BURNABYNH.CA

BNH YOUTH

Resource Guide

Burnaby Neighbourhood House

2026

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Guide Overview

Starting a new chapter can come with a lot of questions, whether you are new to Canada, exploring your community, looking for support, thinking about school or work, or simply looking for ways to connect with other young people.

The BNH Youth Resource Guide brings together programs, services, opportunities, and organizations that can help youth access support, build skills, get involved in their community, and explore their education and career goals.

This guide is designed to make it easier to find opportunities and support in Burnaby, Metro Vancouver, and across British Columbia. Explore the sections, find what is relevant to you, and connect with the resources that can help you take your next step.

Youth Resource Guide

Mental Health and Wellness

- **Burnaby Youth Clinic**
  - 4734 Imperial St, Burnaby | Open Mon, Tues, Thurs from 1-5pm (appointment-only). Provides sexual health services, victim support services, and youth counselling for youth up to 21 years. 604-293-1764.
- **East Van Youth Clinic**
  - 1669 E. Broadway, Vancouver | Open Mon-Wed, 3 to 6pm and Fridays 2-5pm. For drop-in services and appointments. Serves youth up till age 24 years. 778-871-7132.
- **New Westminster Youth Clinic**
  - 38 Begbie St, New Westminster | Open Monday, Tuesday and Thursday from 1-6pm. For youth up to age 24. 604-329-1875. Purposesociety.org
- **Surrey Youth Clinic**
  - Foundry Surrey Central – 10280 City Parkway, Surrey, BC Fraser Health | Open Mon-Thurs (9am-7pm) and Fri (9am-6pm). Serves youth aged 12-24 years. 604-677-4983 (Reception) or 778-370-7281 (Medical Clinic).
- **Options for Sexual Health (Opt)**
  - Confidential BC-wide sexual health clinics, STI testing, and birth control. Appointments: 604-731-4252 (Mon-Thu, 9am-4pm) or online at optionsforsexualhealth.org
- **Foundry**
  - A province wide network of services for young people aged 12 to 24: mental health care, substance use services, physical and sexual health care, social services. Visit info@foundrybc.ca for more details.
- **YouthInBC Chat**
  - Barrier free, non judgmental, confidential support chat service for ages 12 to 24. Online chat from 12pm to 1am: YouthInBC.com, 604 872-3311, 1 866-661-3311.
- **Kids Help Phone**
  - For mental health and abuse support: 1 800 668-6868, kidshelpphone.ca/call Text “Connect” to 686868.
- **National Suicide Crisis Helpline**
  - Help for suicidal thoughts: call/text: 9-8-8 Available 24/7.
- **Youth Crisis Centre**
  - Interactive and practical programs suitable for youth aged 12 through 19. Programs for youth with social, learning and mental health challenges. crisiscentre.bc.ca/get-support/programs-for-youth/
- **Youth to Adulthood Transitions Free Program**
  - Supports youth aged 16–19 in government care to live independently.
  - Eligibility: Youth ages 16 to 19 in the care of MCFD or VACFSS. Referral Process: Direct referral by social workers to the MCFD Youth Connect Team coordinator. Location: 2455 Fraser Street, Vancouver, BC (and coordinated via the Broadway Youth Resource Centre).
- **Sex Sense Line**
  - Provides free and confidential information about sex, sexuality, sexual health, periods, pregnancy options and more. Phone line: 604-731-7803, 1-800-739-7367 available 9am-9pm. Optionsforsexualhealth.org/sex-sense
- **Smart Sex Resource**
  - Website: smartsexresource.com for sexual health info and resources provided by the BC Centre for Disease Control.
- **The Foundations Project: Independent Living – Youth Blog**
  - This blog examines why people struggle in the first place and the small patterns, assumptions, and systems that create the independent environment long before major financial decisions become an issue.
  - by Boke Borjiet | https://foundationsproj.blogspot.com/

