**West Coast Medical Imaging Clinics**  
 westcoastmedicalimaging.com  
 Offers medical services such as X-ray, ultrasound, and mammography.

**Lougheed** 778.309.1559  
**Royal City Centre** 604.522.6818  
**Nelson's Cres** 604.526.2466

## Housing

### Emergency & Supportive Housing

**Burnaby Shelter** 604.522.9669 x318  
 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**  
 lookoutociety.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.

**Westminster Bible Chapel:** 7540-6th St 604.255.0340

**Neighbourhood Church:** 7135 Walker Ave 778.384.6486

**Cliff Block Winter Shelter** 778.780.0634

**Rhoda Kaellis Housing Centre** 604.544.5145 x107

**Russell Residence and Housing Centre** 604.529.9126

**Fraser Side Community Services Society** 604.522.3722  
 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.

**Purpose Society Nightly Shelter** 604.526.2522  
 purposesociety.org  
 Nightly Shelter at 502 Columbia St (access off Front St). 8:00 pm-8:00 am.

**Society to End Homelessness in Burnaby** 604.200.0712  
**— Outreach Resource Centres (ORC)**  
 burnabyhomeless.org/homeless-outreach-program  
 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.

**Shelter & Street Helpline (24/7)** Dial or text: 211  
 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.

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**Salvation Army Shelter Services**

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

**Stevenson House****604.526.4783**

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.

**Union Gospel Mission****604.253.3323**

ugm.ca

ugm@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.

***Women's Shelters & Transitional Housing*****Burnaby Safe House****Confidential: 778.886.7001**

safeshelter.ca/resources

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

**Cynthia's Place****1.888.879.9593**

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

**Dixon Transition Society**

dixonsociety.ca

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

**Dixon Transition House****24-hr Intake: 604.298.3454**

10-bed transition house for women and their children fleeing domestic violence.

**Wenda's Place Second Stage Housing****604.298.6046**

Structured support and independent housing units for survivors of family violence.

**Family Counselling****604.433.7380**

For residents of Burnaby who are raising children.

**Stopping the Violence Counselling****604.298.2549**

For women survivors of family violence, sexual assault or childhood abuse.

**Elizabeth Fry Society****604.545.0437**

efry.com

info@efry.com

Provides shelter, counselling, employment, and education support for women and children.

**Monarch Place Transition House****604.521.1888**

monarchplace.org

wingsmp@monarchplace.org

Provides emergency shelter and support programs for women and their children fleeing domestic abuse.

**Chrysalis Place Second Stage Program**

Second stage residential program.

**WINGS Outreach Program**

Relocation and multicultural support program.

**Calisto Place Third Stage Program**

Long term subsidized housing program.

***Housing Information & Services*****Affordable Housing Societies****604.521.0818**

affordablehousing Societies.ca

Provides rental housing at market and subsidized rates.

**AgeCare**

agecare.ca

Offers affordable housing and apartment rentals for seniors.

**Carlton (Burnaby)****604.419.3000****Baptist Housing Seniors Living****604.940.1960**

baptisthousing.org/communities/lower-mainland

Offers affordable seniors' housing from Abbotsford to Vancouver.

**Belvedere Seniors Living****604.939.1930**

belvederebc.com

**604.939.5991**

Provides seniors' housing, such as assisted and independent living accommodations.

**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+.

**Fair Haven Homes Society** 604.225.9937  
fairhaven.bc.ca  
Provides independent and accessible living for those 55+ within Burnaby.

**Fellburn Care Centre** 604.412.6503  
fraserhealth.ca  
Provides seniors with publicly subsidized long-term care beds, health care, and recreational services.

**Hopehill Living in Community** 604.255.7707  
hopehill.ca office@hopehill.ca  
Offers independent living and assisted living residences for underprivileged seniors.

**Licensing & Consumer Services** 604.646.7050  
bchousing.org/licensing-consumer-services 604.433.2218  
Provides information on home registry and licensing.

**Metro Vancouver Housing Cooperation** 604.432.6200  
metrovanvancouver.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.

**Mulberry PARC** 604.526.2248  
parcliving.ca  
Provides seniors with premium amenities, services, and residences central to the community.

**Nikkei Seniors Health Care & Housing Society** 604.777.5000  
seniors.nikkeiplace.org  
Offers independent housing, community-based programs, and wellness activities.

**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** 604.521.7764  
newvista.bc.ca info@newvista.bc.ca  
Provides housing to families of varied incomes and subsidized housing to seniors 55+ with low income.

**New Westminster Homelessness Coalition Society** 604.862.9582  
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.

**Progressive Housing Society** 604.522.9669 x316  
progressivehousing.net info@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).

**Rideau Retirement Residence** 604.291.1792  
rideauresidence.ca  
Provides independent and assisted living, along with fitness classes, private gardens, and social activities for seniors.

**Rent Banks** 778.727.1142  
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.

**Seton Villa Retirement Centre** 604.291.0607  
setonvilla.com  
Provides affordable housing, wellness services, and diverse suite options for seniors.

