

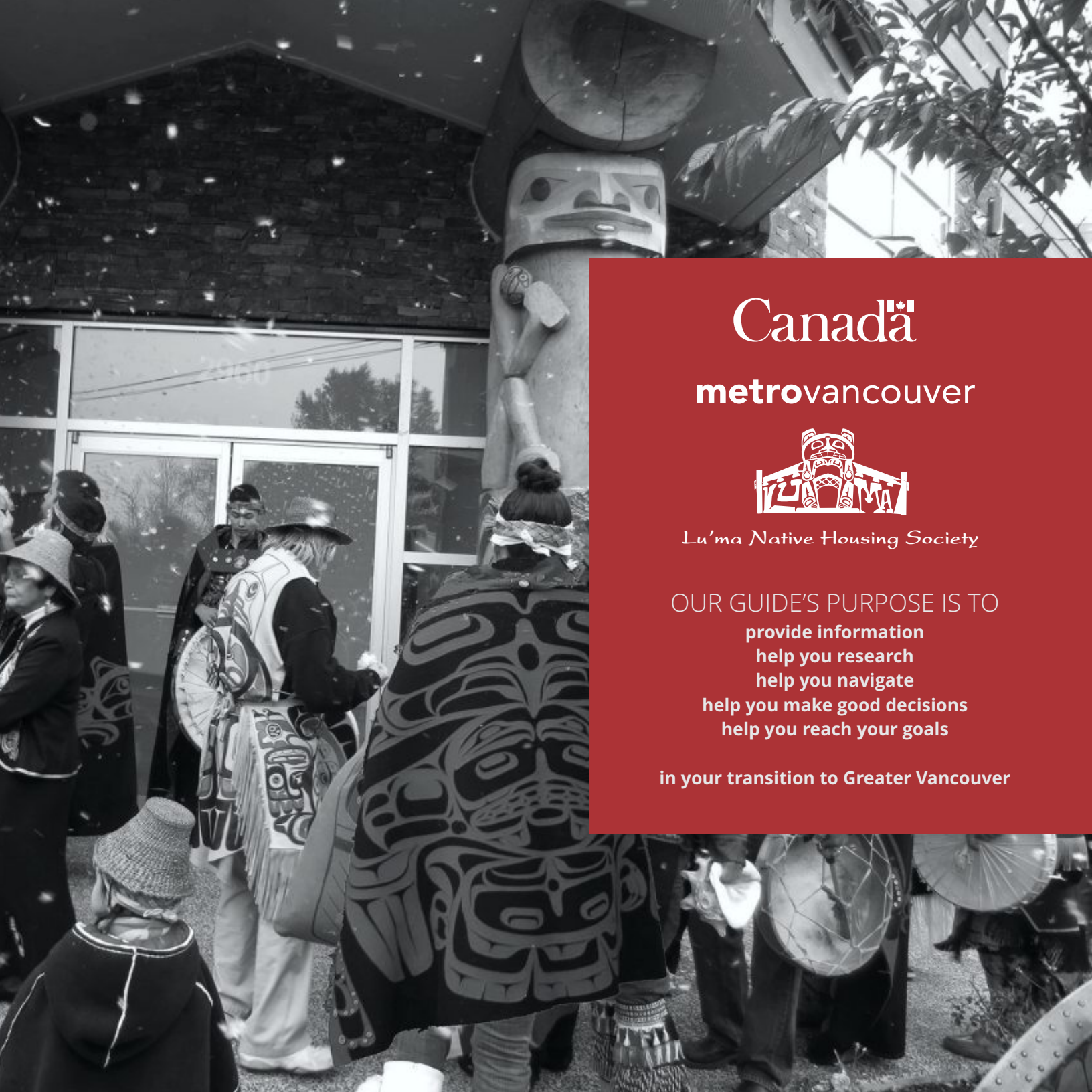
THINGS TO KNOW BEFORE  
MOVING TO THE CITY

# A GUIDE

**TO ABORIGINAL RESOURCES**

in Greater Vancouver





Canada

**metro**vancouver



*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**

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**SYMBOL** - Indicates Aboriginal Services

# CHECKLIST - Before Arriving in Vancouver



We asked Employment Support Workers at Aboriginal Community Career Employment Services Society (**ACCESS**) (one of our many partner agencies in Greater Vancouver) the following question:

"How can Aboriginal people moving to the City best prepare themselves before arriving in Vancouver & what pitfalls can they avoid?"

## **BEFORE ARRIVING IN VANCOUVER:**

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

## **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 Affordable Housing are at least 2-years long and sometimes more.

## **ACCESS**

Trades Training, Apprenticeships Program, Essential Skills, Employment Readiness Support, Job Placement

### LOCATIONS:

1607 E Hastings (Friendship Centre), Vancouver | 604.251.7955

735 Carnarvon St, New Westminster | 604.521.5929

390 Main St, Vancouver | 604.687.7480

10757 138 St, Surrey | 778.395.0385

# BUDGET & MONEY

## How will you live when you arrive in the City?

### THINGS TO CONSIDER:

#### PREPARE A BUDGET FOR YOURSELF !

Let's 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 in Vancouver	\$
Damage Deposit	\$
Groceries per month	\$
Transportation	\$
Clothes	\$
Odds & Ends	\$
Entertainment	\$
<b>Total needed each Month in Vancouver</b>	<b>\$_____</b>

**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

(once you have your housing)

##### Monthly Income:

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

##### Monthly Expenses:

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

<b>Total Expenses</b>	<b>\$_____</b>
Money left over	<b>\$_____</b>

# 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](http://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**  
471 East Broadway, Vancouver

**VAFCS Family**  
1607 E Hastings St, Vancouver

**Lu'ma Youth Mentor**  
2986 Nanaimo St, Vancouver

**ACCESS DTES**  
290 Main St, Vancouver

## **EMPLOYMENT SERVICES:**

### **ACCESS Friendship Centre**

Contact: Blair Bellerose [Blair@buildingfuturestoday.com](mailto:Blair@buildingfuturestoday.com)  
1607 E Hastings St, Vancouver

### **ACCESS New Westminster**

Contact: Cathy Roy, [croy@accessfutures.com](mailto:croy@accessfutures.com)  
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

### **Vancouver Aboriginal Transformative Justice Services Society**

2982 Nanaimo St, 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**

Contact: in limbo

6878 King George Blvd, Surrey

## **Cwenengitel**

13632 110 A Ave, Surrey

## **Native Courtworkers and Counselling Association**

520 Richards St, Vancouver

## **Vancouver Aboriginal Friendship**

## **Centre Outreach**

1607 E Hastings St, Vancouver

## PHONE ACCESS

### **DTES Women's Centre**

302 Columbia St, Vancouver | 604.681.8480

### **DURC**

412 E Cordova St, Vancouver | 604.263.3261

### **First United Church**

320 E Hastings St, Vancouver | 604.681.8365

### **Union Gospel Mission**

601 E Hastings St, Vancouver | 604.253.3323

### **WorkBC Hastings**

112 W Hastings St, Vancouver | 604.872.0770

## MEDIA

### **First Nations Drum**

101 - 1001 W Broadway St, Vancouver

604.669.5582

[www.firstnationsdrum.com](http://www.firstnationsdrum.com)

We are 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**

Canada's Premier National Aboriginal Newswire

### **CFRO Vancouver Co-op Radio - 102.7FM**

110 - 360 Columbia St, Vancouver

604.684.8494

[www.coopradi.org](http://www.coopradi.org)

### **La Boussole Francophone Centre**

651 E Broadway St, Vancouver

604.683.7337

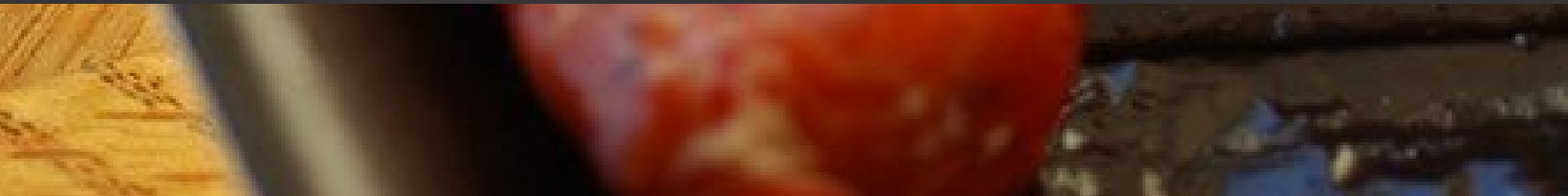
[www.lbv.ca](http://www.lbv.ca) | [laboussole@lbv.ca](mailto:laboussole@lbv.ca)

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**

705 - 33 Terminal Ave | 604.684.8171

### **Covenant House**

575 Drake St | 604.685.7474

### **DTES Women's Centre**

302 Columbia St | 604.681.8480

### **First United Church**

320 E Hastings St | 604.681.8365

### **SPCA**

543 Powell St | 604.253.4469

### **Union Gospel Mission**

616 E Cordova St | 604.253.4044  
For Women

### **YWCA**

533 E Hastings St | 604.689.2808

## LOW COST CLOTHING

### **First United Thrift Store**

320 E Hastings St | 604.569.1117

### **MCC Thrift Shop**

5914 Fraser St | 604.325.1612

### **The Salvation Army Thrift Shop**

261 E 12th St | 604.874.4721

### **Union Gospel Mission**

671 E Hastings St | 604.254.8721  
Call to find UGM closest to you

### **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

### **Lord Rain**

327 Carrall St | 604.684.3097

### **PHS Community Services Society**

412 E Cordova St | 604.678.8279

## HAIRCUTS

### **London School**

300 W Pender St, Vancouver | 604.685-4121  
Low Cost

### **Vancouver Community Network**

250 W Pender St, Vancouver | 604.443.8332  
Call to find Vancouver Community College closest to you  
Low Cost

## STORAGE

### **First United Church**

320 E Hastings St, Vancouver

First come first serve. 50 lb maximum weight. If you do not check in every 24hrs belongings will be removed and space given to someone else. Check-in/Check-out times: 8 am to noon, 2 to 5pm and 7:30 to 10:30pm.

# FREE AND LOW COST MEALS IN VANCOUVER



## THE FOOD BANK

1150 Raymur St | 604.876.3601 | [foodbank.bc.ca](http://foodbank.bc.ca)

Call to find the Food Bank closest to you

## Carnegie Centre

401 Main St | 604.665.2220

Breakfast (\$2.00) - Everyday 9-11am

Lunch (\$2.25) - Everyday 12-4pm

Dinner (\$3.25) - Everyday 5-8pm

## Carrall Street Church

331 Carrall St | 604.684.3097

Free Food: Service & Meal - Families Only

Tue, Thur & Fri: 6:30pm

Sun: 12:30pm

## Directions Youth Services

1138 Burrard St | 604.669.0498

Free Food: **Hot meals** - Everyday 8-8:30pm - 21 years and under only

## Door is Open

255 Dunlevy St | 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

572 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

## Drug Users Resource (DURC)

412 E Cordova St | 604.685.8278

Free Food: **Breakfast, Lunch, Snack & Coffee**

Mon to Fri: 10:30am-12:00pm & 11am-2:30pm

Sat & Sun: Closed

## Drugout

59 Powell St | 604.685.5239

Free Food: **Coffee/Soup/Bun**

Mon to Sat: 7:30am

Sun: 8:30am

## Evelyn Saller Center aka "the 44"

320 Alexander St | 604.665.3075

Breakfast (\$2.00) - Everyday 10am-12pm

Lunch (\$2.00) - Everyday 11am-3pm

Dinner (\$2.00) - Everyday 3-5:50pm

## First United Church

320 E Hastings St | 604.681.8365

Free Food: **Breakfast, Lunch & Snack (M-F)**

Mon to Thur: 8:30am, 12:00pm, 2:00pm

Fri: 8:30am, 12:00pm, 2:00pm | **Dinner** 6:00pm

Sat & Sun: 8:30am, 12:00pm

## Food on the Corner

Main St and Cordova St

Free Food: **Soup, Bread, Coffee Sweets & Sandwiches**

Sat: 11:00am-12 noon

## Gathering Place

609 Helmcken St | 604.665.2391

Breakfast (\$2.00) - Everyday 10am-11pm

Lunch (\$2.75) - Everyday 12am-1:25pm

Dinner (\$3.25/\$3.75) - Everyday 4-5:25pm

# FREE AND LOW COST MEALS IN VANCOUVER



## **Harbour Light**

119 E Cordova St | 604.645.6800

No meal on cheque issue a day.

Free Food (limited meals so be there at least 15 minutes before):

Mon: 10:30-11:30am & 4-5pm

Tue: 10:30-11:30am

Wed: 10:30-11:30am & 4-5pm

Thur: 10:30-11:30am

Fri: 10:30-11:30am & 4-5pm

Sat: 4-5pm

Sun: 4-5pm

## **Living Waters**

782 E Hastings St | 604.251.2493

Free Food & Service

Sat: 7pm (hotdogs, coleslaw, coffee, juice)

Sun: 11am (hotdogs, coleslaw, coffee, juice)

## **The Salvation Army**

222 Main St | 604.525.7311

Free Food: Soup/Sandwich Treats

Tue: 9:45pm-11pm

Sun: 9:45pm-11pm

## **The Salvation Army Vancouver Harbour Light**

119 E Cordova St | 604.646.6800

[www.harbourlightbc.com](http://www.harbourlightbc.com)

Offers nutritious free meals.

## **Union Gospel Mission**

601 E Hastings St (Enter on Princess St) | 604.253.3323

Free Food: Lunch and Dinner

Mon to Fri: Lunch 11am | Dinner 6:30pm

Sat: Lunch 11am | Dinner 4pm

Sun: Dinner 4pm

## FREE MEALS FOR WOMEN

### **Door is Open**

373 E Cordova St | 604.669.0498

Breakfast - Wed 8:30am

Lunch - Wed 11:30am

### **WISH**

330 Alexander St | 604.669.9474

Female Sex Trade Women Only.

Breakfast, Hot meal & Coffee

Everyday 7-9am & 6-8pm

### **Women's Centre**

302 E. Columbia St | 604.681.8480

Lunch and Movie (Popcorn is subject to availability)

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

### **YWCA Crabtree Corner**

533 E Hastings St | 604.216.1650

Lunch - Mon, Tue, Thu & Fri 2pm

Soup - Wed 10:30am

### **YWCA**

533 E Hastings St | 604.216.1650

Pregnant Women Only.

