

HELPING HANDS



Empowering Native Youth

A Resource Manual for Native Youth
4th Edition, January 2010



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The Urban Native Youth Association is pleased to release this fourth edition of *Helping Hands: Empowering Native Youth*.

We would like to thank all of the service providers who provided information for this manual, helping us to ensure that Native youth are aware of the many programs, supports and resources available.

Be sure to view the section “The Ins & Outs of College & University”. We have found that many youth - as well as some adults - are not familiar with the post-secondary system, terms that are used, requirements, and the many options to choose from. We are happy to provide some basic information that you can build upon in order to help you make decisions regarding your academic future.

Special thanks to Edward Allen, who provided beautiful artwork for the front cover, and to the anonymous writers from the internet whose poems we have used.

If we missed including your program or service in this manual, please email your information to info@unya.bc.ca or fax it to the attention of the Community Developer at 604-254-7811. If your program fits the purposes of this manual, we will be pleased to include it our next edition.

All of the resources listed are for informational purposes only. We do not advocate or endorse any of the programs or services, other than our own. Be sure to ask around to find out what might be the best resource for you.

You can also access and download PDF copies of *Helping Hands* and UNYA's other manuals on our website at www.unya.bc.ca.

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Introduction to UNYA

The Urban Native Youth Association (UNYA) offered its first program to Native youth in 1988 and became a non-profit society in 1989. We have since grown to include over 21 programs grouped in the areas of education, personal support, sports and recreation, and residential. Currently, we have 100 full and part-time staff, work with over 190 community partners, and are supported by many dedicated volunteers.

Our goal is to be a safe place for Native youth to access support, participate in and contribute to their community, and find out about other resources available to them. Through a broad range of programs, UNYA strives to provide a safe, youth-driven and culturally relevant environment where youth have opportunities for personal development, and can enhance their lifeskills and leadership. We promote positive life choices and encourage youth to be involved in their community. We also work with a wide variety of community partners to ensure that Aboriginal youth can access the supports they need, both at UNYA and through other programs and services in the community.

We maintain a high level of youth involvement in all aspects of UNYA, for we believe that youth are the experts in their own lives and can best advise us as to their needs and goals. We strive to consistently have at least four youth on our Board of Directors. Youth are consulted in the development of new programs and services, and youth have ongoing input into direct programming as participants. We also engage youth through consultations and research, and create training and employment opportunities for Native youth whenever possible.

We have also undertaken many community development initiatives, for we believe that the strengthening of our community as a whole can have a tremendous positive impact on the lives of Native youth. One of the ways we have contributed is by producing our own publications specifically for Native youth. In addition to *Helping Hands*, we have also created *Full Circle*, *Two-*

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Spirit Youth Speak Out!, Eating Healthy on a Budget, and It's A Balancing Act. Youth can pick up copies at our main office, and everyone can download PDF versions at www.unya.bc.ca.

We also host community meetings and forums, and offer training on youth issues to the community. We serve on community steering committees, attend consultation meetings, and conduct research. On an ongoing basis, we strive to develop innovative programs and create dynamic partnerships that enhance and expand opportunities for Native youth.

UNYA works hard to ensure that our staff members are supported, both in their work and as individuals. We promote healthy lifestyles and provide an Employee Assistance Program that enables staff to debrief with and regularly visit a qualified counsellor. We are also well known for FUNYA, our monthly staff development, team-building and wellness day.

We will continue to adapt to the diverse and ever-changing needs of Native youth to ensure that they have the best chance possible to lead safe, healthy and positive lives.

UNYA Info

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 604-254-7811

Web: www.unya.bc.ca www.nativeyouthcentre.ca

Email: info@unya.bc.ca

UNYA's main office is located across the street from the Vancouver Aboriginal Friendship Centre, just west of Commercial Drive. Many programs are offered at this location, as well as other diverse locations throughout east Vancouver.

General information about our programs is provided within specific headings throughout this manual. Visit our website for more information, including a programs and events calendar, employment and volunteer opportunities, program brochures and publications.

Youth Hubs

In addition to UNYA, there are three other youth service hubs in Vancouver, located throughout the City. UNYA is the designated Native youth hub.

All four hubs provide 'one-stop' access to a wide range of programs and services. Hub programs funded by the Ministry for Children and Family Development generally focus on youth ages 12-18 years, but several hubs offer programs for youth up to 24 years.

Check us out!

The hubs are all about youth. We offer great programming and fun activities, resources, information and referrals. If we can't help you, we'll find somebody who can. Summary info about each youth hub is provided below.

Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6
Tel: 604-254-7732 Fax: 604-254-7811 Email: info@unya.bc.ca
Web: www.unya.bc.ca www.nativeyouthcentre.ca

Office hours: Mon-Fri 9am-5pm, closed 12-1pm
Programming hours: vary, often include evenings and weekends

UNYA is a youth-focused and youth-driven community organization committed to supporting Native youth (generally ages 11-24 years). Currently, we have over 21 programs that provide a range of culturally-appropriate activities, resources, and supports in the broad areas of personal support, education and training, sports and recreation, and residential. We provide a safe place for Native youth to access support, become involved, and find out about other programs and services in the community.

Youth are involved in all aspects of UNYA, for we believe that youth are the experts in their own lives and can best advise us.

Broadway Youth Resource Centre (BYRC)

Pacific Coast Resources Society

691 E. Broadway (at Fraser St.), Vancouver, BC

Tel: 604-709-5720 Fax: 604-709-5721 Web: www.pcrs.bc.ca

Hours: Mon, Tues, Thurs 1pm - 7pm
Wed 2:30pm-7pm Fri 1pm-6pm

For youth aged 13-24 and their families, serving the Midtown area. Offers an Aboriginal Youth Worker; resource room; snacks; computers, printer, fax and phone; drop-in health clinics; youth addictions counsellor; employment program, job listings; youth housing registry and assistance; Vietnamese Youth Workers; volunteer program; Youth Advisory Group; celebrations; counselling for youth/families, fun activities and workshops and Theatre. Other programs are available through Ministry for Children and Family Development referrals.

Directions Youth Resource Centre Family Services of Greater Vancouver

1134 Burrard Street, Vancouver, BC

Tel: 604-633-1472 Fax: 604-633-1473 Web: www.fsgv.ca

Hours: Open 24 hours a day, 7 days a week

Provides a safe, non-judgmental environment for street-involved youth (ages 21 years and under), especially when other services are not available. Offers referrals, information and support, access to basic needs including shower, laundry, a meal program, and peer counselling. Dusk to Dawn Program (drop-in) open 4pm-12am, 7 days a week, with dinner served at 8pm. Goal-oriented support available 12am-4pm.

South Vancouver Youth Centre (SVYC)

4920 Fraser Street (at E. 33rd Ave), Vancouver BC V5W 2Y8

Tel: 604-325-2004 Fax: 604-325-2012

E-mail: information@svyc.ca Web: www.svyc.ca

Hours: Mon – Fri 9am - 6:30pm
24 hr telephone support available to MCFD-referred clients

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The SVYC offers creative and flexible support services to youth living in Vancouver. Youth may be MCFD referred or come on a drop-in basis. Using a combination of one-to-one outreach services, and on site group workshops, our Youth workers can provide the support necessary to help youth achieve their goals, learn new skills and become more self-sufficient in the community.

Youth Workers can help youth in the following areas: life skills development, housing search and set-up, access to suitable school programs, access to health services, advocacy, securing ID, budgeting, resume preparation and employment searches, finding community and peer connections, and parenting skills for teens.

Support Services

Aboriginal Outreach Team

Urban Native Youth Association

c/o 1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-5147 Fax: 604-254-5159

Email: outreachteam@unya.bc.ca Web: www.unya.bc.ca

Provides street outreach services and support to youth who are involved in 'street life'. The team works closely with other youth hubs, schools, community centres, families, social workers, and other organizations to help keep youth safe and off the street. Youth are referred to appropriate services based on individual needs.

Aboriginal Transition Team

Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 604-254-7811

Email: transition@unya.bc.ca Web: www.unya.bc.ca

Provides intensive one-on-one support to Native youth ages 13-18 years who are involved with the Ministry of Child & Family Development. Assists youth in connecting with community resources they can obtain training and skills to live independently.

Aboriginal Youth Worker (AYW) at BYRC Urban Native Youth Association

Site: 691 East Broadway (at Fraser St.), Vancouver, BC

Tel: 604-709-5723 Fax: 604-709-5721

Email: aboriginal.byrc@unya.bc.ca

Web: www.unya.bc.ca

Provides programs and supports to Native youth (ages 15 - 24 years) at BYRC to ensure that they have access to culturally-relevant programming and other resources that are responsive to their needs. Some one-to-one support and advocacy available. Opportunities to participate in social, cultural, educational, and recreational activities, gain leadership skills and volunteer experience.

Aboriginal Youth Worker (AYW) at UNYA Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 604-254-7811

Email: aboriginalyouthworker@unya.bc.ca

Web: www.unya.bc.ca

Offers preventative programming for Native youth ages 11-23 years, developed in partnership with schools, community centres, and others. Programs include group cultural and recreational activities, outings and workshops, and some one-to-one advocacy and support. The goal is to provide positive and healthy alternatives.

Kinnections Program

Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 254-7811

Email: kinnections@unya.bc.ca Web: www.unya.bc.ca

Provides support to Native youth ages 15 - 19 years who are in the care of MCFD or VACFSS, or on a Youth Agreement. The program connects youth to trained community volunteer mentors who can provide support as youth become adults, and also provides support to mentors and referring Social workers.

Mediation Program

Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 604-254-7811

Email: mediation@unya.bc.ca Web: www.unya.bc.ca

Works with youth and their families involved with the Ministry of Children and Family Development (MCFD). Helps youth ages 13-18 years positively address issues in their lives by providing culturally sensitive mediation, referrals, workshops, and training in communication skills.

Mentorship Program

Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 604-254-7811

Email: mentorship@unya.bc.ca Web: www.unya.bc.ca

Provides Native youth ages 13-18 years (who are involved with the Ministry of Children and Family Development) with positive social, educational and cultural mentoring opportunities as well as support, advocacy and guidance.

UNYA Publications / Resources

In addition to *Helping Hands*, UNYA has produced several resources developed for – and often by – Native youth. These manuals, booklets, videos, and posters address diverse topics, such as sexual exploitation the needs of GLBTQT youth, healthy eating and wellness.

Youth can request a copy of these resources at our main office.

Everyone can download copies from our website at

www.unya.bc.ca.

Vancouver Aboriginal Friendship Centre

1607 E. Hastings Street, Vancouver, BC

Tel: 604-251-4844 Fax: 604-251-1986

Email: info@vafcs.org

Web: www.vafcs.org

A community gathering place for Native people of all ages. Promotes Aboriginal cultures and traditions. Provides informational and referrals, recreation program for youth, a literacy program, an Elders program, Sundance daycare, hosts community meetings, and more. Also hosts weekly Family Nights (Plains and Westcoast) where community shares songs, dances, and teachings. Call or stop by the Friendship Centre for information about programs, services, and upcoming events.

Native Courtworker & Counselling Association of BC

50 Powell Street (at Carroll St.), Vancouver, BC

Tel: 604-687-0281 Toll free: 1-877-771-9444

Fax: 604-687-5119 Web: www.nccabc.ca

Assists Native people with the police or courts by providing legal options, translation and interpretation, and referrals (legal aid, A & D treatment, debt and family counselling, A & D counselling and Aboriginal Restorative Justice Programs). Can help to prepare for, accompany and speak on behalf of people in court, if appropriate.

Vancouver Aboriginal Child and Family Service Society (VACFSS)

745 Clark Drive, Vancouver, BC

Tel: 604-872-6723, Fax: 604-872-5274, Toll Free: 1-877-982-2377

Email: info@vacfss.com

Web: www.vacfss.com

An Aboriginal non-profit society providing services to Aboriginal children and families living off-reserve in the Greater Vancouver area. VACFSS aims to support the Aboriginal community by providing access to community resources and working in partnership with other service providers to provide holistic services that culturally and spiritually strengthen Aboriginal families.

Helping Hands – Empowering Native Youth

PeerNet BC

#303 – 411 Dunsmuir Street, Vancouver, BC

Tel: 604-733-6186 Fax: 604-730-1015

Email: info@peernetbc.com Web: www.peernetbc.com

Hours: Mon - Fri 9:30am - 4:30pm

Helps to develop peer support groups and a peer support approach to community development initiatives. Contact PeerNet to find out about current projects.

Vancouver Youth Services

550 Cambie Street (at Dunsmuir St.), Vancouver, BC

Tel: 604-660-9376 After Hours: 604-660-4927

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

Serves street-involved youth through protection services, residential programs, independent living programs, counselling, repatriation, and access to emergency shelter and food, mental health and drug counsellors, referrals for counselling treatment and income assistance services.

BOYS 'R' US

1290 Hornby Street (near Davie St.), Vancouver, BC

Tel: 604-633-4200

Hours: Tues, Wed, and Thurs (7pm - 9pm)

A drop-in centre and support program for male and transgendered sex trade workers in Vancouver. A safe confidential place to hang out. Offers outreach and referrals to other appropriate agencies from subjects such as health care and counselling to social services. All ages are welcome.

British Columbia Persons with AIDS Society

1107 Seymour Street, 2nd Floor Vancouver, BC

Tel: 604-893-2200 Toll free: 1-800-994-2437 Fax: 604-893-2251

Email: advdsk@bcpwa.org Web: www.bcpwa.org

Hours: Mon to Fri 10am - 4pm

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Provides support to people living with AIDS, and works to help them empower themselves through mutual support and collective action. Offers assistance with obtaining and/or understanding BC Disability Benefits, monthly nutritional supplements, Canada Pension Plan and disability issues, debt forgiveness, end of life planning, legal referrals and long term disability insurance. Hosts retreats and workshops - everything from creative writing to income tax. No age limit or cost, but you do need a doctor's note to verify your HIV status.

FASD Youth and Family Support Program Pacific Legal Education Association (PLEA)

Head office: 3894 Commercial Street, Vancouver, BC

Tel: 604-871-0450 Fax: 604-871-0408

Email: info@plea.bc.ca Web: www.plea.bc.ca

A partnership between PLEA and the Asante Centre that is funded by MCFD. Referrals must come through a Probation Officer. Provide assessment, diagnostic services, education, clinical consultation and support services to youth and families.

Operation Come Home

Toll free: 1-800-668-4663

Hours: Mon – Fri 8am - 4pm

Assists youth to return home/ reunite with their families. Mandate is to assist 16 -30 year olds, but willing to try to assist any youth who need help by providing transportation to a parent's/guardian's residence. Phone and let them know your situation.

Prostitution Alternative Counselling & Education (PACE) Society

49 West Cordova Street, Vancouver, BC

Tel: 604-872-7651 Cell: 604-786-5437

Hours: Mon - Thurs, 10am - 5pm

Offers non-judgmental alternatives, counselling, education, advocacy and empowerment to those in, susceptible to, and exiting the survival sex trade. Offers peer support, referrals, one-on-one assistance with education and employment, and skills training programs.

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Qmunity - BC Queer Resource Centre

1170 Bute Street, (at Davie St., Vancouver, BC

Tel: 604-684-5307 Prideline BC Toll Free: 1-800-566-1170

Web: www.qmunity.ca

Hours, Gab Youth Drop In: Wed, 4 - 6pm and Fri, 8 - 10pm

Gab Youth Drop In provides special events, housing, legal advice, workshops, supports in coming out, alcohol and drugs, transgender health, sexual health, and much more.

The Prideline is Qmunity's peer support, information, and referral phone line that operates weeknights from 7 - 10pm.

Information Services Vancouver

Tel: 604-875-6381

Web: www.communityinfo.bc.ca

Hours: 24 hours a day, 7 days a week

An information and referral service that can link you to community, social and government agencies across BC. Same number for Shelter and Street Helpline. If you don't have a place to sleep, they can help you find shelter. Free and confidential.

KidStart Mentoring Program

Pacific Legal Education Association (PLEA)

Head Office: 3894 Commercial Street, Vancouver, BC

Phone: 604-375-5437

Fax: 604-871-0408

Web: www.plea.bc.ca

A volunteer mentoring program for troubled children & youth who are at risk of experiencing difficulties in their lives. Mentors serve as consistent role models who encourage their participation in recreational activities and provide opportunities to experience success and achievement. Referrals from probation officers. Referrals for the under 12 program (6-12) are accepted from parents, teachers, school counsellors, social workers, probation officers and other child care professionals.

Elizabeth Fry Society of Greater Vancouver

103 – 237 East Columbia Street, New Westminster, BC

Tel: 604-520-1166

Web: www.elizabethfry.com

Programs for women at risk - who are homeless, in prison or coming from prison, or struggling with addiction; programs for youth at risk in the community and the youth detention centre; counselling programs for families; community programs for people charged with offences or before the courts, and information on community resources.

DARE Attendance Program Pacific Legal Education Association (PLEA)

Head Office: 3894 Commercial Street, Vancouver, BC

Youth Justice Supervisor: 604-660-4005 Fax: 604-871-0408

PLEA Intake: 604-708-2630 (for referral form)

Web: www.plea.bc.ca

Referrals accepted from probation officers, who must first call the Youth Justice Supervisor to ensure the program is suitable. This is a program for high-risk/high need, sentenced youth; providing the court with an alternative to custody. This four-month placement provides a highly structured and individualized daily program, 7 days a week. Clients also receive support for up to 2 months to help their transition to home or independent living.

Motivation, Power and Achievement Society

122 Powell Street, Vancouver, BC

Tel: 604-482-3700 Toll Free: 1-877-536-3770

Fax: 604-738-4132 Web: www.mpa-society.org

Provides info and referrals, one-to-one support, a community resource centre, and advocacy for individuals (19 years+) affected by mental illness, and their supporters. Educates people on their rights, promotes self-help skills, and assists in obtaining benefits through the BC Benefits, Disability Benefits and other programs. Also provides a housing program with multiple sites for people with mental health issues. Referrals must come from BC Housing.

Advocacy

Healing Our Spirit

BC Aboriginal HIV/AIDS Society

Suite 100 – 2425 Quebec Street, Vancouver, BC

Tel: 604-879-8884 Toll Free: 1-866-745-8884 Fax: 604-879-9926

Web: www.healingourspirit.org

Provides services for Aboriginal people living with HIV/AIDS, and their families. Also provides info and support to Aboriginal people living with HIV/AIDS in communities across BC.

Knowledgeable Aboriginal Youth Association

1771 East Hastings Street, Vancouver, BC

Tel: 604-254-5513 Fax: 604-245-5538

Email: kayayouthvoice@gmail.com Web: www.kayaweb.ca

KAYA encourages and assists Native youth in asserting their voices and contributing to community to help ensure they can reach their full potential. Conducts workshops, day trips and day camps for youth living in Metro Vancouver, produces music compilation CDs, films, and other arts and culture projects. Call for up-to-date info on current KAYA programs and events.

BC Representative for Children & Youth

M12 - 4277 Kingsway, Burnaby, BC

Toll free: 1-800-476-3933 Tel: 604-775-3213 Fax: 604-775-3205

Web: www.rcybc.ca

Provides support for children & youth up to 19 years who need help dealing with the child welfare system. Committed to protecting the rights of children and youth, especially those most vulnerable.

Federation of BC Youth in Care Network

55 8th Street, New Westminster, BC

Tel: 604-527-7762 Fax: 604-527-7764 Toll Free: 1-800-565-8055

Email: info@fbcyicn.ca Web: www.fbcyicn.ca

Dedicated to assisting the promotion of local groups run by and for youth in or from care. Provides support, friendship, self help,

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advocacy, referrals and information. They raise awareness and advocate provincially for systemic change (trying to get the 'systems' to be more responsive to the needs of youth), and promote the voice of youth in/from care.

Justice for Girls

Tel: 604-689-7887 (collect calls accepted) Fax: 604-689-5600
Email: info@justiceforgirls.org Web: www.justiceforgirls.org

Promotes freedom from violence, social justice and equality for teenage girls (under 19 years) who live in poverty. Offers outreach and legal advocacy, Offers both individual and systemic advocacy on behalf of girls in response to poverty, male violence, human rights abuses, and criminalization. Also provides criminal justice monitoring, a young women's anti-poverty & housing strategy, and a public education program.

Ombudsperson of British Columbia

756 Fort Street, Victoria, BC
Toll Free: 1-800-567-3247 Fax: 250-387-0198
Web: www.ombudsman.bc.ca

Office hours: Mon to Fri 8:30am - 4:30pm

Have you been mistreated? Feel like you aren't being heard? They investigate complaints about youth justice, Ministry for Children and Family Development, schools, access to healthcare, income assistance, and other provincial services, in order to make sure youth are treated fairly. It is free and confidential.

Note: *the Ombudsperson is unable to deal with complaints against the Federal government (for example, employment insurance).*

First Call: BC Child & Youth Advocacy Coalition

202-1193 Kingsway, Vancouver, BC
Tel: 604-873-8437 Fax: 604-874-9898 Web: www.firstcallbc.org

A coalition of individuals and organizations whose purpose is to create greater understanding of and advocacy for legislation, policy and practice to ensure that all children and youth have the opportunities and resources required to achieve their full potential and to participate in the challenge of creating a better society.

Tenant Infoline

Tenant Resource and Advisory Centre

Infoline: 604-255-0546 Toll Free: 1-800-665-1185

Web: www.tenants.bc.ca Email: info@tenants.bc.ca

Hours: Mon - Thurs 9am - 5pm

Provides info on tenant's rights regarding evictions, repairs, security deposits, rent increases and process of dispute resolution.

The Advocacy Office at St. Paul's Anglican Church

1130 Jervis Street (between Davie and Pendrell), Vancouver, BC

Tel: 604-683-4287 Fax: 604-683-3109

Email: advocacy@stpaulsanglican.bc.ca

Office Hours: Mon and Wed 10am - 4pm, Thurs 10am- 2:30pm

Provides help with welfare, disability and housing applications, access to EI benefits, landlord-tenant disputes, and access to some government services. Volunteers meet one-on-one with clients to work together to find the best solution. This is a free, non-denominational (non-religious) service. A food bank is offered on Wed from 10-11am. This is run by the Food Bank, not the Church.

First United Church Mission

320 East Hastings Street (at Gore St.), Vancouver, BC

Tel: 604-681-8365

Email: missionoffice@firstunited.ca Web: www.firstunited.ca

Mission Hours: Open 23 hours daily, closed from 5pm - 6pm

Office Hours: Mon- Fri 8:30am - 4:30pm, closed 12 - 1pm

Provides crisis intervention, housing referrals, overnight shelter, advocacy and community programs for residents of the Downtown Eastside. Serves soup (8:30am), coffee (10:30am), lunch (12pm) and dinner (6pm), every weekday. Weekend food schedules differ. Also offers free clothing to street-involved people.

Advocacy Access Program

BC Coalition of People with Disabilities

#204 - 456 West Broadway (at Cambie Street), Vancouver, BC

Tel: 604-872-1278 TTY: 604-875-8835

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Toll Free: 1-800-663-1278

Fax: 604-875-9227

Web: www.bccpd.bc.ca

Advocates on behalf of people (19 years and above) with mental, physical, cognitive, and sensory disabilities regarding access to provincial and federal disability benefits. Educates people on their rights and can provide info/resources with regards to these benefits.

Downtown Eastside Residents Association

9 East Hastings Street, Vancouver, BC

Tel: 604-682-0931 Fax: 604-669-5599

Email: dera@vcn.bc.ca Web: www.dera.bc.ca

Hours: Mon to Fri 9am - 5pm

Works to improve the living conditions in the Downtown Eastside. Organizes around issues of concern to the community: provides housing, advocacy, and community support programs and services. Assists residents with residential tenancy disputes and welfare rights issues, pensions, Employment Insurance, and income tax preparation. Also provides info and assistance to those seeking accommodation in the neighborhood.

Downtown Eastside Women's Centre

Drop-in Centre - 302 Columbia Street (at Cordova), Vancouver, BC

Tel: 604-681-8480 Fax: 604-681-8470 Email: centre@dewr.ca

Hours: Mon, Tues, Thurs, Fri 10am - 5pm
Wed 11am - 5pm
Sat, Sun 12pm – 5pm

A safe place for women of all ages providing support groups, mental health and legal advocacy, HIV outreach, victim services, anti-violence programs, drug & alcohol and harm reduction groups, recreational activities, arts program and educational upgrading. Breakfast is served on Tues and Thursdays from 10-11am. Lunch is served daily from 12:30-1:45pm.

