

A GUIDE

TO INDIGENOUS RESOURCES

IN GREATER VANCOUVER AND THE FRASER VALLEY

FALL 2022



THINGS TO KNOW
BEFORE MOVING TO THE CITY



Canada



Lu'ma Native Housing Society

OUR GUIDE'S PURPOSE IS TO

- provide information
- help you research
- help you navigate
- help you make good decisions
- help you reach your goals

in your transition to Greater Vancouver
and the Fraser Valley

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We acknowledge the traditional and unceded territories of the Katzie, Kwantlen, Kwikwetlem, Matsqui, Qayqayt, S'ólh Téméxw (Stó:lō) Nations of the lower mainland, scəwəθən məsteyəxʷ (Tsawwassen), səl'ilwətaʔt (Tsleil-Waututh), Semyemo (Semiahmoo), Skwxwú7mesh (Squamish), Sumas, and xʷməθkʷəy̓əm (Musqueam) First Nations.

The terms Aboriginal and Indigenous are used interchangeably.



SYMBOL - Indicates Indigenous Services

DO NOT GET LOST OR TAKEN!



TRICKSTERS

Tricksters prey on nice, vulnerable people who are new. You may be open to meeting new people and making new friends. But we rarely find good friends quickly on the streets. There are people from many cultures in Vancouver who will try to take your money, your body, your identity and your health. They are very persuasive. Stay alive and safe. We find good friends at Dance Groups, Ceremony, Circle, Sweats, Potlatch, Gatherings where we can build trust and respect over time.

Please look in the right places for true friendship.

A FEW SCAMS TO WATCH OUT FOR

"Can you cash this cheque for me?"

They may offer you lunch, friendship and a falsified cheque to trade for all the cash in your bank account. Kindly tell them you don't have any money.

"Come stay with me"

If you stay with someone you have just met, you will likely be preyed upon by them and whoever they have living there.

"Try this, it'll make you feel good"

Drug dealers will take your health, money and good looks away.

"Come for a drive"

Don't get in the car. Stay alive.

"Have a Drink!"

Don't take opened drinks from strangers and never leave your glass unattended.

"I'll help you if you help me"

Con artists are very persuasive.

"I want to give you some money... but I need to borrow yours first "

Don't lend money. Ask yourself, can I afford to give this person \$ as a gift? They won't pay you back

You're so pretty - I want to be with you."

Hmmm... inner dialogue...I just met him...He wants me to have sex with him - right away...

He must really like me!

It takes time to build trust and respect.

If he respects you, he will wait - to get to know you better and build a strong relationship because you are awesome.

“ SOMETIMES IT IS
BETTER TO FLY SOLO;
FOCUS ON ME AND MY GOALS. ”

Prepare Yourself

BEFORE ARRIVING IN VANCOUVER:

- Have valid ID: Status card, Care card, BCID, Driver's License, Birth Certificate;
- Have a copy of certifications & education transcripts;
- Have proof of employment papers: pay stubs;
- Have secure and stable housing in place before arriving;
- Have a plan for employment;
- If you have a vehicle be sure it is in good working order;
- Come knowing the transition to city life is difficult and stressful; and
- Be prepared, it could take several weeks or months to find housing and work.

It is also a good idea to:

- Have your own bank account, and
- Have at least \$1,500.00 in your bank account.

PITFALLS TO AVOID:

- Staying with family and couch surfing is not stable housing and often leads to hardship on family members, neighbours and the community;
- Don't come without being able to support yourself; and
- Wait lists for Non-Profit Housing are at least 2-years long and sometimes more.

How will you live when you arrive in the City?

THINGS TO CONSIDER:

PREPARE A BUDGET FOR YOURSELF !

Figure out your travel budget and monthly expenses. Here is a list of expenses to see what you will need to save.

Travel to Vancouver (gas, bus, flight, ferry)	\$
Food on the trip	\$
Monthly Accommodation	\$
Damage Deposit	\$
Groceries per month	\$
Transportation	\$
Clothes	\$
Odds & Ends	\$
Entertainment	\$
Total needed each Month	\$ _____

Knowing how you will be able to live will better aid you in your transition to the City.

Vancouver is one of the most expensive cities in the world to live in and this will require you to prepare yourself before arriving.

KNOW YOUR MONTHLY INCOME

Monthly Income:

Employment Income	\$
Income Assistance	\$
Other, Student living allowance, etc.	\$

Monthly Expenses:

Accommodation/Rent	\$
Groceries	\$
Transportation	\$
Clothes	\$
Odds & Ends	\$
Entertainment	\$

Total Expenses	\$ _____
Money left over	\$ _____

COMMUNITY VOICE MAIL



We provide local phone numbers with voicemail to people who are homeless &/or phoneless, giving them the tool they need to connect to job, housing, social service opportunities and to stay in touch with their family. CISCO donated over \$500,000 in technology and expertise to connect vulnerable people as part of their Corporate Responsibility Program.

COMMUNITY VOICE MAIL is a program owned and offered by Lu'ma Native Housing Society and shared with everyone in the broader community. You may learn more about Community Voice Mail by accessing our website at: www.lnhs.ca/community-voice-mail or by calling us at **604.876.0811**

You can also get a Community Voice Mail phone number from any one of these service providers in Greater Vancouver:

Native Education College
285 East 5th Ave, Vancouver

Vancouver Aboriginal Child and Family Services Society

Head Office | Family Preservation & Reunification
745 Clark Drive, Vancouver

Guardianship & Resources
2nd Floor, 3284 Broadway East, Vancouver

Child Protection & Family Services
2020 Yukon Street, Vancouver

Vancouver Aboriginal Friendship Centre Society
1607 E Hastings St, Vancouver

Lu'ma Native Housing Society
2986 Nanaimo St, Vancouver

ACCESS DTES

290 Main St, Vancouver

ACCESS Friendship Centre

1607 E Hastings St, Vancouver

ACCESS New Westminster

735 Carnarvon St, New Westminster

ACCESS Surrey

10757 138 St, Surrey

Bladerunners

390 Main St, Vancouver

Musqueam Employment

6735 Salish Dr, Vancouver

Sto:lo Aboriginal Skills and Employment

10757 - 138th St, Surrey

Metis Nation BC Employment

10757 - 138th St, Surrey

OTHER:

Sheway

PO Box 101 - 533 E Hastings St, Vancouver

Raincity Housing

Coast Mental Health

Seven Sacred Fires

Atira Housing

Vancouver Aboriginal Transformative

Justice Services Society

2425 Quebec St, #300, Vancouver

Helping Spirit Lodge Society

3965 Dumfries St, Vancouver

COMMUNICATIONS & MEDIA

Aboriginal Mother Centre

2019 Dundas St, Vancouver

Skeena House

3475 E Hastings St, Vancouver

Fraser Region Aboriginal Friendship Centre

10095 Whalley Blvd, Surrey

Seven Sacred Fires

13632 110 A Ave, Surrey

Native Courtworkers and Counselling Association

520 Richards St, Vancouver

Vancouver Aboriginal Friendship

Centre Outreach

1607 E Hastings St, Vancouver

All WorkBC locations

PHONE ACCESS

DTES Women's Centre

302 Columbia St, Vancouver | 604.681.8480

First United Church

320 E Hastings St, Vancouver | 604.681.8365

Union Gospel Mission

601 E Hastings St, Vancouver | 604.253.3323

WorkBC Hastings

134 E Hastings St, Vancouver | 604.334.6372

MEDIA

First Nations Drum

325 - 1001 W Broadway, Vancouver

236.998.5497

www.firstnationsdrum.com

Canada's largest Aboriginal newspaper, reaching communities all across the country. Distributed to Native Bands, Friendship Centres, Tribal Councils, Schools, Colleges and Universities, Libraries, various Aboriginal businesses and organizations from east to west.

Nation Talk

416.987.3126 ext 209

Canada's Premier National Aboriginal Newswire

CFRO Vancouver Co-op Radio - 102.7FM

370 Columbia St, Vancouver

604.684.8494

www.coopradio.org

La Boussole Francophone Centre

217-312 Main St, Vancouver

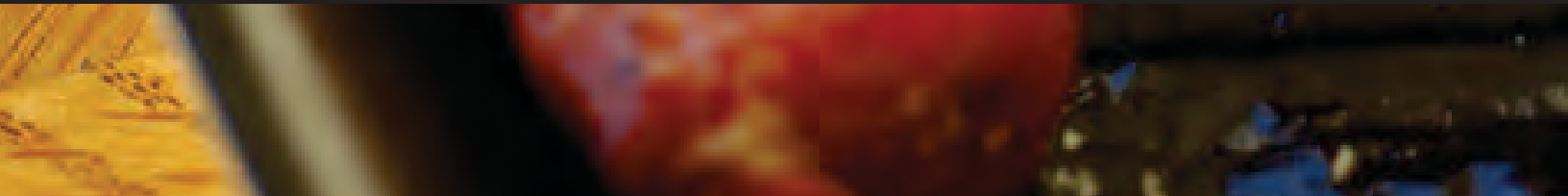
604.683.7337

www.lbv.ca | laboussole@lbv.ca

Wide range of French speaking activities like sewing workshops, meeting of members, food bank, meals.



BASIC NEEDS



BASIC NEEDS



FREE CLOTHING

411 Senoir's Centre

3502 Fraser St., Vancouver | 604.684.8171

Covenant House

575 Drake St., Vancouver | 604.685.7474

DTES Women's Centre

302 Columbia St | 604.681.8480

SPCA

543 Powell St | 604.253.4469

Union Gospel: Mission Possible

616 E Cordova St | 604.253.4044

For Women

YWCA

533 E Hastings St | 604.689.2808

LOW COST CLOTHING

Frack Shop

311 Carrall St, Vancouver | 604.682.8535

Good Stuff Connection Clothing Program & Thrift Store

154 W 3rd St, North Vancouver | 604.987.1773

The Salvation Army Thrift Shop

261 E 12th St., Vancouver | 604.874.4721

The Studio

138 E Hastings St, Buzz #110, Vancouver | 604.331.6901

Union Gospel Mission

671 E Hastings St. | 604.254.8721

Unisex

11 W Hastings St, Vancouver | 604.629.8396

Value Village

1820 E Hastings St | 604.254.4282

Call to find value Village closest to you

LAUNDRY AND SHOWERS

Directions Youth Service

1138 Burrard St | 604.633.1472 or 1.800.249.6884

DTES Women's Centre

302 E Columbia St | 604.681.8480

Evelyne Saller Centre

320 Alexander St | 604.665.3075

Gathering Place

609 Helmcken St | 604.665.2379

HAIRCUTS

London School

114 W Hastings St, Vancouver | 604.685.4122

Vancouver Community College Salon & Spa

250 W Pender St, Vancouver | 604.443.8332

FREE AND LOW COST MEALS IN VANCOUVER



Greater Vancouver Food Bank

Lower Mainland | 604.876.3601

295 Terminal Ave, Vancouver

8345 Winston St, Burnaby

613 Queens Ave, New Westminster (Olivet Church)

225 East 2nd Ave, North Vancouver (NS Neighborhood House)

Go to foodbank.bc.ca to find hours of operation

All locations closed Sundays, Mondays and Statutory Holidays.

Carnegie Centre

401 Main St | 604.665.2220

Breakfast (\$2.25) – Every day 9-11am

Lunch (\$2.75) – Every day 12-4pm

Dinner (\$3.50) – Every day 5-8pm

Union Gospel Mission

601 E Hastings St, Vancouver | Lunch 11am, Dinner Mon-

Fri 6:30pm, Sat & Sun 4pm

658 Clarkson St, New Westminister | Bfast Mon-Fri 8am-9am,
Soup Mon-Fri 12pm-1pm

Directions Youth Services

1138 Burrard St | 604.669.0498

Free Food: Take out dinner every day 8-8:30pm

21 years and under only

Door is Open

255 Dunlevy Ave | 604.669.0498

Free Lunch

Mon & Tue: 11am

Wed: 1:30 - Seniors Only

Thur, Fri & Sat: 11am

(First Saturday of the month breakfast @ 7am)

Sun: 12 noon

Downtown Eastside Neighbourhood House

573 E Hastings St | 604.215.2030

Free food: Breakfast & Lunch

Mon: 10-11:30am

Tue: 3:30-6:30pm - Families Only (Except before cheque day)

Wed: 10-11:30am & 11:30am-2pm

Thur: 3:30-6:30pm - Families Only

Dugout

59 Powell St | 604.685.5239

Free Food: Coffee/Soup/Bun

Mon to Sat: 7:30am

Sun: 8:30am

Evelyne Saller Center aka "the 44"

320 Alexander St | 604.665.3075

Breakfast (\$2.00) – Every day 10am-12pm

Lunch (\$2.00) – Every day 11am-3pm

Dinner (\$2.00) – Every day 3-5:50pm

Food on the Corner

222 Main St

Free Food: Soup, Bread, Coffee Sweets & Sandwiches

Sat: 11:00am-1 pm

Gathering Place

609 Helmcken St | 604.665.2391

Breakfast (\$2.25) - Everyday 9am-noon

Lunch (\$2.75) - Everyday 11:30am-4:30pm

Dinner (\$3.50) - Everyday 4:30-7pm

FREE AND LOW COST MEALS IN VANCOUVER



Harbour Light

119 E Cordova St | 604.645.6875

No meal on cheque issue a day.
Free Food (limited meals so be there at least 15 minutes before):

Mon to Fri: 11:00am

Sat & Sun: 4:15pm

The Salvation Army

222 Main St | 604.525.7311

Free Food: Soup/Sandwich Treats

Tue: 9:45pm-11pm

Union Gospel Mission

601 E Hastings St | 604.253.3323

(Enter on Princess St)

Free Food: Lunch and Dinner ~ meal tickets available
30 minutes prior

Lunch daily 11am

Dinner Mon to Fri: 6:30 pm

Dinner Sat & Sun: 4pm

FREE MEALS FOR WOMEN

Door is Open

255 Dunlevy St | 604.669.0498

Breakfast - Wed 8:30am

Lunch - Wed 11:30am

WISH

330 Alexander St | 604.681.9244

Female Sex Trade Women Only.

Breakfast, Dinner & Coffee/Snacks

Everyday 7-9am & 6-8pm

Women's Centre

302 E. Columbia St | 604.681.8480

Lunch and Movie (Popcorn subject to availability)

Everyday 12:30-1:45pm or 2pm

YWCA Crabtree Corner

533 E Hastings St | 604.216.1650

Breakfast Mon-Fri: 8:45-9:45 am

Lunch - Mon, Tue, Thu & Fri: 1-2:30pm

Wed: 12-1:15am

YWCA

533 E Hastings St | 604.216.1650

Pregnant Women Only.

Lunch (except stat holidays) - Mon to Fri: 12-2pm

PET FOOD BANK

BCSPCA Charlie's Pet Food Bank

543 Powell St | 604.253.4469

Free Food: Thu: 10am-12pm



LOW COST GROCERIES



Quest Food Exchange | www.questoutreach.org

Quest Clients are referred through a social service agency, a community-serving charity or non-profit, a church, social worker, doctor, nurse, teacher, principal or other professional sources or organizations whose mission is to support individuals facing economic barriers – simply ask for a referral. If you are a card-carrying client of a local food bank or if you receive income assistance from the Ministry of Social Development and Poverty Reduction, you are automatically approved to become a client of quest. Simply visit a market and present your food Bank ID card or proof of assistance and you will be issued your own Quest Client ID card.

Market hours and locations:

Vancouver – 2020 Dundas Street | [604.602.0186](tel:604.602.0186)

Monday – Friday: 9am – 5:45pm
Saturday: 9am – 3:45pm
Sunday and Holidays: Closed

Vancouver – 611 E. Hastings | [604.605.0735](tel:604.605.0735)

Monday – Friday: 9am – 5:45pm
Saturday: 9am – 3:45pm
Sunday & Holidays: Closed

Surrey – 13890 104 Avenue | [604.588.3476](tel:604.588.3476)

Monday – Friday: 9am – 5:45pm
Saturday: 9am – 3:45pm
Sundays: 12pm- 4pm
Holidays: Closed

Burnaby – 7753 6th Street | [604.553.0636](tel:604.553.0636)

Monday – Friday: 9am – 5:45pm
Saturday: 9 am -3:45pm
Sunday: 11am-3:00pm
Sunday and Holidays: Closed

North Vancouver – 167 1st Street East | [604.566.0110](tel:604.566.0110) (Market Entrance from Lolo Lane)

Monday – Friday: 9am – 5:45pm
Saturday: 9am – 3:45pm
Sunday and Holidays: Closed



HOUSING



HOUSING OPTIONS



There is a WIDE range of housing options available in the Greater Vancouver Regional District which includes Emergency housing, shelters, transitional housing, affordable housing, seniors' housing, co-ops and market housing.

EMERGENCY HOUSING / SHELTERS

People with no place to stay can sleep at night in shelters operated by non-profits. There is food and other services available. Some shelters have showers. You can dial 211 on any phone to find out where there is availability.

Note: This is not a permanent solution to your housing needs.

COUCH SURFING!

This is a temporary option if you have friends and family in Vancouver. However, you need to ask if you will be able to sleep safely. Your host may get into trouble for over-crowding their housing unit and you may have to leave. It's likely an option for just a few days or weeks. Overcrowding causes stress and hardship on others and should only be short term. You may have friends and family who are happy to welcome you to Vancouver but they cannot extend this hospitality indefinitely.

RECOVERY HOUSES \$375 / mth +

Recovery houses provide housing, meals and a harm reduction or addiction recovery program. We recommend only considering a Recovery house owned and operated by a non-profit. Please only access Recovery Houses referred by a Support Worker or call 211. There are some places that list themselves as Recovery Houses but may not be licensed.

SRO's (Single Room Occupancy) \$375-650 / mth

There are a lot of older buildings in the downtown east-side of Vancouver that used to be hotels in the 1880-1960's. In the 70's, the area changed and the hotels became cheap studio apartments that were often not managed very well. It became a dangerous area with vulnerable women disappearing and predatory drug dealers taking over the neighbourhood. BC Housing purchased most of these buildings to maintain an affordable housing stock. Many residents have a range of issues: drug and alcohol abuse, mental and physical illness. Check to see if they have tenancy agreements so you have rights as a tenant before you consider renting a room at an SRO. Usually SRO rooms have no private washroom or kitchen.

HOUSING OPTIONS

TRANSITION HOUSING \$375 / mth +

Transition houses are managed and operated by non-profits. They range in options including how long you can stay, who can stay, drug/alcohol use on site and program participation. Meals or a kitchen may be provided or a portion of your food allowance may go directly to the meal program on site. You may be required to set goals as a condition of housing, such as:

- graduating out of homeless shelters
- improving mental wellness
- being drug and alcohol free
- re-uniting children and parents
- keeping families together
- ending violence
- learning life skills
- getting education
- living a healthy life
- working towards landing permanent housing.

AFFORDABLE HOUSING WITH SUBSIDY \$375-\$1,600 / mth

Affordable housing is managed and operated by non-profits like Lu'ma Native Housing Society. Some affordable housing projects have units with subsidies available that can help make rent more affordable. There are many affordable housing societies and hundreds of affordable housing projects. "Affordable Rent" = 30% of pre tax income for rent per month and a subsidy may or may not be available for low income persons. Please note many affordable housing societies have lengthy waitlists and placement into housing may take months or even years.

MODULAR SUPPORTIVE HOUSING

Applications for temporary modular housing are processed through the BC Housing Supportive Housing Registry. Tenants would be selected through BC Housing, the non-profit housing operator, and the City's outreach team through a coordinated process that ensures tenants' needs are well matched to the levels of services provided in the building.

These projects offer 2 meals a day with 24 hour support staff. The Lu'ma projects also offer Cultural supports and programming onsite.

Apply at <https://www.bchousing.org/housing-assistance/housing-with-support/supportive-housing>

ABORIGINAL AFFORDABLE HOUSING

Aboriginal Housing is where most Aboriginal people migrating to Vancouver prefer to live. There are four main Aboriginal housing providers, all who have long wait lists. Housing is provided based on need, not when you apply. Apply as early as possible before you plan to come to Vancouver. Update your profile with the housing provider whenever you move to keep your application current.

AFFORDABLE HOUSING NO SUBSIDY \$750-1,900 / mth (Lower end of market rent)

Affordable housing buildings managed by non-profits have a percentage of units that do not have a subsidy available and are called lower end of market. There are usually no wait lists for these units. The rent is still cheaper than privately owned housing. There are rules about the number of people who are permitted to occupy a suite. For example, a one bedroom is for one person or one couple.



HOUSING OPTIONS

CO-OP Housing

Membership Fee + Rent \$700-1,200

Apply in advance of coming to Vancouver to get on the waitlist as it may be up to 3 years long. Sometimes they have immediate availability. Co-op housing units are well priced (\$900 - 1,600) for a 3 or 4 bedroom in Vancouver. Approach each Co-Op individually in the area you want to live and complete an application (these are not tied into the BC Housing Registry). When you are accepted, there is a fee to join the Co-Op (\$500-3,000). This may be worth the investment because you will often pay a lower rent. Attending annual or bi-monthly tenant meetings is usually mandatory.

SHARED HOUSING \$375-800 / mth +

Housing in Vancouver is expensive so people may share privately owned apartments or houses. You can find shared housing on Craigslist, EasyRoommate.com, and Partners in Hope websites. Perhaps the owner of a house wants to rent out a room or maybe some students have a 3 bedroom flat in a house and need a roommate. Check out your school's bulletin board for rooms for rent. Usually there are shared areas like kitchen, bathroom, and living room. Listen to your inner spirit: Are these good people to live with? Ask lots of questions about their lifestyle & house rules. Write down some questions beforehand. Take notes when you view the place so you can think it over later. Make sure you get a receipt for all deposit and rent money paid.



PRIVATE HOUSING \$600-2,000 +

You may be eligible for a Rental Subsidy to help you afford rent. Privately owned apartments, condo's and houses can be found on Craigslist. Owners can be picky and difficult or easy going and friendly. Watch out for mould in cheaper places. Is this a good place for me to live? Make sure you have a tenancy agreement to sign so your rights as a tenant are protected. You will be able to afford something bigger, nicer and cheaper the further you go from downtown. It helps if you have a number of people so you can rent an entire upper or lower floor in a house. If you have housing references, employment setup, and some other family, you may find renting a whole house is an affordable option in areas like Coquitlam, Burnaby and Maple Ridge.