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

## PET FOOD BANK

### **SPCA**

543 Powell St | 604.253.4469

Free Food:

Thu: Charlie's SPCA Pet food Bank 10am-2pm

Fri: Power Breakfast 9am & Coffee 12-1:30pm






# 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

Homeless people can sleep at night in shelters operated by non-profits. There is food and other services that can help. 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 probably 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 like how long you can stay, who can stay, drug/ alcohol use on site, program participation, meals or a kitchen may be provided and 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 and 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 before 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 so immediate placement into housing may take months or even years.

## 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 0-3 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 usually pay a lower rent which is the draw to Co-Op living. Attending annual or bi-monthly tenant meetings is usually mandatory.

## SHARED HOUSING \$375-800 / mth +

Housing in Vancouver is expensive so plenty of people share privately owned apartments or houses. You can find shared housing on Craigslist, Easy Roommate.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/Options](http://www.bchousing.org/Options)

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

## SHELTER AID FOR ELDERLY RENTERS

— S A F E R —

Helps make rents affordable for BC seniors 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/Options](http://www.bchousing.org/Options)

**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.

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

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.

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

# STRATEGY TO FINDING HOUSING

1

Get on the BC Housing Registry:  
[www.bchousing.org/Partners/Housing\\_Registry](http://www.bchousing.org/Partners/Housing_Registry)

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.

# AFFORDABLE 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](http://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](http://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](http://www.kekinow.ca)

Townhouses for singles & families in Surrey & Chilliwack.



## **Mamele'awt Qweesome & To'o Housing Society**

143- 34110 Lougheed Hwy, Mission

604.820.3324 | [www.mqhs.ca](http://www.mqhs.ca)

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



## **BC Native Housing**

678 E Hastings St, Vancouver

604.688.1821 | <http://www.bcnh.bc.ca/index.htm>

Delivers the Rural and Native Housing Program (RNH) to Aboriginal and Non-Aboriginal People residing within rural areas located throughout British Columbia.

## **Lookout Emergency Aid Society**

544 Columbia St, New Westminster

604.255.0340 | [www.lookoutsociety.ca](http://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](http://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](http://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](http://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**

20 West Hastings St, Vancouver

[www.phs.ca](http://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**

101 East Cordova St, Vancouver

604.331.1407 | [www.atira.bc.ca](http://www.atira.bc.ca)

Housing for women in Vancouver and the Lower Mainland.

# AFFORDABLE HOUSING FOR FAMILIES

## VANCOUVER



### VANCOUVER EASTSIDE

#### **Grandview Gardens**

2535 Grandview Hwy, Vancouver | [604.451.6670](tel:604.451.6670)

3 and 4 bedroom townhouses on treed bikeway

#### **Grandview Terrace**

1501 Woodland, Vancouver | [604.433.2218](tel:604.433.2218)

1 to 4 bedroom, quiet area near Commercial Drive

#### **Charleswood Court**

1515 Charles St, Vancouver | [604.254.7233](tel:604.254.7233)

26 units from one to four bedrooms;

Near elementary school, recreation centre

#### **Alexandra Housing Society**

2450 Penticton St, Vancouver | [604.875.9111](tel:604.875.9111)

Nanaimo area

#### **Haley Place**

1810 East Georgia St, Vancouver | [604.258.4123](tel:604.258.4123)

39 units ranging from one to three bedrooms

#### **Alma Blackwell**

1656 Adanac St, Vancouver | [604.451.4412](tel:604.451.4412)

46 units ranging from one to four bedrooms

#### **Mi-Casa**

870 East 8th Ave, Vancouver | [604.433.2218](tel:604.433.2218)

2 and 3 bedroom apartments, near elementary school

#### **Hemlock Court**

1411 E 17th Ave, Vancouver | [604.451.6670](tel:604.451.6670)

2 and 3 bedroom townhouses, near schools

#### **Chelsea Green**

4120 Kamloops St, Vancouver | [604.395.4370](tel:604.395.4370)

29 family townhouses near Nanaimo Skytrain

#### **Chelsea Court**

2378 Grandview Hwy, Vancouver | [604.395.4370](tel:604.395.4370)

32 family units including apartments and townhomes

#### **Chelsea Court**

3548 Victoria Dr, Vancouver | [604.395.4370](tel:604.395.4370)

28 family townhouses near Trout Lake

#### **Chelsea Lane**

1680 East 6th Ave, Vancouver | [604.395.4370](tel:604.395.4370)

16-two bedroom townhouses for families

#### **Chelsea Gardens**

837 East 52nd Ave, Vancouver | [604.395.4370](tel:604.395.4370)

55 family townhomes

#### **Muir Manor**

2588 Nanaimo St, Vancouver | [604.433.2218](tel:604.433.2218)

2 and 3 bedroom apartments, near schools

#### **Ledingham Place**

2425 Brunswick St, Vancouver | [604.681.8365](tel:604.681.8365)

2 and 3 bedroom apartments, near schools

#### **Bill Hennessey Place**

370 Jackson Ave, Vancouver | [604.681.8365](tel: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](tel:604.899.2566)

#### **Mole Hill Community Housing Society**

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

#### **Barclay Heritage Square Residences**

1416 Haro St, Vancouver | [604.665.3331](tel:604.665.3331)

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

# AFFORDABLE 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

3510 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/EASTSIDE

#### 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](http://www.chf.bc.ca).

## **Laura Jamieson Co-op (1 to 3 bedroom)**

349 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

## **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

## **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

OFFICE: 8450 Portside Dr, Vancouver

## **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



# AFFORDABLE HOUSING FOR SINGLES

## VANCOUVER



### VANCOUVER WEST END

#### C-Side

1288 W Cordova St, Vancouver | 604.691.6585

#### Mole Hill Community Society

1169 Pendrell St, Vancouver | 604.687.1145

#### Seymour Place

1221 Seymour Ave, Vancouver | 604.408.5777

### VANCOUVER WESTSIDE

#### Sanford Apartments

1601 W 7th Ave, Vancouver | 604.609.7024

#### Glynn Manor

1520 W 7th Ave, Vancouver | 604.684.3515

#### Phoenix

745 W 7th Ave, Vancouver | 604.879.2633

Singles - Ex-psychiatric patients

### VANCOUVER EASTSIDE

#### First Place Residence

188 E 1st Ave, Vancouver | 604.558.4022

#### Bridget Moran

668 Powell St, Vancouver | 604.331.8757

#### Bill Hennessy Place

501 E Hastings St, Vancouver | 604.253.4720

#### Hugh Bird Residence

420 E Cordova St, Vancouver | 604.451.6670

### Kensington Cedar Cottage

1842 E 10th Ave, Vancouver | 604.433.2218

### Cecilia House

315 Powell St, Vancouver | 604.606.0331

### VANCOUVER DOWNTOWN

#### Union Gospel Mission McElrea Place

601 E Hastings St, Vancouver | 604.253.3323

#### Candela Place

1267 Granville St, Vancouver | 604.681.5083

#### Kindred Place

1321 Richards St, Vancouver | 604.688.4043

Addiction recovery, library, computer room.

#### MPA Society Hazelwood Hotel

344 East Hastings St, Vancouver | 604.609.7024

#### Woodwards

131 West Hastings St, Vancouver | 604.609.7024

#### Columbia House

103 Powell St, Vancouver | 604.681.6846

#### Europe Hotel

43 Powell St, Vancouver | 604.689.5161

#### Columbia House

101 Powell St, Vancouver | 604.433.2218

#### The Ford

375 Main St, Vancouver | 604.433.2218

#### The View

250 Powell St, Vancouver | 604.558.7784

# AFFORDABLE HOUSING FOR SINGLES AND FAMILIES

## OTHER AREAS



### BURNABY

#### Concordia Court

5550 Beresford St, Burnaby | 604.436.1225

Families & Seniors

#### Heritage Heights

3765 Albert St, Burnaby | 604.291.6450

#### Hillside Place

1025 Queens St, Burnaby | 604.522.4123

#### Ridgelawn Gardens

1960 Bellwood Ave, Burnaby | 604.291.0461

#### Bridgeview Heights

511 - 13th St, Burnaby | 604.522.1416

#### 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 Westminster | 604.299.8288

### SURREY

#### Friendship Village

6526 135th St, Surrey | 604.596.1099

#### Hyland Village

13927 168th St, Surrey | 604.599.0931

#### Jennings Place

7775 - 120 A St, Surrey | 604.590.8659

#### Union Gospel Mission

#### Orchard Townhouse Complex

Surrey | 604.253.3323

#### Johnston Court

9699 152B St, Surrey | 604.582.1288

#### Kwantlen Park

12615 72nd Ave, Surrey | 604.543.7271

#### Rodeo Park Place

17445 57th St, Surrey | 604.576.9969

#### Stoney Creek

6438 King George Blvd, Surrey | 604.501.2533

#### Strawberry Hill

7555 - 20th St, Surrey | 604.501.0505

### LANGLEY

#### Innis Park

20257 53A Ave, Langley | 604.539.0217

# AFFORDABLE HOUSING FOR SINGLES AND FAMILIES

## OTHER AREAS (continues)



### 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 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)

#### **Pinetree Park**

3100 Ozada Ave, Coquitlam | [604.942.2277](tel:604.942.2277)

#### **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)

# AFFORDABLE HOUSING FOR SENIORS



## **Sto:lo Elder's Lodge**

7519 Topaz Drive, Chilliwack | 604.465.4851

[www.stolonation.bc.ca](http://www.stolonation.bc.ca)

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

## **Carolina Court**

600 East 6th Ave, Vancouver

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

## **Beulah Garden Homes Society**

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

### **Honorita 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 | 604.433.2218

### **Pendrellis**

1254 Pendrell St, Vancouver | 604.687.0915

### **Twin Arms**

1030 Burnaby St, Vancouver | 604.688.2771

### **Nicholson Towers**

across from Park, Vancouver | 604.558.5941

## **VANCOUVER WESTSIDE**

### **St. Mary's Kerrisdale Housing Society**

Arbutus St, Vancouver | 604.263.1766

### **Granville House**

1515 Granville St, Vancouver | 604.681.2417

### **Southwynd Place**

8080 Yukon St, Vancouver | 604.324.1279

### **Kiwanis Manor**

8790 SW Marine Dr, Vancouver ~ Apply in person

### **Olympic Village Parcel 9**

80 Walter Hardwick Ave, Vancouver | 604.873.1022

### **Southvan Manor**

6545 Alberta St, Vancouver | 604.321.7042

### **Lionsview Building**

2975 Horley St, Vancouver

# AFFORDABLE HOUSING FOR SENIORS

(continues)



## 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 Manor

325 E 6th Ave, Vancouver | 604.873.1140

### Evangel Tower

30 E 10th Ave, Vancouver | 604.872.1090

### Lionsview I

2950 Euclid Ave, Vancouver | 604.684.3515

### Renfrew Park Lions

3433 Renfrew St, Vancouver | 604.435.2241

### Little Mountain Court

250 E 36th Ave, Vancouver | 604.433.2218

### New Chelsea Gardens

995 East 52 Ave, Vancouver | 604.874.6255

### Culloden Court

6100 Inverness St, Vancouver | 604.433.2218

## VANCOUVER DOWNTOWN / DTES

### Regal Place Hotel - PHS Community Services

146 W Hastings St, Vancouver | 604.683.0073

### Orange Hall

341 Gore St, Vancouver | 604.568.1110

### Harmony House

580 Shanghai Alley, Vancouver ~ Apply to VCH

### Central Residence

42 E Cordova St, Vancouver | 604.665.3070

### Smith Yuen Apartments -

### Mental Health Housing

475 E Hastings St, Vancouver | 604.734.5265

### Cordova House

368 E Cordova St, Vancouver | 604.606.0347

Wheelchair accessible

### Saint James Place

340 E Cordova St, Vancouver | 604.736.8416

### Sunrise Hotel

101 E Hastings St, Vancouver | 604.683.0073

# AFFORDABLE HOUSING FOR SENIORS

(continues)



## **Washington Hotel**

177 East Hastings St, Vancouver | 604.683.0073

## **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 | 604.253.4624

## **Shiloh Place**

245 Powell St, Vancouver | 604.258.9480

## **Tellior Tower**

16 E Hastings St, Vancouver | 604.683.8900

## **Roddan Lodge - City of Vancouver Housing**

124 Dunlevy St, Vancouver | 604.251.1434

## **Antoinette Lodge**

535 E Cordova St, Vancouver | 604.251.2611

## **Oppenheimer Lodge**

450 E Cordova St, Vancouver | 604.253.4624



# ALL GENDER ADULT SHELTERS



## 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 9pm, shelter area for under 19, no alcohol/drug use on-site

### Lookout Downtown

346 Alexander St, Vancouver | 604.681.9126

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

### New Fountain

51B W Cordova St, Vancouver | 604.331.1246

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

136 East Cordova St, Vancouver | 604.681.3405

10pm - 8am, no admissions after 2am, wheelchair accessible, no alcohol/drug use on site



## OUTSIDE OF VANCOUVER

### Hyland House Surrey

6595 King George Hwy, Surrey | 604.559.8900

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

### Hyland House Cloverdale

17910 Codebrook Rd, Cloverdale | 604.574.4341

Curfew, no alcohol/drug use, laundry.

### Lookout North Shore

705 West 2nd, North Vancouver | 604.982.9126

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

### Salvation Army Caring Place

22188 Lougheed Hwy, Maple Ridge | 604.463.8296 ext102

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



## MEN ONLY SHELTERS



### **Catholic Charities**

828 Cambie St, Vancouver | [604.443.3292](tel:604.443.3292)

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

### **Salvation Army Beacon**

138 E Cordova St, Vancouver | [604.646.6846](tel: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](tel:604.646.6806)

10pm curfew, no alcohol/drug

### **Union Gospel Mission**

601 E Hastings St, Vancouver | [604.253.3323](tel:604.253.3323)

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

### **The Russell**

740 Carnarvon St, New Westminster | [604.529.9126](tel:604.529.9126)

Pets allowed, wheelchair friendly, harm reduction

### **Salvation Army Richmond House**

3111 Shell Rd, Richmond | [604.276.2490](tel:604.276.2490)

No alcohol/drug use on site

### **Salvation Army Stevenson House**

32 Elliot St, New Westminster | [604.526.4783](tel:604.526.4783)

### **Lookout Yukon Shelter**

2088 Yukon St, Vancouver | [604.264.1680](tel:604.264.1680)

Just east of Cambie Bridge, near West 4th Ave

## SENIOR'S SHELTERS



### **Sakura So**

376 Powell St, Vancouver | [604.681.0008](tel:604.681.0008)

### **Senior Services Society**

Many locations in Burnaby | [604.520.6621](tel: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.