Kettle Friendship Society

1725 Venables Street (at Commercial Dr.), Vancouver, BC

Tel: 604-251-2854 Web: www.thekettle.ca

Hours: Mon - Fri 9:30 - 8pm

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Sat, Sun, and holidays 10am - 5pm

Christmas 10am - 2pm only, serves Christmas dinner

For adults 19 and over with mental disabilities. Provides a drop-in centre, access to nurses, housing assistance, and other advocacy for proper funding for people with disabilities. Call for more info.

John Howard Society

763 Kingsway, Vancouver, BC

Community Service Line: 604-872-5471 Fax: 606-872-8737

Email: jhslm@jhslm.ca

Hours: Mon to Fri 9am - 4:30pm

Volunteers and staff provide front line assessment, referral and advocacy support to men affected by the Criminal Justice System.

United Native Nations Society

Suite #341 - 1979 Marine Drive, North Vancouver, BC

Tel: 604-688-1821 or 1-800-555-9756 Fax: 604-980-0324

Web: www.unns.bc.ca

A provincial non-profit organization that aims to organize and unite Aboriginal peoples in BC to lobby and advance our rights with all levels of government, increase education and training opportunities, relieve poverty, and ensure just resolution of Land Claims. Also offers counselling, referrals, support groups, workshops, alcohol & drug and mental health counselling. Call for more information.

Vancouver Youth

City of Vancouver Youth Outreach Team

453 12th Avenue, West Vancouver, BC V54 1V4

Tel: 604-871-6027 or 604-871-6212 Fax: 604-871-6048

Web: www.vancouveryouth.ca

Office Hours: Mon – Fri 8:30am – 5pm

Youth-friendly allies who help ensure youth have a place and a voice in Vancouver. Works hard with City staff and community partners to build and strengthen youth involvement in City initiatives.

Counselling, Mental Health and Support Groups

For other relevant programs, please see the “Alcohol & Drug Support Groups” section of this manual.

Aboriginal Wellness Counsellor

Urban Native Youth Association / VCHA

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 604-254-7811

Email: info@unya.bc.ca Web: www.unya.bc.ca

Supports Native youth ages 13-18 years by providing preventative, consultative, and clinical mental wellness services such as individual youth counselling, staff education, and youth groups.

UNYA Alcohol & Drug Counsellors

Urban Native Youth Association

UNYA - 1618 East Hastings Street, Vancouver, BC V5L 1S6
and BYRC, 691 East Broadway (at Fraser St), Vancouver, BC

UNYA tel: 604-254-7732 Fax: 254-7811 Web: www.unya.bc.ca

BYRC tel: 604-709-5736 Fax: 604-709-5721

Email: adcounsellors@unya.bc.ca

adcounsellor.byrc@unya.bc.ca

Offers male and female A & D Counsellors based out of UNYA and the Broadway Youth Resource Centre, who focus on prevention and raising awareness to help youth abstain from alcohol and/or drug use/abuse. Individual or group counselling sessions are for Native youth ages 13 – 21 years. Meetings take place at UNYA/BYRC or wherever youth feel most comfortable

Healing Our Spirit - BC Aboriginal HIV/AIDS Society

[See Advocacy section for more information]

United Native Nations Society

[See Advocacy section for more information]

Helping Hands – Empowering Native Youth

Child and Adolescent Response Team (CART)

#401 – 1212 West Broadway, Vancouver
Tel: 604-714-4830 Fax: 604-714-4831

Hours: Mon to Fr 8:30 - 5pm

Provides urgent response to mental health-related crises involving school age children/youth and their families: short term therapy, resources, and referral coordination; psychiatric assessment available.

S.A.F.E.R. (Suicide Attempt Counselling Service)

#300 - 2425 Quebec St (at Broadway, east of Main) Vancouver, BC
Tel: 604-879-9251 Fax: 604 - 879 - 7463

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

Counselling for individuals who are 19+ and show suicidal behaviour. Workshops are available for family members and friends and also offered to agencies where a recent traumatic event has occurred. Phone for an appointment. No drop-ins.

Youth Counselling Services

Evergreen Community Health Centre

3425 Crowley Drive (at Joyce Skytrain station), Vancouver, BC
Tel: 604-872-2511 Fax: 604-707-3630

Hours: Tues 3:30pm–6pm Fri 2pm- 4:30pm

Free clinical counselling during these hours for people 23 years old and under. No appointment necessary.

Downtown Eastside Women's Centre

[See Advocacy section for more information]

Gay Lesbian, Bi-Sexual, Trans-gendered Service Option

Family Services of Greater Vancouver

202-1193 Kingsway, Vancouver, BC
Tel: 604-874-2938 Fax: 604-874-9898 Web: www.fsgv.ca

Hours: Mon to Fri 9am - 12pm and 1pm - 4pm

Helping Hands – Empowering Native Youth

Provides counselling for lesbians, gay men, bisexuals and transgendered people, and their partners and families. Counselling is provided by a team of “out” gay and lesbian therapists. Service Options is a choice of LGBT people who would prefer to consult with a gay or lesbian therapist. Professional, sensitive, affordable (sliding scale based on annual income), accessible and safe. Self referral.

Health Initiative for Men (HIM)

310 - 1033 Davie Street, (at Hornby St.), Vancouver, BC

Tel: 604-488-1001 Fax: 604-488-1002

Email: office@contacthim.ca Web: www.checkhimout.ca

A community-based organization dedicated to a vision of health and well-being that encompasses physical, mental, spiritual and social aspects of gay men’s lives.

[Refer to Clinics and Healthcare section for more info.]

Providing Resources and Independence to Youth with Disabilities (PRIYD)

Family Services of Greater Vancouver

#202 - 1193 Kingsway Vancouver, BC

Tel: 604-874-2938 Fax: 604-874-9898 Web: www.fsgv.ca

Hours: Mon – Fri 8:30am – 5pm

Offers free support for individuals with autism, mental and physical challenges. Goals are to increase each person's independence and to support the family. Service is provided both one-to-one and in small groups and includes contract specific goals, access to community facilities, social skills & peer interaction, communication, appropriate social behavior, street safety, volunteer work experience, recreation activities, transit skills, money management, and transition planning.

Professional Counselling Program

AIDS Vancouver

1107 Seymour Street, (at Helmcken St.), Vancouver, BC

Client Services Access Office: 604-696-4676

Tel: 604-893-2201 Fax: 604-893-2205

Email: contact@aidsvancouver.org Web: www.aidsvancouver.org

Hours: Mon – Fri 9am – 4pm

Helps people living with HIV/AIDS access professional counselling services. There may be a waitlist.

Centre for Concurrent Disorders - Youth Program

Vancouver Coastal Health Authority

255 East 12th Avenue (betw Main & Kingsway) Vancouver, BC

Tel: 604-714-4830 Fax: 604-714-4831

Web: www.vch.ca/community

Hours: Mon-Fri 8:30am - 5pm

Provides services for youth 15 - 24 years with mental health and drug/alcohol concerns. Program offers intake, assessment and counselling for youth and families. Outreach offers educational presentations and consultation services. Call for an appointment.

Drug & Alcohol Meeting Support for Women (DAMS)

[See A & D Community Groups and Meetings for information]

PFLAG

Parents, Families & Friends of Lesbians & Gays

Tel: 604-626-5667

Email: Info@pflagvancouver.com Web: www.pflagvancouver.com

Offers support and info for family members and friends of gay, lesbian, bisexual, and trans-gendered loved ones. People gain new perspectives, share their experiences, correct misinformation, and challenge-distorted attitudes. Everyone is welcome at the meetings regardless of sexual orientation, gender identity, family status, or ethnic background. Call for more information and meeting times.

Vancouver Community Mental Health Services Vancouver Coastal Health Authority

#200 - 520 West 6th Avenue, Vancouver, BC

Tel: 604-874-7626 TTY: 604-874-7370

Web: www.vch.ca/mentalhealth

Hours: Mon to Fri 9am - 5pm

Offers treatment services with mental health illnesses. Will meet you anywhere you feel comfortable. Diagnosis, treatment, individual and group therapy, rehabilitation consultation and residential services.

UBC Life and Career Centre

UBC Robson Square - 800 Robson Street, Vancouver, BC

Tel: 604-822-8585 Fax: 604-822-3415

Email: wrc@cstudies.ubc.ca Web: www.lifeandcareer.ubc.ca

Hours: Mon-Fri 10am-4pm

Offers some free drop-in counselling for all ages. Ongoing counselling provided by students from UBC doing their practicum (in the last year of their Masters degree program in Psychology). There is a waiting list, but they will try to meet your needs by referring you elsewhere if needed. Also offers a resource library of education, career and community info, including medical and legal services.

Crisis & Help Lines

Crisis Centre - Intervention & Suicide

Tel: 604-872-3311 Web: www.crisiscentre.bc.ca

Hours: 24 hours a day, 7 days a week

Offers free, confidential telephone counselling to people who are emotionally upset or experiencing depression, relationship or family problems, alcohol and drug problems or feeling suicidal.

Rape Crisis Centre

Women Against Violence Against Women (WAVAW)

Tel: 604-255-6228

Toll Free: 1-877-392-7583

Web: www.wavaw.ca

Hours: 24 hours a day, 7 days a week)

A confidential phone service which offers information, support, counselling, and referrals to victims of rape or sexual violence.

AIDS Vancouver Helpline

Tel: 604-696-4666

Hours: Mon – Fri 9am - 4pm

Helpline for Children - MCFD

Tel: 604-310-1234 TTY: 1-866-660-0505

Hours: 24 hrs, 7 days a week.

A free, confidential phone service for anyone needing help, or who knows of a child who is being abused or neglected. You don't have to identify yourself. If you are on the streets in the Downtown core, it might be easier to drop in at Vancouver Youth Services at 550 Cambie Street (near Pender St.) for more immediate assistance.

Kids Help Phone - Kid's Help Foundation

Toll Free: 1-800-668-6868

Tel: 604-267-7057

Hours: 24 hours a day, 7 days a week

Helping Hands – Empowering Native Youth

You can call for a conversation with professional counsellors about anything. Also offers info and referrals.

Mental Health Information Line

BC Mental Health Society

Distress Line: 604-310-6789 (24 hrs a day - live support / referrals)

Tel: 604-669-7600 (pre-recorded message)

Web: www.heretohelp.bc.ca

A recorded message about mental disorders (ie. schizophrenia), and supportive facilities, programs, organizations, and other resources where you can get help.

Call the Distress Line (above) to speak to a person (24-hours a day) for support and referrals.

Vancouver Rape Relief & Women’s Shelter

1424 Commercial Drive, Vancouver, BC

Tel: 604-872-8212 (24 hours a day)

Web: www.rapereliefshelter.bc.ca

Hours: Call anytime 24 hours 7 days a week

Shelter for women and their children. Safe place to stay in order to escape or prevent an attack, our transition house is available to you.

Youth Against Violence Line

Toll Free: 1-800-680-4264

TTY: 604-875-0885

Text: 604-836-6381

Collect calls accepted

Hours: 24 hours, 7 days a week.

A province-wide help line that offers young people one-on-one support and information to help them deal with issues of youth violence or crime. It is a safe and anonymous way to report or prevent violent incidents and criminal activity.

Battered Women’s Support Services

Crisis and Intake Line: 604-687-1867

Hours: Mon to Fri 10am - 5pm

Wed 10am - 8pm

Office: 604-687-1868

TTY: 604-687-6732

Helping Hands – Empowering Native Youth

Email: information@bwss.org

Supports offered: crisis, prevention, groups, counselling, Aboriginal women's program, legal advocacy, dating violence and options for LGBTQTS women. Specific programs include:

Aboriginal Women's Program (BWSS)

Email: aboriginalwomensprogram@bwss.org

Support Groups (BWSS)

Email: supportgroups@bwss.org

Crisis & Intake Co-ordinator and Violence Education & Prevention Program (BWSS)

Email: intake@bwss.org

Emergency Line for the Deaf and Hearing Impaired

Help Line TTY: 604-660-0505 Toll Free: 1-866-872-0113
After Hours: 604-660-4927

Victim LINK

Toll Free: 1-800-563-0808

TTY: 604-875-0885

Text: 604-836-6381

Collect calls accepted.

Hours: 24 hours a day, 7 days a week

Multilingual & province-wide. Provides info and referral services to all victims of crime, and crisis support to victims of family and sexual violence, including sexual assault, violence in relationships, elder abuse, and adult survivors of physical or sexual abuse.

Alcohol & Drug Information and Referral Service

Lower Mainland: 604-660-9382

Outside the Lower Mainland, toll free: 1-800-663-1441

Hours: 24 hours a day, 7 days a week

An info and referral line for those using drugs or alcohol and those affected by people using. You can also phone in with general questions about drugs, alcohol and addiction.

Mental Health Emergency Services

Tel: 604-874-7307

Hours: 24 hours a day, 7 days a week

Helping Hands – Empowering Native Youth

Psychiatric emergency services, assessment, and follow-up.

Ministry for Child & Family Development

Child Protection: 604-660-4927 Toll free: 1-800-663-9122

After hours: 604-660-8180 4:30pm - 8am 7 days a week

Children's Helpline: 604-310-1234

Ministry of Housing and Social Development

After hours, emergency food & shelter for adults: 604-660-4927

D-Talks, Vancouver Coastal Health

Tel: 604-872-4349 Toll free: 1-866-872-4349

Hours: 24 hours a day, 7 days a week

Having problems with drugs or alcohol? Want to get in a program that can help make a change? It's your call. One stop access to detox services for youth 12-21 in the Vancouver Coastal Region.

Respect Checklist: Your rights in a relationship

If you are in a relationship, you must be treated with respect. This means your boyfriend, girlfriend, or partner:

- _____ Is willing to compromise
- _____ Lets you feel comfortable being yourself
- _____ Is able to admit to being wrong
- _____ Tries to resolve conflict by talking honestly
- _____ Enables you to feel safe being with him/her
- _____ Respects your feelings, opinions & friends
- _____ Accepts when you change your mind
- _____ Respects your wishes if you want to end the relationship

When someone loves you, you feel valued, respected & free to be yourself. You should feel intimidated or controlled.

Think about your relationship. Do you feel respected?

Anti-Violence & Sexual Abuse Healing Programs

Indian Residential School Survivors Society

911 - 100 Park Royal South, West Vancouver, BC

Tel: 604-925-4464 Toll Free: 1-800-721-0066

Fax: 604-925-0020 Web: www.irsss.ca

Supports survivors through crisis counselling, court support, info & referrals. Assists communities to help survivors: training & education workshops. Raises awareness of residential school issues: contact with the media; conferences. Supports & conducts research: history and effects of residential schools. Advocates for justice and healing: traditional and non-aboriginal forms.

Family Violence Resource Centre

Native Education College

285 East 5th Avenue (at Main St.), Vancouver, BC

Tel: 604-873-3765 Fax: 604-873-9152

Web: www.necvancouver.org

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

Offers info and referral, free confidential counselling (on and off-site) to Aboriginal youth and their families in a safe and culturally sensitive manner. Workshops include violence in relationships, witnessing resistance, self-harm: pain, traditional healing. Resources dealing with family violence and sexual abuse are available for loan/educational purposes.

Hey-Way'-Noqu' Healing Circle for Addictions Society

#401 - 1638 E. Broadway (at Commercial) Vancouver, BC

Tel: 604-874-1831 Fax: 604-874-5235

Email: heywaynoqu@telus.net

Hours: Mon, Tues, Thurs, Fri 8:30am - 5pm Wed 8:30am - 6pm

Helping Hands – Empowering Native Youth

Healing groups include grief and loss, relapse prevention. One-to-one and group alcohol and drug counselling are available. Be sure to call first. You may have to register for some groups and they do change. On Tues, they also hold: a youth drum group; an open sharing group for youth that are parents (at the Longhouse Church on Franklin Street).

Sexual Abuse Intervention Program

Musqueam Indian Band

6735 Salish Drive (off SW Marine Drive)

Tel: 604-263-3261 Fax: 604 -263-4212

Hours: Mon to Fri (8am - 4pm)

Offers counselling, art therapy, play therapy, and some one-to-one sessions for children and families. Phone for an appointment.

Battered Women’s Support Services (BWSS)

Tel: 604-687-1868 Fax: 604-687-1864

Peer Support: 604-687-1867

Web: www.bwss.org

Email: infobwss@telus.net

Provides counselling and advocacy for women survivors of violence in relationships, childhood sexual abuse and adult sexual assault. Also provides education and training on violence against women and related issues. Call for more information.

L.O.V.E. - Leave Out Violence

691 East Broadway (based at BYRC, at Fraser St.), Vancouver, BC

Tel: 604-709-5728 Fax: 604-709-5721

Email: vancouver@leaveoutviolence.com

Creating a youth-led movement against violence. Trains and empowers youth who have been touched by violence to utilize their voices and become champions against violence in schools and communities across Canada.

Onyx

Pacific Legal Education Association (PLEA)

Head office: 3894 Commercial Street, Vancouver, BC

Tel: 604-871-0450 Toll free: 1-877-411-7532

Helping Hands – Empowering Native Youth

Email: onyx@plea.bc.ca

Web: www.plea.bc.ca

Provides services to youth (18 years and under) who are or have been sexually exploited. Services range from formal (counselling, detox, school, one-to-one support) to informal (recreation, clothing bus pass).

BC Society for Male Survivors of Sexual Abuse

#202 - 1252 Burrard Street, Vancouver, BC

Tel: 604-682-6482 Fax: 604-684-8883

Email: bcsmsa@hotmail.com Web: www.bc-malesurvivors.com

Provides individual and group therapy, support groups for significant others, educational outreach, Victim's Service Program and Residential Historical Abuse Program. Call for more info or an appointment.

Sexual Offence Squad

Vancouver City Police

312 Main Street (at Cordova St.), Vancouver, BC

Tel: 604-717-2634 Fax: 604-257-3704

Hours: Mon to Fri 7am - 3pm

If you're willing to file a report, they will investigate and follow it up. Also take reports directly from the Ministry for Children and Family Development (MCFD) when a child discloses that they have been physically or sexually abused. The squad is made up of two sergeants, 16 detectives, an analyst, and a secretary.

Vancouver Incest & Sexual Abuse Centre (VISAC)

VISAC Program: 202 - 1193 Kingsway, Vancouver, BC

Tel: 604-874-2938

TASA Program: 250 - 7000 Minoru Blvd, Richmond, BC

Tel: 604-279-7100

Office hours: Mon – Fri 9am – 5pm Closed 12pm – 1pm

Therapeutic services for victims of trauma, sexual abuse, and for their non-offending family members – serves sexually abused children, their families, and adult survivors of childhood sexual trauma. TASA offers a variety of services to children, youth, and adults who have experienced trauma or sexual abuse.

Vancouver Aboriginal Community Policing Centre (VACPC)

#100 - 1726 East Hastings St. (east of Commercial), Vancouver, BC

Tel: 604-678-3790

Fax: 604-678-3792

E-mail: communitycoordinator@vacpc.org

Hours: Mon - Fri 9:30 - 4:30 Sat 10am - 4pm

Cedar Sage Youth Program - offers fun, interesting and culturally-based programming that foster skill development and empowerment through self-respect and cultural awareness. Food and bus tickets provided. Includes preventing and avoiding violence, and being a healthy community role-model. Encourages youth to take ownership for their decisions and connect to and contribute to their community.

Circle of Belonging Elder's Program - offers safety workshops and fun, culturally-based mentorship activities with youth and Elders.

[See Legal section for more information]

Onyx Voluntary Safe Care Program Family Services of Greater Vancouver

1134 Burrard Street, Vancouver, BC

Tel: 604-633-1472

Fax: 604-633-1473

Web: www.fsgv.ca

Hours: 24 hours a day, 365 days a year

For sexually-exploited youth under 18 years. Homeless youth and youth living in at-risk situations have access to an extensive range of services designed to assist them in taking the next steps with their life, or to access a doctor or a nurse, addictions services and mental health counsellors. The door is always open, 24 hours a day, 365 days a year.

Legal Services

Vancouver Aboriginal Community Policing Centre (VACPC)

#100 - 1726 East Hastings St. (east of Commercial), Vancouver, BC
Tel: 604-678-3790 Fax: 604-678-3792
E-mail: communitycoordinator@vacpc.org

Hours: Mon - Fri 9:30 - 4:30 Sat 10am - 4pm

An Aboriginal community-based, non-profit society that uses a community development approach to crime prevention to address the over-representation of Aboriginal people involved with the criminal justice system. Also engages those who mistrust the legal system and avoid making complaints or filing reports despite being victims of crime. Recognizes the historical mistrust that exists between the Aboriginal community and the VPD. Draws upon Aboriginal ceremony, traditions, and perspectives to foster more respectful engagement and collaboration between these two communities, rebuild trust and establish positive connections. Also offers volunteering opportunities for adults, youth and Elders.

Street-front Office - offers direct support to victims of crime and those who need support with criminal matters through victim support, complaints, referrals, one-to-one support etc.

[For other programs/info, see Anti-Violence section.]

Vancouver Aboriginal Transformative Justice Services Society

#107 - 1607 East Hastings St. (near Commercial), Vancouver, BC
Tel: 604-251-7200 Fax: 604-251-7201

Hours: Mon to Fri 8:30am – 4:30pm

An alternative to the mainstream justice system - provides a Circle to find alternative ways to resolve justice related issues with youth and adults who have been convicted of minor crimes. Call for more info.

Native Youth Courtworkers

Native Courtworker & Counselling Association of BC

Helping Hands – Empowering Native Youth

50 Powell Street (at Columbia St.), Vancouver, BC
Tel: 604-687-0281 Toll free: 1-877-771-9444
Fax: 604-687-5119

Hours: Mon – Fri 8:30am - 4:30pm Closed 12:30 - 1:30pm

Provides support to Native youth who are in trouble with the law. Offers legal, youth and family, and referral services including A & D, family, and sexual abuse counselling, and info about your rights and responsibilities regarding your legal matter. Call or drop-in.

Court Services

Motivation, Power and Achievement Society

Provincial Court 222 Main Street (at Cordova St.), Vancouver, BC
Tel: 604-660-4292 Fax: 604-688-6074
Web: www.mpa-society.org Email: info@mpa-society.org

Hours: Mon – Fri 8am - 4:30pm

Court workers give assistance during the court process to clients with a mental disability who are charged with a criminal offence. Youth may self-refer, or be referred to a court worker by the court.

Legal Aid

Legal Services Society

#425 - 510 Burrard Street, Vancouver, BC
Tel: 604-601-6206 fax: 604-681-2719

Hours: Mon, Tues, Thurs, Fri 8:30am - 4:30pm
Wed 8:30am - 1pm

A free service for people with low incomes. They provide assistance on criminal, family, and some immigration matters. ***Note:** if you are under 18 and are charged under the Young Offenders Act, you are entitled to a lawyer and the court will appoint one for you. You will need to have proof of income, papers about the case, proof of assets (ie. car, boat).

First Nations Legal Clinic University of British Columbia

#101 – 148 Alexander St., Vancouver
Tel: 604-684-7334 Fax: 604-684-7874

Helping Hands – Empowering Native Youth

50 Powell Street, Vancouver, BC (Native Courtworkers office)

Web: <http://www.law.ubc.ca/fnations/clinic.html>

Hours: Mon to Fri 8:30am – 4:30pm

The First Nations Legal Clinic trains law students to learn about the legal issues concerning First Nations communities. Clients include individuals, Band Councils, Aboriginal societies, organizations and groups. Students work with clients to address the issues of concern to clients. Law students involved in the program attend lectures, complete assignments, and train in skills such as advocacy.

Provincial Adult Criminal Court

222 Main Street (at Cordova St.), Vancouver, BC

Tel: 604-660-4200

Hours: Mon to Fri 9am - 4pm

If you want to know about an upcoming case, make sure you have the criminal charge and the full name of the person charged. They can give you the date, time, and the place of the trial over the phone. If you are enquiring about the charges that are going to be laid against someone, ask for the prosecutor in “charge approval”. Provides information on bail conditions as well as the scheduling of upcoming trials.