**Society for Christian Care of the Elderly** 604.681.7337  
scce.ca  
Offers accessible independent living for seniors in the Lower Mainland.

**Swedish Canadian Village** 604.420.1124  
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.

**Seniors Services Society — Housing Services/Programs** 604.520.6621  
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.

**The Poppy Residences** 604.568.5563  
thepoppyresidences.com info@thepoppyresidences.com  
Offers affordable independent senior living; housing is pet-friendly and includes large amenities rooms for events.

**Thornebridge Gardens** 604.524.6100  
verveseniorliving.com/thornebridge-gardens  
Provides independent living, independent supported living, assisted living, and respite stays.

## For all your insurance needs



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Insurance Agencies Group



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

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

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



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**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.

**Willington 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  
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  
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  
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  
Supervised workers with physical/mental health challenges offer landscaping, maintenance, and rubbish removal.

**Neighbours Helping Neighbours** 604.435.9544  
larchevancouver.org 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  
Offers compassionate and discreet decluttering and organizing.

## Indigenous Peoples

**ACCESS Employment Services** 604.251.7955  
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  
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 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  
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  
frfca.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  
irsss.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  
Provides referrals, advocacy, and support to Indigenous patients ensuring access to appropriate and culturally safe health care and community services.



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Richmond, B.C.**

**604-270-1219**

**普通話服務：778-223-5899**

**Yeartownmonument.com**



**Métis Family Services**

metisfamilyservices.ca reception@metisfamilyservices.ca  
Provides supportive information and services to help nurture, protect, and promote balance within Métis families.

**604.584.6621****Métis Nation British Columbia**

mnbc.ca info@mnbc.ca  
Advocates for Métis citizens through enhancing social and economic programs and services through a cultural lens.

**604.557.5851****Ministry of Children & Family Development  
— Indigenous Child and Family Services**

2nd Fl, 201-7645 Kingsway, Burnaby  
Provides supportive and protective services to Indigenous children and families.

**604.660.9544****NEC Native Education College**

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

**Pacific Association of First Nations Women**

2018 Wall St, Vancouver info@pafnw.ca  
Provides Indigenous, culturally safe learning and holistic supports for Indigenous women and their families.

**604.872.1849****Spirit of the Children Society**

sotcs.ca reception@sotcs.ca  
201-768 Columbia St, New Westminster  
Dedicated to make positive changes with a vision of family health, community well-being, and cultural prosperity.

**604.524.9113****Urban Native Youth Association**

unya.bc.ca info@unya.bc.ca  
Offers programs for Indigenous youth including education and training, advocacy, and support services.

**604.254.7732****Vancouver Aboriginal Friendship Centre Society**

vafcs.org  
1607 E. Hastings St, Vancouver  
Provides programs for Indigenous Peoples in health, wellness, welfare, social services, culture, education, and recreation.

**604.251.4844****Legal & Advocacy****Access Pro Bono Society**

accessprobono.ca  
Provides access to free legal services for people and non-profit organizations of limited means.

**604.878.7400****Association of Community Organizations  
For Reform Now**

acorncanada.org/locations/bc-acorn bcacorn@acorncanada.org  
Multi-issue, membership-based community union of low-moderate income people working together towards social and economic justice.

**778.381.5446****Ask JES Multilingual Legal Help Services**

legalhelpbc.ca info@justiceeducation.ca  
Provides free information and resources on legal terms, processes, documents, referrals and one-on-one support in English, Mandarin, Cantonese, Punjabi, Hindi, and French.

**604.660.9870****Brydges Line**

Connects people to lawyers if they have been arrested, detained, and under investigation.

**1.866.458.5500****BC Ministry of Justice**

gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/wills-and-estate-planning  
Offers resources on wills, estate planning, funeral planning, and mental health resources.

**Clicklaw**

clicklaw.bc.ca librarian@courthouselibrary.ca  
Provides online legal information, education, and assistance.

**1.800.665.2570****Courthouse Libraries BC**

courthouselibrary.ca librarian@courthouselibrary.ca

**604.660.2841****Law Matters @ your public libraries**

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.

**Cobbett & Cotton Law Corporation**

cobbett-cotton.com mail@cobbett-cotton.com  
Provides real estate legal services such as advice on financing and will preparation; offers additional resources on family or marital separation, and business law.

**604.299.6251****Dial-A-Law**

dialalaw.peopleslawschool.ca  
Offers 24-hr information on a variety of topics on BC law.

**604.687.4680****1.800.565.5297****Fast & Company Law**

fastandco.ca  
Provides legal counsel for estate law, corporate law, notary services, and probate guidance.

**604.273.6424****First United Legal Aid**

firstunited.ca/how-we-help/legal-advocacy advocacy@firstunited.ca  
Free legal aid to low-income and vulnerable individuals.

**604.251.3323****Justice Education Society of BC (JES)**

justiceeducation.ca  
Provides information about our courts and justice system, resources for Indigenous Peoples, immigrants, parents, youth, and many self-help guides and resources.