BC HOUSING'S PORTABLE SUBSIDY

Helping you Afford Rent in the Private Market

RENTAL ASSISTANCE PROGRAM

Provides eligible low-income, working families with cash assistance to help with their monthly rent payments.

To qualify, families must have a gross household income of \$35,000 or less, have at least one dependent child, and have been employed at some point over the last year.

You MAY be eligible for the Rental Assistance Program if you meet ALL of the following criteria:

- Some or all of your annual household income must come from employment;
- You have a gross annual household income of \$35,000 or less;
- You have at least one or more dependent children.
- You file an annual income tax return;
- You pay more than 30 per cent of your household income towards rent for your home, or pay pad rental for a manufactured home (trailer) that you own and occupy; and
- You have lived in British Columbia for the full 12 months preceding the date of application.

Download the Application:

www.bchousing.org/housing-assistance/rental-assistance-programs/RAP

or Call 604 433-2218 to find locations to pick one

SHELTER AID FOR ELDER RENTERS

< “S A F E R” >

Helps make rents affordable for BC elders with low to moderate incomes. SAFER provides monthly cash payments to subsidize rents for eligible BC residents who are age 60 or over and who pay rent for their homes.

BC Housing provides SAFER subsidies to more than 16,000 senior households renting apartments in the private market, including singles, couples and people sharing a unit.

You may be eligible for SAFER if you meet all of the following conditions:

- You are age 60 or older.
- You have lived in British Columbia for the full 12 months immediately preceding your application.
- You and your spouse (with whom you are living) meet the citizenship requirements.
- You pay more than 30% of your gross (before tax) monthly household income towards the rent for your home, including the cost of pad rental for a manufactured home (trailer) that you own and occupy.

Download the Application:

www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER

or Call 604 433-2218 to find locations to pick one

BEFORE YOU RENT

CHECKLIST

WHEN YOU VIEW PLACES FOR RENT

1. Is everything clean & functioning? (ie. fridge/ air conditioning/windows/locks/doors/toilets/shower) If not, is the landlord willing to fix it before you move in?
2. Bug evidence of any kind. Look for evidence of bugs, bed bugs or rodents. (sightings, bodies or droppings)
3. What neighbours the apartment? Is it just neighbours? Or would you be living above a business that might be noisy all day? Or next to a laundry room that seems quiet now but might get loud at odd hours?
4. Condition of Carpet. Is it really old and dusty or smelly from a pet? Is it heavily soiled? Has it been cleaned lately? Do the white sock test.
5. Does the stove and bathroom fan work? Try the tissue test to see if it pulls air. Can the landlord replace the fan?
6. What's around the apartment? Drive around the area at night to see how safe it really is. Bus stops or roads with a lot of traffic might be noisy.
7. Does it smell of smoke in the hallway/around the building? If you don't like smoke in your apartment, investigate if any neighbours are smokers... unless you want to close your windows all the time.
8. Where/ how are the trash and communal laundry kept? It can tell a lot about how the apartments are maintained and what kind of neighbours you'd be living next to.
9. Is there mould, moisture, ceiling stains? Single pane windows have a lot of water condensation when it's cold outside. Then the drips can rot out wood / drywall window sills.

Moulds can cause nasal stuffiness, throat irritation, coughing, wheezing, eye and skin irritation in healthy people. People with suppressed immune systems may get serious infections in their lungs

The above Checklist provided Courtesy of Vancouver Aboriginal Transformative Justice Services Society (VATJSS) | www.vatjss.com

STRATEGY TO FINDING HOUSING

1

Get on the Non-Profit Housing Registries:

BC Housing www.bchousing.org/housing-assistance/rental-ousing/subsidized-housing

Lu'ma Native Housing www.lnhs.ca/luma-native-housing-soceity-apply

Metro - Vancouver Housing www.metrovancouver.org/services/housing/tenants/housing-soceity-apply-for-housing

2

Decide the area you would like to live in – beach, park, river, hiking, biking, schools, groceries, etc.

3

Please consider your safety and whether the location is healthy for you.

4

APPLY EVERYWHERE.

NON-PROFIT HOUSING SOCIETIES



Housing Societies manage multiple housing facilities, but have long wait lists and housing is provided based on need, not on the date you apply.



Lu'ma Native Housing Society

2960 Nanaimo St, Vancouver

604.876.0811 | www.lnhs.ca

Aboriginal Housing for families, youth & singles in Metro Vancouver.



Vancouver Native Housing Society

1726 East Hastings St, Vancouver

604.320.3312 | www.vnhs.ca

Studios, 1-3 Bedroom units for singles & families in downtown & eastside, Vancouver.



Kekinow Native Housing Society

1014 - 7445 132nd St, Surrey

604.591.5299 | www.kekinow.ca

Townhouses for singles & families in Surrey & Chilliwack.



Mamele'awt Qweesome & To'o Housing Society

PO Box 3563, Mission

604.820.3324 | www.mqhs.ca

Affordable housing for singles & families in Mission, Abbotsford, Chilliwack, Rosedale, Agassiz, Harrison Hot Springs and Hope.

Lookout Housing and Health Society

544 Columbia St, New Westminster

604.255.0340 | www.lookoutsociety.ca

Supportive and transitional housing, emergency shelters and a range of support services to adults with low or no income who have few, if any, housing or support options.

Neighbourhood Housing Society

380 Main St, Vancouver

604.331.8757 | neighbourhoodhousing.vcn.bc.ca

Affordable housing options for low-income people living in the Vancouver Downtown Eastside.

RainCity Housing & Support Society

616 Powell St, Vancouver

604.662.7023 | www.raincityhousing.org

Progressive housing and support solutions for people living with mental illness, addictions and other challenges.

The Salvation Army

103 - 3833 Henning Dr, Burnaby

604.299.3908 | www.salvationarmy.ca/britishcolumbia

Residential independent living, assisted living, complex care, hospice, and support services for seniors, people living with addictions and other challenges.

PHS Community Services Society

9 East Hastings St, Vancouver

604.683.0073 | www.phs.ca

Affordable housing for adult individuals who are poorly served elsewhere in the community due to their physical health, mental health, behavioural issues, substance dependencies, forensic history, and for those who are homeless.

Atira Women's Resource Society

201 - 190 Alexander St, Vancouver

107 - 2430 King George Blvd., Surrey

604.681.4437 | www.atira.bc.ca

Housing for women in Vancouver and the Lower Mainland.

Affordable Housing Societies

#1 - 1001 Royal Ave, New Westminster

604.521.0818 | www.affordablehousing Societies.ca

Develops, owns and manages rental housing for low- and moderate-income families, seniors and singles/couples with a portfolio of 62 projects in 13 municipalities.

New Chelsea Society

205-4300 North Fraser Way, Burnaby

604.395.4370 | www.newchelsea.ca

Affordable housing provider across the lower mainland.

NON-PROFIT HOUSING FOR FAMILIES

VANCOUVER



VANCOUVER EASTSIDE

Grandview Gardens

2535 N. Grandview Hwy, Vancouver | 604.451.6670

3 and 4 bedroom townhouses on treed bikeway

Grandview Terrace

1501 Woodland, Vancouver | 604.433.2218

1 to 4 bedroom, quiet area near Commercial Drive

Charleswood Court

1515 Charles St, Vancouver | 604.254.7233

26 units from one to four bedrooms;
Near elementary school, recreation centre

Alexandra Place

1810 East Georgia St, Vancouver | 604.258.4123

39 units ranging from one to three bedrooms

Alma Blackwell

1656 Adanac St, Vancouver | 604.451.4412

46 units ranging from one to four bedrooms

Mi-Casa

2425 St. Catherines St, Vancouver | 604.431.9225

2 and 3 bedroom apartments, near elementary school

Hemlock Court

1411 E 17th Ave, Vancouver | 604.451.6670

2 and 3 bedroom townhouses, near schools

Chelsea Green

4120 Kamloops St, Vancouver | 604.395.4370

29 family townhouses near Nanaimo Skytrain

Chelsea Court

2378 Grandview Hwy, Vancouver | 604.395.4370

32 family units including apartments and townhomes

Chelsea Crossing

3691 Vanness Ave, Vancouver | 604.395.4370

31 units of 2-,3- and 4-bedroom apartments

Chelsea Lane

1680 East 6th Ave, Vancouver | 604.395.4370

16-two bedroom townhouses for families

Chelsea Gardens

837 East 52nd Ave, Vancouver | 604.395.4370

53 family townhomes

Muir Manor

2588 Nanaimo St, Vancouver | 604.433.2218

2 and 3 bedroom apartments, near schools

Ledingham Place

2425 Brunswick St, Vancouver | 604.681.8365

2 and 3 bedroom apartments, near schools

Bill Hennessey Place

370 Jackson Ave, Vancouver | 604.681.8365

70 units of housing, including bachelor, one bedroom and two bedroom units

VANCOUVER WEST END

Yaletown Mews Society

201 Alvin Narod Mews, Vancouver | 604.899.2566

Mole Hill Community Housing Society

1169 Pendrell St, Vancouver | 604.687.1145

Barclay Heritage Square Residences

1416 Haro St, Vancouver | 604.665.3331

Seven two-bedroom and 11 three-bedroom low-rent units

NON-PROFIT HOUSING FOR FAMILIES

VANCOUVER



VANCOUVER SOUTHEAST

Fraser Lands

2688 Blanche St, Vancouver | 604.433.2218

Fully subsidized 2, 3 and 4 bedroom townhouse units

Three Links Plaza

7349 Rebekah Dr, Vancouver | 604.435.7942

Natalia Terrace

3550 SE Marine Dr, Vancouver | 604.451.4415

41 units of 2, 3 and 4 bedrooms

Orchard Park

5701 Nanaimo St, Vancouver | 604.433.2218

Vanness Park

3278 Vanness Ave, Vancouver | 604.435.7942

Tivoli Gardens

3501 Naples Way, Vancouver | 604.451.6670

2 and 3 bedroom townhouses

Earle Adams Village

7601 Bywell Court, Vancouver | 604.451.6670

2 and 3 bedroom townhouses

Champlain Place

3217 East 58th Ave, Vancouver | 604.433.2218 8

Ashdown Gardens

590 SW Marine Dr, Vancouver | 604.451.6670

2 bedroom townhouses, near schools

VANCOUVER DOWNTOWN

C-Side

1288 W. Cordova, Vancouver | 604.691.6585

284 units mixed market 1 and 2 bedrooms

Quayside - Red Door Housing Society

1010 Pacific Blvd, Vancouver | 604.431.9225

1 to 5 bedroom apartments

Woodwards / One Twenty West

120 West Cordova St, Vancouver | 604.609.7024

CBA Manor

32 West Pender St, Vancouver | 604.688.0898

Elders and families

Jennie Pentland Place

540 E Hastings St, Vancouver | 604.681.8365

86 units of housing, including bachelor, 1, 2 and 3 bedroom units

VANCOUVER WESTSIDE

Habitat Villa

3859 West 2nd Ave, Vancouver | 604.433.2218

2 and 3 bedroom townhouses

Heather Place

774 West 13th Ave, Vancouver | 604.451.6670

1 to 3 bedroom townhouses

Strathern Court

1893 Spyglass Place, Vancouver | 604.433.2218

Wellington Apartments

1399 Fountain Way, Vancouver | 604.731.1399

1 to 3 bedroom townhouses

St. Georges Place

2938 Laurel St, Vancouver | 604.736.8775

Families and Singles

Redwood Mews

420 West 16th Ave, Vancouver | 604.433.2218

2 to 3 bedroom units

CO-OP HOUSING



Membership may cost \$100-\$5,000 (a one-time fee up front). Rent may cost \$600-1,800 per month depending on location.

To apply, MAIL a self-addressed envelope to the Co-op, Attn: Housing Committee for an application or call or visit in person or google & apply online. There are co-ops across Greater Vancouver. To find out more about Co-op Housing, visit Co-operative Housing Federation of British Columbia at www.chf.bc.ca.

Laura Jamieson Co-op (1 to 3 bedroom)

1349 East 2nd Ave, Vancouver V5N 1C4

Alder Bay Co-op (townhouses)

1256 Shorepine Walk, Vancouver V6H 3T8

False Creek Co-op (1-4 bedroom townhouses)

711 Millyard, Vancouver V5Z 3Z9

False Creek Co-op (2-4 bedroom townhouses)

907 Lamey's Mill Rd, Vancouver

City Gate Co-Op Housing

188 Milross Ave, Vancouver V6A 4J4 | [604.331.1166](tel:604.331.1166)

Coal Harbour Housing Co-op

1515 West Hastings St, Vancouver

Access Co-Op Housing Society

2838 E 7th Ave, Vancouver V5M 1T9 | [604.254.4919](tel:604.254.4919)

Roundhouse Co-op Housing

1267 Marinaside Crescent, Vancouver V6Z 2X5

Amicae Co-op

800-1047 Barclay St, Vancouver V6E 4H2

Charleston Terrace Co-op

960 West 6th Ave, Vancouver V5Z 4J3

Domego Co-op

100 - 2950 Heather St, Vancouver V5Z 3J8 (near VHG)

Riverside Landing Co-op (1-4 bedrooms)

2288 Skipper Place, Vancouver V5P 4T5

Heritage Co-op

717 West 8th Ave, Vancouver V5Z 1C9

Harbour Cove Co-op

1515 W 1st Ave, Vancouver V6J 1E8

Connaught Co-op

527 Commodore Rd, Vancouver V5Z 4G5

Creekview Co-op

1483 Lamey's Mill Rd, Vancouver V6H 3Y7

Marina Co-op

1590 W 1st Ave, Vancouver V6J 4Z3

Twin Rainbows

1415 Lamey's Mill Rd, Vancouver V6H 3W1

Broadview Co-op

2525 Waterloo St, Vancouver V6R 2H6

Ashley Marr Coop

8495 Cambie St, Vancouver V6P 3J9

NON-PROFIT HOUSING FOR SINGLES

VANCOUVER



VANCOUVER WEST END

C-Side

1288 W Cordova St, Vancouver | [604.691.6585](tel:604.691.6585)

Mole Hill Community Society

1169 Pendrell St, Vancouver | [604.687.1145](tel:604.687.1145)

Seymour Place

1221 Seymour Ave, Vancouver | [604.408.5777](tel:604.408.5777)

VANCOUVER WESTSIDE

Sanford Apartments

1601 W 7th Ave, Vancouver | [604.609.7024](tel:604.609.7024)

Glynn Manor

520 W 7th Ave, Vancouver | [604.684.3515](tel:604.684.3515)

Phoenix

745 W 7th Ave, Vancouver | [604.879.2633](tel:604.879.2633)

Singles - Ex-psychiatric patients

VANCOUVER EASTSIDE

First Place Residence

188 E 1st Ave, Vancouver | [604.558.4022](tel:604.558.4022)

Bridget Moran

668 Powell St, Vancouver | [604.331.8757](tel:604.331.8757)

Bill Hennessy Place

501 E Hastings St, Vancouver | [604.253.4720](tel:604.253.4720)

Hugh Bird Residence

420 E Cordova St, Vancouver | [604.451.6670](tel:604.451.6670)

Cecilia House

315 Powell St, Vancouver | [604.606.0331](tel:604.606.0331)

VANCOUVER DOWNTOWN

Union Gospel Mission McElrea Place

361 Heatly Ave, Vancouver | [604.253.3323](tel:604.253.3323)

Candela Place

1267 Granville St, Vancouver | [604.681.5083](tel:604.681.5083)

Kindred Place

1321 Richards St, Vancouver | [604.688.4043](tel:604.688.4043)

Addiction recovery, library, computer room.

MPA Society Hazelwood Hotel

344 East Hastings St, Vancouver | [604.609.7024](tel:604.609.7024)

Woodwards

131 West Hastings St, Vancouver | [604.609.7024](tel:604.609.7024)

Columbia House

103 Powell St, Vancouver | [604.681.6846](tel:604.681.6846)

Europe Hotel

43 Powell St, Vancouver | [604.689.5161](tel:604.689.5161)

Columbia House

101 Powell St, Vancouver | [604.433.2218](tel:604.433.2218)

The Ford

375 Main St, Vancouver | [604.433.2218](tel:604.433.2218)

The View

250 Powell St, Vancouver | [604.558.7784](tel:604.558.7784)

NON-PROFIT HOUSING FOR SINGLES VANCOUVER



Modular

Álewem (Modular)

1580 & 1582 Vernon Drive,
Vancouver | **778.723.1580**

Naomi Place (Modular)

3598 Copley St, Vancouver | **604.423.0930**

Nora Hendrix Place (Modular)

258 Union St, Vancouver | **604.336.9952**

265 West 1st Avenue (Modular)

265 West 1st Ave, Vancouver | **604.336.9950**

New Beginnings (Modular)

5077 & 5095 Heather St,
Vancouver | **236.521.4360**

Larwill Place (Modular)

610 and 620 Cambie St,
Vancouver | **604.558.7600**

Margaret Mitchell Place (Modular)

2132 Ash St, Vancouver | **604.428.7535**

Sarah Ross House (Modular)

4480 Kaslo St, Vancouver | **604.428.4569**

Chartrand Place (Modular)

1131 Franklin St, Vancouver | **604.620.5327**

Reiderman Residence (Modular)

7430 and 7460 Heather St,
Vancouver | **778.939.6224**

220 Terminal Avenue (Modular)

220 Terminal Ave, Vancouver |



Lu'ma Native Housing Society

Providing safe, affordable housing to Aboriginal families
and individuals for over 30 years.

Our projects are voted Best Practices,
Internationally (United Nations Human Settlements Programme),
Nationally and Locally.

Proud to support the
Aboriginal Homelessness Steering Committee
in their efforts to address homelessness by acting as the
City Entity in partnership with the Federal Government.



NON-PROFIT HOUSING FOR SINGLES AND FAMILIES

METRO-VANCOUVER



BURNABY

Concordia Court

5550 Beresford St, Burnaby | **604.436.1225**

Families & Seniors

Heritage Heights

3765 Albert St, Burnaby | **604.291.6450**

Ridgelawn Gardens

1960 Bellwood Ave, Burnaby | **604.291.0461**

Burnaby Court

7411 12th Ave, Burnaby | **604.525.1711**

Lakepark Village

8580 Cumberland Place, Burnaby | **604.520.1663**

RICHMOND

Regent Place

11131 No. 1 Rd, Richmond | **604.448.9669**

Gilbert Gardens

7120 Gilbert Rd, Richmond | **604.278.6892**

Venturi Park

7151 Moffatt Rd, Richmond | **604.273.0243**

NEW WESTMINSTER

Cedar Manor

312 Hospital St, New Westminister | **604.395.1454**

Hillside Place

1025 Queens Ave, New West | **604.522.4123**

Bridgeview Heights

511 - 13th St, New Westminister | **604.522.1416**

SURREY

Friendship Village

6526 135th St, Surrey | **604.596.1099**

Hyland Village

13927 68th Ave., Surrey | **604.599.0931**

Jennings Place

7775 - 120 A St, Surrey | **604.590.8659**

Union Gospel Mission

Orchard Townhouse Complex

9858-151 St., Surrey | **604.589.9317**

Johnston Court

9699 152B St, Surrey | **604.582.1288**

Kwantlen Park

12615 72nd Ave., Surrey | **604.543.7271**

Rodeo Park Place

17445 57th Ave., Surrey | **604.576.9969**

Stoney Creek

6438 King George Blvd, Surrey | **604.501.2533**

Strawberry Hill

7555 - 120A St, Surrey | **604.501.0505**

Nickerson Place (Modular)

13550 - 105 Ave, Surrey | **604.498.5804 ext 1**

Nancy Gerard Building (Modular)

10662 King George Blvd, Surrey | **604.498.5804 ext 2**

Steve Cobon Building (Modular)

13455 - 107A Ave, Surrey | **604.498.5804 ext 3**

NON-PROFIT HOUSING FOR SINGLES AND FAMILIES

METRO VANCOUVER (continues)



LANGLEY

Innes Park

20257 53A Ave, Langley | [604.539.0217](tel:604.539.0217)

PITT MEADOWS / MAPLE RIDGE / MISSION

The Meadows

19013 Ford Rd, Pitt Meadows | [604.465.4851](tel:604.465.4851)

Mission Heights

7305 Cedar Valley Connector, Mission | [604.820.1715](tel:604.820.1715)

Dewdney Villas

21755 Dewdney Trunk Rd, Maple Ridge | [604.467.9097](tel:604.467.9097)

COQUITLAM / PORT MOODY

Decaire Heights

310 Decaire St, Coquitlam ~ go in person

Glen Meadows

2825 to 2841 Glen Dr, Coquitlam | [778.285.1005](tel:778.285.1005)

Moody's Landing

2330 St John's St, Port Moody | [604.939.9281](tel:604.939.9281)

River Woods

2466 Gately Ave, Port Coquitlam | [604.464.0034](tel:604.464.0034)

Rock Springs

1201 Ridgeway Ave, Coquitlam | [604.931.0826](tel:604.931.0826)

NON-PROFIT HOUSING FOR ELDERERS



METRO-VANCOUVER

Sto:lo Elder's Lodge

7519 Topaz Drive, Chilliwack | 604.465.4851

www.stolonation.bc.ca

15 assisted living suites for seniors and persons with disabilities in Chilliwack.

Carolina Court

600 East 6th Ave, Vancouver | 604.433.2218

Offers senior residents independent living options as well as a variety of amenities and services.

Hopehill

3350 E 5th Ave, Vancouver | 604.255.7707

Affordable housing and care for adults aged 55+

Twin Towers

172 E 2nd Ave, North Vancouver | 604.988.0611

Chaffey Lane Society

4389 Grange St, Burnaby | 604.435.7942

EverGreen Plaza

4603 Evergreen Lane, Delta | 604.940.2774

Marina Park

4843-48th Ave, Delta | 604.946.8288

By the river & services, gardening beds

VANCOUVER SOUTHEAST

Southview Heights

3131 East 58th St, Vancouver | 604.263.7377

1 bedroom apts, VCH, assisted living, meals, laundry.