Ombudsperson of British Columbia (Youth)

2nd Floor, 756 Fort Street, Victoria, BC

Toll Free: 1-800-567-3247 Fax: 250-387-0198

Web: www.ombudsman.bc.ca

Office hours: Mon to Fri 8:30am - 4:30pm

Have you been mistreated? Feel like you aren't being heard? They investigate complaints about youth justice, Ministry for Children and Family Development, schools, access to healthcare, income assistance, and other provincial services, in order to make sure youth are treated fairly. It is free and confidential.

Note: *the Ombudsperson is unable to deal with complaints against the Federal government (for example, employment insurance).*

Law Students Legal Advice Program (LSLAP) University of British Columbia

Tel: 604-822-5791

Hours: Mon to Fri 9am - 4pm

Student-operated, lawyer supervised program that provides advice and support on legal problems you might be having. They offer assistance with criminal, family law, Employment Standards, Residential Tenancy, WCB, Consumer Protection, EI, Social Assistance, Auto Insurance, Wills & Estates, Incorporations of non-profits and civil liberties. Can help draft certain types of legal documents and provide Representation in some hearings. Phone for an appointment.

Law Line Legal Services Society

Toll Free: 604-408-2172 Press “2” to connect to Law Line

Free service that provides general legal information and, in some cases, advice about legal issues. Phones are operated by lawyers and paralegals. Intended for those who don't qualify for legal aid and do not have a lawyer.

Justice for Girls

2380 Oak Street, Vancouver

Phone: 604-689-7887

Fax: 604-689-5600

Email: info@justiceforgirls.org

Hours: Mon to Fri 10am – 5pm

Uses their knowledge to assist women in their day-to-day struggles with violence, poverty and racism. Services include supporting homeless and low-income girls' access to justice in the criminal justice system (accused and victims), outreach, and advocacy for teenage girls in prison. Also undertake public education and promote legal change.

Victim Services

Crown Counsel Victim/ Witness Services

2nd Floor – 222 Main Street (at Cordova St.), Vancouver, BC
Tel: 604-660-4353 Toll Free: 1-800-901-9609

Hours: Mon to Fri 8:30am – 4:30pm

Provides free, confidential info, referral, and support services for victims of crimes involving serious physical or emotional harm– or family members, in cases involving a death. We can guide you through legal language, the confusing experiences and help prepare you for court.

Vancouver Police Victim Services

2120 Cambie Street, Vancouver, BC
Information Desk: 604-717-2737

Hours: Mon to Fri 8am - 6pm
24 hour scene crisis response at police request

Services include emotional support, general criminal justice information as well as case specific updates, practical assistance and support, accompaniment to police, crown counsel or court appointments when appropriate, and referrals to appropriate community agencies. Assistance with Victim Impact Statements and Crime Victim Assistance forms also available.

The Crime Victim Assistance Program

Toll free: 1-866-660-3888 Tel: 604-660-3888
Email: SGCrimeVictimAssistanceProgram@gov.bc.ca

If you've been physically injured as a result of a crime, you may be entitled for counselling or financial support. You need a case number from the police.

VictimLINK

Tel: 1-800-563-0808 TTY: 604-875-0885

Hours: 24 hours, 7 days a week

A multi-lingual, province-wide service for victims of family and sexual violence, and all other crimes. Provides info and referrals to all victims of crime, and crisis support to victims of family and sexual violence, including sexual assault, violence in relationships, Elder abuse, and adult survivors of physical or sexual abuse.

Medical Clinics

If you are under the age of 19, you have the right to receive health care services without involving or informing your parent or guardian as long as you can understand the potential benefits and risks of health care.

Youth Clinics are free and confidential places to go for any kind of medical help or counselling. The doctors and nurses who work at the youth clinics are specialists in youth health concerns

Medical Walk-In Clinic

Vancouver Native Health Society

449 East Hastings Street, Vancouver, BC

Tel: 604-255-9766 Fax: 604-254-5750

Clinic Hours: Mon to Thurs 9:30am - 8:15pm
Fri to Sun 9:30am - 4:30pm

Provides free, non-judgmental healthcare to residents of the Downtown Eastside. Offers addiction treatment, HIV/AIDS care, methadone maintenance, health education, nursing care, sexually transmitted infection & blood testing, infectious disease screening, and immunization. No cost and you don't need medical coverage. Only accepts First Nations, unless you have HIV/AIDS, Hep C, or you a women or child/youth under 19 years of age.

Drop-In Youth Clinic at Broadway Youth Resource Centre (BYRC)

691 East Broadway, Vancouver, BC

Tel: 604-709-5720

Hours: Mon 2:30 - 5pm (doctor)

Thurs 2:30 - 5pm (nurse)

Serves youth under the age of 24.

Commercial Drive Youth Clinic **North Health Centre, VCHA**

#200 - 1651 Commercial Drive, Vancouver, BC
Tel: 604-253-3575

Hours: Mon, Tues and Thurs 2:30pm - 5:30 pm

Serves youth 24 years and under. Care Card not required.

Evergreen Youth Clinic

3425 Crowley Dr (1 block south of Joyce Skytrain) Vancouver, BC
Tel: 604-872-2511

Hours: Tues 3:30 - 6pm Fri 2pm - 4:30pm

Serves youth 24 years and under. Care Card not required.

Knight Street Youth Clinic

6405 Knight Street (at E 49th Ave) Vancouver, BC
Tel: 604-301-2227

Hours: Mon 2pm - 4:30pm Thurs 5:30pm - 8pm

Offers free, relevant, confidential, community-based services for youth ages 12 to 24 in a comfortable, youth-friendly environment. Health services include physical and mental health assessment, interventions, treatment and follow-up for STI's, birth control, pregnancy tests, immunizations, health education, counselling and referrals.

Boulevard Youth Clinic

2110 West 43rd Avenue (at West Boulevard), Vancouver, BC
Tel: 604-261-6366

Hours: Tues 2:30 - 5pm Fri 1:30 - 4pm

Burnaby Youth Clinic

At Burnaby South Secondary School, 5455 Rumble St., Burnaby
Tel: 604-293-1764

Hours: Mon, Tues, Thurs 3:30pm - 7pm

Helping Hands – Empowering Native Youth

Provides free birth control to youth up to 21 years. Also provides STI testing/screening and treatment, HIV testing/screening, pregnancy testing, and birth control. Psych. Counsellors available Tues and Thurs. Nutritionist available by appointment.

New Westminster Youth Clinic

38 Begbie Street, New Westminster, BC
Tel: 605-329-1875

Hours: Tues 2:30 - 6pm Thurs 4pm - 8pm

Provides services for people 21 and under.

BC Centre for Disease Control STI Clinic

665 West 12th Ave (Heather Street entrance) Vancouver, BC
Tel: 604-660-6161
Email: admininfo@bccdc.ca Web: www.bccdc.org

Hours: Mon, Fri 8:30am-7:30pm
 Tues, Wed 8:30am -4pm
 Thurs 9:30am – 4pm
 Sat 9:30am - 1pm

Provides STI counselling, testing, and treatment, hepatitis B vaccine, HIV testing, and HIV pre & post test counselling. Appointment recommended. Care card not required.

Bute Street Clinic

1170 Bute St., Vancouver, BC
Tel: 604-660-7949

Hours: Mon to Fri 11am – 6:30pm (Drop-In only – no app'ts)

Offers info, testing and treatment about sexual health, STI's, and HIV. Also offer vaccinations and a needle exchange.

Downtown Community Health Clinic

569 Powell Street, Vancouver, BC
Tel: 604-255-3151

Hours: Sun, Mon, Thurs, Fri, Sat 8:30am – 5pm
 Tues 8:30am – 4:30pm
 Wed 8:30am – 1pm

Women-only clinic: Wed 5pm – 8pm

It's best to go in the mornings, as it gets busier later in the day. Women's clinic hours for women only, offers a relaxed environment, including a meal, movies, and available counsellor.

Oak Tree Clinic

BC Women's Health Centre - Women & Family HIV Centre

Room B432 - 4500 Oak Street (29th Ave.), Vancouver, BC
Tel: 604-875-2212 (24 hours) Toll Free: 1-888-711-3030
Fax: 604-875-3063

Hours: Mon to Fri 8:30am - 4:30pm
Mon and Fri for emergency appointments only.

Provides a full continuum of HIV/AIDS care for women and families, including outreach workers to connect with HIV-infected women and their families to assist them in accessing medical and support services in their own communities and at Oak Tree Clinic.

Multidisciplinary team includes: specialists in adult and pediatric infectious diseases, gynecology, and family practice; pharmacists; dietitians; nurses; and social workers. Call for an appointment. You will be asked for some basic info about your medical history when you call. Offers nutritional snacks and limited childcare during clinic hours.

Pine Free Community Health Clinic

1985 West 4th Ave (3 blocks west of Burrard), Vancouver, BC
Tel: 604-736-2391

Hours: Mon, Tues, Thurs, Fri 9am - 12pm and 2pm - 5pm
Wed 9am - 12pm & 2:30pm-7:30pm
Sat 1pm - 4pm *Every third Wed 4:30pm - 7:30pm

Clinic for youth 24 and under. They will see people over 25 who don't have BC medical insurance in the mornings and all day Wednesday. No appointments necessary. It is best to come early, as they get busy later in the day.

Raven Song Community Health Centre

2450 Ontario St., Vancouver, BC

Tel: 604-709-6400 Fax: 604-872-5223

Hours: vary depending on program. Call for info

Some of the programs offered include: addictions counsellors, adult day programs, child and youth health clinics, nutrition services, immunization clinics, methadone maintenance program, needle exchange, newborn follow-up, parent-infant drop-in, and mental health clinicians. Call for more information.

Three Bridges Clinic

1292 Hornby St (at Drake St.), Vancouver, BC

Tel: 604-736-9844

Phone hours: Mon to Fri 8:30am - 4:30pm

Clinic hours: Mon to Fri 8:30am - 8pm

Youth Drop-in hours: Mon to Fri 5pm - 8pm

Provides free, confidential services including: medical problems, birth control, pregnancy testing and counselling, diagnosis and treatment of STIs, treatment of scabies / lice, Hepatitis B shots, flu shots, and help with personal problems. Free for residents of BC. Encouraged to have a Care Card.

Other Healthcare Services

Native Youth Health Participation and Education Initiative (UNYA)

1618 East Hastings Street, Vancouver, BC

Tel: 604-254-7732 Fax: 604-254-7811 Email: info@unya.bc.ca

Web: www.unya.bc.ca www.nativeyouthcentre.ca

UNYA offers a youth-led weekly health program which is focused on holistic health, using the Medicine Wheel as a framework. Topics are chosen for and by Native youth. Aspects include: how to shop and cook nutritional food on a budget, healthy eating, gym workouts, community gardening, workshops, canoeing, walking and running

Helping Hands – Empowering Native Youth

groups, etc. Call for programming info and hours, and to request a copy of our health publications.

UNYA Health Publications:

It's A Balancing Act – Booklet with quick and easy health info for Native youth, from a holistic perspective.

Eating Healthy On a Budget – Cookbook developed for Native youth, with affordable and healthy recipes.

Medicine Wheel Posters (set of 4): The Medicine Wheel: It's All About Balance; Eating Well & Exercise; Don't Let Stress Or Anger Get The Best Of You; Relationship – It's All About Communication.

Full Circle Manual – Sexually exploited Native youth issues. UNYA publication can be found and printed off the following website
Web:www.unya.bc.ca/resources

Aboriginal Health Program

BC Women's Health Centre

Room E300A, SHY-4500 Oak (29th Ave & Heather) Vancouver, BC
Tel: 604-875-3440 or 604-875-2348 Fax: 604-875-2041

Hours: Mon to Thurs

Aboriginal Patient Liaison

Helps to ensure that Aboriginal patients at BC Children's Hospital, BC Women's Hospital and Health Centre, and Sunny Hill Health Centre for Children receive the information and support they need. Also helps with communications between patients and hospital staff. Contact them directly, ask a hospital nurse or social worker, or through the patient's Band office. No cost.

Also supports Aboriginal women wishing to improve their health through workshops and materials designed for them. Helps Aboriginal communities to be able to provide what it is needed to meet women's health care needs. Also conducts annual joint training with nurses in female health care areas. No cost.

Chee Mamuk

Aboriginal Program STI/AIDS Control - BC Centre for Disease Control

655 West 12th Avenue, Vancouver, BC

Tel: 604-660-1673 Web: www.bccdc.ca/prevention/cheemamuk.

Provides on-site community based HIV/AIDS, Hepatitis and STI education and training to Aboriginal communities, organizations, and professionals in BC. Also provides culturally-appropriate resources, consultation, and referrals.

First Nations and Inuit Health Branch

Health Canada

#510 - 757 West Hastings Street (at Sinclair Centre), Vancouver, BC

Tel: 604-666-3331

Dental enquiries: 1-888-321-5003

Web: www.hc-sc.gc.ca

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

Helps Aboriginal people get their BC Medical Services Card (Care Card), and other required health services. Drop in or call for info.

AIDS Vancouver

1107 Seymour Street, Vancouver, BC

Helpline: 604-696-4694

Tel: 604-696-4680

Web: www.aidsvancouver.org

Hours: Mon to Thurs 9am - 4pm

Offers support, info, and referrals for people who are HIV-positive/living with AIDS. Offers case management (info, support and care coordination); support programs (companionship and practical assistance); grocery distribution in Vancouver; a helpline (during office hours); and diverse library (books, videos other resources).

British Columbia Persons with AIDS Society

1107 Seymour Street, Vancouver, BC

Tel: 604-893-2243

Email: treatment@bcpwa.org

Web: www.bcpwa.org

Helping Hands – Empowering Native Youth

Hours: Mon-Fri 10am - 4pm

Includes the ABC's of HIV treatment & care, HIV Treatment Info Program which provides up-to-date info on treatments and therapies for HIV disease, and outreach programs such as Q & A sessions, train-the-trainer workshop, and community forums, and a bi-monthly magazine called "Living Positive" with treatment info. You must be a member to access the services. Call or visit website for an application. No cost. You will need a doctor to verify your HIV status.

Canadian Diabetes Association

Toll free: 1-800-226-8464

Hours: Mon to Fri 5am – 3:30pm

An information and referral resource line. There are many trained volunteers and staff to answer your questions.

Health Action Network

#202 - 5262 Rumble Street (at Royal Oak St.), Burnaby, BC
Tel: 604-435-0512, Email: hans@hans.org Web: www.hans.org

Office hours: Mon to Fri 10am - 5pm

A Natural Health Resource that provides an information resource centre including books, articles, video and audio tapes on a wide range of health topics.

Health Initiative for Men (HIM)

310 - 1033 Davie Street, (at Hornby St.), Vancouver, BC
Tel: 604-488-1001 Fax: 604-488-1002
Email: office@contacthim.ca Web: www.checkhimout.ca

A community-based organization dedicated to a vision of health and well-being that encompasses physical, mental, spiritual and social aspects of gay men's lives.

Offers a Sexual Health Centre with rapid and standard STI and HIV testing on Mon & Thurs 5-9pm and Fri 7-9pm (#421 of site above). Check website for HIM magazine, radio, videos of the Vick Vancouver cartoon, events and news.

Poison Control Centre

Emergency Toll free: 1-800-567-8911

Tel: 604-682-2344 local 2126 or 604-682-5050 for non-emergency

Hours: 24 hours

Pride Health Services

Three Bridges Clinic

1293 Hornby Street, Vancouver, BC

Tel: 604-633-4220

Hours: Thurs 1pm - 3pm

Provides safe, non-judgmental services for the lesbian, gay, bisexual and trans-gendered people. Doctor, nurse, and community counsellor available on a drop-in basis. All services are free to residents of BC.

Positive Outlook Program & Drop-In Centre

Vancouver Native Health Society

441 East Hastings Street, Vancouver, BC

Tel: 604-254-9937 Fax: 604-254-9948

Hours: 9am - 3:00pm 7 days a week

Food bank: Tues 12 - 1pm (except cheque issue week).

Homecare visits by Health Care Support Workers and doctors, drug & alcohol counselling for those with HIV/AIDS. A limited number of housing subsidies are available. Various support groups available. Call for more information.

Positive Women's Network

614-1033 Davie Street, Vancouver, BC

Tel: 604-692-3000 Toll free: 1-866-692-3001

Fax: 604-684-3126

Drop-In hours: Mon to Thurs 11:30am - 3:30pm

Provides services for HIV-positive women. Offers crisis and one-to-one counselling, education, support, Aboriginal programs, lunch, clothing exchange, referrals and outings. Call for more info.

Vancouver Friends for Life Society **The Diamond Centre for Living**

1459 Barclay Street (at Nicola St.), Vancouver, BC
Tel: 604-682-5992 Fax: 604-682-3592

Hours: Mon to Fri 9am - 9pm
Sat 9am - 5pm Sun 12 - 8pm

Offers support to people 19 and older with life-threatening illnesses as well as their families, friends, and caregivers. Provides emotional and spiritual support in a safe and confidential atmosphere. More than 50 free programs and services that focus on wellness: group support, one-to-one counselling, social support, workshops, art therapy, massage, yoga, and library. Call or drop in. Membership required. Call or print out an application at friendsforlife.com.

Vancouver Women's Health Collective

29 West Hastings Street, Vancouver, BC
Tel: 604-736-5262 Web: www.womenshealthcollective.ca

Hours: Mon 10am - 1pm Tues 2 - 5pm
Wed 10am - 1pm and 6:30 - 8:30pm
Thurs 10am - 1pm

A women's-only place that offers info on women's health issues, a library, videos and a directory of practitioners and therapists, including women's evaluations of them. Photocopies cost 15 cents per page (if you can afford it). Also hold free workshops (body image, natural birth, etc.). Drop-in or call the info line.

YouthCO AIDS Society

900 Helmcken Street, Vancouver, BC
Tel: 604-688-1441 Fax: 604-688-4932
Toll Free: 1-877-YOUTHCO (968-8426)
Confidential support cell phone: 778-838-3856
Email: info@youthco.org Web: www.youthco.org

Works with youth ages 15 - 29 to address HIV, Hepatitis C, and related issues. Provides prevention education and support to youth living with or affected by HIV and/or Hepatitis C. Offers sexual health and harm reduction info, volunteer opportunities, referrals, advocacy, workshops and group and individual support.

Hospitals

BC Children’s Hospital

4480 Oak St., Vancouver, BC

Tel: 604-875-2000

St. Paul’s Hospital

1081 Burrard Street (at Davie St.), Vancouver, BC

Emergency: 604-806-8016 General: 604-682-2344

Vancouver General Hospital

899 West 12th Avenue, Vancouver, BC

Tel: 604-875-4111

Mount Saint Joseph’s Hospital

3080 Prince Edward Street (at Kingsway) Vancouver, BC

Emergency: 604-877-8320 General: 604-874-1141

UBC Hospital

2211 Westbrook Mall, Vancouver, BC

Emergency 604-822-7222

General 604-822-7121

Burnaby Hospital

3935 Kincaid Street (at Boundary), Burnaby, BC

Emergency 604-431-4789

General 604-434-4211

Richmond Hospital

7000 Westminster Highway, Richmond, BC

Tel: 604-278-9711

Dental Care

Vancouver Native Health Society East Side Dental Clinic

455 E. Hastings Street, Vancouver, BC
Tel: 604-254-9900

Dentist hours:	Mon 9am - 4pm	Fri 9am - 12pm
Hygienists hours:	Wed 9am – 4pm	Fri afternoons

Dedicated to improving access to emergency dental care and preventive hygiene services. Dental clinic providing basic pain relief, extractions and fillings on first-come-first-serve basis, free or by donation. Focus on Aboriginal people and residents of the Downtown Eastside, although all drop-ins welcome. Bring ID such as Care Card number and/or Status Card number.

Pain is a basic requirement to be seen first by dentist, regardless of when you show up or your place in line, most severe pain treated first. Volunteer hygienists will clean your teeth and make notes about what they see, and your concerns. To be eligible to book a hygiene appointment, it is necessary to have seen a dentist within the past 12 months. If you haven't, you can visit them first on dentist's clinic days to take x-rays and gain this consent.

Department of Dentistry Vancouver General Hospital

7th Floor, Gordon & Leslie Diamond Health Care Centre
2775 Laurel Street (at 12th Avenue), Vancouver, BC
Tel: 604-875-4006

Hours: Mon to Fri 8am - 4pm

An outpatient dental clinic for anyone 17 years of age or older. You must have an initial examination by a dentist. Call ahead for an appointment and to request payment information.

Reach Community Health Centre

Dental Clinic

1145 Commercial Drive (at William St.), Vancouver, BC

Tel: 604-254-1331

Web: www.reachcentre.bc.ca/dental

Hours: Mon, Tues, Fri	8am – 5:30pm
Wed, Thurs	8am – 8pm
Sat	9am – 4pm

By appointment only. All new patients undergo an initial examination (about \$55) with dental x-rays, if necessary. Dentist will complete a treatment plan and an estimate of cost, which will be discussed with you. Payment is due at time of service, and may be made by cash, cheque, Visa/MC, or Interac. If you are covered with a dental insurance company, REACH will bill them directly. You must provide specific policy info.

Mid-Main Community Health Centre

Dental Clinic

3998 Main Street (at 24th Ave) Vancouver, BC

Tel: 604-873-3602 Fax: 604-873-6993

Hours: Mon	9am-6pm	Tue	8am - 8pm
Wed	8am – 6:30pm	Thurs	8am - 6pm
Fri	8:30am - 5pm	Sat	9am - 3pm

A non-profit health centre that provides basic and emergency dental care for all ages. 10% discount for clients with no insurance. Four dentists and 4 nurses available and first visit free for children under three years. Call for an appointment.

Portland Community Dental Clinic

360 Columbia Street (Sunrise Hotel, at Hastings), Vancouver, BC

Tel: 778-371-0060

Hours: Mon to Thurs	9am - 5pm	Closed 1pm – 2pm
Fri	mornings	

Emergency Walk-Ins: Mon to Thurs 9am or 2pm, space permitting

Provides low-cost services for adults resident in the DTES who are without coverage.

Strathcona Community Dental Clinic

601 Keefer St. (between Strathcona Community Centre and Strathcona Elementary School), Vancouver, BC
Tel: 604-713-4485

Hours: Mon to Fri 9am – 5pm

A non-profit clinic that provides dental services to low-income families, focused on providing dental services to children (to 18 years) in the inner city of Vancouver. By appointment. Also provides prevention and dental health information, and nutritional counselling.

Vancouver Community College

Dental Clinic

3rd Floor, 250 West Pender Street (at Cambie St.), Vancouver, BC
Tel: 604-443-8499

Hours: Mon – Fri 9am - 3:30pm (Closed for summer)

This is part of a training program, so there will be pre-screening to determine eligibility. Considerably reduced cost than would be available elsewhere. Patients pay a flat rate of just \$30 for dental hygiene care. Call for an appointment.

Vancouver Community Dental Health Program

VCHA Public Health

#200 - 1651 Commercial Drive, Vancouver, BC
Tel: 604-215-3935
Web: <http://dentalhealth.vch.ca/>

Hours: Mon to Fri 8:30am – 5pm Closed 12pm – 1pm

Provides basic dentistry for elementary school-aged children residing in Vancouver, with no dental plan.

Pregnancy Services

Options for Sexual Health

4500 Oak Street, Vancouver, BC

Tel: 604-731-4252 Toll Free: 1-800-739-7367

Web: www.optionsforsexualhealth.org

Provides birth control, pap exams, STI testing, breast examinations, info, counsellors (registered nurses or trained volunteers), a nurse and a doctor. Make sure you have your health Care Card or Care Card number with you. If you don't have provincial health coverage (from any province) you'll have to pay for services. Information regarding youth health, pregnancy options counselling, contraceptives. Call for an appointment.

Healthiest Babies Possible

Evergreen Community Health Centre

3425 Crowley Drive (near Joyce Skytrain) Vancouver, BC

Tel: 604-877-4673

Hours: Mon to Fri 9am - 5pm

A prenatal outreach program supporting pregnant women living in Vancouver. Offers nutrition and prenatal lifestyle counselling, opportunities to meet other pregnant moms, labour and delivery info, prenatal vitamins, breastfeeding info, milk, juice, vegetable and egg coupons, referrals, advocacy, education around smoking, alcohol, and drug concerns, and dental health services for pregnant moms unable to access dental care. Some services are offered up until your child is 1 year old and they also run drop-in groups for moms and children. Call to find out more. Services are free and you can refer yourself.