### **Housing for Elder Women**

Burnaby | [604.205.9350](tel:604.205.9350)

### **Ama House**

Surrey | [604.331.1407](tel:604.331.1407)

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

# YOUTH SHELTERS

(Addresses are confidential for security purposes)



## **Aboriginal Youth Safe House**

Vancouver | **604.254.5147**

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 | **604.322.7577**

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.

## **Young Wolves Lodge**

UNYA Vancouver | **604.321.1118**

A 16-week voluntary residential program for young 17-24-year-old Aboriginal women who have substance abuse/misuse issues and are trying to work towards positive change in their lives. Also work with women to help them reunite with their children.

## **Ravens Lodge**

UNYA Vancouver | **604.254.7732**

Goal is to empower youth 11-15 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**

575 Drake 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 | **604.261.7827** | A.H. **604.660.4927**

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

## **Walden Safe House**

Vancouver | **604.877.1234**

16-18 yrs, 3 meals, hard drug-free, goal oriented

## **Directions Youth Centre**

900 Pacific St, Vancouver

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**

14-18 yrs, drug free, goal oriented

## **All Nations Youth Safe House**

Surrey | **604.584.2625**

16-18 yrs, self-referral, curfew, 72-hours hard drug free, goal oriented, 4pm to 9am

## **Emergency Services**

Vancouver | **604.633.1472**

Midnight to 8am, coffee & snacks

## **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

Downtown 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

### Union Gospel Mission

Downtown Eastside Vancouver | 604.253.4044

Women & Families Centre, Families & single women, Day Shelter, Mon-Fri 9am - 5pm, showers, sleeping program/beds

## 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

## OUTSIDE OF VANCOUVER

### Fraserside Emergency

New Westminster | 604.525.3929

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

### Liz Gurney's

New Westminster | 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

# WOMEN'S HOUSING



## 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

### **Peggy's Place**

THE KETTLE SOCIETY

Vancouver | 604.430.5202

### **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



## **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

## **Florence Apartments**

THE BLOOM GROUP

329 Powell St, Vancouver | 604.606.0402

Second stage housing for women and children

## **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 Shelter**

ATIRA WOMEN'S RESOURCE SOCIETY

Surrey | 604.580.2915

Supportive housing program for women who are pregnant  
or have a new born, meals

### **Maxxine Wright 2nd Stage**

ATIRA WOMEN'S RESOURCE SOCIETY

Surrey | 604.582.2121

Supported affordable housing to women with young  
children

### **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.

# WOMEN'S HOUSING



## 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



## **Cwenengital Aboriginal 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 SOCIETY**

346 Alexander St, Vancouver | **604.681.9126**

39 transition housing units

## **Sakura So**

**LOOKOUT SOCIETY**

376 Powell St, Vancouver | **604.681.0008**

38 transition units of Rooming house, supportive housing

## **Yukon House**

**LOOKOUT SOCIETY**

2088 Yukon St, Vancouver | **604.264.1630**

37 transition housing units

## **North Shore Housing**

**LOOKOUT 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 SOCIETY**

606 Clarkson St, New Westminster | **604.523.9126**

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

## **Russell Shelter & Residence**

**LOOKOUT SOCIETY**

740 Carnarvon St, New Westminster | **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 SOCIETY

415 Alexander St, DTES Vancouver | 604.255.2347

People with concurrent issues.

### Windchimes Apts

RAINCITY SUPPORT SOCIETY

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 SOCIETY

510 Alexander St, DTES Vancouver | 604.255.7089

Supported housing

### Avalon Hotel

LOOKOUT SOCIETY

165 W Pender St, Vancouver | 604.629.0055

### Shaldon Hotel

RAINCITY SUPPORT 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 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 SUPPORT SOCIETY

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

# ALL GENDER TRANSITION HOUSES

SRO's for Singles in Vancouver



## **The Edge Core Artists Co-op**

275 Alexander St, DTES Vancouver | [604.602.7641](tel:604.602.7641)

## **Somerville Place**

**THE BLOOM GROUP**

377 Powell St, DTES Vancouver | [604.606.0414](tel:604.606.0414)

## **Rhoda Kaellis Residence**

1105 Royal Ave, New Westminster | [604.544.5145](tel: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 TIPS

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](tel:604.913.7933)  
[www.accessfutures.com](http://www.accessfutures.com)

## **EMPLOYMENT ASSISTANCE SERVICES**

### **Employment Assistance Services**

101 - 1607 E Hasting St, Vancouver | [604.251.7955](tel:604.251.7955)

### **Aboriginal Connections to Employment**

390 Main St, Vancouver | [604.687.7480](tel:604.687.7480)

### **Aboriginal Training & Employment Cooperative**

10757 138th St, Surrey | [778.395.0385](tel: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**

109 - 100 Park Royal, West Vancouver | [604.922.4077](tel:604.922.4077)  
[www.accesstrades.accessfutures.com](http://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](tel:604.521.5929)  
[www.esaf.accessfutures.com](http://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](tel:604.913.7933)  
[www.programs.accessfutures.com](http://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](tel:604.913.7933)  
[www.bladerunners.info](http://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.



# EMPLOYMENT LISTINGS

## VANCOUVER, WEST VANCOUVER



### **DURC (Lifeskills)**

412 E Cordova St, Vancouver | 604.678-8278 (or 8279)

### **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](http://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](http://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](mailto:laboussole@lbv.ca) | [www.lbv.ca](http://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

### **M3Personnel Group**

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](mailto:executivedirector@tsamiks.com) | [www.tsamiks.com](http://www.tsamiks.com)



### **Squamish First Nation**

345 W 5th St, North Vancouver | 604.985.7711

[www.squamish.net](http://www.squamish.net)

#### **Stitsma Employment Centre**

### **SPCA**

543 Powell St, Vancouver | 604.253.4469

Mission Possible

# EMPLOYMENT LISTINGS

VANCOUVER, NORTH VANCOUVER



## **Trades Labour Corporation**

1265 Main St, Vancouver | 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

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

## EMPLOYMENT FOR WOMEN



### **Aboriginal Mother Centre Society**

2019 Dundas St, Vancouver | 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

michele@bwss.org

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

Employment program of British Columbia and is 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 we are honoured to be a subcontractor of Open Door Group.



### **Helping Spirit Lodge Society**

3965 Dumfries St, Vancouver | 604.874.6629

reception@hsls.ca | www.hsls.ca

Spirit Way Second Stage Programming

### **newSTART Bridging**

2108 Commercial Dr, Vancouver | 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.

# EMPLOYMENT LISTINGS

## OTHER AREAS



### **Nicola Valley Institute of Technology – NVIT**

200 - 4355 Mathissi Pl, Burnaby | [604.602.9555](tel:604.602.9555)  
[info@nvit.bc.ca](mailto:info@nvit.bc.ca) | [www.nvit.ca](http://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**

7 - 7201 Vedder Rd, Chilliwack

[604.824.3200](tel:604.824.3200) | [1.800.565.6005](tel:1.800.565.6005)

[www.stolonation.bc.ca](http://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

### **First Nations Employment Society**

300 - 395 Railway St, Sunshine Coast

[604.605.7194](tel:604.605.7194) | [1.866.605.8901](tel:1.866.605.8901)

[jobs@fnes.ca](mailto:jobs@fnes.ca) | <http://www.fnes.ca>

#### **First Nations Employment Centre Employment Program**

First Nations Employment Society (FNES) represents ten First Nations as well as on/off reserve people residing in



the Vancouver Sunshine Coast areas. FNES manages an agreement with Service Canada on behalf of the ten First Nations with delegated authority for training and employment in the Vancouver Sunshine Coast region of British Columbia. FNES is always striving to improve labour market outcomes for all Aboriginal people living in there service areas.

### **Métis Nation BC**

10757 - 138th St, Surrey | [604.557.5851](tel:604.557.5851)

[reception@mNBC.ca](mailto:reception@mNBC.ca) | [www.mNBC.ca](http://www.mNBC.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



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**  
firstna-tions@bcit.ca | [www.bcit.ca](http://www.bcit.ca)

## **Douglas College**

700 Royal Ave, New Westminster | 604.527.5400  
[www.douglascollege.ca](http://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](mailto:info@necvancouver.org) | [www.necvancouver.org](http://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](mailto:first_nations@sfu.ca) | [www.sfu.ca/fns/community](http://www.sfu.ca/fns/community)

### **First Nations Studies**

## **Vancouver Community College**

250 West Pender St, Vancouver | **604.443.8453**  
[aboriginal@vcc.ca](mailto:aboriginal@vcc.ca) | [www.vcc.ca](http://www.vcc.ca)

## **University of British Columbia**

1822 East Mall, Vancouver | **604.822.2177**

[fnls@law.ubc.ca](mailto:fnls@law.ubc.ca) | [www.law.ubc.ca/fnations](http://www.law.ubc.ca/fnations)

### **ABORIGINAL STUDENTS - First Nations Legal Studies**

2125 East Mall, Vancouver | **604.822.5374**

[www.edst.educ.ubc.ca](http://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](mailto: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**

441 - 2053 Main Mall, Vancouver | 604.822.0988

chnookadmin@ch-nook.ubc.ca | www.chnook.org

## **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.

113 - 100 Park Royal South, West Vancouver

604.669.7305 | 1.888.822.3388

iwww.fnesc.ca

### **Community Wildfire Protection Plan**

Emergency planning, training, response, and recovery; fire training, education and prevention; Forest fuel and wildfire management; and Leadership and collaborative relationships.

## **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.

## **Fraser Region Aboriginal Friendship Centre Association**

A101 - 10095 Whalley Blvd, Surrey | 604.595.1170

tanya.tomma@frafca.org | http://frafca.org

### **Preventing Homelessness**

Provides outreach and support to individuals who are absolutely homeless, and offers services to individuals and families at risk of homelessness.

## **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.



# EDUCATION AND TRAINING LISTINGS



## **Métis Nation BC**

103 - 5668 192 St, Surrey

604.557.5851 | 1.800.940.1150

reception@mNBC.ca | www.mNBC.ca

### **Education**

Grade 4 Métis Cross Curricular Unit, Grade 7 Métis Cross-Curricular Teacher Guide, Teacher's Resource portal for K-12

10757 - 138th St, Surrey | 778.395.0385

reception@mNBC.ca | www.mNBC.ca

### **Culture, Heritage & Language**

Cultural Database, News & Events

## **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)**

First Nations Longhouse, 1985 West Mall, Vancouver

604.822.5240 | nitep.educ@ubc.ca | nitep.educ.ubc.ca

## **Newton Resource Centre**

102 - 13711 72A Ave, Surrey | 604.596.2311

### **Newton Advocacy**

## **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 Vancouver Society**

3983 Dumfries St, Vancouver | 604.646.4944

executivedirector@tsamiks.com | www.tsamiks.com

## **Pacific Rim Education Association**

604.871.0450 Ext: 620 | www.plea.bc.ca

### **Employment and Training Centre**

## **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**

Bldg. 7-7201 Vedder Rd, Chilliwack

604.824.3200 | 1.800.565.6005

www.stolonation.bc.ca

### **Sto:lo Aboriginal Education / Empowerment**

K-Grade 12, Post Secondary, Longhouse Extension Program

## **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 Secondary School**

285 E 5th Ave, Vancouver | 604.873.3761 (or 3772)  
<https://www.vsb.bc.ca/programs/outreach-program>  
**STUDENTS OF ABORIGINAL HERITAGE, AGES 15 TO 19**  
**(GRADES 10 TO 12)**

An alternative program for students of Aboriginal heritage, ages 15 to 19 (Grades 10 to 12) who wish to improve their academic and social emotional skills, prepare for post secondary programs, and complete courses leading to a Dogwood Certificate. Offers small structured classes with academic support available. Students can access counselling, life skills training, and an aboriginal cultural component, and are given opportunities to engage in community initiatives. Parent school is Britannia Secondary.

## **Drive Youth Employment Services**

**Frog Hollow Neighbourhood House**  
2106 Commercial Dr, Vancouver | 604.253.9675  
[www.d-yes.ca](http://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\\_Roots@frafca.org](mailto:Indigenous_Roots@frafca.org) |  
<http://frafca.org/index.php/programs/indigenous-roots-youth-group/>

### **Indigenous Roots Youth Group**

A series of intensive and educational outdoor leadership experiences driven to provide the necessary skills set to complete secondary school, continue with post secondary education and pay it forward in the near

future. Programming ranges from bi-weekly cultural workshops, one weekend retreat, week long spring break, after school workshops, Camp Suzuki: Howe Sound and a two/ three week summer expedition.

## **HAVE Culinary Training Society**

374 Powell St, Vancouver | 604.696.9026  
[info@have-cafe.ca](mailto:info@have-cafe.ca) | [www.have-cafe.ca](http://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](mailto:info@redwiremag.com) | [www.redwiremag.com](http://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](mailto:aries.manager@unya.bc.ca) | [www.unya.bc.ca](http://www.unya.bc.ca)

**Aries Project, Cedar Walk, Native Youth Learning  
Centre, School Support Program**



## **ABORIGINAL FOCUS SCHOOL**

The Aboriginal Focus School is located at Sir William Macdonald Elementary School. Aboriginal and non-Aboriginal students from Metro Vancouver are welcome to enroll in this unique and innovative school. The Aboriginal Focus School will strive for educational excellence and an environment where students are confident, critical thinkers and engaged learners. The curriculum is respectful of local First Nations and the shared values, experiences and histories of all Aboriginal peoples. It is respectful of the shared history between Aboriginal peoples and Canada and about a shared worldview between Aboriginal people and environmentalists.

[www.vsb.bc.ca/programs/aboriginal-education](http://www.vsb.bc.ca/programs/aboriginal-education)

[www.vsb.bc.ca/aboriginal-education](http://www.vsb.bc.ca/aboriginal-education)

[www.vsb.bc.ca/aboriginal-school](http://www.vsb.bc.ca/aboriginal-school)

### **MacDonald Elementary (K-7)**

1950 East Hastings (by Victoria Dr)  
Vancouver, BC, V5L 1T7

604.713.4696

[www.go.vsb.bc.ca/schools/macdonald/Pages/default.aspx](http://www.go.vsb.bc.ca/schools/macdonald/Pages/default.aspx)

### **Aboriginal Focus School – Kindergarten**

The Aboriginal Focus School will strive for educational excellence and an environment where students are confident, critical thinkers and engaged learners. The curriculum is respectful of local First Nations and the shared values, experiences and histories of all Aboriginal peoples. It is respectful of the shared history between Aboriginal peoples and Canada and about a shared worldview between Aboriginal people and environmentalists.