Coleopy Park

5748 Rupert St, Vancouver | 604.433.2218

Honoria Conway Assisted Living

4875 Heather St, Vancouver

VANCOUVER WEST END

Sunset Towers

1655 Barclay St, Vancouver | 604.433.2218

Sunset Towers

1650 Haro St, Vancouver | 604.669.56622

Pendrellis

1254 Pendrell St, Vancouver | 604.687.0915

Twin Arms

1030 Burnaby St, Vancouver | 604.688.2771

Nicholson Towers

1115 Nelson St, Vancouver | 604.558.5941

VANCOUVER WESTSIDE

St. Mary's Mews

5311 Balsam St, Vancouver | 604.263.1766

Granville House

1515 Granville St, Vancouver | 604.681.2417

Southwynd Place

8080 Yukon St, Vancouver | 604.324.1279

Southvan Manor

6545 Alberta St, Vancouver | 604.321.7042

Lionsview Building

2975 Horley St, Vancouver

NON-PROFIT HOUSING FOR ELDERERS

(continues)



COQUITLAM

Pinetree Court
3100 Ozada Ave, Coquitlam | **604.942.2277**

VANCOUVER EASTSIDE

Odd Fellows Manor
3595 Kingsway, Vancouver | **604.568.6895**

Columbus Tower
5233 Joyce St, Vancouver | **604.438.3819**

Killarney Park
6620 Elliot St, Vancouver | **604.433.2218**

Wallace Wilson House
1620 E 6th Ave, Vancouver | **604.684.3515**

Whiting Court Society
1842 E 10 Ave, Vancouver | **604.872.7020**

Grandview Tower I
1455 E 3rd Ave, Vancouver | **604.253.5352**

Grandview Tower II
1425 E 3rd Ave, Vancouver | **604.253.5352**

Grandview Tower III
1420 E 2nd Ave, Vancouver | **604.253.5352**

Anavets
951 E 8th Ave, Vancouver | **604.874.8105**

Chelsea Tower
330 E 6th Ave, Vancouver | **604.874.6255**

Lions Manor1
325 E 6th Ave, Vancouver | **604.873.1140**

Evangel Tower
30 E 10th Ave, Vancouver | **604.872.1090**

Lions View 1
2950 Euclid Ave, Vancouver | **604.684.3515**

Renfrew Park Manor
3433 Renfrew St, Vancouver | **604.435.2241**

Little Mountain Court
250 E 36th Ave, Vancouver | **604.433.2218**

Chelsea Gardens
800 East 52 Ave, Vancouver | **604.395.4370**

Culloden Court
6285 Knight St., Vancouver | **604.433.2218**

VANCOUVER DOWNTOWN / DTES

Regal Place Hotel - PHS Community Services
146 W Hastings St, Vancouver | **778.371.0050**

Orange Hall
341 Gore St, Vancouver | **604.568.1110**

Harmony House
580 Shanghai Alley, Vancouver | **604.648.0012**

Central Residence
42 E Cordova St, Vancouver | **604.665.3070**

**Smith Yuen Apartments -
Mental Health Housing**
475 E Hastings St, Vancouver | **604.676.9989**

Cordova House
368 E Cordova St, Vancouver | **604.606.0447**
Wheelchair accessible

Saint James Place
340 E Cordova St, Vancouver | **604.681.4439**

Hotel Irving
101 E Hastings St, Vancouver | **604.681.9243**

NON-PROFIT HOUSING FOR ELDERS

(continues)



Kensington Cedar Cottage

1842 E 10th Ave, Vancouver | **604.433.2218**

Maple Hotel

177 East Hastings St, Vancouver | **604.681.3220**

Bruce Erikson Place

(Neighborhood Housing Society)

380 Main St, Vancouver | **604.331.8757**

Jeffrey Ross Residence

510 Alexander St, Vancouver | **604.255.7089**

Alexander House

176 Alexander St, Vancouver | **604.433.2218**

Alexander Residence

58 Alexander St, Vancouver | **604.665.3093**

Shiloh Place

245 Powell St, Vancouver | **604.682.1189**

Tellier Tower

16 E Hastings St, Vancouver | **604.688.2527**

Roddan Lodge - City of Vancouver Housing

124 Dunlevy St, Vancouver | **604.673.8008**

Antoinette Lodge

535 E Cordova St, Vancouver | **604.251.2611**

Oppenheimer Lodge

450 E Cordova St, Vancouver | **604.253.4624**

Lions Ron Morrice Manor

4290 Naughton Ave, North Vancouver | **604.929.9499**

Lions Plaza

800-832 Apex Ave, North Vancouver | **604.929.9499**



ALL GENDER ADULT SHELTERS

(Some addresses are confidential for security purposes)



VANCOUVER



Aboriginal Shelter

201 Central St, Vancouver | 604.682.5556

5:30pm-10am, 2 meals; No alcohol/drug use on site. Pets & carts allowed. Wheelchair accessible.

Triage

707 Powell St, Vancouver | 604.254.3700

Stay 1-30 days, private room, medical staff, harm reduction, needle exchange, medication admin, wheelchair accessible

First Baptist Church

969 Burrard St, Vancouver | 604.683.8441

Tuesday nights only, meal at 8:30pm, shelter area for under 19, no alcohol/drug use on-site

Al Mitchell Place

346 Alexander St, Vancouver | 604.681.9126 - ext 1

Pets allowed, wheelchair accessible, medication/money admin, harm reduction

New Fountain

356 Hastings St, Vancouver | 604.669.3306

7pm - 9am, 2 meals, harm reduction, pets & carts allowed

Salvation Army Belkin House

555 Homer St, Vancouver | 604.681.3405

Dorms, no alcohol/drug use on site

Salvation Army Crosswalk

108 E, Hastings St. Vancouver | 604.681.3405

9:30pm - 7:30 am, no admission after 2 am, wheelchair accessible, no alcohol or drug use on site.

Metson Shelter

1060 Howe St, Vancouver | 604.428.3686

24/7, pets allowed on leash or cage, 3 meals, showers and laundry, wheelchair accessible



Hornby Shelter

1401 Hornby St, Vancouver | 604.620.9253

24/7, pets allowed on leash or cage, carts and backpacks allowed, 3 meals

First Avenue Shelter

1648 E 1st Ave, Vancouver | 604.225.9552

24/7, pets allowed on leash or cage, carts and backpacks allowed, 3 meals

Klahowya Tillicum Lalum

875 Terminal Ave, Vancouver | 236.484.0544

Low barrier, 24 hour, pets welcome, wheelchair accessible, carts welcome

The Osborn

27 W Hastings St, Vancouver | 604.681.2806

Low barrier, 24 hour, pets welcome, carts welcome

Yukon Shelter

2088 Yukon St, Vancouver | 604.264.1680 ext 1

24 hour, pets welcome, wheelchair accessible

ALL GENDER ADULT SHELTERS

(Some addresses are confidential for security purposes)



OUTSIDE OF VANCOUVER

Hyland House Surrey

6595 King George Blvd, Surrey | 604.559.8900

Curfew, no alcohol/drug use on site, laundry, wheelchair friendly.

Bill Reid Place

17910 Codebrook Rd, Cloverdale | 604.574.4341

Curfew, no alcohol/drug use, laundry, pets allowed

Lookout North Shore

705 West 2nd, North Vancouver | 604.982.9126

Pets allowed, wheelchairs friendly, medication/money admin, harm reduction

Salvation Army Ridge Meadows Ministries

22188 Lougheed Hwy, Maple Ridge | 604.463.8296 ext102

Register at 7:30pm, wheelchair friendly, referrals to services, no alcohol/drug use on site

Riverside Shelter

1640 Riverside Road, Abbotsford | 604.776.2424

24/7, intake between 8am-9pm daily, pets allowed, wheelchair accessible, carts allowed

Centre of Hope – Abbotsford Shelter

34081 Gladys Ave, Abbotsford | 604.852.9306 ext 108

3:30pm-8am daily, pets allowed, wheelchair accessible, carts allowed

Progressive Housing Society Shelter

2294 Douglas Road, Burnaby | 604.522.9669 ext 2

24 hours, intake 10am-10pm, pets allowed, wheelchair accessible

ReVive Shelter

46130 Margret Ave, Chilliwack | 604.795.2322 ext 401

24 hour, call for availability, wheelchair accessible

Coquitlam Shelter

3030 Gordon Ave, Coquitlam | 604.474.0435

24 hour, call for availability 9am-3pm Mon-Fri
pets allowed, wheelchair accessible, carts allowed

Hope and Area Emergency Shelter

650 Old Hope Princeton Hwy, Hope | 604.869.1844

Call for availability, intake 8am-midnight daily,
wheelchair accessible

Gateway of Hope Emergency Shelter

5787 Langley Bypass, Langley | 604.514.7375

24 hour, 10pm curfew, pets allowed, wheelchair accessible

Haven in the Hollow

32646 Logan Ave, Mission | 604.820.9008

24 hour

Richmond House

12040 Horseshoe Way, Richmond | 604.276.2490

24 hour, pets allowed, wheelchair accessible

Gateway Shelter and Front Room

10667 135A St, Surrey | 604.589.8678

24/7, pets allowed, wheelchair accessible

ALL GENDER ADULT SHELTERS (continues)

(Some addresses are confidential for security purposes)



Guilford Shelter

14716 104 Ave, Surrey | 778.293.0889

24 hours, couples ok, pets welcome, wheelchair accessible

Parkway Shelter

#104 – 10660 City Parkway, Surrey | 604.582.0408

24 hour, pets welcome, wheelchair accessible

Olive Branch Shelter

10732 City Parkway, Surrey | 604.582.0408

24 hour, pets welcome, wheelchair accessible

Foxglove Shelter

9810 Foxglove Drive, Surrey | 604.589.0496

24 hour, pets allowed, wheelchair accessible





Hearing
Our
Voices

MEN ONLY SHELTERS



Catholic Charities

1056 Comox St, Vancouver | 604.443.3292

4pm - 7:30am, 11pm curfew, food voucher

Salvation Army Beacon

138 E Cordova St, Vancouver | 604.646.6846

Wheelchair friendly, 10:30pm curfew, case planning, no alcohol/drug use on site

Salvation Army Haven

128 E Cordova St, Vancouver | 604.646.6806

10pm curfew, no alcohol/drug

Union Gospel Mission

601 E Hastings St, Vancouver | 604.253.3323

8:30pm to 6:30am, no alcohol/drug

The Russell

740 Carnarvon St, New Westminster | 604.529.9126

Pets allowed, wheelchair friendly, harm reduction

Salvation Army Richmond House

3111 Shell Rd, Richmond | 604.276.2490

No alcohol/drug use on site

Salvation Army Stevenson House

32 Elliot St, New Westminster | 604.526.4783

Lookout Yukon Shelter

2088 Yukon St, Vancouver | 604.264.1680

Just east of Cambie Bridge, near West 4th Ave

Salvation Army Beacon Annex (Sutherland Shelter)

119 E Cordova St, Vancouver | 604.646.6846

Referral from Beacon or Haven, 24 hour



ELDER'S SHELTERS



Sakura So

376 Powell St, Vancouver | **604.681.0008**

Senior Services Society

Many locations in Burnaby | **604.520.6621**

Temporary Housing program, alternative shelter for seniors 55+ who can live independently, no alcohol/drug use on site, private apartments, fee based on income.

Margaret's Housing for Elder Women

Burnaby | **604.205.9350**

Ama House

107 - 2430 King George Blvd, Surrey | **604.542.5992**

Transition house for 55+ women, stay is 30-180 days



YOUTH SHELTERS

(Addresses are confidential for security purposes)



Aboriginal Youth Safe House

UNYA Vancouver | 604.254.7811 | 1.877.223.4321

16-18 years, 7 day maximum stay. A self-referral residential program for youth ready to make a positive change - clean/sober, no alcohol/drug use, hot meals, private room.



Young Bears Lodge

UNYA Vancouver | 604.254.7732

Mandate is to provide services to Aboriginal youth 13-18 years old by providing a culturally based empowerment program with an alcohol and drug focus. This is a 16-week voluntary co-ed residential program. There are five beds, four intake phases, and operate on a continuous 24-hour schedule.



Ravens Lodge

UNYA Vancouver | 604.254.7732

Goal is to empower female youth 12-18 years old to make positive lifestyle choices to create positive change in their lives. We do this by providing safe environment, using culture as therapy, offering one to one support, offering cultural activities and ceremonies and making referrals to community resources. Five beds for female youth who are in the care of Vancouver Aboriginal Children and Family Services Society (VACFSS).



Covenant House

1302 Seymour St, Vancouver | 604.685.7474

16-22 yrs, 3 meals, no alcohol/drug use 12 hours prior, no detoxing, curfew, structured service

Marc's Place

Southwest Vancouver | 604.660.9376 | A.H. 604.261.7827

13-15 yrs, referral via social worker or After Hours, requires guardian consent

Directions Youth Centre Drop In

1138 Burrard St, Vancouver | 604.633.1472

Directions Youth Centre Drop In

1138 Burrard St, Vancouver | 604.633.1472

21 yrs & under, open 24 hours - no sleeping allowed, dusk to dawn drop-in 4pm to midnight - laundry, showers, doctor/nurse access, hot meal at 8pm

North Shore Youth Safe House

North Vancouver | 1.877.789.6884

13-18 yrs, drug free, goal oriented

Directions Youth Haven

Vancouver | 604.633.1472

5-bed emergency housing for youth 16 to 19

Directions Youth Safehouse

Vancouver | 604.633.1472

9-bed emergency housing for youth 16 to 18



All Nations Youth Safe House

Surrey | 604.584.2625

13-18 yrs, self-referral, curfew, 72-hours hard drug free, goal oriented, 4pm to 9am
7 day stay

Iron Horse Youth Safe House

Maple Ridge | 1.877.435.7233

13-18 yrs, laundry, referrals, structured service, curfew, no alcohol/drug use

WOMEN'S EMERGENCY SHELTERS

(Addresses are confidential for security purposes)



VANCOUVER

412 Womens' Emergency Shelter

Downtown Eastside, Vancouver | 604.715.8480

Single Women: Mon-Thur 5:45pm to 8:45am, 2 meals, Fri to Sun & Stat holidays are 24 hours, showers, laundry, harm reduction, shopping carts & pets ok, wheelchair friendly.

Bridge Women's Emergency Shelter

Downtown Vancouver | 604.684.3542

Single women, harm reduction

Powell Place Emergency Shelter

Downtown Vancouver | 604.606.0403

Single women, harm reduction

Salvation Army Belkin House

555 Homer St, Vancouver | 604.694.6623

Single women & women with kids (no boys over 13), no alcohol/drug use on site, men also housed on site

Springhouse Emergency Shelter and Second Stage Housing

Mount Pleasant area of Vancouver | 604.606.0412

Female headed families, women, no alcohol/drug use on site, pets welcome, laundry, wheelchair accessible

Vi-Fine Day

Kitsilano area of Vancouver | 604.736.2423

Male or female headed families, childless couples or single women 19+, no alcohol/drug use on site

Dixon House

Burnaby | 604.298.3454

Ten-bed safe house for women and their children who are fleeing domestic violence

The Sisterhood

342 Alexander St, Vancouver | 604.681.7916

24/7, over 19, partially accessible, pets welcome

OUTSIDE OF VANCOUVER

Fraserside Emergency

New Westminister | 604.525.3929

Families & single women, no alcohol/drug use on site or under influence, not wheelchair friendly

Liz Gurney's

New Westminister | 604.524.0710

Women & women with kids, harm reduction

Cynthia's Place

Surrey | 604.582.2456

Single women, harm reduction

Sheena's Place

Surrey | 604.581.1538

Single women or with children, 1 family per room, singles share, harm reduction, laundry

Brigadier Arther Cartmell House

45746 Yale Road, Chilliwack | 604.792.4486

24 hour, curfew 9 pm, over 19, pets welcome

Maxxine Wright Shelter

Atira Women's Resource Society

Surrey | 604.619.9188

Supportive housing program for women who are pregnant or have a newborn

WOMEN'S HOUSING

(Some addresses are confidential for security purposes)



VANCOUVER



Anderson Lodge for Aboriginal Women

CIRCLE OF EAGLES LODGE SOCIETY

Vancouver | 604.874.1246

Assists and educates Aboriginal homeless women by providing a safe nurturing environment that encourages positive changes and builds inner strength allowing them to achieve their goals.



Helping Spirit Lodge

3965 Dumfries St, Vancouver | 604.872.6649

Aboriginal women with children



Aboriginal Mother Centre

Vancouver | 604.558.2627

Pregnant or with new born - stay 18 mth max, meal & wellness program

Crabtree Corner

YWCA

Vancouver Downtown | 604.895.5800

Parenting & pregnant women

Kate Booth House

SALVATION ARMY

Vancouver | 604.872.0772



Aneki Housing for Women (Modular)

525 Powell St, Vancouver | 604.620.4638

Peggy's Place

THE KETTLE SOCIETY

Vancouver | 604.430.5202

Olivia Skye

ATIRA WOMEN'S RESOURCE SOCIETY

41 E Hastings St, Vancouver | 604.439.8848

Safe Choice

ACT 2 - CHILD & FAMILY SERVICES SOCIETY

Vancouver | 604.733.6495

Munroe House

YWCA

Vancouver | 604.734.5722

The Ranier

PHS COMMUNITY SOCIETY

309 Carrol St, Vancouver | 604.684.2246

Singles

The Vivian

RAINCITY HOUSING

512 E Cordova St, Vancouver | 604.254.3778

Singles

Imouto House

ATIRA WOMEN'S RESOURCE SOCIETY

Vancouver | 604.331.1407

SRO, low barrier supportive, for young women

Secord Housing

ATIRA WOMEN'S RESOURCE SOCIETY

DTES Vancouver | 604.255.5542

Supportive women 19+, harm reduction, communal kitchen

Sorella Housing

ATIRA WOMEN'S RESOURCE SOCIETY

DTES Vancouver | 604.331.1407

Supportive for women and with children

Sereena's House

ATIRA WOMEN'S RESOURCE SOCIETY

DTES Vancouver | 604.642.2620

Supportive program for residents to live independent of drug use, violence and abuse

WOMEN'S HOUSING

(Some addresses are confidential for security purposes)



Kyé7e (QUE-A-AH) Housing for Women

ATIRA WOMEN'S RESOURCE SOCIETY

DTES Vancouver | 604.331.1407

Houses women 45+, communal kitchen & bathrooms,
1 hot meal per day

Rice Block

ATIRA WOMEN'S RESOURCE SOCIETY

DTES Vancouver | 604.253.2553

Managed living SRO for women, trans-inclusive, participate in
making meals 4-5 days/week with assigned facilitator

The Bridge Housing for Women

ATIRA WOMEN'S RESOURCE SOCIETY

DTES Vancouver | 604.684.3542

Independent units of long-term, supported housing for
women, including eight suites designated for women with
significant mental health diagnoses

Empress Rooms

ATIRA WOMEN'S RESOURCE SOCIETY

DTES Vancouver | 604.687.3618

Supported, transitional housing to adult women at risk,
transwomen inclusive, who are or have been impacted by
violence and/or abuse, 12 month stay

Oneesan Housing for Women who are Older

ATIRA WOMEN'S RESOURCE SOCIETY

502 Alexander St, Vancouver | 604.215.0369

12 units of long-term, independent housing to women, age 55
and over, who have experienced violence and abuse

Sísele (SEE-SE-LA)

Housing for Women who are Older

ATIRA WOMEN'S RESOURCE SOCIETY

Vancouver | 604.251.1094

Supportive housing program for women age 55 and older

Mavis McMullen Place

MAVIS MCMULLEN HOUSING SOCIETY

430 E Cordova St, Vancouver | 604.606.0402

Second stage housing for women and children

OUTSIDE OF VANCOUVER

Maxxine Wright 2nd Stage

ATIRA WOMEN'S RESOURCE SOCIETY

Surrey | 604.582.2121

Supported affordable housing to women with young children

Margaret's Housing for Older Women (Maggie's)

North Burnaby | 604.205.9350

Independent living for women over 55

Evergreen Transition House

OPTIONS COMMUNITY SERVICES SOCIETY

100-6846 King George Blvd, Surrey | 604.584.3301

Temporary accommodation support, advocacy and referrals to
community services for single women, women with children and
transgendered women fleeing domestic violence.

Olivia Skye

ATIRA WOMEN'S RESOURCE SOCIETY

41 E Hastings St, Vancouver | 604.439.8848

WOMEN'S HOUSING

(Some addresses are confidential for security purposes)



OUTSIDE OF VANCOUVER (CONT.)

Arbour House

YWCA

Surrey | 604.597.4952

Two-, three- and four-bedroom apartments for women who have experienced abuse in an intimate relationship and their children. Stay up to nine months.

Durrant House

ATIRA WOMEN'S RESOURCE SOCIETY

Surrey | 604.331.1407

Low barrier, for women with children, 30 day max stay, supportive staff.

Eva's House

DOMESTIC ABUSE SERVICES

Surrey | 604.585.6688

Catholic second stage transition house in the lower mainland offering a safe haven to women and their children fleeing domestic violence.

Harmony House

PROGRESSIVE INTERCULTURAL COMMUNITY SERVICE

Surrey | 604.897.2313

Second stage transition home providing women and their children with shelter that is safe, secure, and an opportunity to heal and nurture in a culturally sensitive, linguistically accessible and healing environment.

Koomseh House

ATIRA WOMEN'S RESOURCE SOCIETY

Surrey | 604.897.2313

Women & children, stay 3-18 months, on-site supportive programming, community kitchen.

Shimai House

Surrey | 604.331.1407

Transition house for women & children fleeing abuse, stay 30-90 days, on site support, non-medical detox, drug & alcohol reduction therapist.

Wenda's Place

DIXON TRANSITION SOCIETY

Burnaby | 604.298.6046

Individual, supportive housing units where women and their children may stay up to two years

HOPE's Place

NORTH SHORE CRISIS SERVICES SOCIETY

North Vancouver | 604.987.0366

Accommodation and ongoing support for up to fifteen months for women and their children who have left an abusive situation and have been referred by SAGE Transition House.