CARE Program (Comprehensive Abortion and Reproductive Education)

BC Women's Hospital and Health Centre

Tel: 604-875-2022 Toll free: 1-888-300-3088 local 2022

Fax: 604-875-3274 Web: www.bcwomens.ca

Phone Hours: Mon to Fri 7:30am - 4pm

Helping Hands – Empowering Native Youth

For women who are experiencing an unintended or unwanted pregnancy and/or who require an abortion for genetic or medical reasons. Confidential, caring, supportive atmosphere that provides high-quality medical care. Provides opportunity to examine all options with regard to pregnancy; access to information about women's health. You do not need a doctor's referral. No charge for women who have B.C. Medical Plan coverage. You must make an appointment before coming to the clinic. Bring B.C. Care Card and picture ID to your appointment, as this is required in order to proceed with medical treatment.

Believe that women need and deserve health care that pays attention to their emotional, social, and physical needs, and that women have the right to decide what is best for them. They deserve excellent care and support whether they decide to continue a pregnancy or not.

Everywoman's Health Centre

#210 – 2525 Commercial Drive, Vancouver, BC

Tel: 604-322-6692

Hours: Mon to Fri 9:30am - 4pm

Provides “no pressure” decision-making counselling, abortions, and pre and post-abortion counselling. If you choose to have an abortion, birth control, pap tests, STI screening, and treatment are available afterwards. Call for an appointment. Doctor or self-referral.

Pregnancy Options Telephone Service

BC Women's Hospital and Health Centre

Tel: 604-875-3163

Toll free: 1-888-875-3163

Hours: Mon to Fri 8am - 4pm

A province-wide free telephone service that helps women make informed choices re: unintended pregnancies. Provides confidential counselling, information and referrals to support and abortion services as close to home as possible. Believe women deserve excellent care whether they decide to continue a pregnancy or not - non-judgmental and supportive of all options. Call for more information (ie. brochures or fact sheets) about pregnancy options, counselling, or abortion services.

Sex Sense Line

Tel: 604-731-7803 Toll Free: 1-800-739-7367

Hours: Mon to Fri 9am - 9pm

A confidential phone line staffed by registered nurses and certified sexual health educators. They are available to answer your questions about birth control, STIs & HIV, pregnancy options, sexual and/or gender identity, or anything to do with sexuality or reproductive health. If they don't know the answer, they'll refer you to resources in your community. Also provide referrals to clinics re: pregnancy, STI tests, morning after pill, etc.

Parent Support Programs

Sheway

Vancouver Native Health, YWCA Crabtree Corner, VCHA

533 East Hastings Street, Vancouver, BC

Tel: 604-216-1699 Fax: 604-216-1698

Drop-In hours: Mon to Fri 11:30am - 3:30pm

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. Includes assistance with getting housing, nutrition counselling, benefits for you and your child, A & D counselling, as well as free baby food (when available), and juice and milk coupons. Daily hot lunches (at noon) and access to food bags are also provided.

During drop in hours, they offer various workshops in the centre such as caring for your baby's teeth, how to play with your baby, how to massage your baby etc. Call for more info.

Aboriginal Mother's Centre Society

208 - 2019 Dundas Street (at Wall St.), Vancouver, BC

Tel: 604-253-6262 Fax: 604-253-6263

At the time of publication, the AMC is in the final stages of major renovations, and hopes to re-open by the end of 2010. Call for updates/information.

Eagle's Nest Aboriginal Head Start Preschool BC Aboriginal Child Care Society

618 East Hastings (at Heatley St.), Vancouver, BC
Tel: 604-253-3354 Fax: 604-253-3440
Web: <http://www.ahsabc.net>

Admin hours: Mon to Fri 10am – 5pm

Classes: Mon to Fri 1st: 9am - 12pm 2nd: 12pm - 3pm

Prepares Aboriginal children 2½ - 5 years for school within a warm, caring, secure environment. Aboriginal culture and traditions are incorporated, including arts & crafts, language, smudging, singing, and dancing. Includes snacks. No cost. They also offer family support and parent programs.

Aboriginal Parent Support Circle Parent Support Services

#204 - 5623 Imperial Street, Burnaby, BC
Tel: 604-669-1616 Toll free: 1-800-665-6880
Fax: 604-669-1636 Email: office@parentsupportbc.ca

A safe, confidential, and non-judgmental meeting place for Aboriginal parents to share, support, and learn from each other. Provide emotional and educational support to parents and caregivers of Aboriginal children. Weekly circle meetings are led by trained Aboriginal volunteer facilitators. Subsidies are available for child care and transportation if/when needed. Phone or check out their website for info about their other parenting programs. Free.

Burnaby Family Life Institute

#102 – 2101 Holdom Avenue, Burnaby, BC
Tel: 604-659-2200 Fax: 604-299-9731
Web: www.burnabyfamilylife.org Email: info@burnabyfamilylife.org

Offers free and 'by donation' support programs for young parents. Includes: family drop-ins; parenting, single, and teen parenting programs; Nobody's Perfect; boundary-setting, systematic training for effective parenting, etc.; groups for women survivors of childhood sexual abuse; pre- and post-natal support services; and parent/child Mother Goose.

“Nobody’s Perfect” Parenting Program Kiwassa Neighbourhood House

2425 Oxford Street, Vancouver, BC
Tel: 604-254-5401 ext. 227

A 6 -8 week education and support program for parents of children aged 0 - 5 years. Provides opportunity for parents to improve parenting skills, share experiences, learn new ways of dealing with challenges, discussion groups, share info, and give mutual support. There is a First Nations parent groups. Childcare and transportation (if needed) are provided, as well as refreshments. Also provide a Mother Goose Toddler Group and Infant Group.

Healthy Connections – You and Your Baby Family Services of Greater Vancouver

202 - 1193 Kingsway (Inverness & Kingsway) Vancouver, BC
Tel: 604-874-2938 ext 162

A therapeutic program that assists pregnant women to work through trauma-related issues that can interfere with their ability to parent their children. A prenatal program designed to begin as early in the pregnancy as possible and to continue postnatal for up to three years. Includes a peer support group, peer leadership training, individualized treatment for pregnant women, and professionally trained therapists. No cost. You can refer yourself or have a professional like a social worker or a mental health worker refer you.

Tupper Young Parent’s Program Vancouver Board of Education / YWCA

599 East 23 Avenue, Vancouver, BC
Tel: 604-713-8232

Web: www.vsb.bc.ca/programs/tupper-young-parents-program
Email: enquire@ywcavan.org

A flexible school program designed to help teen parents (12 - 19 years) finish high school. Provides on-site child care for children ages 6 weeks to 3 years old at Emma’s Early Learning and Care Centre. You can start at any time during the year. Subsidies are available. Can self refer. Call for more information.

Newborn Hotline

Tel: 604-737-3737

Hours: Daily 8:30am – 5:30pm

Parents residing in Vancouver or Richmond can phone and speak to a community health nurse regarding any health concerns they have about their babies (up to 2 years).

Crabtree Corner Family Resource Centre YWCA Vancouver

533 East Hastings Street, Vancouver, BC

Tel: 604-216-1650

Fax: 604-216-1665

Web: www.ywcavan.org

Email: enquire@ywcavan.org

Provides programs and services for families in the DTES, including: housing; hot meal programs; food, facts and fun; early learning and care; Saturday Family Activity Program; Community Action Program for Children (CAP-C); Nobody's Perfect Parenting Program; Single Mothers' Support Groups; Single Parents' Food Bank Run; Books, Bags and Babies; Violence Prevention Program; Aboriginal Infant Development Program (AIDP); Fetal Alcohol Spectrum Disorder (FASD) Prevention Program; Intergenerational FASD Support Group. The Emergency Early Learning and Child Care Centre offers short-term emergency care for children ages 6 weeks to 6 years.

YWCA Child Care Centres:

Crabtree Corner – see individual listing for Crabtree (above)

Emma's Early Learning and Care Centre and Tupper Young Parent Services (YWCA Vancouver)

3839 Carolina Street, Vancouver, BC

Tel: 604-879-1121

Fax: 604-879-1182

Cares for children ages 4 weeks to 3 years while their parent attends Tupper Young Parent's Program, as well as health and parenting information. Open to other teen moms and other parents in the community.

Citygate Childcare Centre (YWCA Vancouver)

1192 Quebec Street, Vancouver, BC

Tel: 604-687-1150

Helping Hands – Empowering Native Youth

Provides child care for children aged 3 to 5, specializing in integrating special needs children in the centre.

Leslie Diamond Childcare Centre (YWCA Vancouver)

535 Hornby Street, Vancouver, BC

Tel: 604-895-5816 Fax: 604-684-9171

Provides care for infants and toddlers aged 6 weeks to 3 years. Full-time early learning and child care.

Other YWCA Vancouver Programs:

Single Mothers' Services (YWCA Vancouver)

535 Hornby Street (at Dunsmuir St.), Vancouver, BC

Tel: 604-895-5802 Email: enquire@ywcavan.org

Offers support programs and services throughout greater Vancouver - meant to be empowering, informative and fun for single mothers and their child(ren). Provides information and resources, workshops and special events, and weekly local single mothers' groups, "Single Moms' Hotsheet" (an info bulletin published throughout the year), special support at Christmas, and family housing.

Thresholds Residential Program

Aunt Leah's Independent Life Skills Society

#200 - 668 Carnarvon Street, New Westminster, BC

Tel: 604-433-1204 Fax: 604-433-0504

Web: www.auntleahs.org

A supportive housing and lifeskills program for women and their young child(ren). Safe, affordable housing in 2 stages: 6 - 9 months in a fully-furnished communal house with other women and their children and 6 - 9 months in a semi-independent furnished basement suite. Support Worker assists with life skills development, pre-natal and post-natal education, advocacy, basic support, and a resource room. Includes job and life skills training, workshops on tenancy rights, banking, interview skills and resume development, health and nutrition, support with income assistance meetings and requirements, and assistance with time management, budgeting, obtaining I.D., housing information and referral.

Alcohol & Drug Counselling/Support Services

Note: For other related programs, refer to the “Counselling, Mental Health & Support Groups” section

UNYA Alcohol & Drug Counsellors Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 254-7811

Email: adcounsellors@unya.bc.ca Web: www.unya.bc.ca

Offers male and female A & D Counsellors based out of UNYA and the Broadway Youth Resource Centre, who focus on prevention and raising awareness to help youth abstain from alcohol and/or drug use/abuse. Individual or group counselling sessions are for Native youth ages 13 – 21 years. Meetings take place at UNYA/BYRC or wherever youth feel most comfortable.

Hey-Way’-Noqu’ Healing Circle for Addictions

#401 - 1638 E. Broadway (west of Main St), Vancouver, BC

Tel: 604-874-1831 Fax: 604-874-5235

Email: heywaynoqu@telus.net

Web: www.firstnationstreatment.org/heywaynoqu.htm

Hours: Mon, Tues, Thrs 8:30am-9pm, Wed 8:30-6:30, Fri 8:30-12pm

Provides one-to-one and group alcohol & drug counselling, relapse prevention, healing groups that include grief and loss counselling, and vision quest camps as part of outreach intervention. Provide orientations for those who are interested in learning more about their services. Open sharing group for youth who are parents is held Tuesdays at the Longhouse Church. Traditional teachings, art expression, and youth groups 5pm-7pm Wednesdays, and a weekly drum group. Be sure to call first as you may have to register.

Alcohol and Drug Outpatient Services/ Aboriginal Detox Support Worker Program

Native Courtworker & Counselling Association of BC

50 Powell Street, Vancouver, BC

Tel: 604-687-0281 Fax: 604-687-5119 Web: www.nccabc.ca

Offers help to Aboriginal persons who suffer from alcoholism or drug abuse/misuse. Includes one-to-one counselling and referral to detox, rehabilitation, residential centres, elders support, detox support and outpatient and aftercare treatment.

Alcohol & Drug Information and Referral Service

Information Services Vancouver

Tel: 604-660-9382 Toll Free: 1-800-663-1441

Provides information and referrals to people needing help with substance abuse problems. Makes referrals to programs all over British Columbia. Operates 24 hours a day, 7 days a week.

Directions Youth Addictions Counselling Family Services of Greater Vancouver

1134 Burrard Street, Vancouver, BC

Tel: 604-633-1472 Fax: 604-633-1473 Web: www.fsgv.ca

Counsellors available: Thursday-Saturday

Provides pre/post detox services to street youth who are abusing or misusing alcohol and/or drugs. Services include individual and group counselling, drug and alcohol education, life skills, recreational activities, drop-in, referrals, and outreach to Native youth in the sex trade. Self-referral (no court-ordered referrals).

NEXUS Substance Abuse Outreach Program Boys' and Girls' Clubs of Greater Vancouver

550 Cambie Street, Vancouver, BC Tel: 604-660-5216

A low-barrier outreach counselling program that works with youth (up to 24 years) who are at risk and/or have substance misuse issues. Offers support to empower youth to effectively deal with substance abuse issues and move towards a healthier lifestyle. Provides a wide range of services including counselling, peer counselling training, crisis intervention, assessments, referrals,

Helping Hands – Empowering Native Youth

substance abuse education. And social/recreational programs for high-risk youth. A low- barrier service. There is no cost to youth.

Odyssey I

Boys' & Girls' Clubs of Greater Vancouver

518 Howard Avenue, Burnaby, BC

Tel: 604-299-6377 Fax: 604-299-4984

Email: odyi@bgc-gv.bc.ca Web: www.bgc-gv.bc.ca

Hours: Mon - Fri 9am - 6pm

[See description below Odyssey II]

Odyssey II

Boys' & Girls' Clubs of Greater Vancouver

2875 St. George Street (at 12th Ave), Vancouver, BC

Tel: 604-879-8853 Fax: 604-879-6133

Email: info@bgc-gv.bc.ca Web: www.bgc-gv.bc.ca

Hours: Mon - Fri 10:30am - 7pm

Odyssey I and II are programs for youth (12-24 years) and their families who are affected by substance abuse. Provide individual, family and/or group counselling, educational workshops, drop-in, peer support and counselling, social/ recreational activities, referrals, and drug/alcohol information and education.

Watari Youth & Family Program

#301 - 877 East Hastings, Vancouver, BC

Tel: 604-254-6995 Fax: 604-251-6985

Email: info@watari.org Web: www.watari.org

For children, youth, adults and families primarily in the Downtown Eastside/Strathcona area who are struggling with alcohol and drug use, or who are affected by someone else's alcohol and drug use. Provides free, confidential counselling (primarily focused on A & D related issues), education referrals and other prevention programs.

Alcohol & Drug Clinics

Ministry for Children and Family Development

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Offer counselling for individuals, couples and families. Treatment varies from therapy groups to stress management. No wait list for youth (19 yrs & under). If you are over 19, you might not see a counsellor for some time. Many different locations:

Aboriginal Team Tel: 604-660-0515
471 East Broadway, (near Kingsway & Fraser St.)

Midtown & South Van Team Tel: 604-660-6868
#105 - 5550 Fraser Street (at 39th Ave)

North East Team
5050 Joyce Street (near Joyce Skytrain) Tel: 604-775-1822
or 3455 Victoria Drive (at 12th Ave) Tel: 604-775-0049

West End Team Tel: 604-660-3082
1505 Robson Street (at Nicola)

West Side Team
3rd Floor, 2110 West 43rd Ave (at W. Boulevard) Tel: 604-664-0174

Evergreen Community Health Centre

3425 Crowley Drive (Near Joyce Skytrain), Vancouver, BC
Tel: 604-872-2511

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

Offers free youth addictions counselling and prevention services, including one-to-one, group and family counselling. Prevention activities include education in schools, assessment, short term counselling, and referrals. Linkages can occur on site for youth detox, medical doctor referral, and youth clinic services.

Positive Outlook Program HIV/AIDS HIV/AIDS Outreach Program Support Services

441 East Hastings Street (at Jackson St.), Vancouver, BC
Info: 604-254-9937 Fax: 604-254-9948
Counselling: 604-254-9947 Email: popvnhs@shawbiz.ca

A program for people with HIV/AIDS, 19 years and older. Services include alcohol and drug counsellors, a support group (3:30pm – 5:30pm Wed) and a transgendered support group (5pm – 7pm Mon).

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Avalon Women's Centres

Hours: Mon-Fr (9am - 4:30pm) Web: <http://www.avaloncentres.org>

Vancouver Location: 5957 West Boulevard (at W. 43rd Ave)
Tel: 604-263-7177 Fax: 604-263-7715 Email: avalonvan@telus.net

West Vancouver Location: #203 - 657 Marine Drive, West Vanc
Tel: 604-913-0477 Fax: 604-913-0488

Offer workshops, resources and a drop-in centre for women seeking recovery from addiction. Also offer a peer support program, 12-step meetings, childcare for meetings, library, and clothing exchange.

Alcohol & Drug Community Groups/Meetings

Alcoholics Anonymous (AA)

3457 Kingsway, Vancouver, BC

Tel: 604-434-3933 (Northeast Vancouver, 24hr) Fax: 604-434-2553

Web: www.vancouveraa.ca

AA is a fellowship of men and women helping each other recover from alcoholism. Groups take place at various community locations. Phone for information and/or meeting times and places.

Adult Children of Alcoholic and/or Dysfunctional Families

Tel: 604-878-8500 (24hrs) Web: www.adultchildren.org

A support group for people 19 and over who have alcoholic, addictive or dysfunctional family backgrounds. Visit website or call hotline for information and meeting times.

Drug & Alcohol Meeting Support for Women (DAMS)

101 East Cordova St., Vancouver, BC

Tel: 604-687-5454 Fax: 604-688-1799

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Hours: Mon-Fri 8am - 5pm, and on alternating Saturdays

Offers short-term one-to-one and crisis counselling, case management, referrals, daily drop-in groups, alcohol and drug (harm reduction) support group, women's talking circle, creative activities, and outreach. Can accompany women to appointments (such as medical, legal, and child and family). No age limits.

Cocaine Anonymous (CA)

Toll Free Tel: 1-866-662-8300 Tel: 604-818-0485

A fellowship of men and women who share experiences, strengths and hope to recover from addiction. Call for closed meetings.

Narcotics Anonymous (NA)

Vancouver Area Helpline: 604-873-1018 Toll free 1-866-683-6819
Web: www.canaacna.org

Phone for help and meeting times & locations. Leave a message. Available 24 hours a day.

Nar-Anon

Vancouver YWCA, 535 Hornby Street
4th floor, MacMillan-Bloedel Room
Tel: 604-878-8844

Email: naranon@shaw.ca Web: www.members.shaw.ca/naranon

Meetings held: Fri at 7:30pm (parking \$3.00)

A group for friends and relatives of people with drug dependency issues. Provides support, companionship, confidence, and respect for anonymity. Hope to give you the assurance that no situation is too difficult and no unhappiness is too great to overcome.

Vancouver Recovery Club

2775 Sophia Street, Vancouver, BC
Tel: 604-708-9955 Fax: 604-708-9957
Web: www.vancouverrecoveryclub.com

Hours: 9am - 4pm Mon – Fri

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A 24-hour drop in centre for alcoholics, recovering alcoholics and addicts who help each other to stay free from ALL kinds of drugs. Offers AA, NA & GA (Gamblers Anonymous) meetings, outreach program, clean & sober dances on Fridays 24-hour cafeteria, TV & games lounge, info, and referrals. \$5.00 monthly membership, if you can afford it. Provides space for over 200 meetings a month.

Women's Dew Program

Family Services of Greater Vancouver

#200 - 1638 E. Broadway, Vancouver, BC

Tel: 604-638-3390 Fax: 604-638-3392 Web: www.fsgv.ca

Hours: Mon to Thurs approx 10am - 2:30pm

Offers a chance for women to join together to support one another in a group setting and discover their strengths. They also have a Recovery Skills program: a group with a combination of talk therapy, education, art, and exercises to help deal with the many issues connected to substance misuse and adjust to the changes involved in an addictions-free lifestyle.

Detox Services

To access Detox Services, call Access Central toll-free at: 1-866-658-1221 (24 hours).

Referrals will be made based on an assessment of your needs, and availability of services.

Alcohol & Drug Day Programs

Watari Youth Day Treatment Program

251 A, East 11th, Vancouver, BC

Tel: 604-438-3755 Fax: 604-438-3745

Email: dayprogram@watari.org Web: www.watari.org

Hours: Tues to Fri 12:30 - 4pm

A 7-week voluntary program for youth ages 13 - 24 years who are ready to work on taking their lives back from the influence of drugs and alcohol. Group counselling focuses on alcohol & drug education, wellness, and life skills. Intake involves filling out a referral/assessment form, meeting the Youth Services Manager for an intake appointment and then a meeting with a Substance Misuse Counsellor to complete a care plan before joining the group. Call ahead for intake, referral and orientation info.

Co-Ed Day Treatment Program Family Services of Greater Vancouver

#200 – 1638 East Broadway, Vancouver, BC
Tel: 604-660-9382 Fax: 604-874-9898 Web: www.ssgv.ca

Hours: Mon to Thurs usually between 10am - 2:30pm

A no-cost alternative to residential addiction treatment for men and women which offers participants the opportunity to build recovery skills that work while living at home. This co-educational group helps participants address issues connected to substance abuse/misuse in a supportive atmosphere.

Alcohol & Drug Residential Programs

Young Bears Lodge Urban Native Youth Association

c/o 1618 East Hastings Street, Vancouver, BC V5L 1S6
Tel: 604-322-7577 Fax: 604-322-7571
Email: youngbearsldodge@unya.bc.ca Web: www.unya.bc.ca

A five-bed residential empowerment program for youth 13-18 years which helps youth address alcohol and drug issues using traditional teachings and healing. 16-week program provides individual and group counselling, recreational activities, and cultural enrichment.

Young Wolves Lodge Urban Native Youth Association

c/o 1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-321-1118 Fax: 604-321-2009

Email: youngwolveslodge@unya.ubc.ca Web: www.unya.bc.ca

A five-bed, 4-month residential program for Native women ages 17-24 years who have substance abuse/misuse related issues and are working toward positive change in their lives. Also works with women to help them re-establish relationships with their children. Provides individual supports, information and referrals, and embraces cultural ceremonies and traditional teachings.

Waypoint Substance Abuse Treatment PLEA Community Services Society of BC

Plea Office: 3894 Commercial Street, Vancouver, BC

Office Tel: 604-871-0450 Office Fax: 604-871-0408

Intake Tel: 604-585-9195

Email: info@plea.bc.ca Web: www.plea.bc.ca

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

A 4-month program for males ages 12-18 years. Referrals only accepted from BC probation officers. Offers individual & group counselling, parent/teen mediation, ongoing assessment, teacher supervised education, social/recreational activities, anger management, relationship building and communication training. Youth are placed in one of PLEA's family homes with caregivers trained in detox, stabilization, and support recovery while receiving day, evening and weekend treatment at a separate facility.

Daughters and Sisters Program PLEA Community Services Society of BC

Intake Tel: 604-543-7892

A six-month treatment program for women from ages 12 -18 years similar to Waypoint. Call Program Director at 604-708-2606 to discuss funding options and the referral process for client-specific placements. **[See listing above for PLEA office info & details]**

Alcohol & Drug Supported Recovery Services PLEA Community Services Society of BC

Tel: 604-708-2616

Email: intake@plea.bc.ca Web: www.plea.bc.ca

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

A 28-day residential placement for youth 16 and under who need a transitional home in order to continue drug and alcohol treatment. Referrals are made through a Vancouver Coastal Health counsellor.
[See listing above for PLEA office info & details]

Sancta Maria House

2056 West 7th Avenue (at Naples in Kitsilano), Vancouver, BC

Tel: 604-731-5550 Web: www.agapestreetministry.org

Sancta Maria House is a Christian home of healing for women 19 and over who are seeking freedom from drug and alcohol addiction. The structured support program includes an in-house 12-step program, life skills training, art therapy, arts & crafts, and drug & alcohol counselling.

Peak House

Pacific Youth & Family Services Society

2427 Turner Street (at Nanaimo St), Vancouver, BC

Tel 604-253-6319

Fax: 604-253-3581

Email: tlpeakhouse@shaw.ca Web: www.peakhouse.ca

A 10-week voluntary residential treatment program for youth ages 13-18 years with serious substance abuse/misuse problems. There are six funded beds and two fee-for-service beds. Referrals are accepted from alcohol & drug counsellors only.

