

Program Funding Provided By  
Vancouver Coastal Health  
Authority (VCHA)

### UNYA Contacts

	Phone #
UNYA Main Office	604.254.7732
Aboriginal Outreach Team	604.254.5147
Aboriginal Transition Team	604.254.7732
Aboriginal Wellness Counsellor	604.254.7732
AYF Sports & Recreation Program	604.254.7732
Aboriginal Youth Safehouse	604.254.5147
24 hour Youth Info & Referral Line	1.877.223.4321
Aboriginal Youth Worker	604.254.7732
Alcohol & Drug Counsellors	604.254.7732
Alcohol & Drug Counsellor at BYRC	604.709.5720
Aries Program	604.255.1326
Cedar Walk Program	604.708.9130
Kinnections Program	604.254.7732
Mediation Program	604.254.7732
Mentorship Program	604.254.7732
Music, Arts & Culture (MAC) Program	604.254.7732
Native Youth Learning Centre	604.254.5620
Overly Creative Minds (OCM) Program	604.254.7712
Ravens Lodge	604.254.7732
School Support Team	604.254.7732
Young Bears Lodge	604.322.7577
Young Wolves Lodge	604.321.1118

### Urban Native Youth Association

UNYA began in 1988, has 20+ programs, 110+ volunteers, 200+ community partners, 100 staff, and over 25,000 visits per year. Youth are consulted in the development of programs and services as we believe they are experts in their own lives and are in the best position to advise us on youth issues.

Our programs are developed to help meet the educational, training, cultural, artistic, and personal needs of Native youth. We continue to focus on community development initiatives, as we believe that the strengthening of our community as a whole can have a tremendous and positive impact on Native youth's lives.

We believe that Native youth have the right to live safe, healthy, and positive lives that are free from negative influences. We strive to address issues that negatively affect their lives by providing a supportive continuum of care, with a large focus on prevention-based activities as we believe that Native youth lack opportunity – not ability. We know that when youth have access to meaningful opportunities, they excel as they have many strengths to build upon. We will continue to adapt to meet the changing needs of Native youth to help ensure that they have the best chance possible to reach their goals and full potential.

Publications available in pdf online at [www.unya.bc.ca](http://www.unya.bc.ca) are focused on health, parenting, sexual exploitation, healthy cooking on a budget, Two-spirit, sports & recreation, and the ins & outs of college and university.



A safe space for  
Native youth  
ages 13-21 to  
talk about what  
matters to them

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Alcohol & Drug Counsellors  
1618 East Hastings St, Vancouver, BC  
Ph: 604-254-7732  
[adcounsellors@unya.bc.ca](mailto:adcounsellors@unya.bc.ca)

UNYA - 1618 East Hastings Street  
Vancouver, BC, V5L 1S6  
Ph: 604-254-7732 Fax: 604-254-7811  
[www.unya.bc.ca](http://www.unya.bc.ca) [www.nativeyouthcentre.ca](http://www.nativeyouthcentre.ca)



Urban Native  
Youth Association

## Who Do We Work With?

- Native youth ages 13-21 who are thinking about and/or being pressured by others to try alcohol or drugs
- Native youth who are using alcohol or drugs, sometimes or a lot
- Those who will maintain confidentiality of any stories they hear from other youth in group sessions
- Parents and caregivers who want to learn how to help their youth stop alcohol or drug use, before or after it happens

## Where do we work?

- East Vancouver
- One-to-one counselling at our office or any other place where youth feel safe
- Workshops at UNYA, at other organizations, or in schools



## What things do we do?

- Offer a safe, positive space for Native youth to share their experiences and talk about their problems or concerns
- Help youth stay away from alcohol or drugs and find healthier things to do
- Support youth and caregivers
- Offer one-to-one counselling
- Offer group counselling
- Host workshops for youth to help increase their awareness about the effects of alcohol & drugs on themselves and their family
- Offer workshops for parents or caregivers
- Share cultural teachings
- Help youth to find programs or services that they need

We gratefully accept donations of the following items:

- Bus tickets
- Gift certificates for local events
- Native arts & craft supplies
- Gently used First Nations and other educational books for grades 7-12

## What things can we talk about?

Anything that is important to you. Nothing is too big or too small if it is bothering you

Other community programs or services that you can go to for fun, help, healthcare, cultural teachings, education, or training

Problems you are having at home, school, work, in a relationship, etc

How to talk with other people about your problems or worries

How to resist using alcohol or drugs, even when your friends, partner, or family are pressuring you to

How to deal with loss, death, and trauma

Other things that you can do to positively deal with stress, anger, confusion or pain instead of covering them up with alcohol or drugs