Sage Transition House

NORTH SHORE CRISIS SERVICES SOCIETY

North Vancouver | 604.987.3374

Transition housing for battered or abused women with or without children. Serves the North Shore, including Bowen Island, Lions Bay, North Vancouver, and West Vancouver.

MEN'S TRANSITION HOUSING



Seven Sacred Fires Society

13632 - 110A Ave, Surrey | 604.588.5561

Supportive housing for Aboriginal men. Counselling, sweat Lodge on site, use of medicine wheel.

Hazelton Residence

LOOKOUT HOUSING + HEALTH SOCIETY

346 Alexander St, Vancouver | 604.681.9126

39 transition housing units

Sakura So

LOOKOUT HOUSING + HEALTH SOCIETY

376 Powell St, Vancouver | 604.681.0008

38 transition units of Rooming house, supportive housing

Yukon House

LOOKOUT HOUSING + HEALTH SOCIETY

2088 Yukon St, Vancouver | 604.264.1630

37 transition housing units

North Shore Housing

LOOKOUT HOUSING + HEALTH SOCIETY

705 W 2nd Ave, North Vancouver | 604.982.9126

25 transition housing units, 45 shelter beds, and Extreme Weather program (20 additional sleeping mats available)

Cliff Block

LOOKOUT HOUSING + HEALTH SOCIETY

606 Clarkson St, New Westminister | 604.523.9126

16 transitional housing units, 7 supportive permanent units of low barrier housing

Russell Shelter & Residence

LOOKOUT HOUSING + HEALTH SOCIETY

740 Carnarvon St, New Westminister | 604.529.9126

15 shelter beds and 40 supportive permanent units



ALL GENDER TRANSITION HOUSES

SRO's for Singles in Vancouver



Jim Green Residence

LOOKOUT HOUSING + HEALTH SOCIETY

415 Alexander St, DTES Vancouver | 604.255.2347

People with concurrent issues.

Windchimes Apts

RAINCITY HOUSING

144 Heatley St, DTES Vancouver | 604.255.1190

People with concurrent issues.

Santiago Lodge

THE BLOOM GROUP

333 Powell St, DTES Vancouver | 604.606.0331

Mental illness issues.

James McReady Residence

SALVATION ARMY

129 E Cordova St, DTES Vancouver | 604.646.6808

Jeffrey Ross Residence

LOOKOUT HOUSING + HEALTH SOCIETY

510 Alexander St, DTES Vancouver | 604.255.7089

Supported housing

Avalon Hotel

LOOKOUT HOUSING + HEALTH SOCIETY

165 W Pender St, Vancouver | 604.629.0055

Shaldon Hotel

LOOKOUT HOUSING + HEALTH SOCIETY

60 E Hastings St, DTES Vancouver | 604.609.7024

Arco Hotel

81 W Pender St, DTES Vancouver | 604.609.7024

The Cornerstone

PHS COMMUNITY SOCIETY

375 Princess St, DTES Vancouver | 604.609.7024

Union Gospel Project

601 E Hastings St, DTES Vancouver | 604.253.3323

Recovering from Drug & alcohol.

Walton Hotel

LOOKOUT HOUSING + HEALTH SOCIETY

261 E Hastings St, DTES Vancouver | 604.609.7024

Supportive housing

Park Hotel

PHS COMMUNITY SERVICES

429 W Pender St, DTES Vancouver | 604.609.7024

Grace Mansion

SALVATION ARMY

596 E Hastings St, DTES Vancouver | 778.329.0674

The Lux

RAINCITY HOUSING

65 E Hastings St, DTES Vancouver | 604.609.7024

Stanley / New Fountain

PHS COMMUNITY SERVICES SOCIETY

65 Blood Alley Square, DTES Vancouver | 604.683.0073

Pennsylvania Hotel

PHS COMMUNITY SERVICES SOCIETY

412 Carroll St, DTES Vancouver | 604.694.1440

Maurice McElrea Place

UNION GOSPEL MISSION

361 Heatley Ave, DTES Vancouver | 604.253.3387

Recovery house

The Oasis

NEIGHBORHOOD HOUSING SOCIETY

40 E Hastings St, DTES Vancouver

Somerville Place

THE BLOOM GROUP

377 Powell St, DTES Vancouver | 604.606.0414

Rhoda Kaellis Residence

LOOKOUT HOUSING + HEALTH SOCIETY

1105 Royal Ave, New Westminster | 604.544.5145

11 transitional housing units as well as 13 permanent independent housing units.



LU'MA NATIVE HOUSING SOCIETY'S ABORIGINAL PATIENTS' LODGE



We believe in
your
ability to heal

1254 East 8th Avenue, Vancouver | 604.707.9191

The Aboriginal Patients' Lodge provides culturally appropriate accommodations for patients and their families coming from towns and villages across BC to Vancouver for medical treatment.

The Lodge is special because it offers fully furnished apartments with private equipped kitchens so that Guests feel at home, are welcome to bring their children and cook traditional meals to heal better. The Lodge is a place of healing for families.

The Lodge is owned and operated by Lu'ma Native Housing Society.





EMPLOYMENT

EMPLOYMENT

THERE ARE MANY AGENCIES AND ORGANIZATIONS IN VANCOUVER DEDICATED TO HELPING YOU FIND WORK. THEY CAN HELP YOU RESEARCH AVAILABLE JOBS, CREATE AND SEND OUT YOUR RESUME.

BEFORE you arrive in Vancouver, there are a few things you can do to improve your chances of finding work:

- Get a driver's license. Many jobs require this and it is much easier to get your license at home where you can practice on a friend or relatives car than in the city where it is crowded and people are less likely to lend you their car to practice.
- Get experience. Even volunteer experience is great! A potential employer wants to see that you are active and engaged in your life and community.
- Get your General Education Development (G.E.D) If you haven't got your high school diploma, you can get this for free BEFORE you make the move to Vancouver. Just about ANY job requires this level of education. Check with your Band Office.
- Apply for Vancouver schooling. There are many colleges, universities, schools and programs that can give you the training and experience you need to find work (see Education section). You can apply before you travel to Vancouver.



EMPLOYMENT: ACCESS



Aboriginal Community Career Employment Services Society (ACCESS)

ACCESS provides employment and training resources for the Aboriginal community of Metro Vancouver. Since 2002 we have successfully delivered employment supports, training initiatives, and human resource development opportunities to inspire, nurture, and encourage Aboriginal people on their journey to success.

Head Office

108 - 100 Park Royal, West Vancouver | 604.913.7933
www.accessfutures.com

EMPLOYMENT ASSISTANCE SERVICES

Employment Assistance Services

101 - 1607 E Hasting St, Vancouver | 604.251.7955

10708 136A St, Surrey | 778.395.0385

Employment Assistance Service offices provide resources for job search, one on one employment advising, training support and referrals to ACCESS programs.

ACCESS TRADES

108- 100 Park Royal, West Vancouver | 604.922.4077
www.accesstrades.accessfutures.com

ACCESS Trades was established to increase the participation of Aboriginal people in apprenticeship training programs. We offer a full range of apprenticeship services.

ESSENTIAL SKILLS FOR ABORIGINAL FUTURES

201 - 681 Columbia St, New Westminster | 604.521.5929
www.esaf.accessfutures.com

Essential Skills are the skills needed for work, learning and life; our program are rooted in Essential Skills and targeted toward individual and partnership needs.

ACCESS PROGRAMS

108 - 100 Park Royal, West Vancouver | 604.913.7933
www.programs.accessfutures.com

Programs Department oversees ACCESS-funded training projects sponsored through Aboriginal organizations in Metro Vancouver. These initiatives such as pre-employment, summer student employment and project-based training are designed to assist Aboriginal people to enter the workforce and/or to continue onto further education that will lead to future career placements.

PROVINCIAL BLADERUNNERS

108 - 100 Park Royal, West Vancouver | 604.913.7933
www.bladerunners.info

BladeRunners is one of Canada's most successful youth employment programs. It began in Vancouver's Downtown Eastside over 20 years ago and is now delivered throughout BC. Managed by ACCESS on behalf of the Province, BladeRunners provides at-risk youth with life skills coaching, safety awareness education and industry recognized certificate training. Job coaches then match participants with entry-level employment opportunities followed by long-term, extensive job maintenance support. BladeRunners consistently places over 75% of its participants into jobs.

Bladerunners

1848 Commercial Drive, Vancouver | 604.688.9116

EMPLOYMENT LISTINGS

VANCOUVER, WEST VANCOUVER



EMBERS

111 W Hastings St, Vancouver | 604.692.0781

Embers Staffings

EMBERS, the Eastside Movement for Business and Economic Renewal Society, is a registered community economic development charity located in Vancouver's Downtown Eastside. Since 2001, EMBERS has helped thousands of people facing barriers to work lead productive, fulfilling lives by offering economic and employment opportunities.

Federal Student Work Experience Program

111 W Hastings St, Vancouver | 604.666.4582

hwww.jobs.gc.ca

YOUTH - Aboriginal Program



First Nations Employment Society

300-395 Railway St, Vancouver

604.605.8901 | 1.866.605.8901 | www.fnes.ca

Respecting our cultural ways, the First Nations Employment Society is committed to provide support and opportunities to Aboriginal people in member nations' territories to increase employment through building and promoting self-reliance.

Labour Ready Temporary Service Ltd

1688 E Boardway St, Vancouver | 604.874.5567

Employment Agency

La Boussole Francophone Centre

651 E Broadway St, Vancouver | 604.683.7337

laboussole@lbv.ca | www.lbv.ca

HOMELESS FRANCOPHONES

Offers orientation for newcomers to BC, social intervention, psychological support, housing assistance for emergency

accommodation, free legal clinic, addiction prevention and support services and many more.

Labour Unlimited

2957 Commercial St, Vancouver | 604.875.6562

8733 Cambie St, Vancouver | 604.718.0811



Universal Personnel

235 E Georgia St, Vancouver | 604.685.6666

Musqueam First Nation

6735 Salish Drive, Vancouver | 604.263.3261

Provides employment and training programs and services that address, in a holistic and culturally appropriate manner, the various needs of Musqueam people.

Nis'ga'a Ts'amiks Vancouver Society

3983 Dumfries St, Vancouver | 604.646.4944

executivedirector@tsamiks.com | www.tsamiks.com



Squamish First Nation

345 W 5th St, North Vancouver | 604.985.7711

www.squamish.net

Stitsma Employment Centre

EMPLOYMENT LISTINGS

VANCOUVER, NORTH VANCOUVER



Trades Labour Corporation

1265 Main St, Vancouver | [604.689.0024](tel:604.689.0024)

Union Gospel Mission

601 East Hastings St, Vancouver

UGM Employment

WorkBC City Centre

200 - 1033 Davie St, Vancouver

WorkBC Commercial

312 - 2555 Commercial Dr, Vancouver

WorkBC Drive Youth

2106 Commercial Dr, Vancouver

YOUTH

WorkBC Hastings

112 W Hastings St, Vancouver | [604.872.0770](tel:604.872.0770)

Open Door Group & Work BC

WorkBC Kingsway

7297 Kingsway St, Vancouver

WorkBC Midtown

100 - 112 East 3rd Ave, Vancouver

WorkBC North Vancouver

310 - 260 West Esplanade, North Vancouver

WorkBC South Vancouver

5750 Oak St, Vancouver

WorkBC Westside

300 - 2150 West Broadway St, Vancouver

WorkBC YWCA Career Zone

1260 Granville St, Vancouver

YOUTH

Workforce

1169 Main St, Vancouver | [604.269.9675](tel:604.269.9675)

EMPLOYMENT FOR WOMEN



Aboriginal Mother Centre Society

2019 Dundas St, Vancouver | [604.558.2627](tel:604.558.2627)

info@aboriginalmothercentre.ca |

www.aboriginalmothercentre.ca

Employment & Training Program

Pre-employment, education and training program for Aboriginal Women.

Battered Women's Support Services

Vancouver | [778.628.1867](tel:778.628.1867)

michele@bwss.org

Women applicants with a history of trauma and abuse - AWARE Program

Employment program of British Columbia funded by the Government of Canada, the Province of British Columbia and My Sister's Closet – social enterprise of Battered Women's Support Services and honoured to be a subcontractor of Open Door Group.



Helping Spirit Lodge Society

3965 Dumfries St, Vancouver | [604.874.6629](tel:604.874.6629)

reception@hsls.ca | www.hsls.ca

Spirit Way Second Stage Programming

newSTART Bridging

2108 Commercial Dr, Vancouver | [604.215.4344](tel:604.215.4344)

<http://newstartbridging.ca>

Employment Program for Women

newSTART has been providing employment supports and services to women for over seventeen years. newSTART is a partner with M.O.S.A.I.C. in Vancouver Northeast and with GT Hiring Solutions in Burnaby to support women dealing with violence and abuse issues who are who are returning to work and in need of specialized services.

Skwxwú7mesh Úxwumixw Education, Employment & Training

#5 – 380 Welch St, West Vancouver | [604.982.7600](tel:604.982.7600)


Tsleil-Waututh Nation Skills Centre

Employment & Training

817 West 1st St, North Vancouver | [604.985.1765](tel:604.985.1765)


EMPLOYMENT LISTINGS

OTHER AREAS

 **Nicola Valley Institute of Technology – NVIT**
200 - 4355 Mathissi Pl, Burnaby | 604.602.9555
info@nvit.bc.ca | www.nvit.ca

A comprehensive public post-secondary institute, governed by the Aboriginal community, leads by anticipating and responding to the educational needs of our learners by providing support, choices, knowledge and tools to build a better future.

WorkBC Metrotown
726 - 4710 Kingsway St, Burnaby

 **Sto:lo Nation**
5B - 7201 Vedder Rd
604.824.3200 | 1.800.565.6005
www.stolonation.bc.ca


Sto:lo Aboriginal Skills/Employment
Community Health, Dental, Family Services, Primary Health Care Centre, Non-Insured Health Benefits, Support Services

WorkBC Maple Ridge
22470 Dewdney Trunk Rd, Maple Ridge

WorkBC Fraser Works
519 7th St, New Westminster

WorkBC Port Moody
601 - 130 Brew St, Port Moody

Métis Nation BC
380 - 13401 108th Ave, Surrey | 604.557.5851
reception@mnb.ca | www.mnb.ca

 **Métis Employment & Training Programs**
The Métis Employment & Training Program (METP) to improve the employment potential, earning capacity and self-sufficiency of Métis people in British Columbia.



WorkBC Fleetwood/Guildford
202 - 10334 152A St, Surrey

WorkBC SCOPE
10326 Whalley Blvd, Surrey

WorkBC Whalley Resource Centre
13655 - 104th Ave, Surrey

Tsawwassen First Nation Education and Skills Department
1926 Tsawwassen Drive North, Delta | 604.948.5230

Vancouver Aboriginal Friendship Centre Society Employment, Life Skills & Training
1607 E Hastings St, Vancouver | employment@vafcs.org

Labour Unlimited Temporary Services
10447 King George Hwy, Surrey | 604.951.0007
2879 Shaughnessy St, Port Coquitlam | 604.945.8277
20482 Logan Ave, Langley | 604.532.2975
31858a South Fraser Way, Abbotsford | 604.852.4796



FAMILY SUPPORT

FAMILY SUPPORT SERVICES



 **Aboriginal Mother Centre Society**
2019 Dundas St, Vancouver | 604.558.2627
info@aboriginalmothercentre.ca |
www.aboriginalmothercentre.ca

Family Wellness Program

Healthy Living Parenting Skills

Battered Women's Support Services
PO Box 21503, 1424 Commercial Dr, Vancouver
604.687.1868 | 1.855.687.1868

information@bwss.org | www.bwss.org

Violence Prevention and Ending Violence Against Women

Support groups, concealing, indigenous Women's programs, Women's Safety and Outreach program, Career Exploration, Latin American Women's program, Legal Advocacy, Youth Ending Violence, Violence, Media Representations and Family literacy program.

Parent Support Services Society
204 – 5623 Imperial St, Burnaby | 1.877.345.9777
office@parentsupportbc.ca | www.parentsupportbc.ca
Kinship Care Help Line – 604.558.4740 | 1.855.474.9777

Family Services of Greater Vancouver
201 – 1638 E Broadway, Vancouver | 604.731.4951
4103 Fraser St, Vancouver | 604.875.6277
301 – 321 Sixth St, New Westminster | 604.525.9144
250 – 7000 Minoru Blvd, Richmond | 604.279.7100
12 – 15355 102A Ave, Surrey | 604.900.6695

Elders Cultural Support

The IRSSS has a team of 17 Elders within BC who are qualified in providing guidance at gatherings, ceremonies and workshops in the following cultural and spiritual activities.

Resolution Health Support Workers

Provides emotional support services to former Indian Residential School students and their families before, during and after their participation in Settlement Agreement

processes, including the Common Experience Payments and the Independent Assessment Process, and those participating in Truth and Reconciliation Commission events and Commemoration activities.

Workshops

IRSSS staff are available to present at community forums, schools, post-secondary, and other events.

- Colonialism, History & Impacts of IRS
- Anger Management, Understanding Trauma
- Traditional Healing and Medicines

Lu'ma Native Housing Society
2986 Nanaimo St, Vancouver
www.lnhs.ca

Lu'ma Foster Youth Mentor Program

Provide Aboriginal Youth with mentorship and housing and support the transition from foster care to adulthood and to connect our youth to community and adult allies. We are the extended family that our youth often do not have.



FAMILY SUPPORT SERVICES



Spirit of the Children Society

201 - 768 Columbia St, New Westminster

604.524.9113

reception@sotcs.ca | www.sotcs.ca

Spirit of the Children Society is dedicated to making positive changes with a vision of family health, community well-being, and cultural prosperity with values based on The Seven Sacred Teachings.

Programs include infant development, supported child development, prenatal programs, FASD parenting support, youth enhancement program, tweenies group, cultural teaching, girls and boys groups, traditional regalia making, drum group, pow wow dance class, community kitchen, women's and men's support circles, family strengthening workers, parenting program, cultural connections.



Vancouver Aboriginal Child & Family Services Society

VACFSS delivers culturally-grounded, restorative family services to urban Indigenous families of Greater Vancouver. VACFSS offers a full spectrum of services including Family Reunification and Preservation, Guardianship, Child Protection and Resources.

Head Office, Family Preservation & Reunification

745 Clark Drive, Vancouver | 604.872.6723

VACFSS coordinates a number of culturally-informed programs and services to support families, including in-home supports and strengthening group programs.

The Family Preservation and Reunification Program is a community-based outreach service that provides short and long-term intensive intervention to families experiencing significant challenges, who are at risk of family or placement breakdown, or who are engaged in reunification and rescindment planning.

Guardianship And Resources

2nd Floor, 3284 E Broadway, Vancouver | 604.216.6150

The Guardianship Program is responsible for supporting urban Indigenous children and youth in care.

Child Protection & Family Services

2020 Yukon St, Vancouver | 778.331.4500

Child Protection provides child safety and family support services to Indigenous children, youth, and families who reside in the City of Vancouver. VACFSS' restorative child welfare practice is guided by Keeping our Children Safe Policy and grounds all work with the children youth and families they support.



Fraser Valley Aboriginal Children and Family Services Society (Xyólheméylh)

7 - 7201 Vedder Rd, Chilliwack | 604.858.0113 |

1.800.663.9393

info@xyolhemeylh.bc.ca | www.fvacfss.ca

British Columbia's largest fully delegated Indigenous child welfare agency providing culturally appropriate and holistic services through prevention, community development, and child welfare programs to Aboriginal (status, non-status, on-reserve, off-reserve, Stó:lō and other First Nation, Inuit, and Métis) children, youth, and their families residing throughout the Fraser Valley. Approximately 90 per cent of the families FVACFSS works with are off-reserve.

Family Justice Centres

604.660.2421 | 1.800.663.7867

www.clicklaw.bc.ca/helpmap/service/1019

www.gov.bc.ca/familyjustice

Family Justice Centres operate across the province and are staffed by family justice counsellors who can assist with issues related to separation or divorce. They provide services free of charge to parents and other family members.

FAMILY SUPPORT SERVICES



Child Protection Mediation

cmediation@mediatebc.com | 604.684.1300 |
1.877.656.1300

www.mediatebc.com/

Mediation services are available to families who are working with Child Protection Services of the Ministry of Children and Family Development or a delegated Indigenous child and family service agency. Mediation can help people to agree on what's best for children without having to go to court.

Indigenous Caregivers of BC

664 Granderson Rd, Victoria | 250.391.0007
www.fostercaregiversbc.ca

Indigenous Caregivers of BC supports the unique needs of caregivers of Indigenous children, and Indigenous communities with targeted development, recruitment, and training of Indigenous caregiver families with the Parent Resources for Information, Development, and Education (PRIDE) model of practice.

Lower Fraser Valley Aboriginal Society

Suite 320, 47 – 20821 Fraser Hwy, Langley
info@lfvas.org | www.lfvas.org

Promote, support and advocate for services to meet the needs of Indigenous families in Langley through community building events, playgroups for children, traditional parenting programs, housing support for individuals and families, youth programming, cultural and life skills, education and community outreach.

HOUSING & WOMEN'S RESOURCE TEAM | 604.427.2664
ABORIGINAL HEAD START PROGRAM | 604.625.7808
EARLY YEARS 2 YOUTH WELLNESS TEAM | 778.278.2006

Educational support to children aged 0-8 and their families, providing early intervention and developmental support before they begin school, and during transitions where supported childhood development support often ends.

BC Aboriginal Child Care Society

**Suite 102 – 100 Park Royal South,
West Vancouver | 604.913.9128**

reception@acc-society.bc.ca | www.acc-society.bc.ca

The BC Aboriginal Child Care Society is a Centre of Excellence for Indigenous early learning and child care. They help Indigenous communities develop high quality, culturally grounded, spiritually enriching, community child care services that are based in the child's culture, language and history.

BCACC is the host agency for two culturally-safe environments for preschool-aged children and their families to share family traditions and culture, foster a love for lifelong learning and enrich all areas of development—emotional, intellectual, physical and spiritual.