Recreational and Seasonal Community Activities

- **BNH Programs**
  - burnabynh.ca/programs-and-services/youth-program/
  - **Future Leader Program**
    - Tailored for local youth. It is structured to help young people strengthen their leadership skills, gain community-oriented work experience, and connect actively with their peers.
  - **Newcomer Youth Program**
    - A free, inclusive service designed to support Permanent Residents and Protected Persons as they adjust to life in Canada. Connect with other youth, explore activities, and learn from each other.
- **Public Library Reading Programs**
  - Burnaby Public Library Summer Reading Club lets children track reading goals, log any language or format, and earn medals. Adults can join the Adults Summer Reading Challenge to log activities for prize draws. All 4 system branches of the Burnaby Public Library participate in the June to Sept program.
- **Summer Cinema Outdoor Movies**
  - Free, family-friendly outdoor movie screenings happening on Friday and Saturday and Sunday nights throughout August. Character meet-and-greets happen right before dusk. www.burnaby.ca/recreation-and-arts/events
- **Drop-in Activities at Burnaby Recreation Centres**
  - Browse drop-in activities, including skating, swimming, gym and racquet sports, fitness, and cardio & weight rooms. https://www.burnaby.ca/recreation-and-arts/activities-and-registration/daily-activities . Locations vary depending on the activity.

Youth Centres

- **Burnaby Parks & Recreation Youth Centres**
  - burnaby.ca/youth
- **Creekside Youth Centre**
  - 2720 Beaverbrook Cres, Burnaby – 604-294-7607
- **Youth Lounge @ Edmonds**
  - 7433 Edmonds St, Burnaby – 604-297-4841
- **South Central Youth Centre**
  - 6749 Nelson Ave, Burnaby – 604-297-4497
- **Summit Youth Centre**
  - 200 Willingdon Ave, Burnaby – 604-268-1369
- **Burnaby Youth Hub**
  - 5455 Rumble St, Burnaby – 604-569-0951
- **New Westminster Youth Centre**
  - 620-Eighth St, New West - 604-515-3801
- **Youth Source**
  - Provides a welcoming atmosphere for youth under 22 to meet and share experiences. Location: 40 Begbie St, New West.
  - Includes a free youth clinic with Fraser Health – open Tuesday & Thursdays from 2:30 to 6pm. 604-329-1875, purposesociety.org
- **PCRS (Pacific Community Resources Society)**
  - The hubs provide youth and families drop-in support, access to food, programming, and life skills development. Pcrs.ca | info@pcrs.ca | 604-412-7950.
- **Broadway Youth Resource Centre (BYRC)**
  - 2455 Fraser St, Vancouver

Volunteer Opportunities & Civic Engagement and Leadership Opportunities

Environmental Stewardship

- **Youth4Action**
  - Host Collaborative High School Action & Mentorship Program (CHAMP) for grades 10-12. Including seasonal leadership and information sharing events for youth. youth4action@metrovancouver.org & on Instagram.
- **Climate Leader Fellowship (CLF)**
  - 8-week online climate impact program for high school students ages 14–18. Students join a global cohort, build leadership skills, and design a measurable climate or environmental project in their own community. CLF was co-founded by leaders from Rustic Pathways and Stanford University.
- **Burnaby Youth Sustainability Network (BYSN)**
  - Provides volunteer roles to plan and host sustainability events. Seasonal grants for sustainability projects/ideas.
- **Youth Eco-Stewards**
  - Participate in Eco-Webinars & Connect With Other Volunteers, Training and Career Development Opportunities, Start & Lead Your Own Volunteer Project. For youth aged 12-30. Projects, initiatives, and activities will be a combination of exploratory and career focused. www.ecostewards.ca
- **The Starfish Canada**
  - They support, promote, and celebrate the work of young environmental changemakers. Their fellowship program of 8 months, called 'Climate75', helps participants learn about climate issues, project design, communications, and community engagement. Thestarfish.ca
- **Ocean Leaders Fellowship**
  - Annual program that launched in 2025 dedicated to empowering the next generation of ocean conservation and climate leaders by equipping 40 early-career delegates each year with critical tactical skills, leadership opportunities, and high-level networks necessary to advance impactful initiatives. www.soalliance.org/ocean-leaders-fellowship
- **Jane Goodall Youth Advisory Council**
  - Youth Advisory Council members sit on a variety of committees, run their own self-directed initiatives, and provide input on everything from programs to communications. New applicants are selected every year and can serve up to two years on the Council. janegoodall.ca/what-we-do/canada-programs/youth-advisory-council/