## **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](http://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](http://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](http://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](http://www.go.vsb.bc.ca/schools/pointgrey/Pages/default.aspx)

### **Britannia Secondary**

1110 Cotton Dr, Vancouver, BC V5L 3T4

[www.britannia.vsb.bc.ca](http://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](http://www.go.vsb.bc.ca/schools/vantech/departments/Aboriginal%20Enhancement%20Team/Pages/default.aspx)



BUSINESS &  
ECONOMIC DEVELOPMENT

# BUSINESS & ECONOMIC DEVELOPMENT



## **Aboriginal Business Service Network Society**

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

The BC ABSN is a collective of Aboriginal Business Service Providers in British Columbia who enhance access to business information and resources.

## **Aboriginal Tourism Association of BC**

707 - 100 Park Royal South, West Vancouver

604.921.1070 | [www.aboriginalbc.com](http://www.aboriginalbc.com)

### **Outdoor Adventures**

Explore Aboriginal outdoor adventures by sea and by land. Experience canoeing, fishing, and hiking.

### **Wildlife Tour**

One-of-a-kind wildlife viewing tours, activities and excursions that hold spiritual significance for British Columbia's Aboriginal peoples.

600 - 100 Park Royal South, West Vancouver

### **Accommodation, Golf & Spas**

From tranquil surroundings to scenic views, rest and rejuvenate at one of the First Nations operated BC resorts and hotels.

## **All Nations Trust Company (ANTCO)**

[www.antco.bc.ca](http://www.antco.bc.ca)

### **Business/Finance**

Youth Learning Centre, School Support Program  
All Nations Trust Company is Aboriginal owned. Shareholders are comprised of Bands, Tribal Councils, Aboriginal Organizations, Métis Associations, Status, Non-Status and Métis individuals. ANTCO originated in 1984 to provide financial services to Aboriginal entrepreneurs. Over the years, ANTCO has expanded its business services to meet the financial needs of the Aboriginal community.

## **Assembly of First Nations BC Region**

507 - 100 Park Royal South, West Vancouver

604.922.7733 | [www.bcafn.ca](http://www.bcafn.ca)

### **Business**

The British Columbia Assembly of First Nations (BCAFN) is a Political Territorial Organization (PTO) that represents the 203 First Nations in British Columbia.

## **BC Aboriginal Fisheries Commission**

604.987.6225

## **First Nations Energy and Mining Council (FNEMC)**

618 - 100 Park Royal South, West Vancouver | 604.921.2014

[joanna.prince@fnemc.ca](mailto:joanna.prince@fnemc.ca) | [www.fnemc.ca](http://www.fnemc.ca)

The First Nations Energy and Mining Council operates under the authority of First Nations to support and facilitate their efforts to manage and develop energy and mineral resources in ways that protect and sustain the environment forever while enhancing the social, cultural, economic and political wellbeing of First Nations in British Columbia.

## **First Nations Fisheries Council of BC**

320 - 1200 West 73rd Ave, Vancouver | 778.379.6470

[info@fnfisheriescouncil.ca](mailto:info@fnfisheriescouncil.ca) | [www.fnfisheriescouncil.ca](http://www.fnfisheriescouncil.ca)

The Council was formed in 2007 by British Columbia First Nations as an outcome of the First Nations Fisheries Action Plan.

## **First Nations Forestry Council**

615 - 100 Park Royal South, West Vancouver | 604.921.4488

[fnforestrycouncil@gmail.com](mailto:fnforestrycouncil@gmail.com) | [www.fnforestrycouncil.ca](http://www.fnforestrycouncil.ca)

On April 27, 2006, BC First Nations, through the First Nations Leadership Council, established the First Nations Forestry Council (FNFC) to provide support to BC First Nations with respect to forestry-related matters.

# BUSINESS & ECONOMIC DEVELOPMENT



## **First Nations Public Service**

The purpose of the BC First Nations Public Service Capacity Building Strategy is to provide a road map for First Nations communities and organizations in BC as they pursue excellence in community service.

## **First Nations Summit**

604.990.9939 | [fns@istar.ca](mailto:fns@istar.ca) | [fns@istar.ca](mailto:fns@istar.ca)

Information is provided about the First Nations Summit

## **First Nations Technology Council**

1200 - 100 Park Royal South, West Vancouver

604.921.9939 | 1.888.921.9939

[info@fntc.info](mailto:info@fntc.info) | [www.technologycouncil.ca](http://www.technologycouncil.ca)

Supporting the full integration of technologies to improve the quality of life for all First Nations in British Columbia.

## **LandKeepers**

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

LandKeepers is an online community project for First Nations in British Columbia who are dealing with mining and pipeline projects and related issues on their traditional territories.

## **Industry Canada – Aboriginal Business Canada**

604.666.3871 | [emailabc@ie.gc.ca](mailto:emailabc@ie.gc.ca) | [www.abc.gc.ca](http://www.abc.gc.ca)

Economic Development

## **Assembly of First Nations BC Region**

103 - 5668 192 St, Surrey

604.557.5851 | 1.800.940.1150

[reception@mnbc.ca](mailto:reception@mnbc.ca) | [www.mnbc.ca](http://www.mnbc.ca)

Economic Development

Métis Nation British Columbia assists in supporting and creating viable Métis businesses that will lead to increased prosperity for Métis community members and job creation.

## **National Aboriginal Business Association**

604.913.0699 | [www.aboriginal-business.com](http://www.aboriginal-business.com)

LandKeepers is an online community project for First Nations in British Columbia who are dealing with mining and pipeline projects and related issues on their traditional territories.

## **National Aboriginal Forestry Association (NAFA)**

[www.nafaforestry.org](http://www.nafaforestry.org)

To promote and support increased Aboriginal involvement in forest management and related commercial opportunities, while staying committed to holistic or multiple-use forestry, to build sustainable Aboriginal communities.

## **Native Brotherhood of British Columbia**

110 - 100 Park Royal South, West Vancouver

604.913.2997 | [www.nativebrotherhood.ca](http://www.nativebrotherhood.ca)

## **Native Business Development Magazine**

The Native Business Development Magazine is published six times a year and distributes across Canada to every band and thousands of support organizations, aboriginal companies and other interested parties. We welcome suggestions, criticisms and feedback on anything you read in the magazine or online.

## **Native Fishing Association**

110 - 100 Park Royal South, West Vancouver

604.913.2997

[reception@shoal.ca](mailto:reception@shoal.ca) | [www.nativefishing.ca](http://www.nativefishing.ca)

## **Native Investment and Trade Association**

6520 Salish Dr, Vancouver

604.275.6670 | [mail@aboriginal-business.com](mailto:mail@aboriginal-business.com)

[www.native-invest-trade.com](http://www.native-invest-trade.com)



# BUSINESS & ECONOMIC DEVELOPMENT



## **Naut'sa mawt Resources Group, Inc.**

330 - 6165 Highway 17A, Delta

604.943.6712 | 1.888.382.7711

[garyr@nautsamawt.com](mailto:garyr@nautsamawt.com) |

[www.nautsamawtresources.com](http://www.nautsamawtresources.com)

## **New Relationship Trust**

100 Park Royal South, West Vancouver

604.925.3338 | [www.newrelationshiptrust.ca](http://www.newrelationshiptrust.ca)

## **Nis'ga'a Ts'amiks Vancouver Society**

3983 Dumfries St, Vancouver

604.646.4944 | 1.866.646.4944

[executivedirector@tsamiks.com](mailto:executivedirector@tsamiks.com) | [www.tsamiks.com](http://www.tsamiks.com)

## **Squamish First Nation**

415 W Esplanade, North Vancouver

604.982.0510 | 1.877.628.2288

[tom\\_butler@squamish.net](mailto:tom_butler@squamish.net) | [www.squamish.net](http://www.squamish.net)

### **Social Development**

Business Revenue & Services

## **Peace Hills Trust**

[www.peacehills.com](http://www.peacehills.com)

Peace Hills Trust is Canada's first and largest First Nation Financial Institute. We are proud to offer a range of financial services relevant to the needs of our customers.

## **Tale'awtxw Aboriginal Capital Corporation**

508 - 100 Park Royal South, West Vancouver

604.926.5626 | 1.800.779.7199

[info@tacc.ca](mailto:info@tacc.ca) | [www.tacc.ca](http://www.tacc.ca)

TACC believes that relationships are important and we will interface, interact or collaborate with all peoples with the values of traditional Coast Salish teachings. The underlying values are mutual respect no matter what the circumstances with the intent of empowering clients to fulfill their goals.





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 | intake@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.

## **BC Parents in Crisis Society**

201 - 1155 Pender St, Vancouver

604.669.1616 | 1.855.687.1868

information@bwss.org | intake@bwss.org

### **Aboriginal Parent Circles**

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.

## **Family Services of Greater Vancouver**

604.874.2938 | www.fsgv.ca

Inspire and support all family members to reach their full potential.



## **Indian Residential School Survivors Society**

413 W Esplanade Ave, North Vancouver

604.985.4464 | 1.800.721.0066

reception@irsss.ca | http://irsss.ca

Grief and Loss concealing, 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

### **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.

### **Workshop**

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



# FAMILY SUPPORT SERVICES



## **Lu'ma Native Housing Society**

2986 Nanaimo St, Vancouver

<http://lnhs.ca>

### **Lu'ma Foster Youth Mentor Program**

To provide Aboriginal Youth with mentorship and housing and support the transition from foster care to Adulthood; to connect our youth to community and adult allies. To be the extended family that our youth often do not have.



## **Spirit of the Children Society**

201 - 768 Columbia St, New Westminster

**604.524.9113**

[reception@sotcs.ca](mailto:reception@sotcs.ca) | [www.sotcs.ca](http://www.sotcs.ca)

### **Traditional Aboriginal parenting program**

Assists individual and family development through educational teachings, sharing personal stories, and learning of traditional Aboriginal culture.



## **Vancouver Aboriginal Friendship Centre Society**

1607 East Hastings St, New Westminster

**604.251.4844**

[info@vafcs.org](mailto:info@vafcs.org) | [www.vafcs.org](http://www.vafcs.org)

### **Family / Elann Program**

Healthy supportive environment for the whole family.



## **Vancouver Aboriginal Child & Family Services Society (VACFSS)**

VACFSS is a non-profit providing service to urban Aboriginal children and families in the Greater Vancouver area. VACFSS has a vision for a balanced and harmonious Aboriginal community.

745 Clark Drive, Vancouver

**604.872.6723 | 1.877.982.2377**

[www.vacfss.com](http://www.vacfss.com)

Child protection services were transferred to VACFSS from MCFD in 2008 to focus on better outcomes for the children and families they serve in a culturally appropriate way.

### **Family Mediation Services**

At the justice access centres, we offer services and referrals to help you solve your family and civil law problems. One of these services is mediation.

### **Family Justice Centres Vancouver and Province of BC**

**Vancouver: 604.660.2084**

**Rest of province: 1.800.663.7867**

[www.clicklaw.bc.ca/helpmap/service/1019](http://www.clicklaw.bc.ca/helpmap/service/1019)

[www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/jac/mediation](http://www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/jac/mediation)

[www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/jac](http://www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/jac)

### **Child Protection Mediation Program**

Child protection services across the province are provided through 429 ministry offices in 13 service delivery areas and a number of delegated Aboriginal agencies. The child protection staff are supported by the provincial office of the Child Protection Division.

**Vancouver: 604.660.4987**

**Helpline for Children: 604.310.1234**

**Rest of province: 1.800.663.9122**

[www.clicklaw.bc.ca/helpmap/service/1019](http://www.clicklaw.bc.ca/helpmap/service/1019)

# FAMILY SUPPORT SERVICES



## **Fraser Valley Aboriginal Children and Family Services Society (Xyolhemeylh)**

Bldg. A, 102 - 20621 Logan Ave, Langley

604.533.8826

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

Fraser Valley Aboriginal Children and Family Services Society (FVACFSS) provides culturally appropriate and holistic services through prevention, community development and child welfare programs to Aboriginal children, youth and their families residing on and off reserve throughout the Fraser Valley.

## **Lower Fraser Valley Aboriginal Society**

20685 56 Ave, Langley

604.427.2664

[www.LFVAS.org](http://www.LFVAS.org)

Lower Fraser Valley Aboriginal Society (LFVAS) provides support to Urban Aboriginal youth and adults, and families with children, in Langley and surrounding areas, through community-building events, Aboriginal Playgroups for children 0 to 6 years of age, Traditional Parenting Programs, housing support for individuals and families, Youth Programming, cultural and life skills education, and community outreach. Through our partnerships with the Langley School District and other local agencies, we strive to meet the needs of our community and help to build a stronger future for the Indigenous peoples of our area, developing pride in our heritage and providing guidance when needed.

## **Fraser Region Aboriginal Friendship Centre Association**

14589 108th Ave, Surrey | 604.584.5527

[reception@fracfa.org](mailto:reception@fracfa.org) | <http://fracfa.org>

**Awahsuk Aboriginal Head Start Preschool**

## **B.C. Aboriginal Child Care Society**

2150 McLean Dr, Vancouver | 604.253.5388

[coordinator@sf.acc-society.bc.ca](mailto:coordinator@sf.acc-society.bc.ca)

**Singing Frog Aboriginal Head Start Preschool**

618 East Hastings St, Vancouver | 604.253.3354

[coordinator@en.acc-society.bc.ca](mailto:coordinator@en.acc-society.bc.ca)

**Eagles Nest Aboriginal Head Start**

Creates a culturally-safe environment 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.

## **Frog Hollow Neighbourhood House**

2131 Renfrew St, Vancouver | 604.251.1225

[www.froghollow.bc.ca](http://www.froghollow.bc.ca)

## **Spirit of the Children Society**

201 - 768 Columbia St, New Westminster | 604.524.9113

[reception@sotcs.ca](mailto:reception@sotcs.ca) | [www.sotcs.ca](http://www.sotcs.ca)

**Drop-in program**

New Westminster, Burnaby and Tri-Cities can join us for an exciting experience in our Family Drop-ins. First Nations, Métis, and Inuit.

## **BC Council for Families**

210 - 1909 W Broadway St, Vancouver

604.678.8884 | [bccf@bccf.ca](mailto:bccf@bccf.ca)

[www.bccf.ca/program/journey-to-healing/](http://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](mailto:info@bigsisters.bc.ca) | [www.bigsisters.bc.ca](http://www.bigsisters.bc.ca)

**Aboriginal Mentoring Program**





# FAMILY SUPPORT SERVICES



## **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

Education programs, Employment, Housing, and Addiction Counselling and prevention programs for youth, adults, and families from a variety of backgrounds and orientations.