EAGLE'S NEST ABORIGINAL HEAD START

618 E Hastings St, Vancouver | 604.253.3354
coordinator@en.acc-society.bc.ca

SINGING FROG ABORIGINAL HEAD START

2150 McLean Dr, Vancouver | 604.253.5388
coordinator@sf.acc-society.bc.ca



FAMILY SUPPORT SERVICES



BC Council for Families

210 - 1909 W Broadway St, Vancouver

604.678.8884 | bccf@bccf.ca

www.bccf.ca/program/journey-to-healing/

Journey to Healing Program - Housing support

Big Sisters of BC Lower Mainland

34 E 12th Ave St, Vancouver | 604.873.4525

info@bigsisters.bc.ca | www.bigsisters.bc.ca

Aboriginal Mentoring Program

Big Sisters focuses on prevention through mentorship programs. Little Sisters are resilient and show amazing potential, they simply need a spark to make them shine.

Frog Hollow Neighborhood House

2131 Renfrew St, Vancouver | 604.251.1225

www.froghollow.bc.ca

Programs include licensed childcare, family programs, seniors' health and social supports, youth empowerment, computer lab and food security.

Britannia Community Services Centre

1661 Napier St, Vancouver | 604.718.5800

info@britanniacentre.org | www.britanniacentre.org

Develop, coordinate and support a wide range of excellent programs and services for Grandview-Woodland and Strathcona by working with community members, partners and local agencies.

Broadway Youth Resource Centre (BYRC)

2455 Fraser St, Vancouver | 604.709.5720

byrc@pcrs.ca | www.pcrs.ca

The BYRC is a one-stop youth centre that provides a wide range of social, health, education, employment, and life skills services to youth. It is a multi-service and multi-agency hub with a range of services for youth all under one roof.

Aboriginal Youth Victim Support Worker excellent

Nis'ga'a Ts'amiks Vancouver Society

3983 Dumfries St, Vancouver

604.646.4944 | 1.866.646.4944

executivedirector@tsamiks.com | www.tsamiks.com

Enhance the social, economic, physical, cultural and spiritual well-being of Nis'ga'a Citizens in Vancouver and Vancouver Island.

Urban Native Youth Association (UNYA)

1618 East Hastings St, Vancouver

604.254.7732 | 1.866.646.4944

outreachteam@unya.bc.ca | www.unya.bc.ca

UNYA is a centre of Indigenous youth excellence, supporting youth on their journeys by amplifying and celebrating their voices. Our Vision: Empowered Indigenous youth leading and inspiring all Nations.

Personal Support, the Wellness Centre, Alcohol and Drug Prevention Programming, Team and Counsellor, Worker Service.

Warriors Against Violence Society

2425 Oxford St, Vancouver | 604.255.3240

warriors@kiwassa.ca | www.wav-bc.com

A prevention program founded in the belief that the best way to end family violence is to help men heal.

Kilala Lelum Urban Indigenous Health and Healing Cooperative

626 Powell St, Vancouver | 604.620.4010

Dudes Club | 778.244.8363

A brotherhood to support men's health and wellness.

Cultural Wellness Program

A multitude of relationship-based care services that honour physical, mental, emotional and spiritual healing.

Reclaiming Our Spirits (ROS) Program

A wellness program developed to promote healing and to improve the safety and health of women living in diverse life contexts. It aims to provide intensive 1:1 nursing care delivered by community nurses working in partnership with women over a 6-month period. The program is women-led, Elder guided, and includes access to 1:1 Elder support, circles, and cultural wellness.



Indian Residential School System Support

We have used orange in this guide to honour the many children who were victims of the Indian residential school system (IRS). Recognized as cultural genocide, and the impact it has had, we acknowledge ongoing settler-colonialism as well as the continued intergenerational impact of the IRS.

CRISIS SUPPORT 24/7 | 1.800.721.0066

 **Indian Residential School Survivors Society**
413 W Esplanade Ave, North Vancouver | 604.985.4464
reception@irsss.ca | www.irsss.ca

Saa'Ust Centre
44 East Cordova St, Vancouver | 604.985.4464

Hope Office
348 Wallace St, Hope | 604.869.3866
reception@irsss.ca | www.irsss.ca

- Grief and Loss counseling Crisis concealing
- Trauma counseling Clinical Therapy
- Art Therapy, Alternative healing therapy
- Energy Healing
- Emotional support for people in the settlement process
- Family and Group counseling
- Basic Life Skills Coach
- Educational workshops on a broad range of health issues
- Traditional Healing Methods & Medicines, Foods Sourcing & Preparation



DAYCARES



Crabtree Corner, YWCA **533 E Hastings, Vancouver**

604.216.1650

mhockley@ywcavan.org

6 week - 6 yr olds: Located in the Downtown Eastside of Vancouver, this centre provides a healthy and secure environment for women and families. Services include a hot lunch program

Emma's Early Learning and Care Centre, YWCA **3839 Carolina St, Vancouver**

604.879.1121

lindalee@ywcavan.org

6 week - 3 yr olds: Emma's cares for children ages six weeks to three years, with a focus on supporting young mothers. Children have a safe, stimulating environment while mothers receive academic and personal support through Tupper Young Parent Services.

Leslie Diamond Care Centre, **535 Hornby St, 5th Floor of YWCA, Vancouver**

604.895.5816

ssharma@ywcavan.org

6 week - 3 yr olds: This centre provides full-time early learning and child care, with a licensed capacity to care for 26 children. Hours of operation are from 7:45am to 5:30pm.

Aboriginal Mother Centre Society Daycare

2019 Dundas St, Vancouver

604.558.2627 ext 7013

daycare@aboriginalmothercentre.ca

3-5 yr olds: Implements an integrated, high-quality and culturally enriched childcare service. Provides a nurturing, safe and fun learning environment that reflects the values, interests and needs of the children, their families and the community. Snacks and a hot lunch are provided.



Citygate Early Learning and Care Centre **1192 Quebec St (by Science World), Vancouver**

604.687.1150

awilliamywcavan.org

3-5 yr olds: Prepares children for school with a range of play-based activities. Citygate is located close to downtown Vancouver and accessible by the Science World SkyTrain Station.

Kiwassa Daycare

Registration form - www.kiwassa.ca/our-services/childcare-programs

HASTINGS PARK CHILDCARE CENTRE **Vancouver | 150 N Renfrew,**

The Infant/Toddler program at Hastings Park provides care to 12 children under the age of three years, with four Early Childhood Educators. Mon – Fri 7:30am-5:30pm

The 3-5 year old program at Hastings Park provides care to 16 children between the ages of 30 months to 5 years, with three Early Childhood Educators. Mon – Fri 7:30am-5:30pm

The Multi-Age (After School Care) program at Hastings Park provides care to 8 school age children, with one Early Childhood Educator. This program provides after-school care only to school age children during the school year. Mon - Fri 3:00pm-6:00pm September to June

DAYCARES



KIWASSA VARIETY CLUB CHILDCARE | 2425 Oxford St, Vancouver

The 3-5 year old program at Kiwassa Neighbourhood House provides care to 25 children between the ages of 30 months to 5 years, with six Early Childhood Educators. Mon – Fri 7:30am-5:30pm

HARBOURVIEW CHILDCARE | 540 N Penticton St, Vancouver

The 3-5 year old program at Harbourview provides care to 32 children between the ages of 30 months to 5 years. Mon – Fri 7:45am-5:45pm

LONGHOUSE OUT OF SCHOOL CARE | 2595 Franklin St, Vancouver

Before and After School care provided for children attending Hastings Elementary. After School care only provided for children at Tillicum Community Annex. Mon - Fri 7:30am-9:00am and 3:00pm-6:00 pm. Open full days on school closure days (Pro-D, winter/spring/summer breaks).

KIWASSA OUT OF SCHOOL PROGRAM | 2425 Oxford St, Vancouver

Located in Kiwassa's Family Place, we provide after school care to 18 school aged children attending Hastings and Tillicum schools. Mon - Fri, 3:00pm - 6:00pm, September to June. Full days – School Professional Development days and Winter holidays. Closed during Spring and Summer school breaks. All programs operate year round, Monday to Friday.



Frog Hollow Neighbourhood House Childcare Services 2131 Renfrew St, Vancouver

www.froghollow.bc.ca/programs-services/childcare

Toddler program, preschool, kids world school age, 3-5 program, Nootka school age care, The Village @ Lord Nelson Childcare.



KIDS & FAMILY ACTIVITIES



FREE ACTIVITIES

- Go to Community Events like Westcoast & Powwow night at the Friendship Centre
- Get a Leisure card to swim and skate for free
- Pack a lunch, picnic at the beach or local playground! Play soccer!
- Go fishing off a dock, along the Seawall or at a stocked fish lake (Lafarge Lake, Coquitlam)
- Go to the Library! Books, Magazines & Internet access
- Go hiking – so many great places to check out just a bus ride away
- Dancing – there are many traditional Dance groups - see page 87
- Go to church - there's childcare, singing, story-telling and kind people
- Go to IKEA - free childcare for one hour
- Go to the Vancouver Art Gallery, Kids <18 are free
- Go the Museum of Anthropology at UBC, free for persons with Aboriginal ancestry
- Visit KlahHowEya Indigenous Village at Stanley Park in the summer - 11am Opening Prayer, 2:30pm Smudge, great dancing and music!
- Go to the public Water Parks - Coal Harbour, Granville Island, Stanley Park
- Group Gardening & Community Kitchen at UBC Garden - call Vancouver Native Health
- Go tobogganing!

INEXPENSIVE ACTIVITIES

- \$2 Drop-in Playtime - in the Gym full of Toys for toddlers at your nearby Community Centre. Fun on Rainy Days for your little ones! Call Community Centres for times
- Buy a kite and play with the kids at the Beach
- Go to Granville Island Kids Place
- Take a water taxi from Granville Island
- Take the Stanley Park Choo Choo train
- Buy some shovels and make Sand Sculptures at Beach
- Go Cycling



KIDS & FAMILY ACTIVITIES



INDOOR PLAY CENTRES (\$7-20)

Circuit Circus

Granville Island Kids Zone | 604.608.6699
(for 3-10)

Go Bananas

935 Marine Dr, North Vancouver | 604.982.0576

Laser Dome Plus

2455 Dollarton Hwy, North Vancouver | 604.985.6033

Captain Kid's Family Fun Centre

20165 91A Ave, Langley | 604.882.2119

Jungle Jac's Play Centre

589 Nicola Ave, Port Coquitlam | 604.941.2518

Fun World Family Play Centre

15355 Fraser Hwy, Surrey | 604.588.2427

AQUATIC CENTRES, Eastside Vancouver

Templeton Pool

700 Templeton St | 604.718.6252

Kids <4 are Free

Ages 5-12 - \$3.33

Ages 13-18 - \$4.66

Brittania CC

1661 Napier St | 604.718.5800

New Brighton Pool

3201 New Brighton Rd | 604.298.0222

Renfrew Park Pool

2929 E 22nd Ave | 604.257.838

AQUATIC CENTRES IN GVRD

Vancouver Aquatic Centre

1050 Beach Ave | 604.665.3424

West Vancouver Aquatic Centre

2121 Marine Dr, West Vancouver | 604.925.7270

City Centre Aquatic Complex

1210 Pinetree Way, Coquitlam | 604.927.6999

North Surrey Rec Centre

10275 City Pkwy, Surrey | 778.549.9940

Guildford Rec

15105 105 Ave, Surrey | 604.502.6360

Watermania, Wave pool & slides

14300 Entertainment Blvd, Richmond | 604.448.5353

ANNUAL MEMBERSHIP ATTRACTIONS

Expensive but cheap if you go often...

Buying a family pass for a year seems expensive, but you can go every weekend for a whole year and the kids will love it! Split a Family pass with a friend!

Science World

1455 Quebec St, Vancouver | 604.443.7440

www.scienceworld.ca

Vancouver Aquarium

845 Avison Way, Vancouver | 604.659.3400

www.vanaqua.org

Playland Amusement Park

2901 E Hastings St, Vancouver | 604.253. 2311

www.pne.ca



COMMUNITY



Many communities have neighbourhood houses that offer programming to their communities that includes childcare, meals and activities and support programs for children, youth, families and seniors. Many include Indigenous focused programs.

 **Cedar Cottage Neighborhood House**
4065 Victoria Dr, Vancouver | www.cedarcottage.org

The Indigenous Family Drop-in program on Tuesday from 5pm-6:30pm focuses on food security through the monthly “Cook Ahead” night with cultural activities. Call 604.876.4231 to RSVP for dinner.

 **Collingwood Neighborhood House**
5288 Joy St, Vancouver | www.cnh.bc.ca

Indigenous C.R.E.W (Culture, Recreation, Education and Work) is a free youth-led program that offers Indigenous youth aged 12-29 opportunities to participate in supportive social activities and cultural exploration. The program offers outdoor activities, canoe and water safety skills, leadership experience, increased cultural knowledge, and opportunities to socialize with Indigenous youth and adult role models.

Email vksmith@cnh.bc.ca or call 604.435.0323 ext. 265 to participate.

Indigenous Young Parents' Family Circle is facilitated in a way that supports and empowers parents to use traditional and holistic teachings with their families. Parents can feel safe sharing ideas and will learn positive parenting skills and connect more to the community and the resources available to them. Childminding service is available. Call 604.435.0323 ext 231 to register.

 **Frog Hollow Neighbourhood House**
2131 Renfrew St, Vancouver | www.froghollow.bc.ca

Gordon Neighbourhood House
1019 Broughton St, Vancouver | www.gordonhouse.org

Kitsilano Neighbourhood House
2305 W 7th Ave, Vancouver | www.kitshouse.org



FRIENDSHIP CENTRES



 **Vancouver Aboriginal Friendship Centre Society**
1607 East Hastings St, Vancouver | 604.251.4844
www.vafcs.org | info@vafcs.org

The Friendship Centre provides holistic and cultural programs in health, welfare, social services, human rights, culture, education, recreation and equality for all genders of aboriginal people of all age groups. The Friendship Centre emphasizes the philosophies and values of varied aboriginal cultures and traditions. With over 50 years of providing essential services to the urban aboriginal community, the VAFCS has helped families, youth, adults, elders and children maintain their aboriginal cultural ties and values.

Visit: <http://www.vafcs.org/calendars/> for a monthly calendar of events.

 **Fraser Region Aboriginal Friendship Centre Association**
A101 – 10095 Whalley Blvd, Surrey | 604.595.1170
reception@fracfa.org | www.frafca.org

FRAFCA fosters the health and well-being of urban Indigenous people in the Fraser Salish Region by providing culturally-relevant services, support, and advocacy. Programs include early childhood development, family development, trauma response, youth and young adult support, health and wellness promotion, housing, homelessness prevention and Transform(N)ations.

 **Fraser River Indigenous Society**
11830 223rd St (2nd floor), Maple Ridge | 604.458.0151
info@frisociety.ca | www.frisociety.ca

FRIS serves Urban Indigenous Peoples and welcomes people of all nations and ages in an effort to foster a sense of belonging and provide space to connect and celebrate. Programs include family strengthening, family development circles, early years program and circle home housing support.


Mission Friendship Centre Society
33150A First Ave, Mission | 604.826.1281

 **Aboriginal Mother Centre**

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Monday to Friday hot nutritious meals are available to community members for \$4.50. Everyone is welcome to participate!

Every Thursday the community kitchen provides a warm home cooked meal for our elders in the community.

 **Indigenous Physical Activity and Cultural Circle Association (IPACC)**
4169 Staulo Cres, Vancouver | 604.269.3771
Indigenouspacc@gmail.com | <https://iactive.ca/>

A network for First Nations, Métis and Inuit people who are involved in Traditional Activities, Fitness, Recreation, and Sports. IPACC promotes physical activity and supports all traditional activities that have wholistic aspects which are grounded in culture and diverse Indigenous ways of knowing.





HEALTH & MEDICAL

HOSPITALS & MEDICAL CLINICS



BC Children's Hospital

4480 Oak St, Vancouver | 604.875.2345

BC Women's Hospital

4500 Oak St, Vancouver | 604.875.2929

Mount St. Joseph Hospital

3080 Prince Edward St, Vancouver | 604.874.1141

St. Pauls Hospital

1081 Burrad St, Vancouver | 604.682.2344

Vancouver General Hospital

855 W 12th St, Vancouver | 604.875.4111

Burnaby Hospital

3935 Kincaid St, Burnaby | 604.434.4211

Royal Columbian Hospital

330 E Columbia St, New Westminister | 604.520.4253

Surrey Memorial Hospital

13750 96 Ave, Surrey | 604.581.2211

Lu'ma Medical Centre

2970 Nanaimo St, Vancouver | 604.558.8822
<https://www.lnhs.ca/luma-medical-centre/>

Indigenous health professionals and culturally-aware practitioners meet the needs of the urban Indigenous community in a wholistic and caring way. Blending traditional approaches to health care with western medicine, the Centre is operated by a team of Indigenous Physicians, Traditional Healers and Elders, and Counsellors.

Vancouver Aboriginal Health Society Primary Care Clinic

449 E Hastings St, Vancouver | 604.255.9766

Offers full-scope primary care, our clinic offers OAT, mental health supports, and HIV care.



Kilala Lelum Urban Indigenous Health and Healing Cooperative

626 Powell St, Vancouver | 604.620.4010

Mobile Outreach Program | 778.554.3484

<https://kilalalelum.ca/>

A health centre that aims to address all aspects of health and wellbeing through Elder-led services. From the primary care clinic, to cultural field trips, the Cooperative has a comprehensive range of culturally-informed services to best serve members on the Downtown Eastside.



Urban Native Youth Health and Wellness Centre

1640 E Hastings St, Vancouver | 604.253.5885

nativeyouthwellness@unya.bc.ca

A youth clinic providing culturally-relevant, welcoming, accessible health and wellness services to Indigenous youth from ages 12 to 30.



Yuústway Health Services - Kal'númet Primary Care Clinic Unit 9A, 380 Welch St, West Vancouver | 604.982.0332

Quality holistic care provided in a respectful, safe manner to ensure the health and wellness of all people by empowering the Squamish community and offering the tools for living in health from birth to end of life.



Musqueam Primary Care Clinic 604.266.0043 by appointment only

Musqueam's health department provides band and community members access to basic health, mental wellness and home and community care programs on reserve.



Indigenous Innovations

122 East Hastings Street, Vancouver | 778.806.6993

Indigenous Innovations helps Status First Nations to access and navigate the health care system and can assist with medical needs with respect to feet, teeth, eyes and medicine.

SWEAT LODGES



Anderson Lodge
2716 Clark Drive, Vancouver | [604.874.1246](tel:604.874.1246)

Squamish Nation Sweat
Capilano Road, North Vancouver | [778.836.8230](tel:778.836.8230)



LU'MA MEDICAL CENTRE



**2970 Nanaimo St, Vancouver | 604.558.8822
by appointment only**

Lu'ma Medical Centre provides culturally integrated, safe health care for Indigenous individuals and their families. We are changing the way health care is delivered by offering a team to engage individuals and families: Indigenous Physicians, Traditional Healers, and Counselling, so we can improve health outcomes with a variety of wholistic approaches, activities and practices of healing.

FIRST NATIONS HEALTH AUTHORITY

PROGRAMS



501 - 100 Park Royal South
Coast Salish Territory, West Vancouver
info@fnha.ca | www.fnha.ca | 604.693.6500

The role of the BC First Nations Health Council is to support and assist BC's 203 diverse First Nations communities to realize their health aspirations and priorities. The First Nations Health Council (FNHC) was created in 2007 as a coordinating body mandated to implement the 10-year Tripartite First Nations Health Plan.

Communicable Disease Control

The FNHA and Communicable Disease: FNHA's Health Protection team works with healthcare providers to deliver CD programs in First Nations communities - by increasing awareness and building capacity around CD programs with education, training and resources. The FNHA also partners with regional health authorities to improve access to health services such as: immunization; sexual health screening; harm reduction supplies; HIV testing; and TB screening and treatment.

eHealth & Virtual Health

FNHA offers a variety of virtual health care services to First Nations people in BC who have limited access to health care services in their communities, who must travel long distances for appointments or whose access to health care has been disrupted by the COVID-19 pandemic.

Mental Wellness and Substance Use

The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to Indigenous people in BC.

Nursing Services

Nursing services are currently provided to First Nations communities in three primary ways: by nurses employed by FNHA; by nurses employed by the community; and/or by nurses employed by regional health authorities.

Environmental Health

The FNHA's Environmental Public Health Services (EPHS) Team

works in partnership with First Nations communities to identify and prevent environmental public health risks in First Nations communities that could impact the health of community members.

Services include drinking water, wildfire response, drought planning and response, emergency preparedness and response, food safety, facilities inspections, wastewater and solid waste disposal.

FNHA: Maternal, Child and Family Health

Children's Oral Health Initiative

An early childhood tooth decay prevention program for children aged 0-7, their parents and caregivers and pregnant women. COHI services include annual screening, fluoride varnish applications, sealants and temporary fillings.

Community Oral Health Services

Dental therapists are recognized oral healthcare providers in over 23 countries in the world. In Canada, dental therapy was created to assist at-home/on-reserve First Nations individuals to maintain their oral health through in-community education, health promotion and the delivery of preventative and therapeutic services.

Early Childhood Development

Early childhood intervention strategies that support the health and developmental needs of First Nations children from birth to age six, and their families.

Fetal Alcohol Spectrum Disorder

Umbrella term that describes a range of disabilities resulting from prenatal alcohol exposure. The medical diagnoses of FASD include: Fetal Alcohol Syndrome (FAS)

- Partial FASD (pFASD)
- Alcohol-related Neurodevelopmental Disorder (ARND)
- Alcohol-related Birth Defects (ARBD)

FIRST NATIONS HEALTH AUTHORITY

PROGRAMS



Maternal and child health

A program that is delivered through partnerships and builds on other community programs. It is a proactive, preventative and strategic approach to promoting the good health and development of on-reserve pregnant First Nations women and families with infants and young children. The program aims to reach all pregnant women and new parents, with long-term support for those families who require additional services.