**604.660.9870****1.855.875.8867****Lawyer Referral Service**

appointments@accessprobono.ca  
Offers access to a free 15-minute consultation with a lawyer; regular fees would apply thereafter.

**604.878.7400****Law Students' Legal Advice Program**

lsap.bc.ca  
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.

**604.822.5791****Legal Aid BC**

legalaid.bc.ca  
Provides subsidized legal aid services for eligible clients with low income. Publications on many legal topics are available through website.

**604.408.2172****Mediate BC**

mediatebc.com info@mediatebc.com  
Provides people with practical, accessible, and affordable services to prevent, manage, and resolve disputes.

**604.684.1300****New Westminster Tenants Union**

nwtenantsunion.org/ nwtenantsunion@gmail.com  
A volunteer collective of community organizers who help renters work together to fight for better conditions in their buildings.

**778.358.2680**

**People's Law School**

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

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

snpsc.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=nowtenantsunion.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

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

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

**Advocacy****BC Human Rights Clinic**

bchrc.net

604.622.1100

intakebchrc@clasbc.net

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

**Disability Alliance BC**

604.872.1278

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@bbysservices.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

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

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.

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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!



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info@newwestdentureworks.com | 604-553-1222 | www.newwestdentureworks.com

## Office of the Seniors Advocate

1.877.952.3181

seniorsadvocatebc.ca

Provides a “go-to” resource for seniors’ information and referral.

## 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

604.531.6226

askanadvocate.ca

Provides resources on income assistance, disability, and tenancy.

## The Society to End Homelessness in Burnaby

604.200.0712

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

604.251.2801

thekettle.ca

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

604.294.7944

burnaby.ca

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

### New Westminster City Hall

604.521.3711

newwestcity.ca

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

604.675.2767

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-lgbtq-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.

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**ASK ABOUT OUR  
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5291 Grimmer Street, Burnaby  
**604.568.5563**  
**thepoppyresidences.com**

## The Poppy Residences

**Independent Living Community  
for Active Seniors**



**QMUNITY** 604.684.5307  
qmunity.ca reception@qmunity.ca  
QMUNITY is BC's queer, trans, and Two-Spirit resource centre, providing a safe space for 2SLGBTQIA+ folks and their allies.

**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.

**Trans Care BC** 1.866.999.1514  
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** 604.420.1618  
restoreshop.ca  
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** 604.294.3087  
helpingfamiliesinneed.org 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** 604.214.0613  
wragbsc.wixsite.com/wrags wrags@telus.net  
Referral is required from Ministry of Social Development and Poverty Reduction for a free sanitized bed.

## Consignment & Thrift Stores

**Burnaby Hospice Society Thrift Store** 604.520.5082  
burnabyhospice.org/thriftstore  
6843 Kingsway, Burnaby  
Open Monday-Saturday, 9:30am-6pm; Sundays, 9:30am-4pm.

**Found (UGM) Thrift Store** 604.553.0604  
641 Columbia St, New Westminster  
Open Tuesday-Friday, 10am-5:30pm, Saturdays, 10:30am-5:30pm.

**Grand Central Consignment** 604.524.4095  
719 Carnarvon St, New Westminster  
Open Monday-Saturday, 11am-4pm; Sundays, 12-3pm.

**Jubilee United Church Thrift Store** 604.434.8323  
jubilee-uc.ca/ministries/service/thrift-shop/  
6000 Sussex Ave, Burnaby  
Open Thursdays, 10am-2pm. (September-June; cash only).

**New to You Thrift Store** 604.515.4815  
706 6th Ave, New Westminster  
Open Tuesday-Saturday, 10am-4pm.

**Orphan Aid Thrift Store** 604.521.1013  
7889 Edmonds St, Burnaby  
Open Tuesday-Friday, 10am-5pm; Saturdays, 10am-4pm.

**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** 604.526.6646  
stbarnabasparish.ca/thrift-store  
1010 5th Ave, New Westminster  
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****604.436.1025****Family Support Services Society**

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**

gobaci.com

**604.299.7851**

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.

**Community Living Society** 604.523.0303  
communitylivingsociety.ca  
Provides individualized, flexible, and creative supports to people with developmental disabilities or acquired brain injuries.

**Canucks Autism Network (CAN)** 604.685.4049  
canucksautism.ca info@canucksautism.ca  
Provides programs to autistic individuals and their families, while promoting acceptance and inclusion through community engagement.

**Disability Alliance BC** 604.872.1278  
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. Check website for more information.

**Disability Foundation** 604.688.6464  
disabilityfoundation.org  
Provides opportunities for people with physical disabilities to participate in a variety of indoor/outdoor activities.