Civic Engagement and Leadership

- **BC Youth Council**
  - Provide volunteering and leadership opportunities for high school students. Helps in creating references and builds a strong understanding of youth impact in political settings. Bcyouthcouncil.org
- **Summit Seeker - Every Student Opportunity, One Place**
  - By BC Initiatives Society. Free directory of scholarships, competitions, internships, summer programs, volunteering, grants, for high school students in Canada and beyond. Student-led project with no paywalls or account needed. https://summitseeker.app/ **BC Initiative Society** also provides volunteering opportunities and verifies hours for work experience. On bcinitiativessociety@gmail.com, & Instagram.
- **SFU Science Alive**
  - Seeking volunteers to support their summer STEAM-based youth Summer Academy programs. Whether you are skilled in coding, robotics, engineering, or science communication, there is an opportunity to make a significant impact! Volunteering opportunities for high school students gr 10 to 12 and university students.
  - Available services: summer program for elementary schools, high schools, online learning and resources for teachers and community partnerships.
- **UBC Geering Up**
  - A non-profit organization providing hands-on STEM education through summer camps, weekend clubs, and school workshops for BC youth in grades 1 to 12. Both paid and unpaid options. Their focus is engineering and robotics with dedicated, inclusive outreach streams for underrepresented groups.
  - In-Person Summer Camps (July-August)
  - In-Person Saturday Clubs (Sept-Dec & Jan-Apr)
  - InSTEM (Indigenous Youth in STEM)
- **Burnaby RCMP Youth Section**
  - Police officers working directly with young people and community partners to deliver crime prevention, early intervention, and safety education. Youth Resource Page: rcmp.ca/en/youth/youth-resources

- **Burnaby RCMP Youth Academy**
  - An annual 5-day spring program for Grade 11 and 12 students interested in policing or leadership. It covers law, fitness, traffic services, and defensive tactics. Apply directly through your high school's Career Centre or Career Services Department.

Employment and Career Development

- **Aunt Leah's Place**
  - Offers housing, job training, skills coaching, and opportunities for youth in foster care, guide young moms to independence. Drop-in grocery pickup and hot meals on Wednesdays 3-5pm. Auntleahs.org, 604-525-1204.
  - 816 20th, St, New Westminster
  - 1101 Seymour St, Vancouver
- **CAVE Youth Employment Program**
  - Offers free training option for youth aged 17-29 to gain entry-level employment through training, job placement, financial incentives and short-term training certificates. 604-218-4146, www.canpages.ca/page/BC/burnaby/cave-youth-employment-program/102232494. Location: 202-4250 Kingsway, Burnaby.
  - Eligibility: Must be precariously employed or unemployed, not a full-time student. Must be Canadian citizen, permanent resident, or protected person legally entitled to work in Canada.
- **SUCCESS Chance to Choose Employment Program**
  - Delivers employability skills to youth aged 15-30. Provides training for employment and self-improvement. 604-684-1628, successbc.ca/service-categories/employment. Location: 604-5050 Kingsway, Burnaby.
- **YESS Program**
  - Managed by the Burnaby School District provides career counselling and Canadian work placements for newcomer youth up to age 30. Visit Swis.burnabyschools.ca/yess/ for more details.
- **High-barrier Integration: The Moving Ahead FreeRunning Program**
  - MOSAIC provides multilingual, targeted settlement plans for vulnerable youth aged 16 to 28. Visit mosaicbc.org/our-programs/newcomer-youth-programs/ for more details.
- **YWCA Career Zone**
  - Free youth employment centre in Vancouver for job seekers aged 16–30, offering workshops, one-on-one career support, and job placement services. Location: 1256 Granville St, 2nd floor. Open at differing times. Contact: 604-605-4666, careerzone@ywcabc.org.
- **Family Services of Greater Vancouver: SYJA**
  - Work program for youth with 4.5-hour shifts and same day pay. To join, you must be a client with Directions Youth Services. Crews of two to four go out and do jobs in the community. Training is provided, all necessary safety equipment, clothing, and lunch. Call or text: 604-726-7545, Location: 1138 Burrard St, Downtown Vancouver.

For Newcomers

- **B-Hired (ISS of BC)**
  - Skills training for youth newcomer: offers free job search and skills training for young newcomers (ages 16-29) in BC, focusing on in-demand jobs and career success. The B-Hired program pays up to $500 for short-term certificate training. issbc.org/our-programs-service/b-hired/ | 604-684-2561 | 2610 Victoria Dr. Vancouver.
- **LCC (ISS Language & Career College of BC)**
  - LCC offers a comprehensive range of English language training programs designed to improve the English skills of ESL students. The college provides courses from Literacy to Advanced levels, with a focus on fundamental skills that help students understand Canadian workplace culture and gain new skills applicable to their jobs | lcc.issbc.org | 604-684-2325 | info@LCC.issbc.org | 300-2610 Victoria Dr. Vancouver.
- **Multi-cultural Youth Circle (MY Circle)**
  - This program aims to empower you and other young newcomers to build a supportive network in British Columbia. Offers short courses and workshops in your first language if you're learning English and fun field trips so you can learn about new activities around British Columbia with other newcomers. issbc.org/our-programs-service/multi-cultural-youth-circle/ | 604-684-2561 | 300-2610 Victoria Dr. Vancouver.