Prenatal Nutrition Program

Most often services are offered for pregnant women and nursing mothers. Depending on community resources, this can include support for women who are breastfeeding a child up to two years of age, which is recommended by leading health organizations. support pregnancy planning, sexual health for youth, or cooking and health eating skills for women who could become pregnant are great ways to promote the health of our future generations.

Traditional Healing

Traditional healing refers to health practices, approaches, knowledge and beliefs incorporating First Nations healing and wellness while using ceremonies; plant, animal or mineral-based medicines; energetic therapies; or physical/hands on techniques.

Youth Solvent Abuse And Suicide Prevention

Program clients: First Nations youth living on reserve, Inuit youth, off reserve Aboriginal youth. The Youth Solvent Abuse Program (YSAP) is a community-based prevention, a national residential in-patient treatment program intervention, after-care and in-patient treatment program

Aboriginal Head Start on Reserve

All AHSOR programs include six components: culture and language; education; health promotion; nutrition; social support; and parent and family involvement.

Chronic Disease Prevention and Management

In the program cluster that addresses chronic disease; community-based programs deliver services and activities that aim to reduce the rate and improve management of chronic diseases such as type-2 diabetes, heart disease, and cancer among First Nations and Aboriginal people.

Injury Prevention and Control

The key objective of injury prevention activities is to work with national and regional partners, including National Aboriginal Organizations, on-government organizations, provinces and territories, researchers, communities and other partners to gather existing data and statistics. injury prevention education is provided through community-based programs.



VANCOUVER ABORIGINAL HEALTH SOCIETY - VAHS

PROGRAMS



449 E Hastings St, Vancouver | 604.254.9949
admin@vahs.life | www.vahs.life

Located in the Downtown Eastside, Vancouver Aboriginal Health Society's mission is to improve and promote the physical, emotional, and spiritual health of individuals, focusing on the urban Indigenous community in Metro Vancouver. By providing trauma- and violence-informed programs and services, VAHS creates a safe and community-driven environment characterized by a "culture of caring." This is an environment that is free of judgment and aims to restore the well-being of our community.



PRIMARY CARE CLINIC

449 E Hastings St, Vancouver | 604.255.9766

Offers full-scope primary care, our clinic offers OAT, mental health supports, and HIV care.

Monday to Friday 9:00 AM-5:00 PM, except
Wednesday 9:00 AM-8:00 PM
Closed for lunch on weekdays from 12:30-1:00 PM
Saturday 9:00 AM-3:00 PM
Closed on Sundays and statutory holidays

EAST SIDE DENTAL CLINIC

455 E Hastings St, Vancouver | 604.254.9900
dentalclinic@vahs.life | www.vahs.life/dental-clinic

Preventative and urgent services to patients with little or no dental coverage; it is the lowest barrier option to address basic dental needs for people in the Lower Mainland. By appointment only.

Monday to Friday from 9:00 AM-4:00 PM
+ 1 Saturday per month

INDIGENOUS EARLY YEARS SATELLITE CLINIC
717 Princess Ave, Vancouver | 604.254.9900

Please contact the office for times. By appointment only.

OUR CIRCLE IS STRONG

culturalcoordinator@vahs.life | 604.254.9948 ext 228

Our Circle is Strong is a vital cultural pathway for individuals, families, and communities to keep spirits, hearts, and minds healthy and strong. Elders and Knowledge Keepers provide support and guidance, including access to health care providers, therapeutic listening, holistic wellness teaching, advocacy, seasonal ceremonies, smudging and brushing, feasts, prayers and traditional medicines.

INDIGENOUS EARLY YEARS PROGRAMS

Aboriginal Infant Development Program
Doreen.IEY@vahs.life | 604.602.7558

Aboriginal Infant Development Support Workers support Indigenous families with children from birth to three years who are at risk of, or already have, a delay in development. Programs include Nobody's Perfect Parenting, Aboriginal Parent-Child Mother Goose, Circle of Security Parenting, Ages and Stages Questionnaire, Infant Massage.



VANCOUVER ABORIGINAL HEALTH SOCIETY - VAHS

PROGRAMS



Aboriginal Supported Childhood Development Program

sharonj.iey@vahs.life | 604.254.1001 ext 125

This is a provincial program, funded by the Ministry of Children and Family Development, that is designed to meet the needs of children requiring extra support.

Building Blocks Program

Doreen.IEY@vahs.life | 604.602.7558 ext 142

This is an early intervention home visiting program for first-time parents with children up to five years of age. Family Support Home Visitors, Public Health Nurses, and Social Work Consultants visit weekly to support, maintain, and enhance individual and family functioning by improving birth outcomes and parenting skills.

Family Support Worker Program

Monica.IEY@vahs.life | 604.602.7558 ext 135

Family Support Workers support families with children to the age of 18 by connecting them with community resources and culture. They can guide families to learn new life skills, deliver training and educational programs, offer traditional programs, accompany parents to mediations and court proceedings and offer documentation to MCFD and other agencies, or assist with and support family reunification.

Family Violence Intervention Program

geraldine.iey@vahs.life | 604.602.7558

This is an 8-week intervention program about family violence that meets 3 times per week to foster and nurture safe and healthy family environments and empower families to become active participants in the community.

FASD Supported Circle Program

doreen.iey@vahs.life | 604.602.7558 ext 142

This is a family-centred program that supports parents and/or caregivers that have a child 0-18 years old with Fetal Alcohol Syndrome Disorder (FASD).

Sheway

533 E Hastings St, Vancouver | 604.216.1699
sheway.sheway@vch.ca

Sheway provides comprehensive health and social services to women who are pregnant and/or parenting young children and who are experiencing current or previous issues with substance use.

The program consists of prenatal, postnatal, and primary care, as well as education, counselling, addictions management, housing, and other parenting support. Sheway also assists in fulfilling basic needs, such as providing daily nutritious lunches, food coupons, food bags, nutritional supplements, formula, and clothing.



**Vancouver Aboriginal
Health Society**

VANCOUVER COASTAL HEALTH (VCH)

PROGRAMS



Indigenous Health (Corporate Team)

<http://www.vch.ca/your-care/indigenous-health>

VCH's Indigenous Health team works with staff and physicians across all programs and departments to provide strategic leadership, partner collaboration and community engagement to assist VCH to become a more culturally competent and safe organization.

Indigenous Patient Experience Team

info.indigenoushealth@vch.ca | 1-877-875-1131

Indigenous Patient Navigators, Indigenous Patient Care Clinicians and Indigenous Patient Care Quality Liaisons ensure that First Nations and Indigenous people have access to high quality, culturally appropriate care. The objective is to provide systems transformation at the point of care and decrease health inequities experienced by First Nations, Inuit and Metis Peoples.

Referral form - www.vch.ca/Documents/Aboriginal-Health-Patient-Experience-Referral-Form.pdf - complete and email.

Mon-Fri 8:30am - 4:30pm

SMUDGING AND BURNING OF MEDICINES

The burning of medicines is permitted at all VCH facilities. Health and safety concerns may limit where at each site smudging and burning of medicines may be permitted. Staff can help find a location that meets patient and family needs.



Healthiest Babies Possible Program

1669 E Broadway, Vancouver | 604.675.3982

[| hbp@vch.ca](mailto:hbp@vch.ca)

8100 Granville Ave, Richmond | 604-233-3150

Healthiest Babies Possible provides nutrition counselling, health education, food access and social support to pregnant women facing challenging life circumstances in Vancouver and Richmond. The HBP staff includes dietitians, public health nurses and support workers fluent in a variety of different languages.

The program offers expectant mothers:

- Nutrition counseling to support the health of the mother and growing baby
- Food supplement and prenatal vitamins
- Opportunities to meet other families at our drop-in
- Breastfeeding and labour information
- Dental health education and *dental hygiene referral (*Vancouver clients only)
- Additional referrals, support and advocacy



Aboriginal Health Liaisons

1-866-766-6960

Aboriginal health liaisons connect with First Nations, Métis and Inuit patients and family members, health care professionals and other service providers to make sure Indigenous patients receive culturally safe, appropriate and timely care, whether in hospital or community.

You must identify as Indigenous and be receiving care in the Fraser Salish Region.

Available Monday - Friday 8:30 a.m. - 4:30 p.m. (excluding holidays)

Aboriginal Health Primary Care

Provide culturally safe and wholistic primary care services for First Nations, Métis, and Inuit peoples of all ages.

Sts'ailes Primary Care Clinic

| 4690 Salish Way, Agassiz

Reception@stsailles.com | 604.796.9601

for appointment Thursdays only

Stó:lo Primary Care Clinic |

7 - 7201 Vedder Road,

Chilliwack | 604.824.3219 or 1.844.827.2473

for appointment Monday to Friday 8:30am - 4:00pm

Kwikwetlem Primary Care Clinic

| 2 - 65 Colony Farm Rd, Coquitlam

www.kwikwetlem.com/ | 604.283.3293

for appointment Tuesdays and Fridays

Tsawwassen Primary Care Clinic

1926 Tsawwassen Dr, Delta

info@tsawwassenfirstnation.com | 604.943.2112 for

appointment Tuesdays and Wednesdays

Mission Friendship Centre Society

| 33150A First Ave, Mission

https://missionfcs.ca | 1.844.827.2473

for appointment Monday 9:00am - 3:30pm

Spirit of the Children

| 201 - 768 Columbia St, New Westminster

https://sotcs.ca | 604.283.3293

for appointment Fridays only

Aunt Leah's Place |

816 20th St, New Westminster

auntleahs@auntleahs.org | 604.283.3293

for appointment Wednesdays only

Katzie Primary Care Clinic

| 19700 Salish Rd, Pitt Meadows

katzie.treaty@shaw.com | 604-465-8961

for appointment Mondays, Thursdays and Fridays

Fraser Region Aboriginal Friendship Centre Association

| A101 - 10095 Walley Blvd, Surrey

https://fracfa.org/ | 604.283.3292

for appointment Monday to Friday 8:30am - 5:00pm

Kla-how-eya Healing Place

| 10233 153 St, Surrey | 604.587.4774

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

Aboriginal Mental Health Liaison Services

Provide clients with assessment, referral and counselling support services.

Surrey Region | 778.2886043

Maple Ridge/Coquitlam | 604.652.4610

Abbotsford/Mission | 604.814.5601

Chilliwack | 604.702.4860 ext 614894


Hope/Agassiz | 604.860.3114

Healthiest Babies Possible Program

100 - 6846 King George Blvd, Surrey

hbp@options.bc.ca | 604.583.1017




 **Canadian Aboriginal AIDS Network**
PO Box 2978 Fort Qu'Appelle SK | 306.332.0553
info@caan.ca | https://caan.ca/

CAAN is committed to addressing the issues of HIV within an Indigenous context. CAAN provides a national forum for First Nations, Métis and Inuit Peoples to wholistically address HIV and AIDS, HCV, STBBI, TB, mental health, aging and related co-morbidities.

 **BC Centre for Disease Control – Chee Mamuk**
604.707.5605 | cheemamuk@bccdc.ca


An Indigenous program that provides innovative and culturally appropriate training, educational resources and wise practice models in STIs, hepatitis and HIV.

 **John Ruedy Clinic at St. Paul's Hospital**
1081 Burrard St, Vancouver | 604.806.8060
for appointment
https://jrc.providencehealthcare.org/

The John Ruedy Clinic at St. Paul's Hospital is a comprehensive primary care clinic for people living with HIV/AIDS in British Columbia. The JRC is a collaboration between the BC Centre for Excellence in HIV/AIDS and Providence Health Care. With a focus on addressing the needs of the whole person and reducing the impact of poverty, addictions, mental health, food insecurity and episodic homelessness, the clinic offers integrated and comprehensive services to patients.


Monday – Thursday 8am – 8:00pm Friday 8am – 4:00pm

Fraser Region Aboriginal Friendship Centre Association
A101 - 10095 Whalley Blvd, Surrey | 604.595.1170
reception@fracfa.org | http://fracfa.org

 **Positive Health Outreach Program**
Fraser Health funded program. The program consists of two outreach workers who will meet with Aboriginal and non-Aboriginal community members living with HIV and/or Hep C.

PHS Community Services Society
20 W Hastings St, Vancouver | 604.657.65615
PJHS Mobile Needle Exchange

Aims to reduce the spread of HIV, HCV, and other illnesses by bringing harm reduction materials to people wherever they are, be that shelters, homes, apartments, or beneath the overpass.

 **Red Road HIV/AIDS Network Society (RRHAN)**
61 - 1959 Marine Dr, North Vancouver
778.340.3388 | 1.855.340.3388


info@red-road.org | www.red-road.org
The Red Road Hiv/Aids Network (RRHAN) is a provincial based Aboriginal Organization. Red Road's 125 plus membership capacity is comprised of Aboriginal AIDS Service Organizations (ASO), non-Aboriginal AIDS Service Organizations who have Aboriginal programs, Aboriginal Persons living with HIV/AIDS (APHA), and Aboriginal community-based organizations who have HIV/AIDS programs, located in urban & rural British Columbia.

DENTAL CLINICS



 **Vancouver Aboriginal Health Society Dental Clinic**
455 E Hastings St, Vancouver | 604.254.9900

Free dental for qualified individuals.
Open Monday and Friday, 9am-4pm plus one Saturday per month By appointment only.

 **Vancouver Aboriginal Health Society Indigenous Early Years Satellite Clinic**

717 Princess Ave, Vancouver | 604.254.9900

By appointment only

Mid-Main Community Health Centre
3998 Main St, 2nd floor, Vancouver | 604.873.3602

Mon-Thu 8am-8pm, Fri & Sat 8am-5:30pm
By appointment only

PHS Community Dental Clinic
12 Hastings St, Vancouver | 778-371.0060

Hours vary.

Reach Dental Clinic
1145 Commercial Drive, Vancouver | 604.254.1331

Mon-Fri 8:15am-4:15pm, Sat 8:30am-4:15pm
Closed Sunday

Strathcona Community Dental Clinic
601 Keefer St, Vancouver | 604.713.4485

Mon-Fri 9am-5pm
Children under 19 and their families only

Vancouver Public Health Children's Dental Program
210 – 1669 E Broadway, Vancouver | 604.675-3981

Mon-Fri 8:30am-4:30pm, application process to determine eligibility

University of British Columbia
2151 Westbrook Mall, Vancouver
Emergency Clinic | 604.822.6917
| Mon-Fri 8:30am-5pm Sep - May
General Dentistry | 604.822.2112
| Mon-Fri 8:15am-5pm Sep - May
Orthodontics | 604.827.4991 | Mon-Fri 7:30am-5:15pm
no Tues

Outside Vancouver

Lookout Dental Clinic
10697 135A St, Surrey | 604.498.4686
dental@lookoutsociety.ca | www.lookoutsociety.ca

Mon, Thu, Fri 9:30am-4:30pm

Pacific Oral Health Society
300 – 15850 24 Ave, Surrey | 604.536.2700
www.pohs.ca/

Mon & Wed 9am-7pm, Tue, Thu, Fri,
Sat & Sun 9am-5pm

Sources Community Resources Society
882 Maple St, White Rock | 604.542.4357

help@sourcesbc.ca | www.sourcesbc.ca
Mon-Fri 9am-4pm appointment required

Abbotsford Food Bank Dental Clinic
33914 Essendene Ave, Abbotsford
| 604.859.5749 ext 24

A few days per month, 9am-1pm



ADDICTIONS HEALTH SUPPORT



Access Central Daytox

Vancouver | [604.658.1278](tel:604.658.1278) | [1.866.658.1221](tel:1.866.658.1221)

Detox

Central Detox Referral Line

Vancouver Coastal Health | [1.866.658.1221](tel:1.866.658.1221)

Link people to detox and addiction housing services.

Alcohol & Drug Information Referral Service

[604.660.9382](tel:604.660.9382) | [1.800.663.1441](tel:1.800.663.1441)

Free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages.

Insite (Safe Injection Site)

139 E Hastings St, Vancouver

The first sanctioned supervised drug injection site in North America.

Onsite

139 E Hastings St, Vancouver

Medically supported detox with services that include a wide range of recovery-oriented programs along with health and housing supports.



Native Courtworker and Counselling Association of BC

207 – 1999 Marine Dr, North Vancouver

| [604.985.5355](tel:604.985.5355) | [1.877.811.1190](tel:1.877.811.1190)

The NCCA Alcohol and Drug Program provides a quality service that helps Indigenous people achieve a healthier and satisfying life free from alcohol and drug use. NCCA is part of an overall system of care that includes Detoxification, Treatment, Residential Programs such as Recovery Houses, other Outpatient Services, Aftercare, Maintenance, Educational Programs, referrals to Courtworkers plus other justice related personnel and other services.



Yúustway Addiction Services

Unit 9A, 380 Welch St, West Vancouver | [604.982.0332](tel:604.982.0332)

Addictions Counsellors provide services to Members in North/West Vancouver and Squamish Valley.

Fraser Health Rapid Access to Addiction Care Clinic

13740 94A Ave, Surrey | [604.587.3755](tel:604.587.3755)

Low barrier, responsive care to patients with substance use concerns with a aim of assessment, initial stabilization and transition to community-based services.

Creekside Withdrawal Management Centre

13740 94A Ave, Surrey | [1.888.587.3755](tel:1.888.587.3755)

Short-term medical supervision and support to individuals who are experiencing withdrawal symptoms associated with their discontinued use of alcohol/other drugs

MENTAL HEALTH SUPPORT



Health Initiative for Men (HIM)

416 Davie St, Vancouver | 604.675.2767

1145 Commercial Dr, Vancouver | 778.708.3568

office@checkhimout.ca | www.checkhimout.ca

Offers activities for men dealing with the physical, sexual, social and mental health.

La Boussole Francophone Centre

217 – 312 Main St, Vancouver | 604.683.7337

info@unya.bc.ca | www.lbv.ca

Mental Health First Aid course and mental health first aid for adults interacting with youth.

MPA Society

122 Powell St, Vancouver | 604.782.3700

info@mpa-society.org | www.mpa-society.org

Provides a comprehensive array of social, recreational and skill building activities to people living with mental illness.

Strathcona Mental Health Team

330 Heatley Ave, Vancouver | 604.253.4401

Provides assessment, rehabilitation and specialized services to adults and older adults with serious mental illness and to children and youth with serious behavioural/emotional disorders.

The Kettle Society

1725 Venables St, Vancouver | 604.251.2801

info@thekettle.ca

www.thekettle.ca

Raising awareness of mental health issues and breaking down the stigma and barriers for people with mental illness. Promoting inclusion of people living with mental illness in all aspects of society.

Watari Counselling and Support

200-678 E Hastings St, Vancouver | 604.254.6995

www.watari.ca

Working within a community-development model to address locally identified needs, Watari services focus primarily on populations affected by substance misuse or mental health issues. Other related service areas include family strengthening, cultural enrichment, and community/public education projects.





EDUCATION

POST-SECONDARY INSTITUTIONS



Vancouver is an expensive place to live to study. Get as much as you can from your local resources before coming to Vancouver. The education in Vancouver is excellent and each school has special services for Aboriginal students. Apply for school before you arrive so you have a strong start on the right foot. You can go full time or part time.

The following is the list of the major post-secondary institutions and specific First Nations Studies programs in Vancouver area.

BCIT - Burnaby Campus

Building SW1 - First Floor - 3700 Willingdon Ave
604.434.1610 | 1.866.434.1610
indigenousandvisor@bcit.ca | www.bcit.ca

Douglas College

700 Royal Ave, New Westminster | 604.527.5400
www.douglascollege.ca

Langara College

100 W 49th Ave, Vancouver | 604.323.5511
http://langara.ca/



Native Education College (NEC)

Longhouse at East 5th Ave, Vancouver | 604.873.3772
info@necvancouver.org | www.necvancouver.org

BC's largest Aboriginal college. Apply online, in person, by phone, by fax to a Program:

Adult basic Education, College Connections foundation year, Aboriginal Tourism, Applied Business Technology, Aboriginal Early Childhood Education, Aboriginal Justice Studies, Aboriginal Youth Care, Family & Community Counselling, Healthcare Assistance, Pathways to Health Careers, Northwest Jewelry Arts. NEC provides student services, advocacy, student counselling and outreach.

Simon Fraser University

Office for Aboriginal Peoples

AQ 3140 - 888 University Dr, Burnaby | 778.782.8925

8888 University Dr, Burnaby

778.782.4774 (or 4970) | 1.800.399.5565
first_nations@sfu.ca | http://www.sfu.ca/aboriginalpeoples.html

Vancouver Community College

250 West Pender St, Vancouver | 604.443.8453
aboriginal@vcc.ca | www.vcc.ca

University of British Columbia

1822 East Mall, Vancouver | 604.822.2177

fnls@law.ubc.ca | www.law.ubc.ca/fnations

ABORIGINAL STUDENTS - First Nations Legal Studies

2125 East Mall, Vancouver | 604.822.5374

www.edst.educ.ubc.ca

ABORIGINAL STUDENTS - Ts' 'Kel Program

UBC - First Nations House of Learning

1985 West Mall, Vancouver | 604.822.8940

fnhl.clerk@ubc.ca | http://aboriginal.ubc.ca/longhouse/fnhl

ABORIGINAL STUDENTS

Provides Longhouse-based student services and communications; oversees public programming and use of the building; provides a point of contact for Aboriginal communities; and leads strategic planning on UBC Aboriginal initiatives.