The Aurora Centre

BC Women's Hospital

5th Floor - 4500 Oak Street (at 29th Ave), Vancouver, BC

Tel: 604-875-2032

Fax: 604-875-2039

Web: aurora.bcwomens.ca

Hours: Mon – Fri 8:30am - 4:15pm

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Aurora is a 6-week 29 bed live-in treatment centre at BC Women's Hospital, for women 19 years and older. If the Ministry does not cover you, you may have to find another way to pay the fee. An agency referral from a psychiatrist, addictions doctor, or drug & alcohol counsellor is required, and client must be 30 days clean. A smoke-free environment.

Maple Ridge Treatment Centre

22269 Calligan Avenue (at Lougheed Hwy), Maple Ridge, BC
Tel: 604-467-3471 Toll free: 1-877-678-6782 Fax: 604-467-8833
Email: info@mrtc.bc.ca Web: www.mrtc.bc.ca

A 35-day residential program for men 19 years and older. Includes group therapy and counselling for individuals, families, as well as counselling for concurrent disorders, nutrition. Also offers workshops and educational-experiential seminars and focus groups. A referral from a professional such as an A & D counsellor, doctor, psychiatrist, or probation officer is required.

New Dawn Women's Recovery House Chrysalis Society

Unit # 218-3369 Fraser Street, Vancouver, BC
Tel: 604-325-0576 Fax: 604-325-0563
Email: admin_at_chrysalis@telus.net
Web: www.newdawnwomen.com

Hours: Mon to Fri 9am - 5pm

An early support recovery home for women ages 19 years or over. Includes group sessions on health, nutrition, relapse prevention, healthy coping skills, communications, lifeskills, mediation, and guided imagery, self help info (ie. 12-step program), traditional healing circles, drumming, and sweat lodge ceremonies. Length of stay is based upon individual need. Accepts self-referrals or referrals from detox centres, doctors and agencies. You must call before you come. No drop-ins please.

Pacifica Treatment Centre

1755 East 11th Ave (at Commercial Dr.), Vancouver, BC
Tel: 604-872-5517 Toll Free: 1-866-537-5517 Fax: 604-872-3554
Email: info@pacifictreatment.ca Web: www.pacificatreatment.ca

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A residential treatment centre for men and women 19 years and over. Clients build on their aftercare plan to strengthen their long-term recovery goals. Offers three levels of treatment: **Stabilization** – ongoing assessment and counselling; **Intensive Therapy** – 27-day program that includes education sessions, small group therapy & weekly Narcotics Anonymous and Alcoholics Anonymous meetings in-house; **Transition & Re-Entry** – for clients who have completed Level 2 at Pacifica or are referred by another program.

Youth Drop-In Centres

Native Youth Drop-In Centre

Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7712

Fax: 604-254-7811

Email: dropin@unya.bc.ca

Web: www.unya.bc.ca

Hours: Mon 5pm - 10pm
Tues, Thurs, Fri 3pm - 10pm
Wed 3pm-8pm (then join us at West Coast Night)

A safe, fun and healthy space that is run for and by youth ages 15-24 years. Hosts discussion groups, arts and crafts, movie and video nights, pool and foosball, internet access, cultural activities, group outings, a volunteer program, some snacks and referrals.

Britannia Teen Centre

1661 Napier Street, Vancouver, BC

Tel: 604-604-718-5828

Fax: 604-718-5858

Web: www.britteen.vcn.bc.ca

Hours: Mon to Thurs 3:10pm - 5pm & 6pm - 9:30pm
Fri 2:10pm - 5pm and 6pm - 10pm
Sat 6pm-10pm Sun (Preteen) 1pm-5pm

A place in the community dedicated to youth. All youth from 13 - 18 years are welcome. Youth, volunteers and youth workers together plan and run programs and activities in the Teen Centre and

Helping Hands – Empowering Native Youth

elsewhere. Refer to monthly schedule for more drop-in times.

Directions Youth Resource Centre Family Services of Greater Vancouver

1134 Burrard Street, Vancouver, BC
Tel: 604-633-1472 Fax: 604-633-1473

Hours: 24 hours a day, 7 days a week

Provides a safe, non-judgmental environment for street-involved youth (ages 21 years and under), especially when other services are not available. Offers referrals, information and support, access to basic needs including shower, laundry, a meal program, and peer counselling. Dusk to Dawn Program (drop-in) open 4pm-12am, 7 days a week, with dinner served at 8pm. Goal-oriented support available 12am-4pm.

Resource Room at BYRC Broadway Youth Resource Centre (BYRC)

691 E. Broadway (at Fraser St.), Vancouver, BC
Tel: 604-707-5720

Hours: Mon, Tues, Thurs 1pm - 7pm
Wed 3pm – 7pm Fri 1pm - 6pm

For youth (12 - 24 years) and their families in the Midtown area. The Resource Room is a great point of access for a wide range of programs and services. Includes: UNYA Aboriginal Youth Worker (directly on the floor one day a week); snacks; computers, printer, fax and phone; fun activities and workshops. BYRC offers drop-in health clinics; youth addictions counsellor; employment program, job listings; youth housing registry and assistance; Vietnamese Youth Workers; volunteer program; Youth Advisory Group; celebrations; counselling for youth/families. Other programs are available through Ministry for Children and Family Development referral only.

Qmunity - BC Queer Resource Centre

1170 Bute Street, (at Davie St.), Vancouver, BC
Tel: 604-684-5307 Prideline BC Toll Free: 1-800-566-1170
Web: www.qmunity.ca

Helping Hands – Empowering Native Youth

Gab Youth Drop In is Wed from 4 - 6 pm and Fridays from 8 - 10 pm. Offers: special events, housing, legal advice, workshops, supports in coming out, alcohol and drugs, transgender health, sexual health, and much more.

The Prideline is Qmunity's peer support, information, and referral phone line operates weeknights from 7 - 10pm.

Eastside Teen Program

Kiwassa Neighbourhood House

2425 Oxford Street (at Nanaimo St.), Vancouver, BC

Tel: 604-254-5401 ext. 223 Fax: 604-254-7673

Bored? Stop by from 3 -7pm Mon and Wed evenings and check out what's happening. Cool out trips, movies and more (you decide!) for youth 13-15 years, and 16-18 years. Free food available.

The Edge - New Westminster Youth Drop-In Program

Family Services of Greater Vancouver

411 Seventh Street, New Westminster, BC

Tel: 604-618-4408 Fax: 604-524-9455

Web: <http://www.fsgv.ca/>

Hours: Thurs 3:30 - 9pm Fri 3:30pm - 10pm

A drop-in centre for youth ages 12 - 19 years. Offers recreational activities, opportunities for acquiring and developing life skills, referral, advocacy, individual counselling, information, and volunteer leadership training. Offers activities on Thurs and Fri in the winter/fall, and daily activities in the summer.

Family Drop-Ins

Eastside Family Place

1655 Williams Street (at Commercial Dr.), Vancouver, BC

Tel: 604-255-9841

Hours: Mon, Wed, Fr: 9am -12pm Tues & Thurs: 9am -12:30pm

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Hastings Family Enrichment Centre

3096 East Hastings Street (at Lillooet St.), Vancouver, BC
Tel: 604-718-6222

Hours: Mon - Fri 9am - 2:30pm, Sat (9am-1pm)

Parent-Tot Gym: Tues, Fri, Sat 11am - 1pm

For families with children 5 years and under. Call for hours of operation in July & August.

Kiwassa Family Drop-In

2425 Oxford Street (at Nanaimo St.), Vancouver, BC
Tel: 604-254-5401 ext. 219

Hours: Tues - Fri 9:30am - 2:30pm

For families with children 6 years and under. Closed during August.

Mount Pleasant Family Centre

2910 St. George Street (at E. 13th Ave) Vancouver, BC
Tel: 604-872-6757 Web: www.mpfamilycentre.ca

Hours: Mon - Thurs 9:30am - 11:30am and 1 - 3pm

For families with children 6 years and under.

Riley Park Rec Centre Parent and Tot Drop-In

#50 East 30th Avenue (at Quebec St.), Vancouver, BC
Tel: 604-257-8545 Web: www.vancouverparks.ca

Hours: Mon and Fri 10:45am - 12:15pm Wed 10:30am - 12pm

Ray-Cam Family Place

920 East Hastings Street (at Campbell St.), Vancouver, BC
Tel: 604-257-6949

Hours: Tues - Fri 9:30am - 1:30pm

For families with children 5 years and under.

Thunderbird Family Drop-In

Sunrise Community Hall, 1950 Windermere Street, Vancouver, BC
Tel: 604-713-1818 Web: www.thunderbirdcc.ca

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Hours: Mon, Wed, Fri 11:30am - 2:30pm Sat 12:15pm - 2:45pm

For parents with children 6 years and under.

Other Drop-In Centres

Reclaiming Our Spirit

Helping Spirit Lodge Society

3965 Dumfries Street, Vancouver, BC

Tel: 604-872-6649

Fax: 604-873-4402

Email: helping_spirit@telus.net Web: www.helpingspiritlodge.org

Hours: Mon-Fri 9am-5pm

A drop-in centre for Native women offering culturally-based wellness programs and a computer learning centre. Offers one-on-one counselling, family violence education, education and healing for generational effects of residential school abuse, addictions support groups, women's empowerment training & anger management, medicine wheel teachings and healing programs.

Downtown Eastside Women's Centre

302 Columbia Street (at Cordova, north of Hastings), Vancouver, BC

Tel: 604-681-8480

Web: www.dewc.ca

Hours: Mon & Tues 10am - 5pm Thurs & Fri 10am - 5pm
Wed 11am - 5pm Sat & Sun 12pm - 5pm

A 'women only' place. Offers free clothing, food, coffee or tea, basic health and other services (showers, victim assistance, Ministry support, support groups, and recreation programs). See the free/cheap and counselling sections of this manual for more of their services

Drop-In Centre - Union Gospel Mission

618 East Cordova Street, Vancouver, BC

Tel: 604-874-8837 ext. 312

Web: www.ugm.bc.ca

Hours: Wed - Sat 2 - 8:15pm, dinner at 7pm
Sun 3 - 4pm (all ages welcome)

Helping Hands – Empowering Native Youth

Sun

6:30 - 8pm, dinner at 7pm

Evelyne Saller Centre

320 Alexander Street (at Gore, north of Hastings) Vancouver, BC
Tel: 604-665-3075

Hours: Weekdays 9am - 11pm Weekends 10am - 10pm

Provides a variety of support services for people with low-incomes. \$2 meals between 10am - 5:50pm. Free laundry and showers, recreation programs, and licensed scabies treatment. This resource is adult-oriented. However, youth are welcome during the day only.

The Gathering Place Community Centre

[See Community Centre section for information]

Positive Outlook Program Drop-In Centre

441 E. Hastings Street (at Jackson St.), Vancouver, BC
Tel: 604-254-9937 Fax: 604-254-9948

Hours: Mon, Wed, Fri 9am - 3pm Sat, Sun 8:30am - 4pm

Food Bank: Tues-Thurs 12pm - 3pm (except Welfare week)

For adults 19+ years living with HIV/AIDS. Offers alcohol and drug counsellors, intensive daily therapy, home visits, home subsidy, a music therapist, TV room, and food services. Also see the free/cheap meal section.

New West Drop-In Centre

Union Gospel Mission

658 Clarkson Street, New Westminster, BC
Tel: 604-525-8989 Fax: 604-525-8373 Web: www.ugm.bc.ca

Hours: Mon to Fri 8:30am - 12pm

Offers one-to-one drug and alcohol counselling, various support groups, bible studies, recreational activities, refreshments, and clothing for those in need. Breakfast at 8am, and lunch at 12:30pm.

WISH Drop-In Society

330 Alexander Street, Vancouver, BC

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Tel: 604-681-9244

Hours: Daily 6pm - 11pm

A drop-in centre for women involved in the sex trade. Offers showers, snacks, toiletries, and condoms. Also take bad date reports. Drop-in anytime.

Recreational Programs

Aboriginal Youth FIRST (AYF) Program Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732

Fax: 604-254-7811

Email: sportsandrec@unya.bc.ca

Web: www.unya.bc.ca

Offers diverse sports and recreational activities for Native youth ages 11–23 years. AYF encourages youth who are not currently active to become involved. Programs take place at various locations, and include: canoeing; yoga and fitness; Ju jitsu; snowboarding and hiking; leadership and skills training.

Recreation Program

Vancouver Aboriginal Friendship Centre

1607 E. Hastings Street, Vancouver, BC

Tel: 604-251-4844

Fax: 604-251-1986

Email: info@vafcs.org

Provides a diverse range of sports and recreational programs for Native children and youth. Some structured programs, programs in partnership with other youth organizations, and drop-in activities. Call or stop by the Friendship Centre for information on programming and schedules.

MoreSports/YELL (Youth Engage Learn Lead)

c/o Ray-Cam Cooperative Centre

920 East Hastings, Vancouver, BC

Tel: 604-718-6552

Email: info@moresports.org

Web: www.moresports.org

Helping Hands – Empowering Native Youth

Provides sustainable sport and physical activity opportunities for children and families living in Vancouver. Community capacity building, sport development and youth leadership are the key goals of the organization. By reducing barriers to sport and physical activity, over 1,000 kids regularly participate in programs, such as soccer and basketball, thanks to Moresports. Works in collaboration with UNYA and other community partners to offer leadership training and other sports and recreation opportunities for Native youth.

Community Centres

Vancouver Aboriginal Friendship Centre

1607 E. Hastings Street, Vancouver, BC

Tel: 604-251-4844 Fax: 604-251-1986 Email: info@vafcs.org

It's listed here because it's often regarded as the 'community centre' for the Aboriginal community. The Friendship Centre is a community gathering place for Native people of all ages. Promotes Aboriginal cultures and traditions. Provides informational and referrals, recreation program for youth, a literacy program, an Elders program, and Sundance daycare. Also hosts community meetings and weekly Family Nights (Plains and Westcoast) where community shares songs, dances, and teachings. Call or stop by for information about programs, services, and upcoming events.

City of Vancouver Community Centres

Listed below are many community centres operated by the Vancouver Parks Board. Located throughout Vancouver, these offer diverse facilities and programming. There are fees for many Community Centre programs.

There is a **Leisure Access Card (LAC) Program** which is available to Vancouver residents who have **limited income**. The LAC Program provides a free card which grants the user free admission to all Park Board public swimming and ice skating sessions, and free use of skates. You can get a 50% discount on entry to Fitness Centres and Flexipasses, as well as swimming and skating lessons, and pitch and putt golf courses, and other activities/facilities.

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A LAC application is available for download at

www.vancouverparks.ca. Applications can be mailed/dropped off at: Vancouver Parks Board, 30 E. 30th Ave., Vancouver, BC V5V 2T9.

To qualify for a LAC, you must be a resident of Vancouver and be a low income family from all sources. For more info, call 604-257-8497. There is a \$2.00 fee for replacement of lost or stolen cards.

Info on Vancouver Community Centres can be found at www.vancouver.ca/parks

Britannia Community Services Centre

1661 Napier Street (west of Commercial Drive), Vancouver, BC

Tel: 604-718-5800 or 604-718-5803 Web: www.britanniacentre.org

Offers a wide range of community services: community info centre, childcare centre, teen centre, racquetball court, ice rink, fitness centre, gymnasiums, pool, learning resource centre, etc.

Carnegie Community Centre

401 Main Street (at Hastings St.), Vancouver, BC

Tel: 604-665-2220

Web: www.vancouver.ca/commsvcs/carnegiecentre

Hours: Daily 9am - 11pm, including stat holidays

Often described as the living room of the Downtown Eastside, it offers an array of services including an art gallery, library, darkroom, weight room, auditorium, and kitchen.

Ray-Cam Co-operative Centre

920 East Hasting Street (at Campbell St). Vancouver, BC

Tel: 604-257-6949 Fax: 604-257-6944 Web: www.raycam.ca

Hours: Mon - Fri 9am - 10pm Sat 10am - 5pm

Sun 12pm - 5pm

A neighbourhood centre offering recreation and social activities, a drop-in lounge, personal and family support services, out of school, pre-school and day-care for children, a gym, hobby, and club rooms.

Trout Lake Community Centre

3350 Victoria Drive, (at 16th Ave) Vancouver, BC

Helping Hands – Empowering Native Youth

Tel: 604-257-6955 Fax: 604-257-6961
Email: troutlakeecc@vancouver.ca

Hours: Mon – Thurs 9am – 9pm Fri 9am – 8pm
Sat 9am – 4:30pm Sun 11:45am – 3:45pm

Located on John Hendry Park. Includes an indoor skating rink, fitness centre, preschool and youth centre. A wide range of programs offered including the First Nations Powwow. East Van Farmers' Market is hosted in the parking lot during the Summer/Fall.

Champlain Heights Community Centre

3350 Maquinna Drive (at Champlain Drive), Vancouver, BC
Tel: 604-718-6575 Email: champlaincc@vancouver.ca

Hours: Mon – Thurs 7am - 10pm Fridays 7am - 9pm
Sat 8:45am - 8pm Sundays 8:45am - 4pm

Offers a wide array of rec activities, specialty clubs & programs. Many other agencies affiliated, including Community Health Nurses, the Developmental Disabilities Association and Community Living.

Douglas Park Community Centre

801 West 22nd Avenue, Vancouver, BC
Tel: 604-257-8130 Fax: 604-257-8532
Email: douglasparkcc@vancouver.ca

Hours: Mon - Thurs 7:45am - 9:30pm
Friday 9am - 9pm Sat & Sun 9am - 4pm

Offers a wide range of programs for all ages, with a strong focus on preschool and school age activities. New programming for youth has resulted in a featured skateboard activity along with expanded offerings for seniors and people with disabilities. Also offers a half gymnasium, popular exercise room and numerous activity rooms.

False Creek Community Centre

1318 Cartwright Street, Vancouver, BC
Tel: 604-257-8195 Fax: 604-257-8194
Email: falsecreekcc@vancouver.ca Web: www.falsecreekcc.ca

Hours: Mon – Fri 9am – 9:30pm Sat & Sun 9am – 4pm

Helping Hands – Empowering Native Youth

Located on Granville Island, waterfront access provides unique programming opportunities. Offers diverse programs and events for all ages. Specialty programs: canoeing, kayaking, tennis, performing arts, after school daycare and fitness centre.

Gathering Place Community Centre

609 Helmcken Street (at Granville St.), Vancouver, BC
Tel: 604-665-2391 Fax: 604-257-3863

Hours: Mon - Sun 10am - 8pm

Includes drop-in, programs for youth to seniors including martial arts, yoga, photography, music, art, pottery, and Friday night movies, pool, weight room, and games room. \$2 yearly membership plus \$1 per month or \$5 per year to participate in any programs. You can also use their library and adult learning center (run by VBE).

Hastings Community Centre

3096 East Hastings Street (at Lillooet St.), Vancouver, BC
Tel: 604-718-6222 Fax: 604-718-6226
Email: hastingscc@vancouver.ca

Hours: Mon - Fri 9am – 9:45pm
Sat 9am – 4:45pm Sun 10am – 5:45pm

Serves all ages and cultures in the Hastings-Sunrise neighbourhood. Offers diverse recreational programs and events including a fitness centre, racquetball courts, gymnasium, family enrichment centre and several multi-purpose rooms.

Kensington Community Centre

5175 Dumfries Street, Vancouver, BC
Tel: 604-718-6200 Fax: 604-718-6215

Hours: Sun – Fri 9am – 10pm Sat 9am – 4pm

Offers a wide variety of recreational activities for all ages. Specialty program spaces include a fitness centre, preschool, pottery studio, gymnasium, dance studio, meeting rooms, a leisure swimming pool.

Killarney Community Centre

6260 Killarney Street (near Rupert & 49th Ave), Vancouver, BC

Helping Hands – Empowering Native Youth

Tel: 604-718-8200 Fax: 604-718-8219
Email: Killarneycc@vancouver.ca Web: www.killarneycentre.ca

Hours: Mon – Thurs 6:30am – 9:30pm
Fri 6:30am – 8pm Sat & Sun 8am – 5:30pm

Offers recreation programs for all ages/abilities. Facilities include a gymnasium, activity rooms, a dance studio, a dojo, a pottery studio, and 'The Lounge': a place to relax and socialize with friends.

Kitsilano War Memorial Community Centre

2690 Larch Street, Vancouver, BC
Tel: 604-257-6976 Email: info@kitscc.com

Hours: Mon – Fri 6:45am – 11pm Sat 8:45am – 5:30pm
Sun 8:45am – 10pm

Facilities include an ice rink, fitness centre, gymnasium, meeting rooms, community kitchen and a preschool.

Marpole - Oakridge Community Centre

990 59th Avenue, West Vancouver, BC
Tel: 604-257-8180 Fax: 604-257-8179
Email: marpolecc@vancouver.ca Web: www.marpoleoakridge.org

Hours: Mon - Thurs 9am - 10pm Fri 9am – 8pm Sat 9am - 4pm

Programs include badminton, yoga, pilates, music, dance, school noon hour programs, youth room, curriculum and aerobics classes. The fitness centre has a weight room, cardio room, racquetball court, whirlpool and sauna. Basketball and hockey sports courts are located just outside the building.

Mount Pleasant Community Centre

1 Kingsway (at 1st Ave, near Main St.), Vancouver, BC
Tel: 604-713-1888 or 604-874-8165
Web: www.mountpleasantcc.ca

Hours: Mon – Fri 6am – 10pm Sat & Sun 9am – 6pm

The new facility has a fitness centre, licensed childcare, and many diverse programs. Check website for up-to-date schedules and info.

Riley Park Community Centre

50 East 30th Ave. (at Quebec St.), Vancouver, BC
Tel: 604-257-8545 Fax: 604-257-8639 Web: www.rileypark.ca

Hours: Mon – Fri 8:30am – 9:30pm Sat & Sun 9am – 5pm

Programs and services include visual arts, performing arts, an indoor swimming pool, skating rink, gymnastics programming, indoor lawn bowling and fitness centre, and numerous special interest programs. Home of the 2010 Olympic Curling venue, which will be converted to a legacy facility that will house a new community centre, ice rink, aquatic centre, preschool, library and curling rink.

Roundhouse Arts & Recreation Centre

181 Roundhouse Mews (Davie & Pacific) Vancouver, BC
Tel: 604-713-1800 Fax: 604-713-1813
Email: roundhousecc@vancouver.ca Web: www.roundhouse.ca

Hours: Mon – Fri 9am – 10pm Sat & Sun 9am – 5pm

Located in Yaletown, it offers everything from pottery to aerobics classes. Their facilities include a dance studio, gymnasium, meeting/event rooms and a woodworking studio. Visit website for detailed programming info and schedules.

Strathcona Community Centre

601 Keefer Street, (at Union St.), Vancouver, BC
Tel: 604-713-1838 Fax: 604-713-1848
Email: strathcc@vancouver.ca

Hours: Mon – Fri 9am – 10pm Sat & Sun 9am – 5pm

Owned by the Vancouver School Board and linked to Lord Strathcona Elementary School. Hosts diverse community special events, a preschool, afterschool care, general recreation programs, gym & sports programs, social program focusing on food security and child safety and youth leadership & lifeskills development.

Sunset Community Centre

6810 Main Street, Vancouver, BC
Tel: 604-718-6505 Fax: 604-718-6515 Web: www.mysunset.net

Hours: Mon – Thurs 9am – 9:30pm Fri – Sun 9am – 4:30pm

Helping Hands – Empowering Native Youth

A 30,000 square feet facility that includes a full-sized gymnasium, two multi-purpose rooms, a fitness centre, aerobics/dance room, arts and crafts room, youth room and two pre-schools.

Thunderbird Community Centre

2311 Cassiar St. (east of Rupert, near Broadway), Vancouver, BC
Tel: 604-713-1818 Web: www.thunderbirdcc.ca

Hours: Mon – Fri 9am – 10pm Sat 9am – 5pm

Attached to Thunderbird Elementary School, offers low and no cost recreational opportunities to the immediate neighbourhood. A host of programs and services are offered here for families and all ages. Includes a fitness centre and games room facility.