Aboriginal Youth Victim Support Worker excellent

## **Canada World Youth**

210 - 1909 West Broadway St, Vancouver

http://canadaworldyouth.org

Aboriginal Youth Exchange Program

## **Federation of Aboriginal Foster Parents**

3455 Kaslo St, Vancouver | 604.291.1091

info@fafp.ca | www.fafp.ca

Caregiver Training

604.291.7090

OSASIS Program

Youth transitioning out of care is a priority and we are looking at engaging foster parents along with the youth to find ways to make the transition successful.



## **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.



## **Pacific Community Resources Society /**

### **Broadway Youth Resource Centre**

2455 Fraser St, Vancouver | 604.709.5720

byrc@pcrs.ca | www.pcrs.ca

Aboriginal Youth Empowerment Program

13 to 24 yrs, provides emotional support, outreach, cultural connections, resource information and referrals to Aboriginal-identified youth who have been victims of crime and trauma.



## **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

Aboriginal Outreach Team, Aboriginal Youth Worker, Aboriginal Transition Team, Kinnections, Mediation Program, Mentorship Program

Youth Personal Support

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

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

# DAYCARES



## **Crabtree Corner, YWCA**

533 E Hastings, Vancouver

**604.216.1650**

[mhockley@ywcavan.org](mailto: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](mailto:lindalee@ywcavan.org)

**6 week - 6 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.

including science, math and literacy. Staff can speak many languages. Many cultures attend.

## **Leslie Diamond Care Centre,**

535 Hornby St, 5th Floor of YWCA, Vancouver

**604.895.5816**

[ssharma@ywcavan.org](mailto:ssharma@ywcavan.org)

**6 week - 6 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.

# DAYCARES



## **Sundance Daycare**

(operated through the Vancouver Aboriginal Friendship Centre)

1607 E Hastings St, Vancouver

604.251.4844 ext 312

daycare@vafcs.org

**3-6 yr olds:** Group Daycare offers a warm and safe environment. Activities include educational and culturally relevant arts, crafts and games, recreation play time in and outdoor playground, and an annual Christmas party. Sundance Daycare provides additional staff for special needs children. Daily snacks and hot lunches are included.



## **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**

2425 Oxford St, Vancouver

604.254.5401 ext 244

childcare@kiwassa.ca

**3-5 yr olds:** Has been providing nurturing, stimulating and inclusive childcare programs that help children progress in their social, emotional, physical and cognitive development, while enabling their parents and caregivers to participate in employment, education and other pursuits. Our programs support children's natural sense of curiosity, knowledge and confidence through play, stories, songs, field trips and educational activities welcome. Full Day Infant/Toddler Program with 24 spaces - 2 groups of 12 children in separate areas. Ages 3 months to 36 months.

Full Day 3 to 5 Year Old Program with 25 spaces. All programs operate year round, Monday to Friday.

## **Phil Bouvier Family Childcare Centre**

717 Princess Ave, Vancouver

604.254.1001

This licensed childcare facility is designed to specifically meet the needs of the community in the Strathcona area of the Downtown Eastside. All children and families are welcome.

# 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 from 5-9pm Tue free
- Go the Museum of Anthropology at UBC, free for persons with Aboriginal ancestry
- Visit KlahHowEya 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 (See page 82)
- 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 (\$7-15)

### **Circuit Circus**

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

### **Fun4Kids Playcentre**

Park Royal South Mall, West Vancouver | 604.728.4500

### **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**

19800 Lougheed Hwy, Pitt Meadows | 604.460.1654

### **Fun World Family Play Centre**

15355 Fraser Hwy, Surrey | 604.588.2427

## AQUATIC CENTRES, Eastside Vancouver

### **Templeton Pool**

700 Templeton St | 604.718.6252  
\$1.50 for kids!

### **Riley Park CC**

50 East 30 Ave | 604.257.8545

### **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 | 604.257.8680

### **West Vancouver Aquatic Centre**

2121 Marine Dr, West Vancouver | 604.925.7210

### **Coquitlam Aquatic Centre**

1210 Pinetree Way, Coquitlam | 604.927.6999

### **North Surrey Arena**

10275 135 St, Surrey | 604.502.6300

### **Guildford Rec**

15105 105 Ave, Surrey | 604.502.6360

### **Canada Games Pool**

65 East 6th Ave, New Westminster | 604.526.4281

### **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 kind of 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 | 604.659.3474  
www.vanaqua.org

### **Playland Amusement Park**

2901 E Hastings St, Vancouver | 604.253.2311  
www.pne.ca





HEALTH & MEDICAL



# HOSPITALS & MEDICAL CLINICS



## **BC Children's Hospital**

4480 Oak St, Vancouver | [604.875.2345](tel:604.875.2345)

## **BC Women's Hospital**

4500 Oak St, Vancouver | [604.875.2424](tel:604.875.2424)

## **Mount St. Joseph Hospital**

3080 Prince Edward St, Vancouver | [604.874.1141](tel:604.874.1141)

## **St. Pauls Hospital**

1081 Burrad St, Vancouver | [604.682.2344](tel:604.682.2344)

## **Vancouver General Hospital**

855 W 12th St, Vancouver | [604.875.4111](tel:604.875.4111)

## **Burnaby Hospital**

3935 Kincaid St, Burnaby | [604.434.4211](tel:604.434.4211)

## **Royal Columbian Hospital**

330 E Columbia St, New Westminster | [604.520.4253](tel:604.520.4253)

## **Surrey Memorial Hospital**

13750 96 Ave, Surrey | [604.581.2211](tel:604.581.2211)

## **Bridge Health Clinic**

3080 Prince Edward St, Vancouver | [604.877.8550](tel:604.877.8550)

## **Care Point Medical and Wellness Clinics**

1923 Commercial Dr, Vancouver | [604.254.5554](tel:604.254.5554)

At Care Point Medical & Wellness Clinics, we are committed to providing exceptional holistic healthcare, wellness and medical services for the mind and body.

## **D.E. Health Clinic**

569 Powell St, Vancouver | [604.255.3151](tel:604.255.3151)

## **Pender Clinic**

59 W. Pender St, Vancouver | [604.669.9181](tel:604.669.9181)

## **Pier Health Centre**

223 E Main St, Vancouver | [604.891.1480](tel:604.891.1480)

## **Reach Health Centre**

2732 E Hastings St, Vancouver | [604.254.1331](tel:604.254.1331)  
[www.reachcentre.bc.ca](http://www.reachcentre.bc.ca)

## **Vancouver Coastal Health Downtown**

### **Community Health Clinic**

569 Powell St, Vancouver | [604.255.3151](tel:604.255.3151)

### **Vancouver Coastal Health Pender**

### **Community Clinic**

59 Pender St, Vancouver | [604.669.9181](tel:604.669.9181)

## **Vancouver Native Health Society Medical Clinic**

449 E Hastings St, Vancouver | [604.255.9766](tel:604.255.9766)

A multidisciplinary comprehensive care clinic responding to the needs of our Aboriginal and non-Aboriginal community.

## DENTAL CLINICS

### **DTES Walk In Dental Clinic**

544 Columbia St, New Westminster | 604.545.4012

### **Lookout Emergency Aid Society**

455 E Hastings St, Vancouver | 604.254.9900

### **Portland Community Services Society**

12 E Hastings St, Vancouver | 778.371.0060

### **Reach Dental Clinic**

2732 E Hastings St, Vancouver | 604.254.1331

### **Strathcona Community Dental**

601 Keefer St, Vancouver | 604.713.4485

CHILDREN

### **Vancouver Community Network**

250 W Pender St, Vancouver | 604.443.8499

VCC Dental Hygiene Program



### **Vancouver Native Health**

#### **East Side Dental Clinic**

455 East Hastings St, Vancouver | 604.254.9900

VCC Dental Hygiene Program

Free dental for qualified individuals, schedule varies.

Office open Mondays and Fridays, 8am to 4pm

## SWEAT LODGES

### **Anderson Lodge**

2716 Clark Drive, Vancouver | 604.874.1246

### **Squamish Nation Sweat**

Capilano Road, North Vancouver | 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 NATIONAL 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

Connectivity, Electronic Medical Record, Telehealth, Panorama and First Nations Health Service Organizations

### Mental Wellness and Substance Use

Residential schools, Substance Use Prevention and Treatment, Treatment Centres, Overdose Information

### 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

Making Environmental Health Yours; Environmental Public Health Services

### 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.

#### Dental Therapy

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 NATIONAL 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 NATIVE HEALTH SOCIETY - VNHS

## PROGRAMS



449 East Hastings St, Vancouver  
[www.vnhs.net](http://www.vnhs.net) | 604.254.9949

VNHS was established in 1991 with a mission to improve and promote the health of individuals with a focus on the Aboriginal community residing in Greater Vancouver.

VNHS Delivers comprehensive medical, counselling and social services generally to Vancouver's Downtown Eastside Aboriginal community:

### MEDICAL CLINIC

604.255.9766

Monday to Thursday 9:30 am - 8:30 pm

Friday 9:30 am - 4:30 pm

Saturday 9:30 am - 2:30 pm

Sunday 9:30 am - 12:30 pm

Closed for lunch from 12:30 pm – 1:30 pm

The clinic is open every day except statutory holidays

### EASTSIDE DENTAL CLINIC

[dentalclinic@vnhs.net](mailto:dentalclinic@vnhs.net) | 604.254.9900

If you would like to receive any support with your dental need, you are asked to bring the following information with you.

### Positive Outlook Program

[popvnhs@gmail.com](mailto:popvnhs@gmail.com) | 604.254.9937

The Program provides care, treatment, and support services to over 1,500 people living with HIV/AIDS in the Downtown Eastside (DTES) of Vancouver, with a strong focus directed towards the First Nations people. The program offers nursing care and outreach services, drug and alcohol counselling, social work services, maximally assisted medication therapy, daily breakfast and lunches, a weekly food bank, and a rent supplement program.

### Sheway

533 East Hastings St, Vancouver

[sheway.sheway@vch.ca](mailto:sheway.sheway@vch.ca) | 604.216.1699

Provides comprehensive health and social services to women who are either pregnant or parenting children less than 18 months old and who are experiencing current or previous issues with substance use. The program consists of prenatal, postnatal and infant health care, education and counselling for nutrition, child development, addictions, HIV and Hepatitis C, housing and parenting. Sheway also assists in fulfilling basic needs, such as providing daily nutritious lunches, food coupons, food bags, nutritional supplements, formula, and clothing.

### Aboriginal Infant Development Program

The Aboriginal Infant Development Program at The Aboriginal Child & Family Support Services is pleased to Provide the Culturally sensitive/developmental programs for the Aboriginal families who reside only in the Vancouver region and have children aged 0-3 yrs.

### Building Blocks Vancouver (BBV)

Building Blocks is a weekly home visiting program designed to support, maintain and enhance individual and family functioning by improving birth outcomes and parenting skills.

### Fetal Alcohol Spectrum Disorder Program

717 Princess Ave, Vancouver | 604.602.7558 ext 142

Contact for these programs: Doreen MacFarlane

The FASD Outreach Support Worker Program is a family-centered program that works supports parents and/or caregivers that have a child 0-18 years old with FASD. Although the services are directed towards the child, the worker assists families in acquiring knowledge of the special needs of their child(ren) and provides a variety of support services to the family.



# VANCOUVER NATIVE HEALTH SOCIETY - VNHS

## PROGRAMS



### Aboriginal Cancer Care Program

Cheryl Sacco, Program Coordinator

[canceraware@vnhs.net](mailto:canceraware@vnhs.net) | 604.254.9949 ext 224

The Cancer Care Program is a new program launched by VNHS in response to the rising incidence of cancer among Aboriginal people. The program aims to build a community of support for individuals who receive a cancer diagnosis, their families and loved ones as well as cancer survivors.

### Tu'wusht Project - Garden Project

[tuwusht@vnhs.net](mailto:tuwusht@vnhs.net) | 604.254 9949 ext 226

The Tu'wusht Project is a beautiful Indigenous led initiative connecting people to food and nature. This community inclusive initiative focuses on the urban Aboriginal population who face the most barriers in accessing natural environment and appropriate nutritious traditional foods. Participants receive the opportunity to engage in food sustenance development through community kitchen and land based activities in growing, procuring, preserving food while connecting with traditional Indigenous knowledge.

### Child Support Services

717 Princess Ave, Vancouver | 604.602.7558

The Aboriginal Child and Family Support Services are community-based services to assist and support caregivers with the goal of promoting parental competency and strengthening family life, leading to healthy child and family development.

### Elders Program

Contact: Chelsea Bowers | 604.254.9949 ext 227

### Family Violence Intervention

1726 E Hasting Office, Vancouver

[ingriedg@vnhs.net](mailto:ingriedg@vnhs.net) | 604.873.6601 ext 13

Contact: Ingried Gervin, Family Violence Intervention Program Coordinator

Fostering and nurturing a safe and Healthy family environment between families and community services;

Empowering families to become active participants in the community;

Learning, growing and strengthening our families, our team and our community.

### HIPPY program

717 Princess Ave, Vancouver | 604.602.7558

The HIPPY program was established in 1969, and since then has been refined to provide your children ages 3 – 5 years, with the best home instruction available at no cost.

### Supported Child Development Program

Contact: Flo | 604.602.7558

Giving a hand with children who need more support during their growth and development.



# VANCOUVER COASTAL HEALTH (VCH)

## PROGRAMS



### Aboriginal Health (Corporate Team)

288 - 2750 E Hastings St, Vancouver | 604.675.2530  
[www.vch.ca/your-care/aboriginal-health](http://www.vch.ca/your-care/aboriginal-health)

### Aboriginal Wellness Program (Counselling)

288 - 2750 E Hastings St, Vancouver | 604.675.2551  
[aboriginalwellnessprogram@vch.ca](mailto:aboriginalwellnessprogram@vch.ca)  
[www.vch.ca/your-care/aboriginal-health](http://www.vch.ca/your-care/aboriginal-health)

### Aboriginal Patient Navigator Program (Navigators)

288 - 2750 E Hastings St, Vancouver | 604.675.2551  
Intake Line: 1.877.875.1131  
[info.aboriginalhealth@vch.ca](mailto:info.aboriginalhealth@vch.ca)  
[www.vch.ca/your-care/aboriginal-health](http://www.vch.ca/your-care/aboriginal-health)

### Healthiest Babies Possible Program (Robert and Lily Lee Family Community Health Centre)

1669 E Broadway, 2nd floor, Vancouver | 604.675.3982  
[www.vch.ca](http://www.vch.ca)

Healthiest Babies Possible HBP 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.