Continuing Education at Public Schools

101 Powell St, Vancouver | 604.713.5760

1661 Napier St, Vancouver | 604.713.5735

1666 Comox St, Vancouver | 604.713.5752

609 Helmcken St, Vancouver | 604.257.3849

4th Flr., 333 Terminal Ave, Vancouver | 604.713.5731

6010 Fraser St, Vancouver | 604.713.5770

EDUCATION AND TRAINING LISTINGS



-  **Aboriginal Financial Officers Association of BC**
1010 - 100 Park Royal, West Vancouver | 604.925.6370
exec@afoabc.org | www.afoabc.org
Certified Education Programs
Certified Aboriginal Financial Management (CAFM), Certified Aboriginal Professional Administrator (CAPA)
-  **Aboriginal Mother Centre Society**
2019 Dundas St, Vancouver | 604.558.2627
info@aboriginalmothercentre.ca |
www.aboriginalmothercentre.ca
Pre-employment, education and training for Aboriginal women.
-  **Ch'nook Indigenous Business Education**
UBC Sauder School of Business
441-2053 Main Mall, Vancouver | 604.822.0988
chnookadmin@ch-nook.ubc.ca |
www.sauder.ubc.ca/programs/chnook-aboriginal-education
Developing leadership and management skills needed for business success and economic independence for Indigenous learners, leaders and entrepreneurs.
-  **First Nations Education Steering Committee**
113 - 100 Park Royal South, West Vancouver
604.925.6087 | 1.877.422.3672
info@fnesc.ca | www.fnesc.ca
The First Nations Education Steering Committee (FNESC) is an independent society that is committed to improving education for all First Nations learners in British Columbia. FNESC is led by representatives of First Nations across the province.
-  **First Nations Schools Association**
113 - 100 Park Royal South, West Vancouver
604.925.6087 | 1.877.422.3672
fnsa@fnesc.ca | www.fnsa.ca
The First Nations Schools Association collaborates with First Nations schools to create nurturing environments that develop learners' pride and competence in their First Nations language and heritage and equips them to realize their full potential, within self-governing First Nations communities.
- HAVE Culinary Training Society**
374 Powell St, Vancouver | 604.696.9026
info@have-cafe.ca | www.have-cafe.ca
Provide food service job training and work opportunities to individuals in Vancouver who are facing barriers to employment.
-  **Indigenous Adult and Higher Learning Association (IAHLA)**
113 - 100 Park Royal South, West Vancouver
604.925.6087 | 1.877.422.3672
iahla@fnesc.ca | www.iahla.ca
This website contains a wealth of information for both students and educators seeking to learn more about indigenous adult higher learning institutions in BC.
-  **Métis Nation BC**
#380 - 13401 108 Ave, Surrey
604.557.5851 | 1.800.940.1150
reception@mnb.ca | www.mnb.ca
-  **Native Courtworker and Counselling Association of BC**
520 Richards St, North Vancouver
604.985.5355 | 1.877.811.1190
nccabc@nccabc.net | www.nccabc.ca
Education and Training Program
Provide workshops and training to criminal justice personnel on aboriginal cultural traditions, values, languages, socio-economic conditions and related issues.
- Native Indian Teacher Education Program (NITEP)**
NITEP - Indigenous Teacher Education Program
-  **UBC Faculty of Education**
200 - 2008 Lower Mall, Vancouver 604.822.5240
nitep.educ.ubc.ca | nitep.educ@ubc.ca
Committed to increasing the number of Indigenous educators provincially and nationally.

EDUCATION AND TRAINING LISTINGS




Nicola Valley Institute of Technology – NVIT
200 - 4355 Mathissi Pl, Burnaby | 604.602.9555
info@nvit.bc.ca | www.nvit.ca

A comprehensive public post-secondary institute, governed by the Aboriginal community, leads by anticipating and responding to the educational needs of our learners by providing support, choices, knowledge and tools to build a better future.

 **Nis'ga'a Ts'amiks**
3973 Dumfries St, Vancouver | 604.646.4944
executivedirector@tsamiks.com | www.tsamiks.com

 **Parent Support Services Society of BC**
204 - 5623 Imperial St, Burnaby
604.669.1616 | 1.877.345.9777
office@parentsupportbc.ca | www.parentsupportbc.ca

 **Squamish First Nation**
345 W 5th St, North Vancouver | 604.985.7711
www.squamish.net
Employment and Training Centre

 **Sto:lo Nation**
Building 5B – 7201 Vedder Road, Chilliwack
604.858.3691 | 1.800.845.4455

 **Sto:lo Aboriginal Skills & Employment Training**

Creates quality training and access to employment opportunities for Indigenous persons residing in our service area through a process of identifying client need and addressing those needs through effective program delivery.

The Salvation Army Vancouver Harbour Light
119 East Cordova St, Vancouver | 604.646.6800
www.harbourlightbc.com

Learning Centre

Adult basic education, computer training, book club, documentary night, work readiness.

YOUTH TRAINING PROGRAMS



Britannia Outreach Alternative School

1001 Cotton Drive, Vancouver | 604.323.4391
<https://outreachschool.wixsite.com/outreachschool>

Outreach is a district-wide senior secondary alternative program, located in the Britannia Community Complex above the library. The Program is designed for students of Indigenous Ancestry who are between the ages of 15-19, grade 10 to 12. Outreach was created to provide a safe, welcoming, and successful learning environment to Indigenous students who face barriers and/or systemic obstacles in regular classes.

Drive Youth Employment Services

Frog Hollow Neighbourhood House
2106 Commercial Dr, Vancouver | 604.253.9675
www.d-yes.ca

WorkBC Employment services for 16-30 year olds. Resource room with computers/printer, Employment counseling, Job development.

Fraser Region Aboriginal Friendship Centre Association

A101 - 10095 Whalley Blvd, Vancouver | 604.595.1170

Indigenous Youth Connections Program
fracfa.org/programs-services/youth-and-young-adult/indigenous-youth-connections-program

The program aims to assist urban Indigenous youth age 15-24 explore their full potential and develop strategies for personal growth, which in turn, enhances their ability to successfully integrate into education, employment, and community opportunities.

- Youth Drop-In: Weekly drop-in program and activities led by Elders and facilitators
- Monthly educational and engaging outings/fieldtrips
- Advocacy, referral and support to access needed services
- Life Skills workshops aimed at increasing youth knowledge, skills and abilities

HAVE Culinary Training Society

374 Powell St, Vancouver | 604.696.9026
info@have-cafe.ca | www.have-cafe.ca

Provide food service job training and work opportunities to individuals in Vancouver who are facing barriers to employment.

Redwire Native Youth Media Society **PO Box 2042, Station Main Terminal, Vancouver 604.602.7226** **info@redwiremag.com | www.redwiremag.com**

Opportunities for youth to learn practical skills in media and gain access to film, print, radio, podcasting, websites and performance. Native youth educate each other on the issues facing their communities.

Urban Native Youth Association (UNYA) **1618 East Hastings St, Vancouver | 604.254.7732** **aries.manager@unya.bc.ca | www.unya.bc.ca** **Aries Program, Cedar Walk, Native Youth Learning Centre, School Support Program**



INDIGENOUS FOCUS SCHOOL **1950 E Hastings St, Vancouver | 604.713.4696**

The Indigenous Focus School is located at Xpey' Elementary School. The Indigenous Focus School strives for kindergarten to grade 7 educational excellence and an environment where students are confident, critical thinkers and engaged learners.

The curriculum is respectful of local First Nations, the values, experiences and histories of all Indigenous peoples, and the shared worldview between Indigenous people and environmentalists.

The Indigenous Focus School is a district program and there are no catchment areas for this program.

www.vsb.bc.ca/Student_Learning/Elementary/Indigenous_Focus

ABORIGINAL EDUCATION CULTURAL ENHANCEMENT PROGRAMS

To ensure that Aboriginal students achieve increased academic success in Vancouver schools and that they participate fully and successfully from kindergarten through the completion of Grade 12.

The Vancouver School Board has Aboriginal cultural enhancement programs in addition to regular school services at the following schools:

Britannia Elementary (K-7)

1110 Cotton Dr, Vancouver, BC V5L 3T5

604.713.4497

www.go.vsb.bc.ca/schools/britannia-elem/Pages/default.aspx

Grandview/Uuqinak'uuh Elementary (K-7)

2055 Woodland Dr, Vancouver, BC V5N 3N9

604.713.4663

www.go.vsb.bc.ca/schools/gra/Pages/default.aspx

Southlands Elementary (K-7)

5351 Camosun St, Vancouver BC V6N 2C4

604.713.5414

www.go.vsb.bc.ca/schools/southlands/Pages/default.aspx

Sty-wet-tan/Point Grey Secondary

5350 E Boulevard, Vancouver, BC V6M 3V2

604.713.8220

www.go.vsb.bc.ca/schools/pointgrey/Pages/default.aspx

Britannia Secondary

1110 Cotton Dr, Vancouver, BC V5L 3T4

www.britannia.vsb.bc.ca

Tumanos/Vancouver Technical Secondary

2600 E Broadway, Vancouver, BC V5M 1Y5

604.713.8215

www.go.vsb.bc.ca/schools/vantech/departments/Aboriginal%20Enhancement%20Team/Pages/default.aspx



BUSINESS &
ECONOMIC DEVELOPMENT

BUSINESS & ECONOMIC DEVELOPMENT



 **Metro Vancouver Aboriginal Executive Council**
100 – 2732 E Hastings St, Vancouver | 604.255.2394
info@mvaec.ca | www.mvaec-members.org

The MVAEC is a unified voice of Aboriginal Organizations, who strategically plan, advocate and positively influence outcomes that strengthen the service delivery and policies that impact our Metro Vancouver Urban Aboriginal Community.

 **Assembly of First Nations BC Region**
Suite 1020 – 1200 W 73rd Ave, Vancouver
778.945.9911 | 1.833.381.7622 | www.bcafn.ca

The British Columbia Assembly of First Nations (BCAFN) is a Provincial Territorial Organization (PTO) representing and advocating for the 203 First Nations in British Columbia. BCAFN representation and advocacy is inclusive and extends to First Nations currently engaged in the treaty process, those who have signed modern treaties, and those who fall under historic treaty agreements which include the Douglas Treaties and Treaty 8. The BCAFN also represents and advocates for First Nations in BC that are not in treaty negotiations.

 **Canadian Council for Aboriginal Business**
2 Berkeley Street, Suite 202, Toronto | 416.961.8663
Info@ccab.com | www.ccab.com

CCAB's mission is to promote, strengthen and enhance a prosperous Indigenous economy through the fostering of business relationships, opportunities and awareness for all of our members.

 **Indigenous Works**
#2, 2510 Jasper Ave, Saskatoon | 306.956.5360
contact.us@indigenousworks.ca | www.indigenousworks.ca

Indigenous Works is a national social enterprise with a mandate to improve the inclusion and engagement of Indigenous people in the Canadian economy. IW assesses and benchmarks the readiness of potential partners and works with them to shore up partnership capacity, workplace performance and cultural competency on each side. We reduce the risks that can lead to a breakdown in the relationship, the derailment of the partnership and lost economic opportunity.

 **Indigenous Tourism BC**
707 – 100 Park Royal S, West Vancouver | 604.921.1070


Indigenous Tourism BC (ITBC) is a non-profit, Stakeholder-based organization committed to the continued growth of a sustainable, authentic and culturally rich Indigenous tourism industry in British Columbia.

Through training, information resources, networking opportunities and marketing programs, Indigenous Tourism BC is an important resource for Indigenous entrepreneurs and communities in British Columbia who are operating or looking to start a tourism business.

ITBC works closely with industry, business, education and government organizations to support Indigenous tourism businesses and communities in BC in the development and promotion of quality tourism experiences.

BUSINESS & ECONOMIC DEVELOPMENT



 **BC First Nations Energy and Mining Council**
#1764 – 1959 Marine Drive, North Vancouver
| 604.924.3844 info@fnemc.ca | www.fnemc.ca

The British Columbia First Nations Energy and Mining Council (FNEMC) is a non-profit organization with a mandate from the First Nations Leadership Council of B.C. to support and facilitate responsible energy and mining resource development that protects the environment and ensures the cultural, economic and political well-being of First Nations in British Columbia.

 **First Nations Fisheries Council of British Columbia**
320 – 1200 West 73rd Ave, Vancouver | 778.379.6470
infor@fnfisheriescouncil.ca
| www.fnfisheriescouncil.ca

Fisheries and aquatic resources are foundational to First Nations' communities, culture, well-being, identity, and way of life. FNFC works to protect aquatic resources and habitat and help First Nations build a strong, coherent voice on Pacific fisheries and aquatic resources by:

- Facilitating strong province-wide collaboration
- Building and maintaining First Nations capacity
- Amplifying the voices of rights holders.

 **BC First Nations Forestry Council**
669 Centre Street, Nanaimo | 604.971.3448
info@forestrycouncil.ca | www.forestrycouncil.ca

The BC First Nations Forestry Council is an advocacy organization that works to support Nations in their efforts to increase their role in as the rightful owners of forest lands and resources, including access to an equitable share of the benefits derived from forestry activities within their traditional territories.

 **First Nations Public Service Secretariat**
#1200 – 100 Park Royal South, West Vancouver
| 604.926.9903 | info@fnps.ca | www.fnps.ca

The First Nations Public Service Secretariat's mission is to

strengthen and enhance capacity in First Nations communities and organizations, on an individual, organization, and Nation level. The primary purpose of FNPSS is to create and implement a collective plan to support BC First Nation communities and organizations across the core public service sectors as they pursue excellence in their own governments and administrations.

 **First Nations Technology Council**
#102 – 70 Orwell St, North Vancouver | 604.921.9939
www.technologycouncil.ca

The First Nations Technology Council is an Indigenous-led not-for-profit working to ensure that Indigenous peoples have the tools, education and support to thrive in the digital age. FNTC is mandated by Indigenous peoples in British Columbia to advance digital and connected technologies by:

- Providing funded and accredited education programs to advance Indigenous peoples careers in innovation and technology.
- Participating in and leading community research projects that result in tangible benefits for Indigenous peoples.
- Creating strategies to advance equitable, affordable and sustainable access to technology in Indigenous communities.
- Advocating for better policy solutions for internet affordability and reliability in Indigenous communities.



BUSINESS & ECONOMIC DEVELOPMENT



 **Native Brotherhood of British Columbia**
#110 – 100 Park Royal South, West Vancouver
| 604.913.2997 | www.nativebrotherhood.ca

The Native Brotherhood of B.C. is a membership organization representing, First Nations Fishermen, Tendermen, and shoreworkers in British Columbia Canada.

 **Naut'sa mawt Resources Group**
330 – 6165 Highway 17A, Delta
| kelly@nautsamawt.com | www.nautsamawtresources.com

Naut'sa mawt Resources Group (NRG) was founded by the Naut'sa mawt Tribal Council in 1997 after the Government of Canada announced its Procurement Strategy for Aboriginal Businesses. NRG pursues opportunities to offer value-added products and services to private and public sectors across Canada. NRC establishes strategic partnerships with service providers and manufacturers that enable us to augment access to different products and specialized expertise. As a community owned venture, NRC is mindful of their Coast Salish cultural values, which guide the conduct of our business at every level.

 **New Relationship Trust**
3188 Alder Court, North Vancouver | 604.925.3338 |
1.877.922.3338 | admin@nrft.ca |
www.newrelationshiptrust.ca

The New Relationship Trust is an independent non-profit organization dedicated to strengthening First Nations in BC through capacity building. NRT invests in BC First Nations by supporting them in five key capacity development areas: Governance capacity, Education, Language, Youth & Elders, and Economic development.

 **All Nations Trust Company**
520 Chief Eli LaRue Way, Kamloops | 778.471.4110
antco@antco.ca | www.antco.ca

All Nations Trust Company is Indigenous owned. Shareholders are comprised of Bands, Tribal Councils, Indigenous Organizations, Métis Associations, Status, Non-Status and Métis individuals. ANTCO is a provincially regulated financial institution with the fiduciary capacity to provide Trust; Agent; and Administrative services. In addition to these services ANTCO is a source of capital for developmental business loans and commercial mortgages.

 **Tale'awtxw Aboriginal Capital Corporation**
508 – 100 Park Royal South, West Vancouver
| 604.926.5626 | info@tacc.ca | www.tacc.ca

TACC is committed to supporting the success of Aboriginal Businesses within the Coast Salish Traditional Territories with business financing and support services. TACC hopes to provide you with inspiration, tools, resources and information to use towards building, conceptualizing or expanding your business.

 **Ts'amiks Development Corp.**
3973 Dumfries St, Vancouver | 604.646.4944
administration@tsamiks.com | www.tsamiks.com

In 2021, Nisga'a Ts'amiks Vancouver Society launched the Ts'amiks Development Corporation with the focus of building community growth and creating business opportunities for our citizens.

The Ts'amiks Economic Development creates Community Business Engagement by offering business workshops, annual business seminars, mentorship programs, business funding and much more. As we continue to grow, Ts'amiks Economic Development will create partnerships, joint ventures, trade shows and investment programs to help build our community.

BUSINESS & ECONOMIC DEVELOPMENT



 **Nch'kay' Development Corporation**
320 Seymour Rd, North Vancouver | 604.243.0802
communications@nchkay.com
| www.squamish.net/nchkay

Nch'kay' was established in 2018 as the economic development arm of the Skwxwu7mesh Uxwumixw (Squamish Nation). It is fully owned by the Nation. Nch'kay's mandate is to develop, manage and own the active businesses of the Nation, and was created to allow for the separation of business and politics within the Skwxwu7mesh Uxwumixw. The name Nch'kay' was chosen as a reference to the Great Flood – the flood that forced our ancestors to tie their canoes to the highest mountain in the territory, Mount Garibaldi, in order to survive.

 **Musqueam Capital Corporation**
202 – 5704 Balsam St, Vancouver | 604.559.5400
www.musqueamcapital.com

Musqueam Capital Corporation (MCC) is the economic development arm of the Musqueam Indian Band. MCC is responsible for the development of Musqueam's lands, acts as asset manager for Musqueam's real estate holdings and facilitates partnerships for numerous business opportunities.

 **Stó:lō Community Futures**
Bldg 5A – 2nd Floor, 7201 Vedder Rd, Chilliwack
| 604.858.0009 | www.slolocf.ca

Stó:lō Community Futures is a non-profit organization with core funding provided by Pacific Economic Development Canada. There are 34 active Community Futures offices in BC, and SCF is one of four Indigenous specific offices in BC in the Southwest Region. SCF provides services to all 24 Stó:lō Communities and all Indigenous peoples located between Fort Langley to Yale on both sides of the Fraser River. SCF offers business support ranging from financing to training programs to small and medium-sized business owners and aspiring entrepreneurs access to services tailored to individual needs.

 **Tsawwassen Economic Development Corporation**
1926 Tsawwassen Drive, Tsawwassen | 604.943.2112
www.tfnedc.com

Through the creation of a sustainable economy, the TEDC plays a leadership role in contributing to TFN being an ideal location to raise a family and a working model of an environmentally sustainable, self-sufficient and culturally proud First Nation community.

Skwachàys Lodge (VNHS)

31 W Pender St, Vancouver | 1.888.998.0797
info@skwachays.com | www.skwachays.com

Skwachàys Lodge and Gallery is a unique indigenous social enterprise that combines a boutique hotel with a street-level gallery, that supports on-site housing and studio space for 24 Indigenous artists.





ARTS,
CULTURE & RECREATION






 **Aboriginal Tourism of British Columbia**
600 - 100 Park Royal South, West Vancouver 604.921.1070 |
1.877.266.2822


info@aboriginalbc.com | www.aboriginalbc.com
Immerse yourself in the living traditions of British Columbia's Aboriginal peoples, and experience authentic Aboriginal art, music, dance, stories and fascinating cultural artifacts.

Nis'ga'a Ts'amiks Vancouver Society
3983 Dumfries St, West Vancouver
604.646.4944 | 1.866.646.4944
executivedirector@tsamiks.com | www.tsamiks.com


Provides liaison and contact between the Nisga'a Lisims Government, along with other Nisga'a locals and Village Governments, and Nisga'a citizens ordinarily residing in the Greater Vancouver, Victoria and Nanaimo regions of British Columbia, as well as to deliver social services and promote individual, family and community wellness for Nisga'a citizens living within our boundary.


 **Redwire Native Youth Media Society**
PO Box 2042, Station Main Terminal, Vancouver
604.602.7226
info@redwiremag.com | www.redwiremag.com


Support and promote Native youth artists, writers, activists, performers and musicians.


 **Dancers of Damelahamid Society**
200 - 100 Park Royal South, West Vancouver
604.922.5277
info@damelahamid.ca | www.damelahamid.ca
Dancers of Damelahamid are available for a number of outreach and audience engagement activities such as lecture-demonstrations, workshops, dance classes and artist talks. Activities include interactive dance movement as well as background information on Indigenous knowledge and dance history

 **The Git Hayetsk Dancers**
www.githayetsk.com
Git Hayetsk means the people of the copper shield in Sm'algyax which is spoken by the Nisga'a, Tsimshian, and Gitksan Nations. Since 2003, they have shared their songs and dances at ceremonial and public events in urban and rural communities through Canada, the US, and abroad.

 **Eagle Song Dancers**
www.eaglesongdancers.org | 604.980.2230
Spakwus Slolem, (translated, "Eagle Song Dancers), are members of the Squamish Nation. The group does presentations for every kind of venue, including opening ceremonies and dance presentations for conventions/conferences, cultural festivals, school presentations, wedding ceremonies, and blessing ceremonies.

 **Raven Spirit Dance**
http://ravenspiritdance.com/ | 604.646.0010
Raven Spirit Dance Society's mandate is to create, develop and produce exceptional contemporary dance that is rooted in traditional and contemporary Indigenous worldview.

 **V'ni Dansi Métis Traditional & Contemporary Dance**
PO Box 95071 Kingsgate, Vancouver | 604.358.7435
V'ni Dansi is a Vancouver-based traditional Métis and contemporary dance company dedicated to sharing the dances, stories and culture of the Métis. Dancers perform Métis dance under the name- the Louis Riel Métis Dancers, and contemporary works as V'ni Dansi.


 **First Nations Performance**
#416-268 Keefer St, Vancouver | 604.683.0497
www.fullcircle.ca
Proudly located on the traditional, unceded territories of the m̓i q̓əq̓aʔt ct (Musqueam), K̓xwúsem (Squamish) and Q̓ápqúthut (Tsleil-Waututh) Nations, Full Circle produces programs and events such as the annual Talking Stick Festival to share history, stories and experiences of the First Nations People through their artistic work.



 **Indigenous Life Sport Academy**
308 Skawshen Rd W, West Vancouver
| www.lifesportcanada.org/team-4

By providing Indigenous youth with unstructured and semi-structured sports alike, the Indigenous Life Sport Academy creates social change and development within Indigenous communities. ILSA provides Indigenous youth with opportunities to play, express themselves, improve both their mental and physical health, as well as learn skills such as snowboarding, skateboarding, biking, climbing, hiking, and golf that can benefit them long into their adult years.