Student Financial Aid, Scholarships, and Grants

- **YNSG - BNH**
  - Community grant offered up to $500. Find eligibility and registration details: https://neighbourhoodsmallgrants.ca/grants/youth/
- **Youth Connections Grant - BNH**
  - Community grant offered up to $500. Find eligibility and registration details: https://burnabynh.ca/event/youth-connections-grant/
- **Stronger BC Future Skills Grant - Work BC**
  - Offers up to $3,500 for classes from their programs list. If you live in B.C. and are 19 or older, you may be able to get up to $3,500 for eligible short-term training. This funding can make it easier to take the next step toward work, career growth or a new opportunity. Find eligibility and registration details: https://www.workbc.ca/develop-skills/funding-grants-learners/strongerbc-future-skills-grant
- **Dream Fund - Youth Programs BC | FBCYICN**
  - The Dream Fund includes two types of bursaries distributed 3 times a year in October, February and June to help you persue your educational and personal goals. Visit https://fbcyicn.ca/dream-fund/ for details.
  - **Education Achievement Bursary**
    - up to $1,500
  - **Reach for Success Bursary**
    - up to $500
- **StudentAid BC**
  - Browse scholarships for different eligibility criteria and schools in BC: https://studentaidbc.ca/explore/grants-scholarships
- **ScholarshipsCanada.com**
  - Website to look for scholarships, student awards and bursaries in Canada. Paid and unpaid options for users: https://www.scholarshipscanada.com/
- **SUCCESS Community Leadership Initiative**
  - Regular workshops on various topics such as time management, networking, financial planning, and more. A microgrant of $2,000 for each cohort to implement a civic engagement project. Flexible 1:1 support and guidance with project planning and budgeting. Short-term certificates and training. #250 – 3665 Kingsway, Vancouver, 236-880-8428, CLI@success.bc.ca successbc.ca/cli/?filter=employment
- **Athletics4Kids Grant**
  - Provides financial assistance with sports registration fees. Fund athletes for multiple sports season a year, and multiple years in a row to develop a love of sport for life. Check eligibility requirements and registration details on https://www.a4k.ca/apply-now
- **KidsSportsCanada Grant**
  - KidSport provides grants to help children from families facing financial barriers participate in organized sport. Check eligibility requirements and registration details on https://kidsportcanada.ca/british-columbia/
- **Jump Start Canadian Tire Sports Grant**
  - Visit https://jumpstart.canadiantire.ca/ for details and resources for grants, accessibility to sports, girls in sports and more.

Study Skills and Academic Support

- **Info about French programs in BC public schools**
  - 604-214-2600, 1 888 715-2200, csf.bc.ca
- **LearnLive BC**
  - To learn about study permits: learnlivebc.ca
- **To find a post-secondary school**
  - gov.bc.ca/gov/content/education-training/post-secondary-education/find-a-program-or-institution/find-an-institution
- **Finding private English tutors and schools**
  - privatetraininginstitutions.gov.bc.ca