### Healthiest Babies Possible Program (Richmond Public Health)

8100 Granville Ave, Richmond



**Vancouver**  
**CoastalHealth**

# WOMEN CARE



## **First Nations Breast Cancer Society**

309 - 1333 E 7th Ave, Vancouver | [604.875.0779](tel:604.875.0779)

[echoes@fnbreastcancer.bc.ca](mailto:echoes@fnbreastcancer.bc.ca)

### **Education program**

Assist and educate aboriginal women who have breast cancer. Includes information provision and referral, Community education/development.

## **Women's Health Collective**

29 W Hastings St, Vancouver | [604.736.5262](tel:604.736.5262)

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

We provide a safe and welcoming environment for all women seeking health information and services.

## **Youth Pregnancy and Parenting**

1669 E Broadway, 2nd floor, Vancouver | [604.675.3983](tel:604.675.3983)

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



# HIV SUPPORT



## **Canadian Aboriginal AIDS Network**

6520 Salish Dr, Vancouver | 604.266.7616

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

### **Assessing Community Readiness, Leadership Project and international group with HIV/AIDS program**

The Youth Leadership Project and National Aboriginal Youth Council on HIV/AIDS. We are conducting a study to learn more about how HIV and AIDS impact Aboriginal families who are affected and what this means in terms of providing appropriate supports and services.

## **CHODARR Project**

515 West Hastings St, Vancouver | 778.782.7849

<http://chodarr.org>

### **Wand Cultural Development Society**

Project is a permanent, catalogued and publicly accessible online digital archive of research materials related to health and social welfare, with an emphasis on housing, gender, aboriginal issues, HIV and mental health.



## **Fraser Region Aboriginal Friendship Centre Association**

A101 - 10095 Whalley Blvd, Surrey | 604.595.1170

[reception@frafca.org](mailto:reception@frafca.org) | <http://frafca.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.

## **The Positive Living Society of BC**

803 E Hastings St, Vancouver | 604.893.2200

<https://positivelivingbc.org>

Enables persons living with AIDS and HIV disease to empower themselves through mutual support and collective action.

## **Native Courtworker and Counselling Association of BC**

520 Richards St, North Vancouver

604.985.5355 | 1.877.811.1190

[surreyfya@nccabc.net](mailto:surreyfya@nccabc.net) | [www.nccabc.ca](http://www.nccabc.ca)

### **HIV Prevention Program**

## **Red Road HIV/AIDS Network Society (RRHAN)**

61 - 1959 Marine Dr, North Vancouver

778.340.3388 | 1.855.340.3388

[klouie@red-road.org](mailto:klouie@red-road.org) | [www.red-road.org](http://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.

## **St. Paul's Hospital**

1081 Burrard St, Vancouver

### **HIV/Addictions**

# ADDICTIONS HEALTH SUPPORT



## **Access Cental Daytox**

Vancouver | 604.658.1278 | 1.866.658.1221

[Detox](#)

## **Alcohol & Drug Information & Referral Line**

Vancouver | 604.875.6381

[Alcohol & Drug Information & Referral Line](#)

## **DEYAS Youth Detox**

612 Main St, Vancouver | 604.251.7615

[DEYAS Youth Detox](#)

## **Directions Youth Detox**

Vancouver | 604.872.4349

[Directions Youth Detox](#)

## **Insite (Safe Injection Site)**

139 E Hastings St, Vancouver | 604.687.7483

[Safe Injection Site](#)

## **Native Courtworker and Counselling Association of BC**

520 Richards St, Vancouver | 604.687.0281 Ext. 332

North Vancouver | 604.687.0282

[Drug & Alcohol Outpatient Services](#)

Our Alcohol and Drug Program provides a quality service that helps aboriginal people achieve a healthier and satisfying life free from alcohol and drug use. We are 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.



## **Squamish First Nation**

415 West Esplanade, North Vancouver | 604.985.7826

[Drug & Alcohol Services](#)

## **Urban Native Youth Association (UNYA)**

1618 East Hastings St, North Vancouver | 604.253.5885

[info@unya.bc.ca](mailto:info@unya.bc.ca) | [www.unya.bc.ca](http://www.unya.bc.ca)

[Native Youth Health & Wellness Centre, Alcohol & Drug  
Counsellors, Aboriginal Wellness Counsellor](#)

[Native Youth Health & Wellness Centre, Alcohol & Drug  
Counsellors, Aboriginal Wellness Counsellor](#)

# MENTAL HEALTH SUPPORT



## **Health Initiative for Men**

220 - 10362 King George Blvd, Surrey | 778.872.3014

104 - 34194 Marshall Rd, Abbotsford | 778.988.1946

40 Begbie St, New Westminster | 604.230.9915

310 - 1033 Davie St, Vancouver | 604.488.1001

office@checkhimout.ca | www.checkhimout.ca

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

## **La Boussole Francophone Centre**

651 E Broadway 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.

## **Motivation, Power and Achievement Society**

2275 Fir St, Vancouver

## **Strathcona Mental Health**

330 Heatley Ave, Vancouver | 604.253.4401

### **Adult Mental Health**

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.

### **SENIORS - Older Adult Mental Health**

Provide specialized assessment and consultation, treatment/case management and rehabilitation.

## **The Kettle Friendship Society**

1725 Venables St, Vancouver | 604.251.2801

www.thekettle.ca

### **Mental Health Services**

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**

678 E Hastings St, Vancouver | 604.254.6995

www.watari.ca

### **Watari Counselling and Support**

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.



# HEALTH ASSOCIATIONS AND SOCIETIES



## **Aboriginal Health Association of BC**

604.925.3879

## **BC Centre for Disease Control**

655 W 12th Ave, Vancouver | 604.707.5605

cheemamuk@bccdc.ca | www.bccdc.ca

### **Chee Mamuk Aboriginal Program**

Workshops, Training for front line staff; Youth sexual health projects, Cultural wise practice models; Community development, Culturally appropriate resources; Consultation Referrals

## **Canadian Diabetes Association**

604.732.4636 | www.diabetes.ca

## **Canadian Mental Health Association**

211 - 260 West Esplanade, North Vancouver

## **Health Association of BC – First Peoples' Health Council**

604.8065.335 | www.ha.bc.ca

## **Métis Nation BC**

103 - 5668 192 St, Surrey

604.557.5851 | 1.800.940.1150

reception@mnbc.ca | www.mnbc.ca

### **Health**

Five-Year Plan, ActNow BC Project making Strides To Better Health

## **Native Mental Health Association of Canada**

Vancouver | 604.793.1983

salishan@dowco.com

## **Powell Street Getaway**

528 Powell St, Vancouver

Drop In - community hub model that provides a safe space offering socialization, an active resource for a broader constituency - and offers referrals to health organizations, community partners, and services.

## **Positive Living Society of BC**

803 E Hastings St, Vancouver

## **Senior Services Society**

209 - 800 McBride Blvd, Vancouver

## **Simon Fraser University**

11012 Blusson Hall, Burnaby | 1.888.603.4178

Institute for Aboriginal Health, Faculty of Health Sciences

## **Sto:lo Nation**

Bldg. 7 - 7201 Vedder Rd, Chilliwack

604.824.3200 | 1.800.565.6005

www.stolonation.bc.ca

### **Sto:lo Aboriginal Health/Wellness**

S.A.S.E.T., Employments Opportunities

## **TB Services for Aboriginal Communities**

655 West 12 Ave, Vancouver

604.707.2400 | www.bccdc.ca

# HEALING, SPIRITUAL & CULTURAL SUPPORT



## **Aboriginal Mother Centre Society**

2018 Wall St, Vancouver | [604.558.2627](tel:604.558.2627)

[info@aboriginalmothercentre.ca](mailto:info@aboriginalmothercentre.ca) |

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

### **WOMEN - Homelessness Outreach Program**

Is designed for At risk of homelessness; Homeless for 6 months or more; Have had 3 episodes of homelessness in the last year.

## **Circle of Eagles Lodge Society**

1470 E Broadway St, Vancouver

[604.874.9610](tel:604.874.9610) | [1.888.332.6357](tel:1.888.332.6357)

[info@circleofeagles.com](mailto:info@circleofeagles.com) | [www.circleofeagles.com](http://www.circleofeagles.com)

**WOMEN - Sisters and brothers' lodge, Youth-drive program, Pre-employment, Meal on wheel. Healing Journey.**

Healing and building Canoe for youth, meal, pre-employment training, Lodging

## **Cwenengitel Aboriginal Society**

13630 110A Ave, Surrey

[604.588.5910](tel:604.588.5910) | [1.888.332.6357](tel:1.888.332.6357)

[cwenabso@shaw.ca](mailto:cwenabso@shaw.ca) | [www.cwenabso.org](http://www.cwenabso.org)

### **MEN**

Offers counselling, life skills, and traditional healing methods, to residents and non-residents. Holds a traditional healing circle at 7:30pm on Thursday.

## **Dancing to Eagle Spirit Society**

309 - 2326 Eton St, Vancouver | [604.291.2202](tel:604.291.2202)

[www.dancingtoeaglespiritsociety.org](http://www.dancingtoeaglespiritsociety.org)

### **Talking Circles & Healing Circles**

The healing and empowerment of aboriginal and non-aboriginal two-spirit individuals their friends and their allies.

## **Indian Residential School Survivors Society**

413 W Esplanade Ave, North Vancouver

[604.985.4464](tel:604.985.4464) | [1.800.721.0066](tel:1.800.721.0066)

[reception@irsss.ca](mailto:reception@irsss.ca) | [www.irsss.ca](http://www.irsss.ca)

### **Therapy**

Individual, Couples, Family ,Group Counselling; Art Therapy Counselling, Art Therapy Groups; Psychology Educational Groups, Circles; Crisis Counselling

## **Musqueam First Nation**

6735 Salish Dr, Vancouver | [604.261.1109](tel:604.261.1109) | [604.263.2790](tel:604.263.2790)

**Counselor / Healing Centre**

## **NEC Native Education College**

285 East 5th Ave, Vancouver | [604.873.3772](tel:604.873.3772)

[FVRC@necvancouver.org](mailto:FVRC@necvancouver.org) | [www.necvancouver.org](http://www.necvancouver.org)

**Family Violence Resource Centre**

### **Vancouver Coastal Health**

255 E 12th Ave, Vancouver | [604.875.6601](tel:604.875.6601)

[aboriginalhealthservices@vch.ca](mailto:aboriginalhealthservices@vch.ca)

**Aboriginal Wellness Program**

### **Vancouver Second Mile Society**

Vancouver | [604.254.6207](tel:604.254.6207)

**Elders Circ**

### **The Salvation Army Vancouver Harbour Light**

119 E Cordova St, Vancouver | [604.646.6800](tel:604.646.6800)

[www.harbourlightbc.com](http://www.harbourlightbc.com)

**MEN OVER AGE OF 19 - Addiction Treatment**

### **Walk Bravely Forward Society**

718 - 744 W Hasting St, Vancouver | [604.682.2933](tel:604.682.2933)

[www.walkbravelyforward.com](http://www.walkbravelyforward.com)

**OFFENDERS AND THEIR FAMILIES - Walk Bravely Forward**

# ADVOCACY / SUPPORT



## **AIDS Vancouver**

803 W Hastings St, Vancouver | [604.893.2201](tel:604.893.2201)

## **ARA Mental Health Action Research And Advocacy Association Of Greater Vancouver**

163 W Pender St, Vancouver | [604.689.7938](tel:604.689.7938)

## **D.E.Y.A.S.**

223 Main St, Vancouver | [604.685.6561](tel:604.685.6561)

[YOUTH](#)

## **Disability Alliance BC.**

456 A Broadway St, Vancouver | [604.872.1278](tel:604.872.1278)

## **First United Church**

320 E Hastings St, Vancouver | [604.681.8365](tel:604.681.8365)

## **NA Meetings**

320 E Hastings St, Vancouver | [604.876.1018](tel:604.876.1018)

## **SUCCESS**

28 W Pender St, Vancouver | [604.684.1628](tel:604.684.1628)

## **The Greater Vancouver Intergroup Society**

3457 Kingsway St, Vancouver | [604.434.3933](tel:604.434.3933)

Intergroup Office is generally referred to within AA as  
Central Office

## **The Kettle**

3320 W Broadway St, Vancouver | [604.251.2801](tel:604.251.2801)

[Mental Health](#)

## **The PACE Society**

148 W Hastings St, Vancouver | [604.872.7651](tel:604.872.7651)

## **V.A.N.D.U.**

380 E Hastings St, Vancouver | [604.719.5313](tel:604.719.5313)

## **WISH (Sex Trade Workers)**

224 Alexander St, Vancouver | [604.270.8222](tel:604.270.8222)

[Sex Trade Workers](#)



COMMUNITY

# COMMUNITY



## Vancouver Aboriginal Friendship Centre Society

1607 E Hastings St, Vancouver | [604.251.7955](tel:604.251.7955)  
[info@vafcs.org](mailto:info@vafcs.org) | [www.vafcs.org](http://www.vafcs.org)

The Friendship Centre offers 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.

Youth Enrichment Program	MON-FRI 3-6 PM
Because We're Girls Youth Group	THUR 6-8PM
Pow Wow Dancing	MONDAYS 6-8PM
Pow Wow Family Night	TUESDAY 7-10PM
West Coast Family Night	WEDNESDAY 7-10PM
NA Meetings	TUESDAY 8-10PM
AA Meetings	WEDNESDAY 8-10PM
Adult drop in Basketball	MON & THUR 6-8PM
Junior Boys All Native Basketball	THURS 4-6PM & SAT 1-3PM
Junior Girls All Native Basketball	SAT 3-5PM & SUN 10-12PM
Women's Drop in Basketball	FRI 6-7:45PM & SUN 12-2PM



## Aboriginal Mother Centre Society

2019 Dundas St, Vancouver | [604.558.2627](tel:604.558.2627)  
[info@aboriginalmothercentre.ca](mailto:info@aboriginalmothercentre.ca) | [www.aboriginalmothercentre.ca](http://www.aboriginalmothercentre.ca)

**Community Kitchen**

Hot meal.



## Aboriginal Physical Activity and Cultural Circle (APACC) Association

6520 Salish Dr, Vancouver | [604.269.3771](tel:604.269.3771)  
[www.a-pacc.com](http://www.a-pacc.com)

**Sports and Recreation, Fitness, Traditional Activities**

The Aboriginal Physical Activity and Cultural Circle (APACC) is a network for Aboriginal people who are involved in Sports, Recreation, Fitness and Traditional Activities. APACC is a registered non-profit organization.