ILSA provides year-round programming, free access to training/certification programs and the opportunity to learn a lifelong sport, in a safe place, with other indigenous sport leaders.

 **Squamish Ocean Canoe Family**
2 - 415 West Esplanade, North Vancouver
778.228.7279 | 1.877.628.2288
www.squamish.net

Urban Native Youth Association (UNYA)
1618 E Hastings St, North Vancouver | **604.254.7732**
ocmprogram@unya.bc.ca | www.unya.bc.ca

Aboriginal Youth First (AYF) Sports & Rec offers sport and recreational activities to Indigenous youth ages 11 to 24.

 **ISPARC – Indigenous Sport, Physical Activity
& Recreation Council**
Suite 208, 5462 Trans Canada Hwy, Duncan | **250.856.0800**
www.isparc.ca

A provincial organization established with the purpose of improving the health outcomes of Indigenous peoples by supporting and encouraging physically active individuals, families, and communities. The programs and services delivered by I-SPARC are designed to build capacity and increase access to sport, recreation, and physical activity in First Nations communities, Métis Chartered Communities, Aboriginal Friendship Centres, schools, and other delivery agencies throughout the province.



LEGAL SERVICES

 **Vancouver Aboriginal Transformative Justice Services Society**
2982 Nanaimo St, Vancouver | 604.251.7200
www.vatjss.com

A non-profit agency that provides justice, homelessness and outreach prevention services to Indigenous people within the Metro-Vancouver area: Process through Justice program using a restorative justice approach; Indigenous Homeless Outreach Worker program.

 **Native Courtworkers & Counseling of BC**
604.985.5355
www.nccabc.ca

Provides culturally appropriate services to Aboriginal people and communities consistent with their needs: Counselling and referral services to clients with substance abuse and detox support issues; Advocacy services for Indigenous family and youth; Facilitates access to Justice by assisting clients involved in the criminal justice system; Vancouver community court services; Community outreach; Training and workshops.

 **UBC Indigenous Community Legal Clinic**
148 Alexander St, Vancouver | 604.822.1313
iclc@allard.ubc.ca


A community program where law students have the opportunity to provide legal services to Aboriginal clients.

Provincial Court of BC – Indigenous Sentencing Courts
These are sentencing courts that provide support and healing to assist in rehabilitation and to reduce recidivism while also acknowledging and repairing the harm done to victims and the community. Their focus is collaborative and holistic, recognizing the unique circumstances of Indigenous offenders within the framework of existing laws. The healing plan is at the centre of the Court, and can include both traditional and developmental forms of sentencing, such as probation, attending sweat lodges, addiction treatment, or reconnecting with community.



 **New Westminister First Nations Court**
651 Carnarvon St, New Westminister

 **North Vancouver Chet wa nexwniw' ta S7ekw'í7tel Indigenous Court**
200 East 23rd St, North Vancouver

 **Aboriginal Legal Aid in BC**
604.408.2172 | 1.866.577.2525
www.aboriginal.legalaids.bc.ca

Help Aboriginal peoples in BC understand their legal rights by providing legal information and connecting communities to legal support, and help to meet the legal needs of Aboriginal peoples in BC through innovative and culturally informed legal aid services

IDENTIFICATION / CARDS / IMPORTANT DOCUMENTS

Indigenous Services Canada

600 – 1138 Melville St, Vancouver | 604.775.5100

Monday to Friday 8am - 4:30pm

Registration and Status Card Services

236.330.9961 | www.sac-isc.gc.ca/eng/1100100032380/1572461388012

Applying by mail is encouraged.

www.sac-isc.gc.ca/eng/1462806841047/1572461062751#sec2

Service hours (by appointment only):

Monday to Friday 9am - 4:30pm

BC Drivers' License / BCID

604.982.2250 | 1.800.950.1498

www.icbc.com/driver-licensing/Pages/default.aspx

BC Services Card

www2.gov.bc.ca/gov/content/governments/government-id/bc-services-card/your-card/get-a-card

The BC Services Card provides access to government services for B.C. residents.

Income and Disability Assistance

1.866.866.9899

Service Canada – SIN Card

www.canada.ca/en/employment-social-development/services/sin/apply

As of 31 March 2014, Service Canada no longer issues plastic SIN cards. Instead, individuals receive a paper "Confirmation of SIN" letter.

BC Birth Certificate

Call the Vital Statistics Agency at 250.952.2681 in Victoria or 1.888.876.1633 elsewhere in B.C.

Use the Vital Statistics Agency's secure online ordering service at <https://ecos.vs.gov.bc.ca/>.

Go to any Service BC counter or 1.800.663.7867.

A credit card is required.

Métis Nation BC

13639 108th Ave, Surrey | 604.557.5851

reception@metisfamilyservices.ca |

www.metisfamilyservices.ca

Citizenship, ID & Registry

For gaining Métis Citizenship:

- 1) Self identification
- 2) Ancestral connection to the historic Métis community
- 3) Contemporary Métis community acceptance

Ministry of Social Development & Economic Security

TRANSPORTATION INFO

BC Bus Program

1.866.866.0800

BC Ferries

1.888.223.3779

EMERGENCY ASSISTANCE

AMBULANCE, FIRE, POLICE

911

PERSONAL CRISIS LINE TO AVAILABLE
SHELTERS & SERVICES

211

NURSE, 24 HR, CONFIDENTIAL
INFORMATION & ADVICE

811

Coast Mental Health

295 E 11th Ave, Vancouver

604.872.3502 | 1.877.602.6278

info@coastmentalhealth.com |

www.coastmentalhealth.com

Offers 24 hour crisis support with Indigenous focused risk assessment and safety monitoring for Lower Mainland.

Crisis Centre

Anywhere in BC 1-800-SUICIDE: 1.800.784.2433

Mental Health Support Line: 310.6789 (no area code required)

Vancouver Coastal Regional Distress Line: 604.872.3311

Sunshine Coast/Sea to Sky: 1.866.661.3311

Seniors Distress Line: 604.872.1234

Online Chat Service for Youth: www.YouthInBC.com
(Noon to 1am)

Online Chat Service for Adults: www.CrisisCentreChat.ca
(Noon to 1am)

Emergency Mental Health Services (Car 87)

604.675.3700 or 911

Kids Help Phone

1.800.668.6868 or text 686868

Rape Crisis Centre

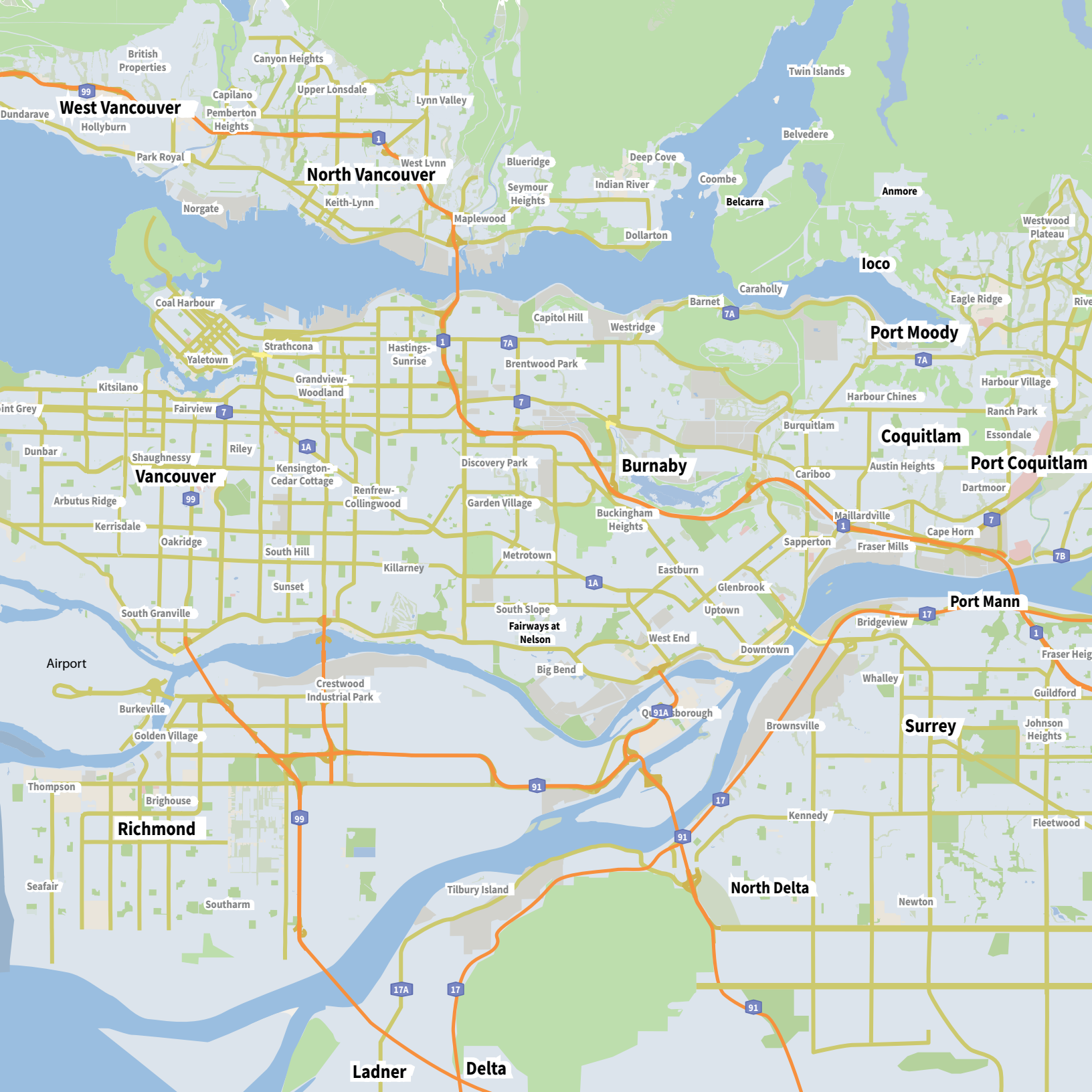
604.872.8212

Strathcona Mental Health Team

330 Heatly Ave, Vancouver | 604.253.4401



1700 FRANCES



West Vancouver

North Vancouver

Vancouver

Burnaby

Coquitlam

Port Coquitlam

Port Mann

Richmond

North Delta

Ladner

Delta

loco

Port Moody

Surrey

British Properties

Canyon Heights

Twin Islands

Capilano

Upper Lonsdale

Lynn Valley

Belvedere

Park Royal

West Lynn

Blueridge

Deep Cove

Norgate

Keith-Lynn

Maplewood

Seymour Heights

Indian River

Coombe

Belcarra

Anmore

Westwood Plateau

Coal Harbour

Capitol Hill

Barnet

Caraholly

Port Moody

Yaletown

Strathcona

Hastings-Sunrise

Brentwood Park

Harbour Chines

Harbour Village

Kitsilano

Fairview

Grandview-Woodland

Discovery Park

Garden Village

Burquitlam

Ranch Park

Essondale

Dunbar

Shaughnessy

Riley

Kensington-Cedar Cottage

Renfrew-Collingwood

Buckingham Heights

Cariboo

Austin Heights

Dartmoor

Arbutus Ridge

Kerrisdale

Oakridge

South Hill

Killarney

Metrotown

Eastburn

Glenbrook

Maillardville

Cape Horn

Fraser Mills

South Granville

Sunset

South Slope

Uptown

Downtown

Port Mann

Airport

Crestwood Industrial Park

Fairways at Nelson

Q191A Borough

Bridgeview

Fraser Heights

Burkeville

Golden Village

Big Bend

West End

West End

Downtown

Whalley

Guildford

Thompson

Brighouse

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Surrey

Johnson Heights

Seafair

Southern

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17A

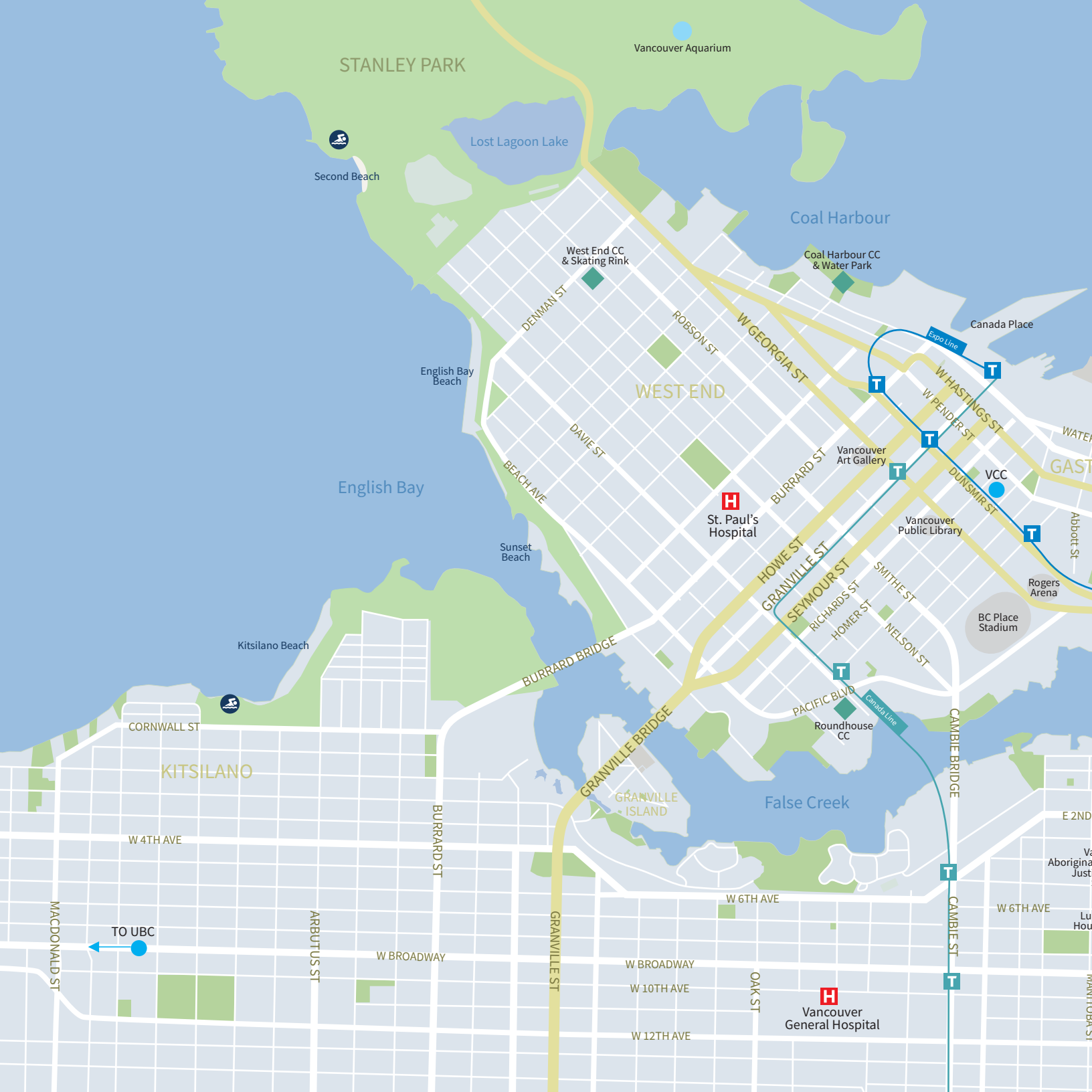
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91

Fleetwood

Newton



STANLEY PARK

Vancouver Aquarium

Lost Lagoon Lake

Second Beach

Coal Harbour

West End CC & Skating Rink

Coal Harbour CC & Water Park

Canada Place

English Bay Beach

WEST END

Vancouver Art Gallery

St. Paul's Hospital

Vancouver Public Library

Rogers Arena

BC Place Stadium

English Bay

Sunset Beach

Kitsilano Beach

CORNWALL ST

KITSILANO

BURRARD BRIDGE

GRANVILLE ISLAND

False Creek

W 4TH AVE

Roundhouse CC

TO UBC

ARBUTUS ST

W BROADWAY

W BROADWAY

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W 12TH AVE

Vancouver General Hospital

W 6TH AVE

W 6TH AVE

W 6TH AVE

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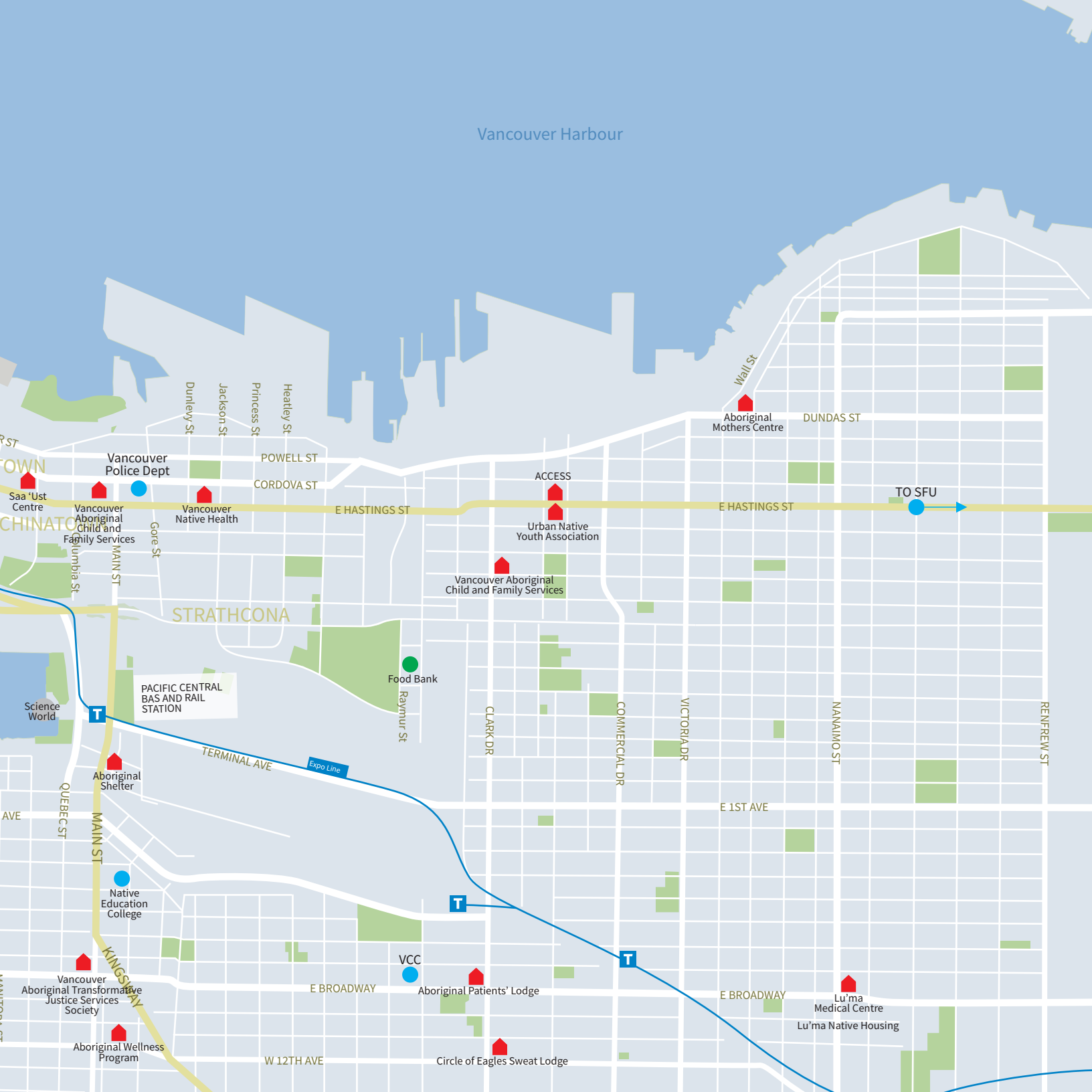
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Vancouver Harbour



CHINATOWN

STRATHCONA

PACIFIC CENTRAL
BUS AND RAIL
STATION

TO SFU

Vancouver
Aboriginal Transformative
Justice Services
Society

Aboriginal Wellness
Program

VCC

Aboriginal Patients' Lodge

W 12TH AVE

Circle of Eagles Sweat Lodge

E BROADWAY

E BROADWAY

Lu'ma
Medical Centre
Lu'ma Native Housing

Vancouver
Police Dept

Vancouver
Aboriginal
Child and
Family Services

Vancouver
Native Health

ACCESS

Urban Native
Youth Association

Vancouver Aboriginal
Child and Family Services

Aboriginal
Mothers Centre

Food Bank

Science
World

Terminal Ave
Expo Line

Aboriginal
Shelter

Native
Education
College

T

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Main St

W 12TH AVE

Circle of Eagles Sweat Lodge

E BROADWAY

E BROADWAY

Lu'ma
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Family Services

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Native Health

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Child and Family Services

Aboriginal
Mothers Centre

Food Bank

Science
World

Terminal Ave
Expo Line

Aboriginal
Shelter

Native
Education
College

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Main St



Thank You

to our Funding Partners for helping us to create this Guide

Canada 

This project is funded in part by the
Government of Canada's Homelessness
Partnering Strategy



Lu'ma Native Housing Society

ABOUT LU'MA NATIVE HOUSING SOCIETY

Our group of Societies is directed by a voluntary Board of Directors. For over thirty (30) years, we have developed, own and operate over 300 units that provide safe, affordable housing for the Vancouver Aboriginal community.

We have evolved as a housing provider, offering a wide range of programs, services and projects to respond to the special needs of the Aboriginal community in health, housing, and homelessness.

As such, some of our programs include:

- Affordable housing for families and elders;
- Aboriginal Youth Mentorship & Housing program;
- Aboriginal Patients' Lodge & health initiatives;
- Lu'ma Medical Centre
- Aboriginal Homeless Initiative (Host Agency on behalf of the Federal Government and the Aboriginal Homelessness Steering Committee);
- Community Voice Mail;
- First Funds Society, and Project Development & Management Services (i.e. the Aboriginal Mother Centre Society, the Circle of Eagles and many other projects. nationwide).