**BC Mobility Opportunities Society (BCMOS)**  
bcmos.org info@bcmos.org

**ConnecTra Society**  
connectra.org info@connectra.org

**Disabled Independent Gardeners Association (DIGA)**  
digabc.org info@digabc.org

**Adapted Sailing Association of BC (ASABC)**  
asabc.org info@asabc.org

**Vancouver Adapted Music Society (VAMS)**  
vams.org info@vams.org

**Down Syndrome Resource Foundation** 604.444.3773  
dsrf.org info@dsrf.org  
Provides innovative programs for individuals with Down syndrome. Offers speech and language development, behavioural support, mental wellness, reading, and education for all ages.

**Easter Seals BC** 604.873.1865  
eastersealsbcy.ca  
Provides services for children and adults with disabilities. Offers learning, social connections, and work experience alongside their summer camps. Parents/caregivers are welcome.

**Fraser Health Services for Community Living — New Westminster** 604.777.6700  
fraserhealth.ca/Service-Directory/Service-at-Location/C/F/health-services-for-community-living---new-westminster  
Offers support and help for adults with developmental disabilities requiring access to health services.

**Kinsight — Individual & Family Support** 604.525.9494  
kinsight.org  
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.

**Learning Disability Society** 604.873.8139  
ldsociety.ca info@ldsociety.ca  
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.

**Ministry of Children & Family Development — Services to Children with Support Needs** 604.660.9494  
Provides support to children with disabilities.

**Monarch House** 604.205.9204  
monarchhouse.ca  
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.

**Neil Squire Society** 604.473.9363  
neilsquire.ca info@neilsquire.ca  
Provides employment services, computer tutoring, and assistive technology for people with disabilities.

**Pacific Autism Family Network** 604.207.1980  
pacificautismfamily.com  
Provides resources for information, learning, assessment, treatment, and support to address the needs of autistic individuals.

**AIDE Canada Library**  
library.aidecanada.ca  
4,800+ autism-related books, e-books, audiobooks and DVDs that can be shipped to any BC resident for free.

**Planned Lifetime Advocacy Network (PLAN)** 604.558.2055  
plan.ca hello@plan.ca  
Provides advocacy, legal assistance, person-centred planning, and personal support networks for people with disabilities to build safe and inclusive communities.

**posAbilities** 604.299.4001  
posabilities.ca info@posAbilities.ca  
Supports people with developmental disabilities. Offers behaviour consultation, community inclusive art, employment training, and home living supports. Government-funded services are free.

**SPARC BC** 604.718.7744  
sparc.bc.ca/parking-permit 1.888.718.7794

**Accessibility and Enforcement Line:** 604.718.7734

**Parking Permit Program**  
permits@sparc.bc.ca  
Provides parking permits for people with disabilities.

**Spectrum Society for Community Living** 604.323.1433  
spectrumssociety.org  
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.

**Spinal Cord Injury BC**  
sci-bc.ca info@sci-bc.ca  
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.

**Peer Program**  
Provides educational and social events for persons living with spinal cord injury, and includes family or friends.

**SCI Info Database**  
sci-bc.ca/sci-info-database  
Online encyclopedia with comprehensive resources for people with spinal cord injuries and related physical disabilities.

**SCI BC Marketplace**  
sci-bc.ca/marketplace  
Online forum for buying/selling disability related equipment and finding accessible housing and employment.

**Technology for Living** TIL: 604.326.0175  
technologyforliving.org PROP: 1.866.326.1245

**Technologies for Independent Living Program (TIL)**  
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.

## Recreation & Community

### Recreation Centres & Libraries

**Burnaby Parks, Recreation & Cultural Services** 604.294.7450  
burnaby.ca/active

**Bill Copeland Sports Centre** 604.297.4521

**Bonsor Recreation Complex/Pool** 604.297.4597

**Christine Sinclair Community Centre** 604.320.2222

**Edmonds Community Centre/Pool** 604.297.4838

**Eileen Dailly Leisure Pool** 604.298.7946

**Kensington Complex** 604.297.4535

**Temporary Cameron Recreation Complex** 604.297.4456

**Willingdon Community Centre** 604.297.4526

**Burnaby Public Library** 604.436.5400  
bpl.bc.ca

**Temporary Cameron Library** 604.421.5454  
110-9855 Austin Ave, Burnaby

**Tommy Douglas Library** 604.522.3971  
7311 Kingsway, Burnaby

**McGill Library** 604.299.8955  
4595 Albert St, Burnaby

**Bob Prittie Metrotown Library** 604.294.7755  
6100 Willingdon Ave, Burnaby

**Accessible Services** 604.436.5423  
bpl.bc.ca/people-help/home-delivery-accessible-service

**New Westminster Parks & Recreation**

newwestcity.ca/parks-and-recreation

**Century House** 604.519.1066

**Moody Park Arena** 604.525.5301

**Youth Services** 604.515.3801

**Queen's Park Arena** 604.777.5111

**Queen's Park Sportsplex** 604.777.5121

**Queensborough Community Centre** 604.525.7388

**təməsəwtx™ Aquatic and Community Centre** 604.777.5100

**New Westminster Public Library**

nwpl.ca

**Main Branch** 604.527.4660

716-6th Ave, New Westminster

**Queensborough Library** 604.636.4450

920 Ewen Ave, New Westminster

**New Westminster — Accessible Services**

604.527.4650

nwpl.ca/using-the-library/accessible-services

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

**Arts Council of New Westminster**

604.525.3244

artsnewwest.ca

info@artsnewwest.ca

Presents monthly exhibitions, workshops, concerts, artisan markets, film screenings, and roundtables.