Other Youth-Focused Services and Resources

- **BC211**
  - Helps find gov and community services. BC211.ca
- **Finding food hubs**
  - 1 855 498-1798, foodbanksbc.com/find-a-food-bank
- **Big Brothers and Big Sisters of Canada**
  - Connect a child with an adult mentor outside of their family for guidance and support: bigbrothersbigsisters.ca
  - Greater Vancouver: 604-876-2447, bigbrothersvancouver.com
  - Lower Mainland: 604-873-4525, bigsisters.bc.ca
- **Boys and Girls Club of Canada**
  - Helps young people through clubs that offer many afterschool programs/activities: bgccan.com/en/find-your-club
- **To find information about public libraries and services for newcomers**
  - newtobc.ca
- **Find your nearby library**
  - gov.bc.ca/gov/content/sports-culture/arts-culture/public-libraries/find-your-public
- **BC Safe Haven program**
  - Supports refugees during their refugee claim process: welcomebc.ca/start-your-life-in-b-c/settlement-services
- **Government-Assisted Refugees (GAR) Program**
  - Finding support for things like housing, clothing, food, and finding work: https://ircc.canada.ca/english/helpcentre/results-by-topic.asp?st=11.2
- **Aged Out**
  - Provides accessibility tools and resources for youth in and from government care. Get details about education, health, housing, ID needs, money & personal life. Agedout.com
- **Government of Canada's website for youth**
  - Provides info about careers, education, money and health: canada.ca/en/services/youth.html
- **Directions Youth Services - Drop-in centre**
  - Safe place for youth ages 13-24 to be, open 24/7/365. Located downtown, across from St. Paul's with hot showers, laundry, a daily food program, employment and education support, shelter & housing support, personal care and harm reduction supplies, art and community events, workshops, and more.
- **Leo Street Youth and Family Services**
  - Offers services for young people and families, including an alternate school program, young parents program, family counselling, and specialized homes and support services. 7181 Arcola Way, Burnaby | 604-524-1511 | info@stleo.ca.
- **PCRS (Pacific Community Resources Society)**
  - Delivers education, employment, housing, substance use, mental health, and youth and family support services across BC. Pcrs.ca | info@pcrs.ca | 604-412-7950 | Offices: Vancouver, Surrey, Chilliwack.

2SLGBTQIA+ Support

- **Alphabet Soup**
  - A place for LGBTQIA2S+ youth ages 13-18 who are looking for a space to be themselves and hang out with other youth. Activities include cooking, creating art, watching movies, and more. All genders and orientations welcome. Tuesdays at Creekside Youth Centre, 3pm to 5:30pm. 2720 Beaverbrook Crescent | 604-294-7607 | Soup.burnaby@gmail.com, burnaby.widen.net/s/x2gxbvxjl5/youth-alphabet-soup
- **I Belong Program (MOSAIC)**
  - MOSAIC is a non-profit settlement organization. The I Belong Program is a support program for LGBTQIA+ newcomer immigrants and refugees. 236-521-7076 (English & Arabic), 236-485-1019 (English & Spanish) | ibelong@mosaicbc.org, mosaicbc.org/our-programs/services-for-newcomer-lqbtq-refugees/
- **Qmunity**
  - Qmunity is an organization that responds to BC's queer, trans, and Two-Spirit communities' needs and helps them thrive. Located in Vancouver, but serving youth in the greater lower mainland. 604-684-5307 | youth@qmunity.ca | www.qmunity.ca/youth

Safety and Support

- **Burnaby RCMP Youth Services Unit**
  - Provides short-term individual and family counselling, conflict resolution skills, and family support systems. For youth aged 9 to 17 experiencing conflict at home, at school, or within the community. Runs accountability and healing circles outside the standard court system for youth who accept responsibility for causing community harm. Contact: 604-646-9955, Burnaby_RCMP_Youth_Services@rcmp-grc.gc.ca | Mon-Fri 8:30am-4:30pm – 6355 Deer Lake Ave, Burnaby.
- **VictimLink BC**
  - 1 800 563-0808, victimlinkbc.ca
- **Child protection workers**
  - 1 800 663-9122
- **Non-consensual sharing of intimate pictures - protection services**
  - Vancouver-area: 236 468-4381, 1 833 688-4381, protectyourimages@gov.bc.ca.
- **Report bullying anonymously**
  - gov.bc.ca/gov/content/erase
- **Youth Against Violence Line**
  - Offers safe, confidential access to trained support workers who talk with youth about bullying, gang activity, harassment, intimidation, sexual exploitation, and other issues. Services available in multiple languages: youthagainstviolenceline.com, 1 800-680-4264, 604 836-6381.
- **Legal rights for youth in BC**
  - legalrightsforyouth.ca - website provides info about age-based rights and responsibilities, work, driving, renting, medical rights, family break-up, abuse, sexual assault and more.
- **Odyssey I**
  - A program for youth with substance use concerns. Youth ages 13 to 24 and their families can access counselling services, referrals, and programs. 518 Howard Ave., Burnaby | 604-299-6377 | info@bgcbc.ca.

Contact Information

For additional information or inquiries, please reach out to us.

Burnaby Neighbour House

604-431-0400

www.burnabynh.ca

Settlement Department

236-833-6515

kanganas@burnabynh.ca