West End Community Centre

870 Denman Street (at Barclay St.), Vancouver, BC
Tel: 604-257-8333

Hours: Mon - Thurs 9am - 10pm Fri 9am - 9pm
Sat 9am - 5pm

A 50,000-plus square foot facility housing a pre-school, an out-of-school children's care centre, a full gymnasium, auditorium, library, pottery studio, and the West End's only skating rink/arena.

Renfrew Park Community Centre

2929 East 22nd Avenue, Vancouver, BC
Tel: 604-257-8388 Pool: 604-257-8393
Web: www.renfrewcc.com

Hours: Mon - Fri 9am - 10pm Sat 9am - 5pm
Sun 12pm - 10pm

Situated on the south end of Renfrew Ravine Park. Facilities include: a fitness centre, indoor swimming pool, sauna and whirlpool, a games area, and room rentals for socials, meetings, and community events. Programs and services available for all ages include: a preschool, gym and sport activities, aerobics, dance programs, martial arts, language classes, community art projects and special events. Leadership programs for youth are also offered here in cooperation with other agencies.

Neighbourhood Houses

Offer many programs for children, youth, adults/families, and seniors. There are many recreational, fun, and educational programs available.

Cedar Cottage Neighbourhood House

4065 Victoria Drive (at 25th Avenue)

Tel: 604-874-4231

Collingwood Neighbourhood House

5288 Joyce Street (near Joyce Skytrain)

Tel: 604-435-0323

Frog Hollow Neighbourhood House

2131 Renfrew Street (at 5th Ave)

Tel: 604-251-1225

Gordon Neighbourhood House

1019 Broughton Street (at Nelson St.)

Tel: 604-683-2554

Kitsilano Neighbourhood House

2325 West 7th Avenue (at Vine St.)

Tel: 604-736-3588

Kiwassa Neighbourhood House

2425 Oxford Street (at Nanaimo St.)

Tel: 604-254-5401

Mt. Pleasant Neighbourhood House

800 East Broadway (east of Fraser St.)

Tel: 604-879-8208

South Vancouver Neighbourhood House

6470 Victoria Drive (at 49th Ave)

Tel: 604-324-6212

Arts & Culture

Music Arts & Culture (MAC) Program

Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 604-254-7811

Email: info@unya.bc.ca

Web: www.unya.bc.ca

Helping Hands – Empowering Native Youth

Offers diverse arts and cultural programming for youth ages 13-24 years. Activities developed for youth by youth include music lessons, art projects, theatre, drum making, singing, dancing and much more.

Vancouver Aboriginal Friendship Centre

1607 East Hastings Street (near Commercial Dr.), Vancouver, BC
Tel: 604-251-4844 Fax: 604-251-1986
Email: info@vafcs.org Web: www.vafcs.org

Hosts various programs for free, including family nights: **Prairie night** (Tues) & **West Coast night** (Wed) which offer singing, tables for selling arts & crafts, dancing and food among other things. Volunteers are welcome. Many different First Nations groups meet and practice their traditional dancing and singing at the Friendship Centre. Call for more info about programs and cultural activities.

First Nations Cultural Sharing Program Carnegie Community Centre

401 Main Street (at Hastings St.), Vancouver, BC
Tel: 604-665-2220
Web: www.vancouver.ca/commsvcs/carnegiecentre

Hours: Mondays 5 – 9pm

Offers Native arts & crafts and often, drumming and singing in the theatre. There is a \$1 membership fee per year.

Redwire Native Youth Media

Tel: 604-602-7226 Fax: 604-602-7276
Web: www.redwiremag.com Email: manager@redwiremag.com

A collective of Native youth whose goal is to provide an uncensored forum for discussion – by, for and about Native youth - to help youth find their own voice. No longer publishing Redwire Magazine, but are interested in collaborating on smaller print projects targeted to those with limited or no access to the internet, such as youth in prison and those living in rural areas. Currently focusing on creating online resources through their website and offering workshops to youth interested in podcasting film and radio. Email or check website for more info.

UBC Museum of Anthropology

6393 NW Marine Dr. (about 10 min walk from main UBC bus loop)

Main office: 604-822-5087 Fax: 604-822-2974

Info line: 604-822-3825 Web: www.moa.ubc.ca

Hours: Wed - Sun 10am - 5pm (hours may vary by season)

Tues 10am-9pm

Has one of the largest collections of ancient and contemporary Northwest coast Native art and artifacts in the world. There is free admission for people of First Nations descent and students of UBC. Offers the Native Youth Program, a summer training and employment program for Native secondary students.

Cultural Info

The following section is meant for general information only. We do not know all of the answers, but have included basic information about common First Nations practices so that those youth who have little or no knowledge of their culture can read and learn if they so choose. We encourage you to seek out Elders and other community members who can help you learn about and take part in our cultural practices.

Smudging: The burning of sweetgrass, sage, or cedar is a purification process where we cleanse ourselves in mind, body and spirit to set the tone for our feelings and/or prayers. The smoke is thought to bring a person's prayers up to the Creator. In the spirit of equality and choice, no one is forced to participate, smudging is voluntary.

Pow-wows: Originating amongst the Plains First Nations, a traditional celebration/ceremony featuring dance, feasting, and/or a blessing. There are both traditional and competition pow-wows, usually held in the Spring and Summer.

Medicine Wheel: Represents the four directions, the four phases of a person's life – infant, child, adult, and Elder, and the four aspects of a person - mental, physical, emotional, spiritual. It is based on the idea of creating balance within your life by making sure that you are healthy mentally, physically, mentally, and spiritually.

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Potlatch: First Nations people of the Northwest Coast potlatch. It is a ceremony and celebration that includes feasting, dancing, singing, and gift-giving. A potlatch is usually hosted by a family for a birth, marriage, adoption, memorial, name giving, etc. Many years ago, potlatches could last for a few months during the winter months, but now potlatches usually last 1-3 days.

Eagle: Many First Nations believe that the eagle is very sacred because the eagle is the one that flies highest and closest to the Creator. So the eagle's feathers are treated as very sacred as they come from the eagle.

Dream Catcher: To keep a sleeping person safe, a dream catcher is hung above their bed. The dream catcher's web lets the good dreams filter through and float down to the sleeper, while the bad dreams are hopelessly entangled and perish at dawn's first light. The dream catcher is thought to originate with the Anishnabe First Nations.

First Nations: A term used to describe "Indians", Metis, and Inuit (Eskimo) people who live in Canada. The term is used as we were the first nations of people to live here.

Clans & Crests: Many First Nations have clans (eagle, raven, killer whale, wolf) or crests (frog, deer) that are groups within a Nation (Tsimshian, Nisga'a, Cree, Mohawk). Crests and clans are used as a way to identify members of a nation for reasons such as: responsibilities to the community, rules of marriage, to identify who your family is, or who your head chief is. On the Northwest Coast most nations follow their mother's clan, so if a child is born to a woman who is an Eagle and a father who is a Wolf, the child will follow the mother and be a member of the Eagle Clan.

Longhouse: Longhouses are found on the Northwest Coast and among the Mohawk people. They were used to house large extended families (parents, children, aunts, uncles, cousins, grandparents) of about 40 – 60 people. Each person had a responsibility to the others to keep them fed, safe, and within cultural rules or guidelines. Longhouses are now mostly used for potlatches, feasts, and community events.

Teepee: Teepees were used mainly by the Plains First Nations people as they were mostly hunters and gatherers who needed light weight and portable housing which could be moved with them when they traveled to find food. Teepees are now mostly used for camping out at pow-wows or other cultural events.

Emergency Shelters

Youth can call **Information Services Vancouver at 604-875-6381** (24-hours, collect calls accepted). They can use information you provide to help find the most suitable emergency housing for you.

Covenant House Vancouver

Tel: 604-685-7474 Crisis Shelter

Tel: 604-685-5437 Community Support Services

Web: www.covenanthousebc.org

Residential Crisis Centre. Provides 24-hour crisis intervention, emergency and transitional shelter, food, counselling for street youth aged 16 - 23. Includes job search, computers, life skills, supportive counselling, and medical and social service referrals. They also operate a shelter program called Rights of Passage that is available to street-involved youth who are working and/or in school with supported housing for 6 - 24 months. First come, first serve basis.

Lookout Downtown

Lookout Emergency Aid Society

346 Alexander St., Vancouver

Tel: 604-681-9126

Web: <http://www.lookoutsociety.bc.ca/Shelters.html>

A year-round minimum barrier shelter for adults. Provides food, showers, clothing and laundry services, and 24 hour, 7 day-a-week support. Staff assess needs and link people with the services each requires to gain long-term housing after they leave the emergency shelter. Pets welcome. Wheelchair accessible. No alcohol/drug use on-site.

Triage Centre

Raincity Housing & Support Society

707 Powell Street (at Heatley St.), Vancouver, BC

Tel: 604-254-3700 Fax: 604-254-3747 Web: www.triage.bc.ca

Open 24 hours a day, 7 days a week. A 28-bed emergency shelter for people with serious mental health and/or substance misuse

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issues. Offers counselling, help finding appropriate housing, and referrals. Length of stay determined on a case-by-case basis.

Yukon Shelter & Transitional Housing Centre Lookout Emergency Aid Society

2088 Yukon St. (at 5th Ave.), Vancouver,

Tel: 604-264-1680

Web: <http://www.lookoutsociety.bc.ca/Shelters.html>

A year-round minimum barrier shelter for adults. Provides food, showers, clothing and laundry services, and 24 hour, 7 day-a-week support. Staff assess needs and link people with the services each requires to gain long-term housing after they leave the emergency shelter. Small pets welcome. No alcohol/drug use on-site.

Belkin House Salvation Army

555 Homer St., Vancouver, BC

Tel: 604-681-3405

Men and women. Dorms. No alcohol/drug use on-site.

Sheena's Place Elizabeth Fry Society of Greater Vancouver

13474 – 112A Avenue, Surrey, BC

Tel: 604-581-1538 Web: www.elizabethfry.com

Emergency shelter for single women (19 and older), or with children, seeking shelter. One family per room; singles share. Harm reduction. Laundry. Short-term stay, with possible extensions, based on circumstances.

Cynthia's Place Elizabeth Fry Society of Greater Vancouver

14347 – 108th Avenue, Surrey, BC

Tel: 604-582-2456 Web: www.elizabethfry.com

Emergency shelter for females (19 and older) seeking shelter. Harm reduction. Short-term stay, with possible extensions, based on circumstances.

Vi Fineday

Kitsilano, Vancouver, BC

Tel: 604-736-2423

For male or female headed families, couples without children or single women. No alcohol/drug use on-site.

Vancouver Rape Relief and Women’s Shelter

Tel: 604-872-8212

TTY: 604- 877-0958 (9am to 9pm)

Fax: 604-876-8450

Web: www.rapereliefshelter.bc.ca

Offers emotional support, information and education as well as emergency transition housing for women and children escaping from violence. 24 hours a day, 7 days a week.

The Beacon

Salvation Army Vancouver

138 E. Cordova, Vancouver, BC

Tel: 604-646-6846

Daytime tel: 604-646- 6800

Emergency shelter for homeless men. Wheelchair accessible. Provides daily hot meals, clothing, showers, and laundry, as well as case management services to assist with detox treatment and housing. 10 pm curfew. No alcohol/drug use on site.

Catholic Charities Men’s Hostel

828 Cambie St. (at Robson St.), Vancouver, BC

Tel: 604-443-3292

Open dorm-style emergency shelter for men in need. Offers showers, TV room, phone access, clean beds and razors. Self-referrals after 8pm. You must get a referral from the Ministry of Human Resources. Food voucher included.

Union Gospel Mission

616 E. Cordova Street, Vancouver, BC

Tel: 604-253-3323

Email: ugm@ugm.ca

Web: www.ugm.ca

Emergency Men’s shelter, open 7 nights/week, from 8:45pm - 6:30am. Provides a clean, safe, and sober environment. Line-up is at 8:00pm. Meals at 7:45pm.

Powell Place

Tel: 604-606-0403 or 604-606-0406 Fax: 604-606-0309

Open 24 hours a day, 7 days a week

Safe shelter for women 19 and older. You can refer yourself. There are 2 people per room, kitchen facilities for you to cook for yourself, and referrals to community and health services. Maximum stay is 30 days. Also provide outreach. Extensions may be available if housing has not been found after 30 days.

Saint Elizabeth's

Mt. Pleasant

Tel: 604-606-0412

A 32 bed emergency shelter for women 19 years and older, single women, female-headed families and lesbian couples. Provides 3 meals and laundry facilities.

Safehouses

Aboriginal Safehouse (ASH)

Urban Native Youth Association

c/o 1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-5147 Toll Free: 1-877-223-4321 Fax: 604-254-5159

Email: safehouse@unya.bc.ca Web: www.unya.bc.ca

Hours: 24 hours a day, 7 days a week

A self-referral residential program for youth ages 16-18 years who are without a place to sleep. ASH provides a safe and stable environment, and offers resources and referrals. Maximum stay of 7 days, with a possibility of an extension for those youth who are following guidelines and are actively working towards positive change in their lives (ie. housing search, applying for income assistance, etc.).

All Nations Youth Safe House

Surrey Aboriginal Cultural Society

Surrey, BC

Tel: 604-584-2625

Helping Hands – Empowering Native Youth

For youth ages 16-18 years. Self-referral, open 24 hours. Curfew. Must be 72 hrs hard drug-free. Goal-oriented.

Walden Safehouse

Family Services of Greater Vancouver

Tel: 604-877-1234 Toll Free: 1-877-609-2200

A voluntary program that offers a safe, comfortable place for youth ages 16 -18 who are homeless. Length of stay is 7 days. Intakes are done 24 hours a day, 7 days a week.

North Shore Youth Safe House

Toll Free: 1-877-789-6884

For youth ages 13-18 years. Must be clean/sober. Goal-oriented.

Iron Horse Youth Safe House

Maple Ridge

Tel: 1-877-435-SAFE (7233)

For youth ages 13-18 years. Provides laundry, referrals. A structured service with a curfew, and no alcohol/drug use.

Marc's Place

Southwest Vancouver

Tel: 604-261-7827

After 10pm, call After Hours: 604-660-4927

For youth ages 13-15 years. Referral via social worker or After Hours. Requires parent/guardian consent. Family setting, serving teens not in care who ordinarily live in Vancouver, Richmond or North Shore.

Transitional & Short-term Housing

Ravens Lodge Urban Native Youth Association

Note: No self-referrals. Placements are determined specifically by VACFSS, from their ongoing caseloads.

A residential program that offers short-term transitional foster beds for female Native youth ages 11-15 years in the care of VACFSS. One-to-one support by an in-house Elder and staff, and youth participate in cultural activities and ceremonies. Support is also provided to youth and potential foster homes for a smooth transition.

The Lodge Helping Spirit Lodge

Office: 3965 Dumfries, Vancouver, BC
Tel: 604-872-6649 Fax: 604-873-4402
Web: www.helpingspiritlodge.org

Hours: 24 hours a day, 7 days a week

A safe transition home for women (19 and over) who are fleeing abuse/violence and their children. Offers education awareness about family violence prevention, legal referrals and support for your children, referrals to treatment and counsellors, ongoing support, and follow-up care with an outreach worker. Housing is provided for a maximum of 30 days. Extensions may be available, determined on a case-by-case basis.

Spirit Way Helping Spirit Lodge

Office: 3965 Dumfries, Vancouver, BC
Tel: 604-872-6649 Fax: 604-873-4402
Web: www.helpingspiritlodge.org

Hours: 24 hours a day, 7 days a week

Helping Hands – Empowering Native Youth

A second-stage supportive housing program for women (19 years and over) with children who have suffered domestic violence and abuse and have already experienced the initial crisis stage of intervention and prevention. This is a long-term holistic residential program. Housing is provided for a maximum of 18 months.

Anderson Lodge Women’s Healing Centre Circle of Eagles Lodge Society

Tel: 604-874-1246 Fax: 604-874-9464

Web: www.circleofeagles.com

Assists and educates homeless women (19 years and older) by providing a safe nurturing environment that encourages positive changes and builds inner strength allowing them to achieve their goals. Program includes assistance and/or referrals re: lifeskills, personal development, recovery, addictions education, one-to-one counselling, AA/NA meetings, cultural teachings, physical exercise, employment and household maintenance. Stay of up to four months for homeless women. Extensions up to 6 months are possible, assessed on a case-by-case basis.

Circle of Eagles Lodge Society

1470 East Broadway, Vancouver, BC

Tel: 604-874-9010 Residence: 604-872-9301

Web: www.circleofeagles.com

A community residential facility that provides care and custody to Aboriginal men (19 years and older) conditionally released from federal institutions, and helps them in re-entering the community. Length of stay is different for each individual. They offer A&D Counsellors (on-site) as well as various cultural activities such as sweat lodges and pipe ceremonies.

Elizabeth Fry Society of Greater Vancouver

Tel: 604-520-1166 Toll free: 1-888-879-9593 Fax: 604-520-1169

Web: www.elizabethfry.com

Works with women in conflict with the law. Provide housing, support, counselling, and diverse programs for women, children and youth to help them improve their lives and help build healthy and safe communities for all. Operates the following shelters/facilities:

Helping Hands – Empowering Native Youth

Sheena's Place

13474 – 112A Avenue, Surrey, BC

Tel: 604-581-1538

Cynthia's Place

14347 – 108th Avenue, Surrey, BC

Tel: 604-582-2456

Two facilities above are emergency shelters for females (19 and older) seeking shelter. Short-term stay, with possible extensions, based on circumstances.

Columbia Place

New Westminster, BC

E. Fry Office: 604-520-1166

A halfway house for women 19 and older who are presently in conflict with the law. Call ahead to see if there is space. There is often a waiting list to get into this program. Must have a referral form from either a probation officer or a bail supervisor.

Sage Transition House

North Shore Crisis Services Society

Tel: 604-987-3374 (24 hour support line)

Fax: 604-987-5396

An emergency shelter for women (19 and older, with or without children) who are fleeing violence. Stays can be up to 30 days. Provides support, advocacy and referrals to appropriate community agencies, and gift certificates for the Good Stuff Connection thrift store. Women can also call to access support for a variety of reasons.

Kate Booth House

Administration: 604-872-0772 Fax: 604-872-7775

Crisis Line: 604-872-7774 (24 hours)

Crisis transition home for women (19 and older) and their children who are fleeing domestic violence. Maximum stay of 30 days. They offer counselling, liaison and advocacy with legal and housing services, and referrals to multicultural counsellors. Can self-refer.

U-Turn Specialized Residential Services (PLEA)

3593 Commercial Street, Vancouver, BC

Tel: 604-708-2631 Fax: 604-873-0467 Web: www.plea.bc.ca

A comprehensive and dynamic program for young people facing significant behavioral and developmental challenges, geared especially to those who have not experienced success in other residential settings. They create an individually tailored host of services specifically for youth and combine appropriate services with staff-supported caregiver homes. Contact the Program Manager to request a referral package. Fax your completed referral form.

YWCA Munroe House

Tel: 604-734-5722

Fax: 604-734-0741

Web: www.ywcavan.org

Hours: Mon to Fri (9am - 5pm)

A second-stage transition house for women and their children who have experienced violence in their intimate relationship. Up to 9 months stay. Provides emotional support, advocacy, court accompaniment to residents/former residents, individual and/or group support to resident/non-resident children who have witnessed abuse. The house is for adult women (19+), but they are flexible. If you have been abused by your parents or partner and you are a youth, they may consider you, provided you are ready to live semi-independently.

Aboriginal Patients Lodge (Lu'ma Native Housing)

1254 East 8th Avenue, Vancouver, BC

Tel: 604-707-9191 Fax: (604) 707-9135

Hours: Mon to Fri 9am - 5pm

For Aboriginal patients travelling to Vancouver for medical treatment. Rooms are offered on a first come, first served basis. Reservations can be made for guests to stay for 1 night to 4 months. Rates are between \$90 - \$130 per night (seasonal) for 1-3 bedroom suites.

Rights of Passage (ROP) Program

Covenant House Vancouver

575 Drake St., Vancouver, BC

Tel: 604- 638-4438 Crisis Shelter: 604-685-7474

Helping Hands – Empowering Native Youth

Fax: 604-685-5324 Website: www.covenanthousebc.org

A transitional living program that provides 6 - 24 months of supported living to young people who need guidance, structure and support as they strive towards independence.

Affordable Housing

Youth Housing Workers

Some youth hubs have Housing Workers who can provide support and assistance to youth in locating suitable, affordable housing. There are different age ranges for each program. Contact one of the Youth Hubs for more information (UNYA, BYRC, Directions, SVYC). Youth Hubs are listed on pages 4 – 6 in this manual.

Youth Supported Housing Program Broadway Youth Resource Centre (PCRS)

691 E. Broadway (at Fraser St.), Vancouver, BC
Tel: 604-709-5720 Fax: 604-709-709-5721
Web: www.pcrs.ca

For youth transitioning to adulthood (under 19 years and connected to a Transition Worker at one of the four youth hubs). Units are at scattered sites throughout the city. A worker will meet with youth on a weekly basis to offer support, referrals and/or information. BYRC also has access to a limited number of units for youth between the ages of 19-24 years. Call for more info.

Vancouver Native Housing Society

1726 East Hastings Street (at Commercial Dr.), Vancouver, BC
Tel: 604-320-3312 Fax: 604-320-3317 Web: www.vnhs.ca

Offers affordable housing to people of Aboriginal ancestry living on low income (19 years or older). They operate 15 buildings, including singles only, seniors and single/family apartments and town homes. Placement based on available vacancies, application date, and applicant's need for housing.

Helping Hands – Empowering Native Youth

VNHS Supportive Housing Units Available:

Ian Leman Place – 27 West Pender Street, Vancouver, BC
A singles-only apartment dwelling in the Downtown Eastside.

Orwell Hotel - 456 East Hastings Street, Vancouver, BC
For those at-risk of homelessness, including youth.

Lu'ma Native Housing Society

25 West 6th Avenue, Vancouver, BC
Tel: 604-876-0811 Fax: 604-876-0999
Web: www.lnhs.ca

Hours: Mon to Fri 10am–3pm

Lu'ma offers affordable housing to people of Aboriginal ancestry living on a low income. They operate 10 buildings throughout Vancouver, with over 250 units. You must fill out an application to be placed on the wait list. They also provide programs that enrich and enhance the lives of their tenants and others in the community.

Bantleman Court

102 - 600 Vernon (at Georgia St.), Vancouver, BC
Tel: 604-255-8456 Fax: 604-255-8456

Hours: Mon to Fri 8am - 4pm

Provides 14 one-bedroom units for youth (primarily Native descent) who are at risk of homelessness, with on-site counselling. Monthly rental charges apply. Transit and wheelchair accessible.

Tenant InfoLine [see Advocacy section for details]

Downtown Eastside Residents Association

[see Advocacy section for details]

Aunt Leah's Support Link

675 SE Marine Drive, Vancouver, BC
Tel: 604-264-7238 Fax: 604-266-9947
Email: auntleah's@auntleahs.org Web: www.auntleahs.org

Helping Hands – Empowering Native Youth

A supportive living program for youth 15 - 18 years who are in the care of MCFD and preparing for independent living. Provides a self-contained suite with basic furnishings, heat, electricity, and phone. Offers assistance in time-management, budgeting, tenant rights, personal health & well-being, housing info, recreation, and support for appointments and employment. Clients must be willing to participate for 12 - 20 hours per week and meet with a one-to-one support worker twice a week. Also offers a Retail Training Program to help people interested in fashion and retail obtain employment.

Metro Vancouver Housing Corporation

4330 Kingsway (at Willingdon) Burnaby, BC
Tel: 604-432-6300 Web: www.gvrd.bc.ca/housing
Hours: Mon – Fri 8am - 4pm

Provides affordable housing for low and moderate income families, seniors and people with physical disabilities. Visit their Web or call ahead to see what is available and how to apply.

Hampton House Residence

Motivation, Power and Achievement Society

124 Powell Street (at Main St), Vancouver, BC
Tel: 604-681-8621 Fax: 604-681-3351
Web: www.mpa-society.org

Supportive environment for people 19 and older with a history of mental illness living in the Downtown Eastside. Referral by people such as Mental Health Team, private doctor or psychiatrist, family member or friend.