**Burnaby Arts Council at Deer Lake Gallery**

604.298.7322

burnabyartscouncil.org

info@burnabyartscouncil.org

Offers culturally diverse events, exhibitions, and activities.

**Burnaby Art Gallery**

604.297.4422

burnaby.ca/recreation-and-arts/arts-and-culture-facilities

gallery@burnaby.ca

Presents a variety of exhibitions, programs, and events.

**Burnaby Village Museum**

604.297.4565

burnabyvillagemuseum.ca

bvm@burnaby.ca

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.

**Fraser River Discovery Centre**

604.521.8401

fraserriverdiscovery.org

info@fraserriverdiscovery.org

Interpretive centre presents the Fraser River's contribution to the life, history and people of the land.

**Massey Theatre and Plaskett Gallery**

604.517.5900

masseytheatre.com

info@masseytheatre.com

Theatre hosts musical theatre, international music and dance forms, children's entertainers, orchestras, choirs, ballet and music star performances.

**Michael J. Fox Theatre**

604.664.8875

michaelfoxtheatre.ca

info@michaelfoxtheatre.ca

Community-styled theatre hosts multicultural music, drama performances, and events by amateur and professional artists.

**New Westminster Museum & Archives**

604.527.4640

newwestcity.ca/services/arts-and-heritage/museums-and-archives

City museum and archives are located across three sites including the Anvil Centre, Irving House, and the Samson V Museum.

**Nikkei National Museum & Cultural Centre**

604.777.7000

centre.nikkeiplace.org

Centre celebrates Japanese Canadian culture and its contribution to the Canadian mosaic. Includes the Nikkei garden, gift shop and Japanese bookstore.

**Royal City Musical Theatre** 604.521.5050  
 royalcitymusicaltheatre.com  
 Volunteer-led organization produces and presents musical theatre for the public and provides experience for emerging talent.

**Shadbolt Centre for the Arts** 604.297.4440  
 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.

**SFU Museum of Archaeology & Ethnology** 778.782.3325  
 sfu.ca/archaeology/museum  
 Museum collects, researches, and exhibits artifacts from around the world with a focus on Turtle Island.

## Environment & Recycling

**Burnaby Solid Waste and Recycling** 604.294.7972  
 burnaby.ca/garbageandrecycling/solidwasteandrecycling@burnaby.ca

**Burnaby Eco-Centre**  
 burnaby.ca/ecocentre

### Composters & Rain Barrels

Reduce waste and conserve drinking water by using a backyard composter and installing a rain barrel for watering gardens.

### Large Item & Appliance Pickup

burnaby.ca/bulkyitem  
 Pickup service of furniture, mattresses, and appliances for Burnaby residents who receive weekly garbage and recycling collection from the city.

### Interchange Recycling

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.

**Kidney Foundation of Canada — Kidney Car Program**  
 kidneycar.ca 1.800.585.4479  
 Donate unwanted vehicles to the Kidney Foundation. Receive a free tow and tax receipt.

**Recycling Council of BC** 604.732.9253  
 rcbc.ca  
 Provides information on waste reduction, reuse, and proper disposal of all materials including household hazardous products.

**Return-it (Encorp Pacific Canada)** 604.473.2411  
 return-it.ca  
 Offers money back for recycling beverage containers and some electronics.

**United Boulevard Recycling and Waste Centre** 604.681.5600  
 metrovanancouver.org/services/solid-waste  
 Accepts various materials and items for recycling.

## Seniors

**Burnaby Community Services** 604.299.5778  
 bbysservices.ca  
 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.

### As We Age Seniors Resource Guide

Lists services for and stories about seniors 55+ and their families.

### Community Resource Guide

Includes a wide range of selected programs and services in Burnaby and New Westminster.

### Seniors Resource Card

Features contact information for programs and services to help support seniors and prevent isolation.

**Brella Community Services Society** 604.531.9400  
 brellasociety.ca  
 Offers community services, day programs, and dementia/caregiver or family services for older adults and their loved ones.

**Century House Association** 604.519.1066  
 centuryhouseassociation.com CenturyHouse@newwestcity.ca  
 Adults 50+ can explore activities, programs, events and more.

**Seniors BC/Seniors Info Line** 604.660.2421  
 gov.bc.ca TTY: 711  
 Offers government services information, including health services.

**Seniors Services Society of BC** 604.520.6621  
 seniorservicesociety.ca/about  
 Connects vulnerable adults 60+ with individual supports and housing navigation services to enhance their lives.