## Anglican Church of Canada

1130 Jervis St, Vancouver

**The St. Paul's Advocacy Office and Homeless Outreach**

The Advocacy Office at St Paul's provides support to individuals in the community through information, advice, guidance and encouragement and to advocate for individuals in regard to their rights to access government and other services.

## Carnegie Community Centre

401 Main St, Vancouver | [604.665.2220](tel:604.665.2220)  
[carnegie@vancouver.ca](mailto:carnegie@vancouver.ca) | <http://vancouver.ca/parks-recreation-culture/carnegie-community-centre.aspx>  
**Cultural sharing programs**

First Nations people at the centre celebrate their indigenous culture on National Aboriginal Day and Aboriginal Veterans Day through special feasts, elders gatherings, and culturally appropriate trips and outings.



# COMMUNITY



## **Cedar Cottage Neighbourhood House**

4065 Victoria Dr, Vancouver | [604.874.4231](tel:604.874.4231)  
[ccnh@cedarcottage.org](mailto:ccnh@cedarcottage.org) | [www.cedarcottage.org](http://www.cedarcottage.org)

### **Aboriginal Family Night with Native Health**

Join us for a family meal with guest speakers, cultural activities and more.

## **Chimo Community Services**

120 - 7000 Minoru Blvd, Vancouver | [604.279.7077](tel:604.279.7077)  
[chimo@chimoservices.com](mailto:chimo@chimoservices.com) | [www.chimoservices.com](http://www.chimoservices.com)  
**Newcomer, Counselling, Safe Shelter, Crisis Line**  
Counselling / Information / support and connection

## **Collingwood Neighbourhood House**

5288 Joy St, Vancouver | [604.435.0323](tel:604.435.0323)  
[info@cnh.bc.ca](mailto:info@cnh.bc.ca) | [www.cnh.bc.ca](http://www.cnh.bc.ca)  
**Aboriginal Young Parents' Family Circles/ Collingwood  
Aboriginal Youth C.R.E.W.**

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. Youth led program that offers Aboriginal youth opportunities to participate in traditional canoeing in the large Northern Dancer canoes.

## **Evelyne Saller Centre**

320 Alexander St, Vancouver | [604.665.3075](tel:604.665.3075)

## **First National Health Authority, Healthy Living**

501 - 100 Park Royal South, West Vancouver  
[604.693.6500](tel:604.693.6500)

[info@fnha.ca](mailto:info@fnha.ca) | [www.fnha.ca](http://www.fnha.ca)

### **Elder Abuse Awareness**

Preventing from abusing Elder with all community sources.



## **Fraser Region Aboriginal Friendship Centre Association**

A101 - 10095 Whalley Blvd, Surrey | [604.595.1170](tel:604.595.1170)  
[reception@frafca.org](mailto:reception@frafca.org) | [www.frafca.org](http://www.frafca.org)



## **Fraser River All Nations Aboriginal Society**

660 - 22470 Dewdney Truck Rd, Maple Ridge  
[604.466.7439](tel:604.466.7439) | [franassociety@gmail.com](mailto:franassociety@gmail.com)  
An Aboriginal gathering place for all people of all nations and ages that promotes celebration and contributes to meeting the needs of the individual and the community.

## **Frog Hollow Neighbourhood House**

2131 Renfrew St, Vancouver  
[604.251.1225](tel:604.251.1225) | [www.froghollow.bc.ca](http://www.froghollow.bc.ca)  
**CHILDREN, YOUTH, ADULT, SENIORS AND FAMILIES**  
To provide ongoing programs and services and support various community development initiatives.

## **Gathering Place**

609 Helmcken St, Vancouver | [604.665.2391](tel:604.665.2391)

## **Kiwassa Neighborhood House**

2425 Oxford St, Vancouver | [604.254.5401](tel:604.254.5401)  
[info@kiwassa.ca](mailto:info@kiwassa.ca) | [www.kiwassa.ca](http://www.kiwassa.ca)  
**CHILDREN, YOUTH, ADULT, SENIORS AND FAMILIES -  
Aboriginal Family Support**

Provide wide range of accessible, free and affordable programs for children, youth, families, seniors and adults.



## **La Boussole Francophone Centre**

651 E Broadway St, Vancouver | [604.683.7337](tel:604.683.7337)  
[aboussole@lbv.ca](mailto:aboussole@lbv.ca) | [www.lbv.ca](http://www.lbv.ca)

Case managers help individuals search for work, network and access training. Offers Job Board, individual support and guidance, personal job search planning, Training and Workshops, Access to technology.

## **Lookout Emergency Aid Society**

544 Columbia St, New Westminster | [604.255.0340](tel:604.255.0340)  
[info@lookoutsociety.ca](mailto:info@lookoutsociety.ca) | [www.lookoutsociety.ca](http://www.lookoutsociety.ca)

Offers On-site nurses health clinic, Cooking, Aqua Fitness Seniors, 1 on 1 computer lessons, mental health advocacy and more.



## **Métis Nation BC**

13639 108th Ave, Surrey | [604.557.5851](tel:604.557.5851)  
[reception@metisfamilyservices.ca](mailto:reception@metisfamilyservices.ca) | [www.metisfamilyservices.ca](http://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**

254 - 180 Main St, Vancouver | [604.660.1889](tel:604.660.1889)  
[www.gov.bc.ca/sdes](http://www.gov.bc.ca/sdes)  
[Employment Services](#)

## **Mount Pleasant Family Centre**

2910 St. George St, Vancouver | [604.872.6757](tel:604.872.6757)  
[info@mpfamilycentre.ca](mailto:info@mpfamilycentre.ca)

### **Circles of Care & Connection Early Years Refugee**

Provides outreach and home visiting to connect family. It organizes family support, parent education, and social activities.



## **Native Courtworker and Counselling Association of BC**

520 Richards St, Vancouver  
[604.985.5355](tel:604.985.5355) | [1.877.811.1190](tel:1.877.811.1190)  
[www.nccabc.ca](http://www.nccabc.ca)

### **Community Engagement**

Elder Support, Community Engagement, Partnerships, Advocacy

### **North Vancouver**

[nccabc@nccabc.net](mailto:nccabc@nccabc.net) | [www.nccabc.ca](http://www.nccabc.ca)

### **Aboriginal Detox Support Workers Program**

Our Aboriginal Detox Support Workers connect with aboriginal clients through coordination with Vancouver Coastal Health (VCH) Withdrawal Management Services

## **Oppenheimer Park**

Dunlevy Ave @ East Cordova St, Vancouver

## **Ray Cam Cooperative**

920 E Hastings St, Vancouver | [604.257.6949](tel:604.257.6949)

## **Roundhouse Community Arts & Recreation Centre**


181 Roundhouse Mews, Vancouver | [604.713.1800](tel:604.713.1800)  
[info@roundhouse.ca](mailto:info@roundhouse.ca) | [www.roundhouse.ca](http://www.roundhouse.ca)




# 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](mailto:info@aboriginalbc.com) | [www.aboriginalbc.com](http://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.


**Britannia Community Services Centre**  
1661 Napier St, Vancouver | **604.718.5800**  
[info@britanniacentre.org](mailto:info@britanniacentre.org) | [www.britanniacentre.org](http://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.


 **Nis'ga'a Ts'amiks Vancouver Society**  
3983 Dumfries St, West Vancouver  
**604.646.4944 | 1.866.646.4944**  
[executivedirector@tsamiks.com](mailto:executivedirector@tsamiks.com) | [www.tsamiks.com](http://www.tsamiks.com)  
**Language & Cultural Program**  
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](mailto:info@redwiremag.com) | [www.redwiremag.com](http://www.redwiremag.com)  
**NATIVE YOUTH - Art and culture**  
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](mailto:info@damelahamid.ca) | [www.damelahamid.ca](http://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](http://www.githayetsk.com)  
Git Hayetsk means the people of the copper shield in Sm'algayax which is spoken by the Nisga'a, Tsimshian, and Gitxsan 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](http://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 Aboriginal worldview.



# RECREATION



## **First Nation Snowboard Team**

308 Skawshen Rd, West Vancouver | **604.838.4432**

tiyam604@gmail.com | [www.fnriders.com](http://www.fnriders.com)

### **ABORIGINAL KIDS AND YOUTH - Snowboarding**

The First Nation Snowboard Team is the snowboard body dedicated to the development of elite and recreational First Nation snowboard athletes.

## **Squamish Ocean Canoe Family**

2 - 415 West Esplanade, North Vancouver

**778.228.7279 | 1.877.628.2288**

[www.squamish.net](http://www.squamish.net)

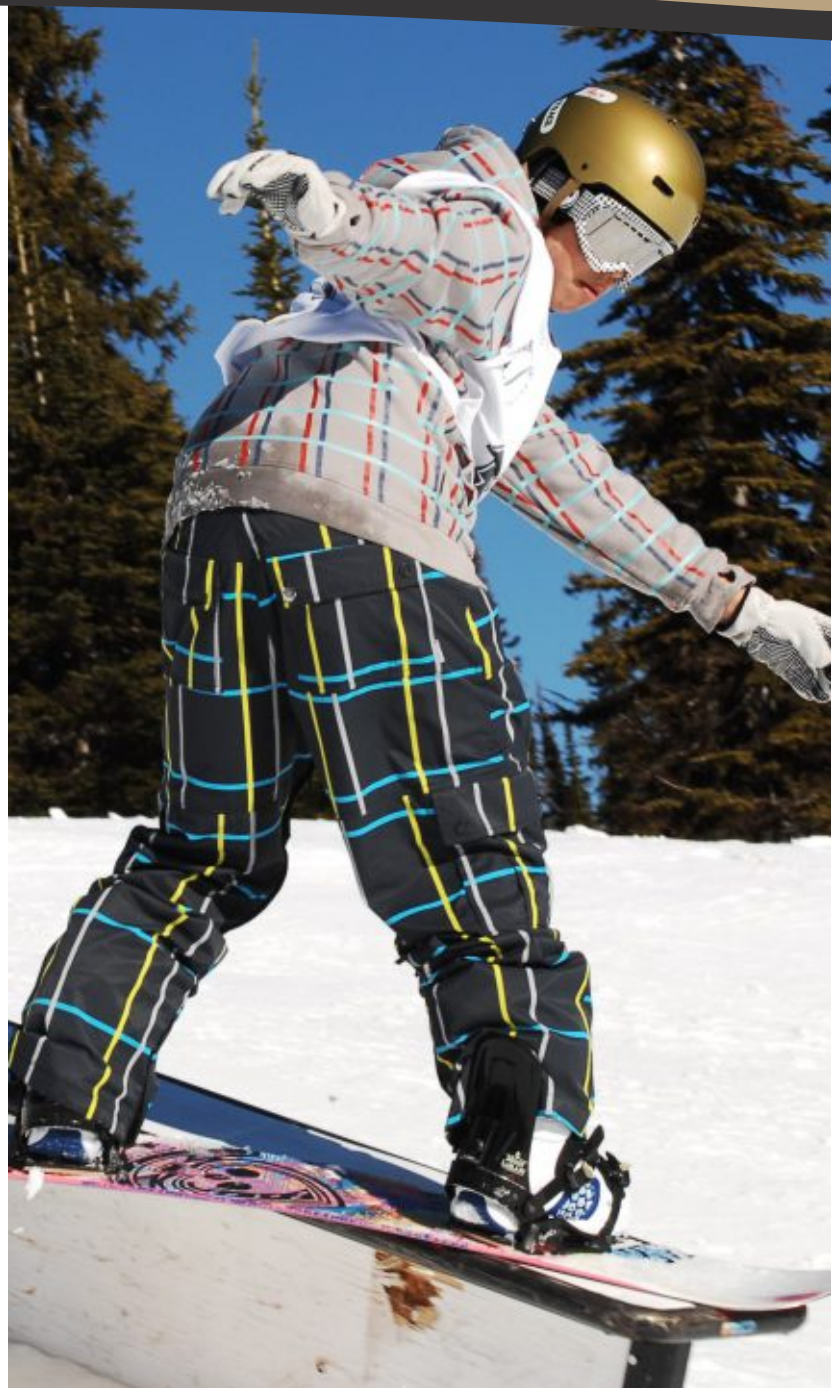
## **Urban Native Youth Association (UNYA)**

1618 E Hastings St, North Vancouver | **604.254.7732**

[ocmprogram@unya.bc.ca](mailto:ocmprogram@unya.bc.ca) | [www.unya.bc.ca](http://www.unya.bc.ca)

### **YOUTH - Overly Creative Minds (OCM), Aboriginal Youth First Sports and Recreation Program**

Overly Creative Minds (OCM), Aboriginal Youth First Sports and Recreation Program





# LEGAL SERVICES



## **Vancouver Aboriginal Transformative Justice Services Society**

2982 Nanaimo St, Vancouver | **604.251.7200**

[www.vatjss.com](http://www.vatjss.com)

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

## **Native Courtworkers & Counseling of BC**

**604.985.5355**

[www.nccabc.ca](http://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 aboriginal 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 First Nations Legal Clinic**

148 Alexander St, Vancouver | **604.684.7334**

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

## **First Nations Court**

New Westminster, Call Duty Council | **604.825.1861**

To get free legal advice, First Nations court provides an alternative to the Criminal Justice System that focuses on community and ensuring everyone involved has a chance to be heard – Community members, the victim,

the victim's family, the defendant & family, probation officers, social workers, and drug & alcohol counsellors. After each person has spoken, a healing plan may be established. Defendants are expected to adhere to their healing plans and must appear at future court dates to report on their progress in culturally appropriate programs, employment training, and education.