MPA Society also provides 325+ units of supported housing through 11 different programs in the Vancouver region, designed to meet the individual needs of residents. Staffing and support services range from locations with on-site staff available 24 hours, to independent living programs with bi-monthly outreach staff contact for tenants who reside in market rental apartments throughout Vancouver.

Swiw' Lus Lam' Chit Youth Housing

United Native Nations

5 - 1818 East Pender Street, Vancouver, BC

Helping Hands – Empowering Native Youth

Tel: 604-215-1400S

Office Hours: Mon 9am -5pm Wed 10am – 3pm Fri 9am - 5pm

Provides eight apartments for Native youth ages 18 – 25 years.

Wings Housing Society

#12 - 1041 Comox Street (at Burrard St.), Vancouver, BC

Tel: 604-899-5405 Fax: 604-899-5410

Email: info@wingshousing.bc.ca Web: www.wingshousing.bc.ca

Hours: Mon -Thurs 10am - 4pm

Administers a rental subsidy program for people living with HIV/AIDS. There is a waiting list. Visit the website for more info. If you'd like to drop by in person, please phone ahead.

Entre Nous Femmes Housing Society

#21- 3550 SE Marine Drive, Vancouver, BC

Tel: 604-451-4412 Fax: 604-451-4415

Email: enf@telus.net Web: www.enfhs.org

Hours: Tues - Fri 9am - 4pm

Develops housing mostly for single parent families. You must fill out an application to be placed on the waiting list. Fax, write, or visit their website for an application.

Education Programs

Aries Program

Urban Native Youth Association

Site: Room #1, 1607 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-255-1326 Fax: 604-255-0743

Email: aries@unya.bc.ca Web: www.unya.bc.ca

Educational day program for youth ages 13-18 years who have an open file with the Ministry for Children and Family Development. Each student is treated as a whole individual with unique needs and learning styles. Aries offers academic upgrading, lifeskills training,

Helping Hands – Empowering Native Youth

one-to-one tutoring, recreational and social outings, alcohol & drug awareness, cultural enrichment, a daily lunch program, and more. Continual intake with an interview process.

Cedar Walk Program Urban Native Youth Association

331 East Broadway Street, Vancouver, BC V5T 1W5

Tel: 604-708-9130 Fax: 604-708-9160

Email: cedarwalk@unya.bc.ca

Web: www.unya.bc.ca

An alternative educational and recreational program with a cultural component, for Aboriginal youth ages 15 – 18 years, who have an open file with the Ministry for Children and Family Development. The focus is to work individually with students to help them in their academic and/ or employment endeavours (including hands-on work placements). Continual Intake with an interview process.

School Support Team Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-7732 Fax: 604-254-7811

Email: schoolsupport@unya.bc.ca

Web: www.unya.bc.ca

Provides Native youth information, resources, and referrals that help them stay in school and experience success, both academically and socially. Also provides alcohol and drug prevention workshops and positive activities/learning opportunities, such as the annual Spring Break Basketball Camp and Young Spirits Summer Program, in collaboration with schools and other community partners

First Nations School Support Workers Vancouver Board of Education

1580 West Broadway, Vancouver, BC

Tel: 604-713-5000 Web: www.vsb.bc.ca/aboriginal-education

Call your local school for the name and phone number of their FNSSW. Each school has a FNSSW, but schools with lower First Nations enrolment may only have a worker for one day a week.

Eagle's Nest Aboriginal Head Start Preschool BC Aboriginal Child Care Society

618 East Hastings (Between Princess & Heatley), Vancouver, BC
Tel: 604-253-3354 Fax: 604-253-3440

Admin hours: Mon – Fri 8am - 4pm

Classes: Mon - Thurs 1st: 9am - 11:30am 2nd: 1pm - 3:30pm

Prepares Aboriginal children (3 - 5 years) for school within a warm, caring, secure environment. Aboriginal culture and traditions are incorporated into the program including language, smudging, arts & crafts, singing, and dancing. Includes nutritionist approved snacks. No cost. They also offer family support and parent programs.

Gathering Place Education Centre

609 Helmcken Street (at Granville St.), Vancouver, BC
Tel: 604-257-3849 Fax: 604-257-3851

For adults and youth who are street-involved. Provides basic high school courses/upgrading, computer labs in a safe, supportive and self-paced setting. Call for info and registration.

Downtown East Education Centre

101 Powell Street (at Columbia St.), Vancouver, BC
Tel: 604-713-5760 Fax: 604-713-5761

Provide basic high school courses/ upgrading, GED, computer labs in a safe, supportive and self-paced setting. Call for info and registration

Native Education College

285 East 5th Avenue (at Main St.), Vancouver, BC
Tel: 604-873-3772 Fax: 604-873-9152
Email: programs@necvancouver.org
Web: www.necvancouver.org

Provides educational programs and services to Aboriginal individuals, organizations, and communities. Programs include: Aboriginal Adult Basic Education, Applied Business Technology, Aboriginal Justice Studies, Aboriginal Tourism, Aboriginal Basic Early Childhood Education, Family and Community Counselling Aboriginal Resident Care and Northwest Coast Jewellery.

Hastings Educational Centre

1661 Napier Street (at Commercial Dr.), Vancouver, BC
Tel: 604-713-5735 Fax: 604-713-5737

Hours: Mon – Thurs 10:15am – 9pm
Fri 10:15am – 5pm Sat 10:15am – 6pm

Provide basic high school courses/upgrading and computer labs in a safe, supportive and self-paced setting. Call for info and registration.

Main Street Educational Centre

4th Floor, 333 Terminal Avenue (at Station St.), Vancouver, BC
Tel: 604-713-5732 Fax: 604-713-4473

Hours: Mon – Fri 8am – 8:30pm

Provide basic high school courses/ upgrading and computer labs in a safe, supportive and self-paced setting. \$20 fee per course - register in person.

Tupper Young Parent Services

598 East 22nd Avenue, Vancouver, BC
Located behind the main building at 23rd and Carolina
Tel: 604-713-8233 Fax: 604-713-8232

Hours: Mon to Fri 8:30 - 3pm

Secondary school program provides a comprehensive education and life skills program so that young mothers can continue their education. On-site child care for infants to toddlers up to three years. Registration throughout the year.

Upgrading for Youth & High School Completion (Grades 11-12)

Kiwassa Neighbourhood House & VSB

2425 Oxford Street, Vancouver, BC
Tel: 604-254-5401 ext. 231

Hours: Mon to Thurs 8:45am - 3pm

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For youth ages 16 -21 years, who want to continue their education and are interested in learning in an individualized and self-paced environment. Phone for more info. .

Roberts Education Centre

1666 Comox Street (at Lord Roberts School), Vancouver, BC
Tel: 604-713-5752 Fax: 604-713-5754

Hours: Mon – Thurs 9am – 7pm Fri 10am – 4pm

Provides the basic courses for high school completion for ages 16+ in a safe, supportive and self-paced setting. Call for info and to make an appointment with the school advisor to register.

South Hill Educational Centre

6010 Fraser Street (at 44th Ave.), Vancouver, BC
Tel: 604-713-5770 Fax: 604-713-5769

Hours: Mon – Fri 8am – 8pm Sat 8:30am – 1:30pm

Youth Program for ages 16 - 18 years who are working at or above grade 10 level. Courses include grade 10, 11 and 12 subjects with a variety of electives. Call for information and appointment to register.

Adult Basic Education Intermediate for Youth Program (ABE Youth) VCC

Broadway Youth Resource Centre

691 East Broadway, Vancouver, BC
Tel: 604-709-5640 Fax: 604-709-5721

Open to youth aged 15 - 18 who are in need of academic upgrading. Offers a grade 10 equivalency for youth in an informal, off-campus setting. Individualized and self-paced instruction in English, Math, Science and Social Studies and some advanced courses in Eng 11 and Bio 11. There is a \$30 application fee and a small monthly fee.

First Nations Alternative School Programs

Aries Program, UNYA (Grade 8-10) Ages 13 – 18

#001 - 1607 E. Hastings (at Commercial Dr.) Tel: 604-255-1326

Helping Hands – Empowering Native Youth

Cedar Walk Program, UNYA (Grade 8-10) Ages 13 – 18

331 E. Broadway (at Kingsway) Tel: 604-708-9130

Outreach, Britannia (Grade 10-12) Ages 14 - 19

Portables at Britannia Secondary School Tel: 604-689-3211

East Side School (Grade 9 & 10) Ages 14 - 17

3433 Commercial Drive Tel: 604-876-9028

Other V.B.E Alternate Schools

Call directly, or call the Board of Education for more info on the programs offered. Each of these programs offers unique services.

Vancouver Board of Education

Tel: 604-713-5000 Fax: 604-713-4495 Web: www.vsb.bc.ca

Eagle High (Grades 8 - 10) Ages 13 - 16

#201- 2830 Grandview Highway (at Renfrew St.) Tel: 604-412-7953

Spectrum (Grade 11 & 12) Ages 15 - 18

2669 North Grandview Highway @ Slovan Tel: 604-713-5722

Street Front (Grade 8 - 10) Age Appropriate

1001 Cotton Drive (at Gladstone) Tel: 604-713-8272

Sunrise East Program (Grade 9) Age 14 -17

2669 N. Grandview Hwy Tel: 604-713-5800

Take A Hike Program (Grade 10 -12) Age 15 – 19

530 East 41st Avenue Tel: 604-713-8243

West Coast Alternate (FASD) Ages 13 – 18

201 – 2830 Grandview Hwy Tel: 604-412-7950

Probation Alternate Programs

Genesis (Grade 8 – 10) Ages 15 -18

329 East Broadway Tel: 604-872-7530

Employment, Pre-Employment and Life Skills Training

Native Youth Learning Centre (NYLC)

Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-5620 Fax: 604-254-5630

Email: learningcentre@unya.bc.ca Web: www.unya.bc.ca

Hours: Mon – Fri 2pm - 9pm

Computer lab which focuses on helping Native youth ages 13 – 29 years gain academic and employment skills to prepare them for the workforce. Includes e-learning, workshops, tutoring, job searches, resume writing and interview skills, one-to-one support, and cultural enrichment and teachings.

Aboriginal Community Career Employment Services Society (ACCESS)

Suite 108-100 Park Royal, West Vancouver, BC

Tel: 604-913-7933 Fax: 604-913-7938

Web: <http://programs.accessfutures.com>

ACCESS delivers an assortment of training, counselling, support and financial services designed to help members of the urban Aboriginal community overcome employment barriers that may stand in the way of success and self-sufficiency.

Bladerunners (ACCESS)

110-1607 East Hastings Street, Vancouver, BC

Tel: 604-251-7955

For street-involved youth/adults ages 19 – 30 years. Program places youth in entry-level construction jobs with pay of \$11.00 per hour minimum. Goal is to develop jobs in construction for youth. All participants receive a week of health and safety training prior to job

Helping Hands – Empowering Native Youth

placement, and access to ongoing supports. Includes raining in level 1 First Aid, and WHMIS. Call for more info.

CHOICES

Helping Spirit Lodge

3965 Dumfries Street, Vancouver, BC

Tel: 604-872-6649 Fax: 604-873-4402

Email: helping_spirit@telus.net Web: www.helpingspiritlodge.org

Accepts 16 Aboriginal women survivors of abuse, and recipients or dependents of recipients under the BC Benefits (income assistance). Includes education, healing and self improvement topics such as personal management skills, job search skills, and career planning. Also offers certificate programs: food safe, first aid, women's self defence, CPR, first host, and WHMIS. An application/interview process - call for information and schedules.

First Nations Employment Society

3rd Floor, 395 Railway Street, Vancouver, BC

Tel: 604-605-8901 Fax: 604-605-8902 Email: info@fnes.com

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

First Nations employment and job assistance, youth, and business development. Youth Ready-To-Work program, Security training, Youth Spot Employment Centre and more. No cost.

YWCA Focus at Work

602 - 1281 West Georgia Street, Vancouver, BC

Tel: 604-688-4666 Fax: 604-688-3774 Email: focus@ywcavan.org

Hours: Mon to Fri 8:30am – 4pm

A 3-week job search workshop, 7-week self direction employment search with support, daycare and transportation, if eligible. For women only.

Vancouver East Resource Employment Centre Family Services of Greater Vancouver

#300 - 1638 E. Broadway (½ block west of Commercial), Vancouver

Tel: 604-434-0367 Fax: 604-434-7031

Helping Hands – Empowering Native Youth

Hours: Mon - Thurs 9am - 5:30m Fri 9am - 3pm

A free service available to all residents of the Greater Vancouver area eligible to work in Canada. Offers a drop-in resource room with info on careers, training, job search skills, and labor market trends, updated job postings, daily newspapers, computers for job search, resume formatting, free photocopying, local faxing and phone calls for job search, resource room advisors on-site to provide friendly, supportive assistance, employment counsellors by appointment for case management and expert help with Skills Development Employment Benefit applications.

Aunt Leah's Independent Life Skills Society

Vancouver Office: 675 SE Marine Dr., Vancouver
Tel: 604-264-7238 Fax: 604-266-9947

New Westminister Office:

#200 - 668 Carnarvon Street, New Westminister, BC
Tel: 604-525-1204 Fax: 604-525-1295

Helps foster self-sufficiency amongst children and mothers by providing supported housing, job training, and coaching on essential skills.

Aunt Leah's offers a range of programs, including:

Cooking Club (Aunt Leah's)

Tel: 604-264-7238 ex:223 Web: www.auntleahs.org

Hours: Fri 11am - 4pm (45 weeks a year)

For youth ages 15-24 years. Covers aspects of cooking, including kitchen and food safety, reading food labels and recipes, measuring food, using common kitchen tools/machinery, understanding common cooking words, and how to make simple, cost-effective, and nutritious meals. Participants provided with a cooking handbook to take home that covers the basics of cooking, with easy recipes.

The Restaurant Training Program (Aunt Leah's)

Tel: 604-525-1204 ext 221 Web: www.auntleahs.org

A 20-week program for youth ages 15-18 years and adults 19+. Students must commit to 4 hrs/week and attend scheduled certificate programs. Provides "hands on" training at a food service industry site and general kitchen procedures, bussing, table service training and customer service skills. Provides a realistic view of the work force, completed resume, and practical work experience. Certificate of Graduation in Restaurant Training awarded to those who successfully complete each certificate program and show competency in all aspects of practical training.

The Retail Training Program (Aunt Leah's)

Tel: 604-525-1204 ext 228 Web: www.auntleahs.org

A 20-week program for youth ages 13-18 and adults (19+). Students must commit to 3 hrs work experience each week and attend the scheduled certificate programs. Students learn customer service skills, display setting and inventory control, ,and graduate from the program with a Retail Training Certificate, a realistic view of the work force, and a work experience reference. Also offers assistance with job searching and placements.

I.L.F.Y Independent Living For Youth (Aunt Leah's)

Tel: 604-525-1204 Web: www.auntleahs.org

One-day workshop designed to teach basic skills towards living independently. Topics include; housing options, landlord/tenancy guide, budgeting money, food management, time management, housekeeping tips, identification/government bonuses /banking, personal health & well-being. Upon completion of a multiple-choice quiz, youth will be presented with a certificate of achievement.

Career Zone - YWCA Vancouver

1260 Granville Street, Vancouver, BC

Tel: 604-605-4666 Fax: 604-605-7188

Email: careerzone@ywcavan.org

Hours: Mon, Tues, Thurs 9:30am - 5pm

Wed 10am - 6pm

Fri 9:30 - 4pm

Helping Hands – Empowering Native Youth

A drop-in employment centre for job seekers ages 15 – 30 years. Offers career exploration, employment counselling, resource library, phone and fax, computers w/internet, and free workshops on job search topics, and case management. Call for appointment.

Gastown Vocational Services

#405 – 375 Water St., Vancouver, BC
Tel: 604-683-6047 Fax: 604-683-5099

Hours: Mon to Fri 8:30am - 5pm

Provides vocational assessment and assistance, for clients 16 - 64 years who have a diagnosed mental illness. Goal is to provide clients with training and back-to-work rehabilitation. Offer a focus group program where participants practice key work readiness and work retention skills.

New Chapter Employment Resource Centre

2106 Commercial Drive (at East 5th Ave), Vancouver, BC
Tel: 604-254-3353 Fax: 604-254-3312
Email: newchapter@telus.net

Hours: Mon to Fri 9am - 4:30pm

Open to those who are unemployed and eligible to work in Canada. Provides free access to computers with internet, local phone and fax, message centre, limited photocopying, job board, want ads, HRDC postings, application assistance for employment, student loans, and college, case management. You need to register for the workshops and make an appointment for case management. Other services are available on a drop-in, first come, first served basis.

Tradeworks Training Society

87 East Pender Street, Vancouver, BC
Tel: 604-253-9355
Email: info@tradeworks.bc.ca Web: www.tradeworks.bc.ca

Hours: Mon to Fri 8am - 4pm

Pathways Program - offers access to internet, fax, phone and assistance with resumes for people seeking employment.

Helping Hands – Empowering Native Youth

The Job Shop - a 10-week program designed to help participants develop and strengthen their employability skills. A one-to-one counsellor offers support in basic skills and applying for jobs.

Women’s Workshop - pre-employment program in carpentry and registered trades. 5 weeks training and 5 weeks work experience.

Skills Link Program

Gordon House Youth S.E.A.R.C.H.

300 - 853 Richards St., Vancouver, BC

Tel: 604-687-8868 Fax: 604-689-9675

Web: www.youthsearch.ca

Hours: Office	Mon - Fri	9am -4pm
Program	Mon – Fri	10am – 4pm

A 4-month employment program for people 15 - 30 years. Youth can be referred through an HRSDC Case Management Centre or they can walk in anytime to check out the program. Participants will be granted financial support at \$8/hr for a max of 30 hrs/week. During the first 2 months, youth participate in group-based employability skills and receive certificate training. Months 3 and 4 are used to participate in work experience placements that are monitored by the Youth SEARCH employment counsellors.

Life & Career Centre (UBC)

UBC Robson Square - 800 Robson Street, Vancouver, BC

Tel: 604-822-8585 Fax: 604-822-3415

Web: www.lifeandcareerubc.ca

Offers career counselling, vocational testing, and personal development courses for a cost. Financial subsidies are available for some programs. Also offers some free workshops and free drop-in counselling, Mon – Fri, from 10am – 4pm.

New Start

1691 East Pender St. (at Commercial Dr.), Vancouver, BC

Tel: 604-215-4344 Fax: 604-215-4340

Email: ns_veees@telus.net

Hours: Mon to Fri 9am - 4pm

Helping Hands – Empowering Native Youth

A 6-month pre-employment bridging program for women (19 and older) who have experienced abuse - past or present. To be eligible for the program, women must be on Income Assistance and have a minimum grade 8 education. Offers: preparation for GED, self management, assertiveness, workshops on parenting skills, and job search training, computer skills, First Aid/CPR, Superhost, self defense, and 3-week job placement, plus a weekly transit and daycare allowance. Self-refer or a community agency can refer you.

Street Youth Job Action Family Services of Greater Vancouver

1134 Burrard Street, Vancouver, BC
Phone: 604-633-1472 Fax: 604-633-1473

Hours: Mon - Fri 8am – 2pm

Dedicated to helping street youth help themselves by creating flexible, temporary and part-time employment for street-involved youth ages 15-24 years. The type of work for youth is a variety of odd jobs. Employment is provided on a first-come-first-served, (8:45am wait list is started) and work-today-paid-today basis.

Ins & Outs of College & University

This is general information only. Our goal is to provide you with basic information so that you understand the college and university system better. Be sure to check with individual schools for detailed guidelines. Every institution is different. We encourage you to check out each prospective school's Web, student services centres, school calendars, or talk to advisors (counsellor) or professors to ensure that you have enough information to make the right decisions.

Important terms appear in **bold** and will be defined throughout this section.

What is a post-secondary school?

High school is also known as secondary school. 'Post' means 'after', so post-secondary means after high school. Colleges and universities are post-secondary schools.

What is the difference between a college and university?

Helping Hands – Empowering Native Youth

Universities generally have a larger range of courses and more degree programs than colleges. Most colleges have smaller campuses, lower tuition fees, and may have fewer entrance requirements; for example, you may not need a second language to get into some colleges. Smaller class sizes and thus more one-on-one time with professors is another advantage of the college setting.

How do I qualify to get into a post-secondary school?

Usually, you must be a high school graduate or equivalent to go to post secondary (i.e. completed an Adult Basic Education program or have a Grade 12 Equivalency Diploma (GED). In addition, you will need to meet the school's minimum Grade Point Average (GPA) requirement. Sometimes you must pass an entrance exam.

What is a GPA?

GPA is short for grade point average. It is the average of your combined grades. Most colleges and universities use a system based on letter grades which are assigned a number value from 0.0 to 4.0. For example, an 'F' equals 0.0 and an 'A+' equals 4.0. Each school has a chart of how grades translate into GPAs in their school calendar. Most high schools do not use a numeric grading system; instead, they give students percentage grades with equivalent alphabetical grades.

How do I apply to get into a post-secondary school?

You must submit an application form and official **transcripts**, and pay an application fee. Forms are available at a school administration office and may also be downloaded from their Web. If you are accepted, you will receive a letter of acceptance that will tell you what the next steps are. Some schools have specific admissions for First Nations students which may make it easier for you to apply and get accepted.

What is a transcript? And why do I need it?

A transcript is an official report of your grades. You need a transcript to register for school and apply for funding (scholarships, bursaries or grants). Most schools charge a fee for transcripts and it usually takes weeks before you receive it; *make sure you order one well ahead of when you need it*. You can order transcripts from your high school's office or the college/university student services centre.

How long is a term/semester in post-secondary school?

There are usually 3 or 4 terms (sometimes called **semesters**) during the year, each lasting approximately 3-4 months: a fall term, a winter/spring term and a summer term. You can attend as many or as few terms as you'd like, but the fewer terms and courses you attend, the longer it will take for you to finish your degree. You may have to have a minimum number of courses or **credits** to qualify for student loans or other funding.

Helping Hands – Empowering Native Youth

What is a credit?

A credit is similar to a point. For most post-secondary courses you will receive three credits for a successfully completed course. Longer, two term courses may award 6 credits. There is also the opportunity to gain credits from extra-curricular activities. Ask a student advisor (aka counsellor) for more information. A **diploma** usually requires 30 to 60 credits, and a **degree** usually requires 120 credits.

What is a full-time or part-time student?

Each school defines what are part-time (usually 2 or 3 courses per term) and full-time (usually 5 courses per term) students. If you are funded by your Band, you may be required to take a certain number of courses or credits each term to remain eligible for funding; so *make sure you understand their specific guidelines*.

What are transfer credits?

These are courses that you can transfer from one school to another. You might take an English 120 course at Langara College that can be transferred towards your degree at UBC but the English 190 course you took at Langara may not be transferable and won't count when you transfer to UBC. You must check the British Columbia Transfer Guide to see if your courses are transferable to other schools.

Be aware: *some courses, and even some post-secondary schools, are not accredited. In other words, they won't be recognized by other colleges or universities and you won't get credit for them.*

What are distance education courses?

Distance education is like homeschooling for university or college. These courses you can take outside of the school setting and at your own pace. Depending on the school, you can either mail in your assignments to the instructor or you can do them online. However, you usually have to take the exams at school in the presence of an instructor.

How do I choose my courses?

You should choose courses that will fit into your educational plan. If you do not have a plan and you're unsure what courses to take or what diploma or degree to work towards, you should talk to other students, advisors or anyone who has attended post secondary recently. Many classes are offered more than one time or day. Some people prefer to choose classes based on who is teaching them. You can find info on teachers from the student services centre or from other students (there are even online student-run forums for this purpose). There is also the option of taking a general studies program, which offers many different kinds of courses to give you a taste of what your school has to offer.

Helping Hands – Empowering Native Youth

How do I go about registering for my courses?

For some schools, you can register online or over the phone. Others require you to register in person. Be sure to check that you have registered for all the required **labs** or **discussion groups** that go with a course. Also, you need to ensure that you have all the correct **prerequisites**.

What are prerequisites?

A prerequisite is something that is required before you can register for a course or receive a **diploma** or **degree**. For example, you might need to have passed Grade 12 English before you can take a college level English course. Or you may need Psychology 100 before you can take Psychology 200.

What do the class/course numbers mean?

The first digit usually represents the year level of the course. For example, History 100 is a first year course. The second and third digits usually specify the level within that year. Usually the higher the number, the more advanced the work.