## Food Delivery & Meal Programs

**Burnaby Meals on Wheels** 604.299.5754  
 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.

**Burnaby Neighbourhood House — Better at Home**  
 burnabynh.ca  
 South: 604.431.0400  
 Brentwood: 604.299.5778  
 North: 604.294.5444

**Seniors Shopping & Delivery** 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.

**Frozen Prepared Meals** 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.

**Food Hub Delivery** foodhubcoord@burnabynh.ca  
 If you are an older adult 55+ that is registered for the Burnaby Neighbourhood House Food Hub and are having significant mobility challenges getting to and from the food hub, we have limited ability to provide a delivery option. Please speak with the Food Hub Coordinator for assessment.

**Better Meals** 604.299.1877  
 bettermeals.ca 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.

**Casalinga Food Services** 604.435.1994  
 casalinga.ca  
 Offers delivery of fresh and frozen ready-made meals, including choices from vegan, gluten free, and zero carb menus.

**Citizen Support Services** 604.294.7980  
burnaby.ca/citizensupportservices  
**Grocery Shop-By-Phone**  
Provides Burnaby seniors with weekly grocery shopping and delivery service.

**Japanese-Style Meals on Wheels** 604.687.2172  
tonarigumi.ca  
Delivers Japanese-style bento lunch boxes on Tuesdays to homebound seniors in Burnaby, New Westminster, and more.

**New Westminster Meals on Wheels** 604.520.6621  
seniorsservicessociety.ca/smow.htm  
Delivers food to those who are unable to make their own meals.

**Senior Services Society**  
seniorsservicessociety.ca  
**Grocery Shopping — Better at Home** 604.520.6621  
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).

## Funeral Home & Bereavement Support

**Bell & Burnaby Funeral Chapel** 604.298.2525  
bellburnaby.com  
Offers compassionate funeral services and homes.

**BC Bereavement Helpline** 604.738.9950  
bcbh.ca contact@bcbh.ca  
Provides information, referral, and compassionate listening.

**British Columbia Funeral Association** 1.800.665.3899  
bcfunerals.com  
Offers advice on pre-planning funeral arrangements.

**Forest Lawn Funeral Home & Memorial Park**  
forestlawn-burnaby.com  
Provides funeral homes, including services and amenities.

**Forest Lawn Memorial Park** 604.299.7720  
604.299.7711

**Last Post Fund** 1.800.465.7113  
lastpostfund.ca  
Assists with funeral and burial services for veterans.

**Memorial Society of BC** 604.733.7705  
memorialsocietybc.org 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.

**Ocean View Funeral Home & Burial Park** 604.435.6688  
oceanviewfuneral.com  
Serves funeral and cremation needs for Burnaby residents.

**Valley View Funeral Home & Cemetery** 604.596.7196  
arbormemorial.ca  
Provides funeral, cremation, interment services and personalized ceremonies.

## Health & Wellness

**Acoustica Hearing Clinic** 604.294.1080  
acousticahearing.com  
Provides a free hearing assessment and consultation, and affordable hearing aids.

**Amplifon Clinics** Burnaby: 604.432.6696  
amplifon.com/ca New Westminster: 604.526.9717  
Provides hearing treatment, hearing assessments, and hearing aids. Services also offer home visits and various budget options.

**Alzheimer Society of BC — Fraser Region** 604.681.6530  
alzheimer.ca/bc/en info@alzheimersbc.org  
Provides information, education, and support to family, friends, and individuals with Alzheimer's disease and other dementias. First Link dementia support services for patients and caregivers, including early-stage support groups, "First Link" referrals and "Minds in Motion", a social and recreation program.

**First Link Dementia Helpline** 1.800.936.6033  
**Cantonese and Mandarin** 1.833.674.5007  
**Punjabi, Hindi, and Urdu** 1.833.674.5003

**Burnaby Orthopaedic & Mastectomy** 604.436.6092  
burnabyorthopaedic.com  
Provides custom-made foot orthotics and foot or knee braces.

**Chipperfield Mobile Physiotherapy** 604.828.2610  
chipperfieldphysio.ca  
Offers recovery plans, specialized physiotherapy care, kinesiology sessions, active rehab, and more clinical therapy services.

**Elizz by SE Health** 1.866.565.0065  
elizz.com  
Offers personalized caregiver coaching, nursing services, dementia support, and respite care.

**Metrotown Urgent and Primary Care Centre** 604.451.4888  
Provides non-emergency care for Burnaby residents.

**Edmonds Urgent and Primary Care Centre** 604.519.3787  
Provides convenient and non-emergency care for Edmonds residents.

**FYidocors** Burnaby: 604.291.8825  
FYidocors.com New Westminster: 604.522.6929  
Provides contact lenses, glasses, eye exams, and various eye health services.