## **Legal Services Society**

400 - 510 Burrard St, Vancouver | **604.601.6000**

[www.lss.bc.ca](http://www.lss.bc.ca)

Legal Representation | **604.408.2172**

Legal Representation (rest of province) | **866.577.2525**

Call Centre and LawLINE | **604.408.2172**

**Toll Free: 866.577.2525**

## **Victim Services**

302 - 815 Hornby St, Vancouver | **604.660.5199**

# IDENTIFICATION / CARDS / IMPORTANT DOCUMENTS

## **Indian & North Affairs Canada**

601 - 1138 Melville St, Vancouver

## **Indian Status Card**

604.666.2059

## **BCID/BC Medical/Drivers License**

4221 - 1055 W Georgia St, Vancouver

604.661.2255

## **Canadian Passport**

100 - 757 W Hastings St, Vancouver

1.800.567.6868

## **Care Card**

604.683.7151

## **Service Canada - S.I.N. Card**

125 - 757 W Hastings St, Vancouver

1.800.622.6232

## **Service Canada - Birth Certificate**

250 - 605 Robson St, Vancouver

604.660.2937 | 1.888.876.1633

## **Service Canada - Welfare**

1.800.622.6232

## TRANSPORTATION INFO

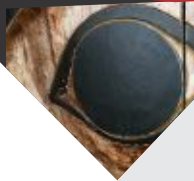
### **BC Bus Program**

1.866.866.0800

### **BC Ferries**

1.888.223.3779

# EMERGENCY ASSISTANCE



**AMBULANCE, FIRE, POLICE**

**911**

**NON-EMERGENCY POLICE**

**604.717.3321**

**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](mailto:info@coastmentalhealth.com) |

[www.coastmentalhealth.com](http://www.coastmentalhealth.com)

### **Crisis Line**

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

## **Crisis Intervention / Suicide Prevention 24hrs**

**604.872.3311**

Confidential, non-judgmental, free emotional support 24 hours a day, 7 days a week for people experiencing feelings of distress or despair, including feelings which may lead to suicide.

## **Emergency Mental Health Services (Car87)**

**604.874.7307**

## **Emergency Services (Ministry of H.R.)**

**604.660.3194**

## **Kids Help Phone 24hrs**

**1.800.668.6868**

## **Rape Crisis Centre**

Vancouver | **604.255.6344**

## **Strathcona Mental Health Team**

700 E Cordova St, Vancouver | **604.253.4401**

# 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.

**IF IT FEELS WRONG, IT IS NOT OKAY**

### "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 "

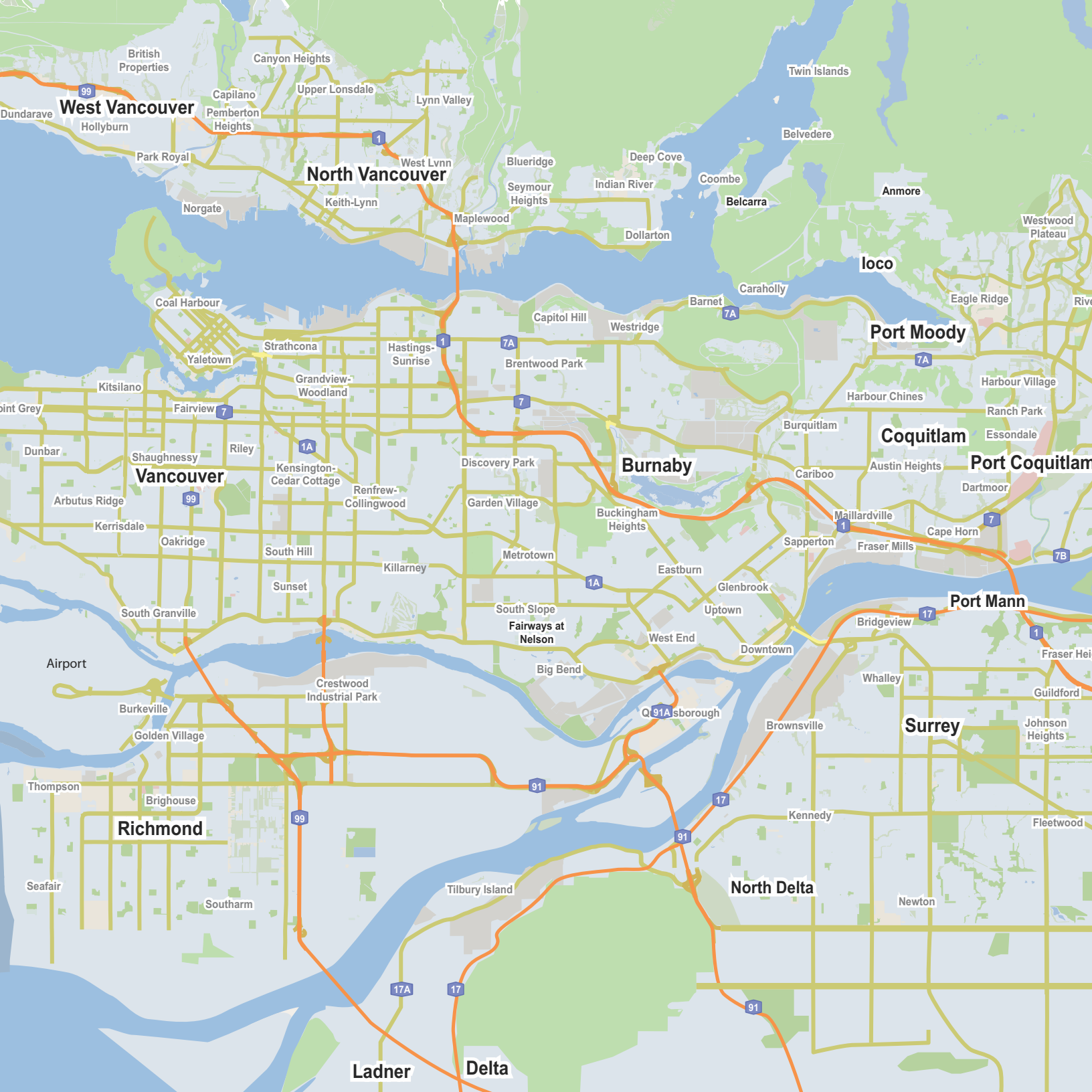
Don't lend money. Ask yourself, can I afford to give this person \$ as a gift? They won't pay you back

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

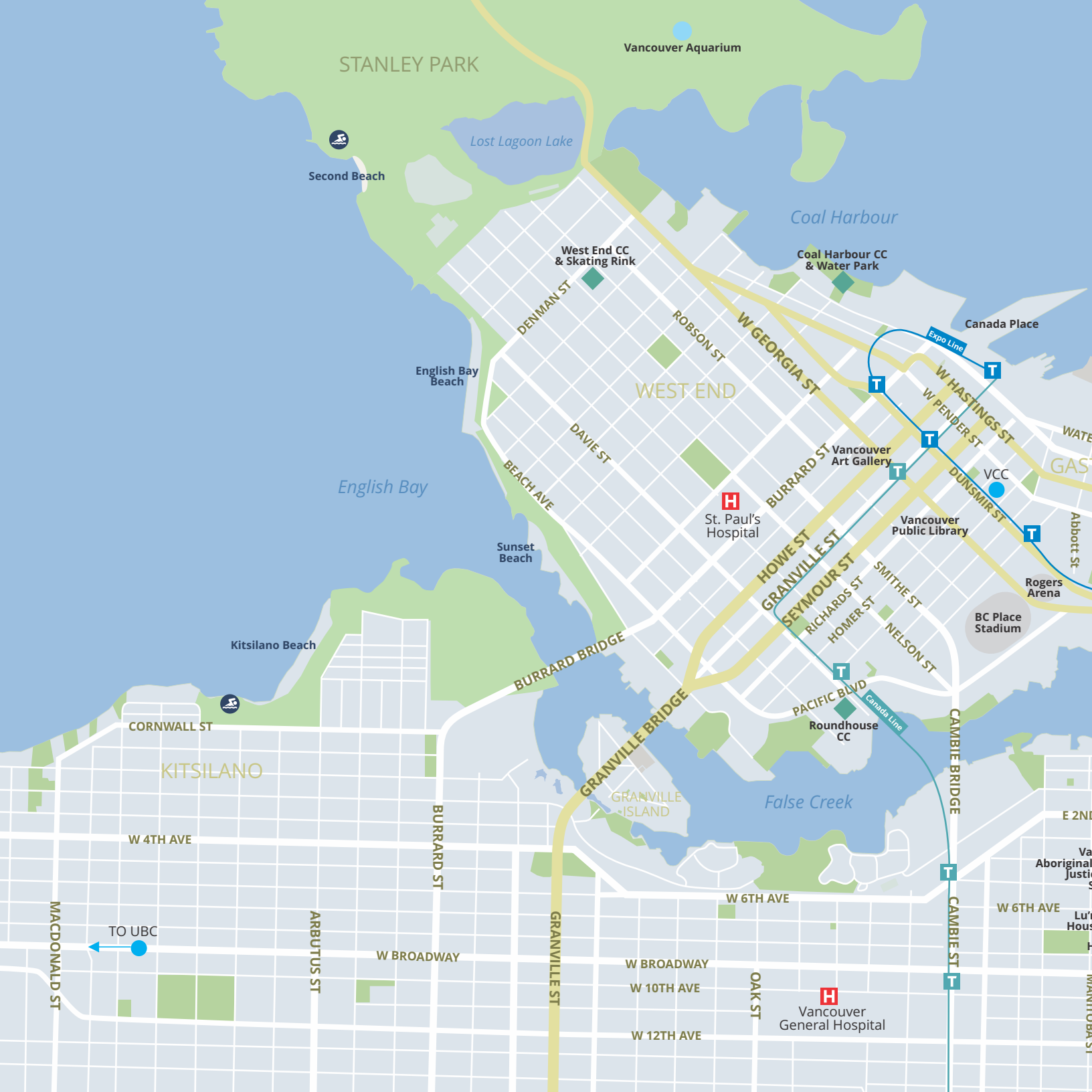
Hmmm... inner dialogue...I just met him...He wants me to have sex with him - right away...  
He must really like me!  
It takes time to build trust and respect.

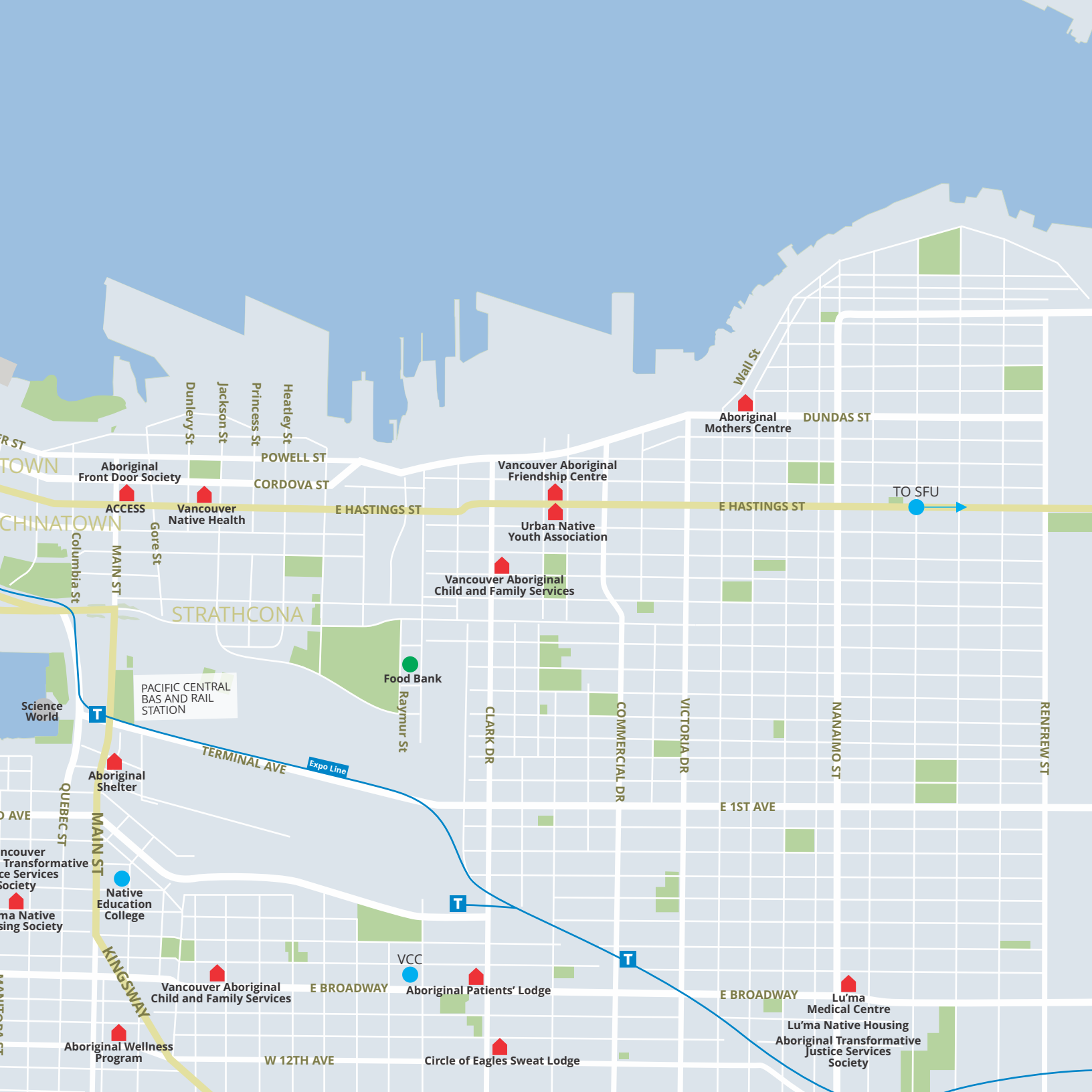
If he respects you, he will wait - to get to know you better and build a strong relationship because you are awesome.

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









FR ST  
CHINATOWN

Columbia St  
MAIN ST  
ACCESS

Science World  
PACIFIC CENTRAL  
BUS AND RAIL  
STATION

Aboriginal Shelter  
Vancouver  
Transformative  
Justice Services  
Society  
Lu'ma Native  
Singing Society

Aboriginal Wellness  
Program

Aboriginal  
Front Door Society  
Vancouver  
Native Health

Dunlevy St  
Jackson St  
Princess St  
Headley St  
POWELL ST  
CORDOVA ST

STRATHCONA

Food Bank  
Raymur St

Terminal Ave  
Expo Line

Aboriginal Patients' Lodge

Vancouver Aboriginal  
Child and Family Services

Circle of Eagles Sweat Lodge

W 12TH AVE

E BROADWAY

Aboriginal Patients' Lodge

Aboriginal Patients' Lodge

Vancouver Aboriginal  
Friendship Centre  
Urban Native  
Youth Association  
Vancouver Aboriginal  
Child and Family Services

CLARK DR  
COMMERCIAL DR  
VICTORIA DR

E 1ST AVE

E BROADWAY

Aboriginal Patients' Lodge

Aboriginal Patients' Lodge

Aboriginal Patients' Lodge

Aboriginal Patients' Lodge

Aboriginal Patients' Lodge

Aboriginal Mothers Centre

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# Thank You

**to our Funding Partners for helping us to create this Guide**



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Government of Canada's Homelessness  
Partnering Strategy

**metro**vancouver



*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).