**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****Public Health General Info**Burnaby: **604.918.7605**New Westminster: **604.777.6740****Fraser Health Lifeline****604.953.4960**

fraserhealth.ca (Search &gt; Lifeline)

lifeline@fraserhealth.ca

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

**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**

seniorsresource@burnabynh.ca

**236.308.8049**

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**

gov.bc.ca

**1.800.663.7867**

Provides Income assistance, Senior's Supplement, Bus Pass Program, and resources for caring for seniors.

**BC Association of Community Response Networks**

bccrns.ca

info@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  
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  
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****778.288.3747**

emilyc@burnabynh.ca

**New Westminster Better at Home****604.520.6621**

support@seniorsservicessociety.ca

**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@nursenextdoor.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

**All Nursing Health Services** 604.488.9323  
allnursing.ca info@allnursing.ca

**Big Hearts Homecare** 604.493.2045  
bigheartshomecare.ca info@bigheartshomecare.ca

**CDN Eldercare Massage** 604.552.8282  
cdneldercare.ca info@cdneldercare.ca

**Caring Shepherd Home Care Services** 604.614.8544  
caringshepherd.ca

**CBI Health Group Home Health** 604.436.3313  
cbihealth.ca

**Classic LifeCare** 604.263.3621  
classiclifecare.com

**Comfort Keepers** 604.689.8609  
comfortkeepers.ca/vancouver

**Good Riddance Professional Organizing & Move Management** 778.229.6403  
goodriddance.ca brittany@goodriddance.ca

**Hero Home Care** 1.888.988.9913  
herohomecare.ca care@herohomecare.ca

**Home Instead Senior Care** 604.283.9415  
homeinstead.com

**Integrative Rehabilitation** 604.419.0998  
bcintegrativerehab.com info@bcintegrativerehab.com

**Just Like Family Home Care Services** 778.244.7742  
justlikefamily.ca office@justlikefamily.ca

**Karp Home Care** 604.420.7800  
karpshomecare.com

**Nurse Next Door Home Care Services** 604.522.9989  
nursenextdoor.com burnaby@nursenextdoor.com

**Personalized Dementia Solutions Inc.** 1.888.502.1321  
dementiasolutions.ca info@dementiasolutions.ca

**Physio2U** 778.846.7695  
physio2u.ca info@physio2u.ca

**Qualicare Home Care** 778.652.8426  
qualicare.com  
Offers caregiving services, household managements, and customized care.

**Safe Care Home Support** 604.945.5005  
safecarehomesupport.ca info@safecarehomesupport.ca

**SE Health** 604.330.7464  
vancouver.sehc.com

**Seniors Choice for Care Inc.** 604.551.8867  
seniorschoiceforcare.ca info@seniorschoiceforcare.ca

**Shylo Nursing & Home Healthcare** 604.434.9681  
shylohomehealthcare.ca office@shylohomehealthcare.ca

**Strive Living Society** 604.936.9944  
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  
fraserside.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** 604.598.8887  
1stHoardingCleanUp.com  
Offers compassionate and discreet decluttering, organizing and cleaning services for hoarders' homes.

## 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  
seniorshc.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** 778.357.0525  
burnabyseniors.ca  
Resource guide for seniors seeking education and networking opportunities.

**College for the Retired** 604.517.8732  
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+.



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## Social & Recreation

**Burnaby Neighbourhood House**  
burnabynh.ca/get-involved-seniors

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

### Dementia Friendly Café

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

**236.308.8049**

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

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

### Seniors Connections

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

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

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

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

**604.294.7980**

burnaby.ca/citizensupportservices

### 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 includes lunch, and on occasion entertainment. Includes one-on-one volunteer assistants.

### Physical Activity Services

healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services

Offers advice on physical activities and healthy living.

**811**

**711**

### Queensborough 50+ Social Club

**604.525.7388**

Provides social activities and lunches for those aged 50+.

### Seniors Services Society

**604.520.6621**

seniorsservicesociety.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

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**

bccferries.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

Offers tools for maintaining driving skills and guiding senior drivers.

#### Compass Card

**1.888.207.4055**

compasscard.ca

Offers convenient and streamlined access to transit.

#### Ebus

**1.877.769.3287**

myebus.ca

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

#### Gas Buddy

gasbuddy.com

Calculates trip costs and compares local gas prices.

#### ICBC Seniors' Vehicle Insurance Discounts

**604.661.2800**

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

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

#### Q to Q Ferry

**604.521.3711**

newwestcity.ca/qtoqferry

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

#### Quantcare

**604.767.4030**

quantcare.ca

Offers transportation in Vancouver, Burnaby, and North Shore.



**Road Condition Reports** 1.800.550.4997  
drivebc.ca

**TransLink Customer Information** 604.953.3333  
translink.ca  
Provides bus, skytrain, and seabus schedules and information.

**Translink — HandyDart Custom Transit** 604.398.2042  
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.

**Vancouver International Airport** 604.207.7077  
yvr.ca

**Volunteer Cancer Drivers Society** 604.515.5400  
volunteercancerdrivers.ca  
Provides specialized transportation for cancer patients.

## Programs

**Burnaby Seniors Transportation** 236.885.7303  
bbysservices.ca/programs-seniors.php SeniorsTransport@bbysservices.ca  
Provides Burnaby seniors with transportation to their medical and dental appointments.

**Bus Pass Program** 1.866.866.0800  
gov.bc.ca/gov/content/transportation (Search >Bus Pass Program)  
BC government offers a discounted annual bus pass for eligible seniors with low income or those with disabilities.

**Driving Miss Daisy Seniors Services** 1.877.613.2479  
drivingmissdaisy.ca

**Evo** 604.268.5594  
evo.ca info@evo.ca  
BC car sharing service provides spacious, easy to drive, and eco-conscious vehicles. Car drop-off bases at BCIT and Metrotown.

**Modo** 604.685.1393  
modo.coop  
Coordinates a co-operative car-sharing network.

**New Westminster Seniors Transportation** 604.520.6621  
seniorsservicessociety.ca  
Provides New Westminster residents 60+ with transportation to their appointments. Subsidies may be available for residents with low income.

**SPARC BC** 604.718.7744  
sparc.bc.ca/parking-permit 1.888.718.7794

**Parking Permit Program** permits@sparc.bc.ca  
Provides parking permits for people with disabilities.

**Accessibility and Enforcement Line** 604.718.7734

**TransLink Programs for Accessible Transit** 604.953.3680  
translink.ca (Search > Accessing Public Transit)

**HandyDART** 604.575.6600  
Provides customized services for people with disabilities.

**Taxisaver/Handycard**  
Provides discounts for persons with permanent disabilities.

## Volunteer Opportunities

**Burnaby Community Services** 604.299.5778  
bbysservices.ca

**Seniors Transportation**

**Burnaby Christmas Bureau**

**Burnaby Meals on Wheels** 604.299.5754  
burnabymeals.ca

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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**  
volunteerconnections.ca

**604.529.5139**

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**  
rchvolunteer@fraserhealth.ca

**604.520.4253**

Offers volunteer opportunities within a hospital for those 18+.

**Seniors Services Society**  
seniorsservicessociety.ca

**604.520.6621**

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**  
volunteerburnaby.ca

**604.294.5533**

info@volunteerburnaby.ca

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

**Volunteer Grandparents**  
volunteergrandparents.ca

**604.736.8271**

info@volunteergrandparents.ca

Connects generations through mentoring programs.

**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**  
foundrybc.ca

**24-hr: 1.800.784.2433**

info@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**  
pcrs.ca

**604.587.8100**

ccyh@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**  
kidshelpphone.ca

**24-hr: 1.800.668.6868**

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**  
legalrightsfor youth.ca

Call or text: **1.855.875.8867**

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**

info@youthagainstviolence.com

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

### 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.

**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

### Youth Programs

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 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  
Provides mentorship programs for youth to connect with trained adult mentors.

**Big Brothers of Greater Vancouver** 604.876.2447  
bigbrothersvancouver.com officeadmin@bbgvf.com

**Big Sisters of BC Lower Mainland** 604.873.4525  
bigsisters.bc.ca info@bigsisters.bc.ca

**Dan's Legacy** 1.877.352.3407  
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  
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 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 — Peak House** 604.253.2187  
peakhouse.ca Intake: 604.253.6319 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  
Provides resources and support for 2SLGBTQIA+ individuals.

**Gender Supportive Wear Program**  
qmunity.ca/get-support/youth/bbbexchange 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 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

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 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

**Creekside Youth Centre** 604.294.7607  
2720 Beaverbrook Cres, Burnaby

**Youth Lounge @ Edmonds** 604.297.4841  
7433 Edmonds St, Burnaby

**South Central Youth Centre** 604.297.4497  
6749 Nelson Ave, Burnaby

**Summit Youth Centre** 604.268.1369  
200 Willingdon Ave, Burnaby

**Burnaby Youth Hub** 604.569.0951  
purposesociety.org/events/categories/youth-programs/youth-hubs/bysh-programs  
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.

**Hub School** 604.296.6900  
Provides high school, counselling, and youth programs.

**New Westminster Youth Centre** 604.515.3801  
newwestyouth.ca  
620-Eighth St, New Westminster (back of Century House)  
Drop-in centre for youth 13-18 years.

**Youth Source** 604.329.1875  
purposesociety.org/events/categories/health-programs/youth-clinic/youth-source-youth-clinic/  
40 Begbie St, New Westminster  
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

**East Van Youth Clinic** 778.871.7132  
1669 E. Broadway, Vancouver  
Serves youth up to 24 years. Open Monday-Wednesday 3-6pm, and Fridays 2-5pm, for drop-in services and appointments.

**New Westminster Youth Clinic** 604.329.1875  
purposesociety.org  
38 Begbie St, New Westminster  
Serves youth 24 years and under. Open Monday-Tuesday, and Thursdays, 1-6pm.

**Surrey Youth Clinic** 604.585.5999  
9634 King George Blvd, Surrey (Shirley Dean Pavillion)  
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