What are labs, discussion groups and tutorials?

Most post-secondary courses comprise of a 'lecture' where the professor goes over a lesson, answers questions and mediates discussions. Sometimes a course will also require you to attend smaller class called a lab or a discussion group. During these sessions, you may have a debate, do practice exercises, conduct experiments or other hands-on learning strategies supervised by a teacher or teacher's assistant (T.A.). A **tutorial** is usually an optional time when you can meet with your professor or T.A. to get help with homework or prepare for a big test

How do I know what books to buy for my course? And where do I get them?

Your professor will likely hand out a course outline (or **syllabus**) on the first day of class that lists what books are required. Sometimes, a school's Web will post a book list when it becomes available. You can buy textbooks at the bookstore on campus or you may be able to find them cheaper elsewhere. Some students sell their old textbooks. There are even clubs or Webs where you can buy used books directly from other students. The school library often carries one or more copies of textbooks but there are not enough to go around. **Beware: many textbooks are updated every few years. Make sure you have the correct edition of the textbook required for your course!*

What is a student number and how do I get one?

After you register and pay your student fees, you will receive a student number and a student card that will also act as your library card. Your student card can get you access to many different student services and discounts on anything from movies to

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gym passes. There is usually no cost for a student card although you usually need to pay for a replacement if yours goes missing.

If I am having a hard time, where can I go for help?

If you are having trouble with your school work or another aspect of life, there are many options for help. Student advisors are there to help you figure out what classes to enroll in and what steps to take in order to get enough credits to graduate. There are also study groups, free or paid tutors, tutorials and other kind of support groups for you. Your school will also likely have workshops on study skills, essay writing, time management, stress management, etc. If you have a health issue, schools often have free health clinics. Schools are also very good at accommodating for students with ongoing health issues or any type of disability that may interfere with your studies so be sure to take ask for help if you need it. If you are having financial issues, don't hesitate to approach your advisor, student services, your family or your Band to determine your options.

What is a work-study program?

A work-study is another way for students support themselves financially. They are flexible, part time jobs that are suited for a student's schedule. If you have somewhere specific you want to work (like the library, childcare centre, Native Centre, research department) check with the appropriate department to see what they have. There is usually a maximum amount of hours that you are allowed to work. Check your school's Web for job postings and information.

What is a bell curve?

Some courses must have a certain amount of students who get each letter grade from A - D, therefore sometimes marks are adjusted to ensure that this happens. Although some people might qualify for what is usually a B-, they may be bumped down to a C+ to ensure that all students fit within the bell curve. If you would like to better understand this, ask your professor or student service centre representative.

What is a department, faculty or school?

These are all basically the same thing. A psychology student may be in a Psychology Department, Faculty, or School. The name does not make much of a difference as long as the courses are accredited.

What is a diploma?

A diploma is usually a one or two year program. A diploma program may not be fully accredited, so you may not be able to transfer the credits to another school.

What is a bachelor degree?

A bachelor degree, also known as an under-graduate degree, usually requires 60 pre-requisite and transferable courses credits, plus 60 course credits that are

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eligible for a specific field of study (i.e. social work may accept social work courses plus some sociology, counselling, and other courses).

What is a master's degree?

A master's degree is also known as a graduate degree. It usually requires an eligible bachelor degree plus 30 - 60 credits of courses from a specific field of study. Some masters programs also require you to write a **thesis**. Why would you ever need a master's degree? Because some jobs require a more advanced education than others. For example: while you may be able to teach at a high school or college with only bachelor degree, you usually need a master's to be a principal or a college professor.

What is a thesis?

A thesis is a major research paper on a specific area of study. A thesis is usually required to complete a master's degree, but some programs only require course work.

What is a doctorate degree?

A doctorate degree is another kind of graduate degree that comes after a master's. For a doctorate, you must focus on a specific field of study and you have to write a dissertation (i.e. a major research paper that is longer and more thorough than a thesis). A doctorate usually takes anywhere from two to five years to complete.

What is a major and a minor?

Generally a major and a minor is a specialization of courses in a single subject area within a degree. The difference is in the number of credits you need to qualify for a major or for a minor. For example, a major in Anthropology requires 60 credits of anthropology courses, whereas a minor only requires 30 credits. Usually, the courses must be within the required level of study (100, 200, or 300).

What are the costs for going to a post-secondary school?

You usually have to pay a registration fee every semester you attend, tuition for each course, book costs, and the cost of transcripts (when needed). Some courses have additional costs.

What is a scholarship, a bursary and a grant?

Unlike a loan, you do not usually have to pay back a scholarship, bursary, or grant. However, there are usually criteria that you have to fulfill to apply for them. For instance you can apply for specific **scholarships** for your area of study (ie. English). You must fill out a form and they may ask you for an essay and/or a letter of recommendation. There are many different types of scholarships out there including many for students with Aboriginal ancestry. **Bursaries** are usually given out based on financial need rather than merit. A **grant** is a sum of money given to a

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student or a faculty in order for them to complete a project. Many fine arts projects (drawing, painting, music etc.) are funded by grants from the government, universities and other organizations.

What is a student loan?

The federal government of Canada and all the provinces offer student loans to eligible, low-income students at a fixed rate of interest. You will not have to begin to pay interest or pay back the loan until you have been out of school for a certain length of time. You can get an application from the student services centre or visit www.canlearn.ca. Loans usually take 6-8 weeks to process, so *be sure you apply early enough to ensure you receive the money in time for you to start school!*

It's good to consider if the school has specific First Nations Services and Programs. Here are some useful questions to ask:

Is there an Aboriginal admission policy?

Some schools have specific admissions for First Nations students which may make it easier for you when you are applying.

Is there additional space set aside for Aboriginal enrollment in the program that you want to attend?

Some schools or specific programs reserve a certain number of spots for Aboriginal students. For example, the University of Victoria has a policy in which five percent of all seats are set aside for First Nations students. Policies like these are good indicators that show whether the institution aims to create an atmosphere that encourages Aboriginal participation.

How many Aboriginal faculty are on campus?

Make sure that your school has a high number of Aboriginal, advisors, support staff and professors. These people will become your saviors...

What kind of gathering spaces does the school provide?

Some campuses have designated spaces for their Aboriginal students to feel safe, healthy and at home away from home. For example, at UBC there is a First Nations House of Learning, more commonly referred to as 'the longhouse.' The longhouse has a computer lab, a kitchen, couches, a sweat lodge, lockers, advisors and a hall with four beautifully carved house posts.

For additional education program information please see the “Education” and “Post-secondary” sections.

Post-Secondary Education

BC Institute of Technology (BCIT)

3700 Willingdon Avenue, Burnaby, BC

Aboriginal Services, BCIT

Building SW1, Room 1555

Tel: 604-432-8474

Fax: 604-431-0724

Email: aboriginalservices@bcit.ca

Web: www.bcit.ca/aboriginal/

Hours: Mon – Fri 8:30am - 4:30pm

Offers: pre-admission advisory and referral services; orientation; liaison with band/tribal coordinators & sponsoring agencies, community resources, BCIT programs and services; study skills workshops; community referrals; entrance awards; cultural ceremonies; advocacy, mentoring; cultural and elder advising; computer and printer access, photocopying and fax.

The Aboriginal student lounge (located in Building SW1, Room 2315) offers access to phone, microwave, fridge, coffee maker, and snacks.

Venture Program, BCIT

Tel: 604-412-7651

Fax: 604-688-8437

A full-time, six-week program that provides 21 months of support upon completion. For people who want to start or improve their own business. Will help to assess, plan and launch your business venture with the highest probability of success. Learn how to improve marketing focus and strategic plan, attract financing, minimize risk, build a resource base and develop key contacts. Ultimately, you will leave with a fully operational business plan.

Canada World Youth

Toll free: 1-800-605-3526

Web: www.canadaworldyouth.org

Designs and delivers international educational programs for youth ages 15 - 25 years with a focus on volunteer work and community development in a cross-cultural setting. You can earn post-secondary credits. Working in partnership with local organizations,

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the majority of programs have a phase in Canada and one in more than 20 countries in Africa, Asia, Latin America, the Caribbean, and Central and Eastern Europe. Check website or call for info. There is usually a participation fee and the rest is raised by fundraising.

Capilano University

First Nations Student Advisor (North Vancouver campus)

Room 292, 3rd Floor, Birch Building

2055 Purcell Way, North Vancouver, BC

Web: www.capilanou.ca/services/advice/first-nations.html

First Nations Advisor Tel: 604-984-1762

First Nations Liaison Officer Tel: 604-986-1911, local 3067

Hours: Mon – Fri 8:30am - 4:30pm

Offer campus tours, assistance with course selection and registration, info about university resources, advisor for special programs, liaises with First Nations band education officers and instructors, and provides support regarding personal and educational matters. Offers programs for Aboriginal students ranging from college/career prep, arts and business. Call for info.

Carnegie Learning Centre

3rd floor 401 Main Street (at Hastings St.), Vancouver, BC

Tel: 604-665-3013

Admin hours: Mon to Fri 9am - 5pm

Helps people improve their reading, writing, and math skills. Also offers sign language instruction, help with resumes, computer services, and computer tutors. Contact by phone or drop in.

Douglas College

700 Royal Avenue, New Westminster, BC

Web: www.douglas.bc.ca

www.douglas.bc.ca/services/aboriginal.html

Aboriginal Student Services (Douglas College)

Room 4830, 4th Floor, New Westminster Campus (above)

Tel: 604-527-5565 Fax: 604-527-5095

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Web: www.douglas.bc.ca

Assists Aboriginal students by providing culturally appropriate services and resources. Student services include student lounge, access to computer and resources, traditional events, liaison and advocacy to assist Aboriginal students in meeting their academic and personal goals. Provides Aboriginal students with info about funding sources - including bursaries and scholarships, assists with application processes, support and liaison services.

Emily Carr University of Art & Design Aboriginal Coordinator

Student Services 1399 Johnson Street, Granville Island, BC

Tel: 604-844-3088 Toll Free: 1-800-832-7788

Fax: 604-844-3088 Web: www.ecuad.ca/aboriginal

Hours: Mon - Fri 9am – 4:30pm

Provides academic, cultural and personal support, and assistance obtaining bursaries and grants.

First Nations House of Learning (UBC)

1985 West Mall, Vancouver BC

Tel: 604-822-8940 Fax: 604-822-8944

Web: www.longhouse.ubc.ca

Coordinator, Aboriginal Student Services Tel: 604-822-8941

Aboriginal Student Recruiter/Advisor Tel: 604-822-8840

The FNHL is a 'home away from home' for First Nations students attending UBC. They have a childcare centre, personal counselling for UBC students, a First Nations resource library, student computer lab (for First Nations students attending UBC only) and a variety of student services, student organizations, and ceremonies.

Justice Institute of British Columbia Aboriginal Programs and Services

715 McBride Blvd, New Westminster, BC

Tel: 604-528-5522

Web: aboriginalprograms@jibc.ca

Call for appointment. First Nations, Inuit and Metis students or Aboriginal organizations and communities may access the following

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student services: career planning, access to funding, scholarships & bursaries and delivering training in your local community. May assist in locating and accessing funds to cover costs associated with completing the program.

Katimavik

#202- 768 Columbia Street, New Westminster, BC
Tel: 604-521-0555 Fax: 604-521-9393
Email: info@katimavik-bcyk.org

Canada's leading youth volunteer-service program. Fosters the personal, professional and social development of Canadian youth through volunteer involvement in communities from coast to coast. For 6-9 months, youth ages 17-21 live in groups of 11, in 3 different communities throughout the country. They work 35 hrs/week on volunteer community projects and participate in structured learning activities. Earn post-secondary credit and bursary upon completion.

Langara College

100 West 49th Ave, Vancouver, BC Web: www.langara.bc.ca/

Manager of Services for Aboriginal Students (Langara)

Office B139, 100 West 49th Ave., Vancouver, BC
Tel: 604-323-5645 Fax: 604-323-5590
Email: aboriginal@langara.bc.ca
Web: www.langara.bc.ca
www.langara.bc.ca/student-services/first-nations/index.html

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

Provides college orientation, counselling – educational, personal, and career, advocacy and liaison with band/tribe administrations, sponsoring agencies, community resources, college programs and/or services, assistance with transition into Langara College and/or transfer to other post-secondary institutes upon completion of studies at Langara College.

Aboriginal Studies Program (Langara College)

Email: aboriginal@langara.bc.ca

A two-year university transfer Arts and Science program that is part of the Social Sciences Division. Welcomes all students who have

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an interest in historic and contemporary Aboriginal issues. Includes Aboriginal Culture, Identity, and Community, International Indigenous Perspectives and the Law, Canadian Constitution and Aboriginal People, Aboriginal Urbanization and more. Call Manager of Services for Aboriginal Students for more info and/or to apply.

Nicola Valley Institute (NVIT)

#200 - 4355 Mathissi Place, Burnaby, BC

Tel: 604-602-9555 Fax: 604-602-3400

Email: info@nvit.bc.ca Web: www.nvit.bc.ca

Offers university level courses in an Indigenous environment. The Vancouver location offers a Bachelor of Social Work, University Transfer, Business diplomas, career training (Human Services) College readiness courses and several other subject areas. Call or visit the Web for more information.

Simon Fraser University (SFU)

Burnaby campus

8888 University Drive, Burnaby, BC

Vancouver campus

515 West Hastings St., Vancouver, BC

Surrey campus

#250 - 13450 - 102nd Avenue, Surrey, BC

First Nations Academic Advisor, SFU Burnaby

Tel: 778-782-7677

Email: fn_acad@sfu.ca

Assists Aboriginal students with academic advice, admissions, program and course selection, career counselling, grade appeals, transcripts, etc. Call for an appointment and hours for availability.

Indigenous First Nations Student Centre (IFNSC), SFU Burnaby

#1500 Maggie Benston Centre, Burnaby campus

Fax: 778.782.5682

Web: www.students.sfu.ca/firstnations/

Hours:

Mon to Fri

8:30am – 4:30pm

Student services include student lounge, access to computer and resources, traditional events, liaison and advocacy to assist Aboriginal students in meeting their academic and personal goals.

First Nations Student Life Coordinator, SFU Burnaby

Tel: 778-782-5663

Fax: 778-782-5682

Email: ggeorge@sfu.ca

First Nations Student Association, SFU Burnaby

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Tel: 778-782-6879 Email: ksr1@sfu.ca

An independent student-run organization for all self-identified Aboriginal, First Nations, Inuit, Métis, and status/on-status students at the Burnaby campus. Manages the First Nations student common room, which has computers for student use, and hosts and sponsors various events.

Free or Cheap Clothing, Food, Laundry & Showers

The Gathering Place

609 Helmcken Street (at Granville St.), Vancouver, BC
Tel: 604-665-2391

Hours: Mon to Sat 10am - 8pm

Donation room, shower, laundry, delousing, day storage, donation room (phone for exact times). Volunteers are paid in food stamps for use in their cafeteria.

Breakfast \$2.00, Coffee \$0.50, Sandwiches for \$1.00, Lunch \$2.75, Soup \$0.75, Dinner \$3.75. \$1.00 yearly membership is required.

Carnegie Community Centre - Cafeteria

401 Main Street (at Hastings St.), Vancouver, BC
Tel: 604-665-2220

Cheap meals 7 days a week:

Breakfast for \$1.75	10 - 11:30am
Lunch for \$1.75	12pm – until they run out
Dinner for \$1.75	5pm – 9pm

Evelyne Saller Centre

320 Alexander Street (at Gore St.), Vancouver, BC
Tel: 604-665-3075

Hours: Weekdays 9am - 11pm
Weekends 10am - 10pm

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Meals for \$2: Daily 10 am - 5pm

Free laundry and showers, recreation programs inside and outside the center. This resource is adult oriented. However, youth are welcome during the day only.

Dug Out

59 Powell Street (at Carrall St.), Vancouver, BC
Tel: 604-685-5239

Coffee and Soup line: Mon to Sat 7:15am
Sun & holidays 8:15am

Drop-in hours: Mon to Sat 8:30am - 5pm
Sun & holidays 10am - 5pm

Drop-in social centre for all ages with a room with TV and games.

Mission Possible Compassionate Ministries Society - Church of the Nazarene

543 Powell Street (at Jackson St.), Vancouver, BC
Tel: 604-253-4469 Fax: 604-253-0418

Free food: Tues & Thurs 1 - 3:30pm coffee & snacks
Wed & Fri 1 - 2pm lunch
Fri 2 - 3:30 coffee and snacks
Sat 9 - 10am power breakfast
12 - 1:30pm coffee

Free clothing: Wed 10:30 – 11:30am

Veterinarian and pet food available: Thurs 10am

Downtown Eastside Women's Centre

Drop-in Centre - 302 Columbia Street (at Cordova), Vancouver, BC
Tel: 604-681-8480 Fax: 604-681-8470
Email: centre@dewr.ca Web: www.dewc.ca

Hours: Mon, Tues, Thurs, Fri 10am - 5pm
Wed 11am - 5pm
Sat, Sun 12pm – 5pm

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For women. Breakfast is served on Tues and Thurs from 10-11am. Lunch is served daily from 12:30-1:45pm. Offers free showers, laundry, personal hygiene products, clothing, telephones, and computers. May offer dinner to those attending specific programs. Also offers a secure mailing address for women, storage of personal documents and a resource centre. See the Advocacy section for more information.

Food Bank - Greater Vancouver Food Bank Society

Tel: 604-876-3601 Web: www.foodbank.bc.ca

Call the above number to be directed to the nearest of 17 locations. You must register and then go to the same depot each week. You cannot go to more than one depot per week. You need to bring ID for yourself and each member of family that you are receiving food for. You get a 3 day supply of food per person, per week. You must be at least 16 years of age. Not open during cheque issue week.

First United Church

320 East Hastings (at Gore St.), Vancouver, BC

Tel: 604-681-8365

Coffee and sandwiches: Mon - Fri 8:30am

Showers with toiletries: Mon - Fri 8-10am and 8-10pm

Emergency Clothing Room also available.

Salvation Army Community & Family Services

3213 Fraser Street (at 16th Ave), Vancouver, BC

Tel: 604-872-7676

Hours: Mon – Fri 9am to 3:30pm

Breakfast: Mon, Wed & Fri 9 -10:30am

For families with children. You must make an appointment and bring ID for yourself and each of your children to receive free food or clothing vouchers - maximum of 2-3 clothing vouchers per year. Christian 12 Step Program and women's support group.

Franciscan Sisters of the Atonement

385 East Cordova Street (at Gore St.), Vancouver, BC

Tel: 604-685-9987

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Free soup & sandwiches: Mon, Tues, Thurs, Fri 3:30pm
Sat 2pm

Men’s clothing room: Mon – Thurs 9 - 11am

Parents with children can get emergency groceries. You must call ahead and bring I.D. Pick up time is 1pm.

Gordon Neighbourhood House

1019 Broughton Street (at Nelson St.), Vancouver, BC

Tel: 604-683-2554

Lunch for \$5.00: Tues & Thurs 12:15pm

General hours: Mon - Wed, 9am - 9pm; Thurs - Sat, 9am - 4:30pm

Harbour Light Soup Line

119 East Cordova Street (at Main St.), Vancouver, BC

Tel: 604-646-6800

Hours: Mon to Fri 11 - 11:45am
Mon, Wed, Fri, Sat, Sun 5 - 5:45pm

Salvation Army Thrift Store

261 East 12th Avenue (east of Main St.), Vancouver, BC

Tel: 604-874-4721

Hours: Mon to Sat 9am-6pm

Clothing, small appliances, toys, games, furniture, etc. at cheap prices.

Union Gospel Mission

616 E Cordova Street (at Princess), Vancouver, BC

Tel: 604-253-3323

Offers three free meals a day, and Breadline Mon-Sun at 4pm.

Clothing donations on Mon, Wed and Fri from 6:30am-8am.

Women’s drop-in are Mon-Fri from 2:45pm-5pm Mon-Fri at 616 E.

Hastings Street. Men’s clothing, coffee and pastries at 607 E.

Hastings St.

Union Gospel Mission Thrift Store

671 East Hastings Street, Vancouver, BC

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Tel: 604-254-8721 Fax: 604-254-8377

Hours: Tues to Sat 9am-4:30pm

New & used furniture, clothing, household goods, and shoes at cheap prices.

Value Village

1820 East Hastings St (near Victoria Dr.), Vancouver BC

New & used furniture, clothing, household goods, and shoes at cheap prices.

British Columbia Persons with AIDS Society

2nd floor - 1107 Seymour Street (at Helmcken St.), Vancouver, BC

Toll Free: 1-800-994-2437 Tel: 604-893-2200

Fax: 604-893-2251 Email: info@bcpwa.org Web: www.bcpwa.org

Hours: Weekdays, 10am - 4pm

Members only. No cost. You will need a doctor to verify your HIV status. Lounge offers free coffee and juice, movies/music, and phone. The peer-run store offers free clothing, household goods, bedding, small appliances and more. The Complimentary Health Fund offers reimbursements for the cost of services and products for HIV/AIDS related symptoms not subsidized by other resources. Be sure to check eligibility criteria.

Breakfast Club

Kiwassa Neighbourhood House

2425 Oxford Street (at Nanaimo St.), Vancouver, BC

Tel: 604-254-5401 **Hours:** Mon to Fri 8 - 8:45am

Offers a free, nutritious meal of cereal and toast, pancakes, eggs, or french toast. All you can eat. Note: a child (in school) must accompany an adult.

Financial Assistance

Income Assistance

Ministry of Housing and Social Development

Tel: 1-866-866-0800 Web: www.gov.bc.ca/hsd

Also known as “welfare”. Besides basic support and shelter, additional benefits may be available such as pregnancy or dietary allowance, clothing allowance for confirmed work, a bus pass for some programs and training, free emergency dental, free medical and prescriptions, damage deposits, assistance with grants. In order to be eligible to receive assistance, you must have 3 pieces of identification (A photo ID, a Social Insurance Number, a birth certificate, status card or health card)

If you are under 19, check in with Vancouver Youth Services at 550 Cambie St. (604-660-9376) to get a referral to a local Ministry office.

***Note:** People under 19 years old will need to provide the name and phone number of their parents, who may be contacted. If you fail to receive income assistance or are cut off, there are organizations that can help you with your appeal:

DERA	Tel: 604-682-0913
Downtown Eastside Women’s Centre	Tel: 604-681-8480
First United Church	Tel: 604-681-8365
Legal Services Society of BC	Tel: 604-601-6206
Ray-Cam Community Centre	Tel: 604-257-6949

Ministry Offices:

#201 – 475 East Broadway, Vancouver	Tel: 604-660-6500
2350 Commercial Drive, Vancouver	Tel: 604-660-9066
687 Powell St., Vancouver	Tel: 604-660-9377
#910 – 360 West Georgia St., Vancouver	Tel: 604-660-3224
2280 Kingsway, Vancouver	Tel: 604-660-5644

You need an appointment, so call ahead.

Identification (ID)

“Indian” Status Card

Department of Indian and Northern Development

#600, 6th floor, 1138 Melville Street, Vancouver, BC

Tel: 604-775-5100

Toll free: 1-800-622-6232

TTY: 1-800-926-9105 Fax: 604-775-7149

Web: www.ainc-inac.gc.ca

Hours: Mon, Wed and Fri 9am - 4pm

You must be a “registered Indian” to receive a status card. You must bring your birth certificate and another piece of photo ID. If you are under 19, a parent, guardian or a social worker will have to apply for you. You will also need to bring a 1” x 1.5” photo of yourself, and you cannot be wearing a hat, headband, or dark glasses in your photo. You will receive your card immediately.

First Nations and Inuit Health Branch

Health Canada

#701, 1166 Alberni Street, Vancouver, BC

Tel: 604-666-3331

Web: www.hc-sc.gc.ca

Hours: Mon to Fri 8am - 4pm

Helps Aboriginal people getting their BC Medical Services Card (Care Card), and other needed health services such as dental. Phone to see what type of identification and/or information you need to bring with you to apply for your medical card. Drop in anytime. Also offers Residential School counselling & information on Residential School appeals.

Birth Certificate

Vital Statistics

#250 - 605 Robson Street (at Seymour St), Vancouver, BC

Tel: 604-660-2937

Web: www.vs.gov.bc.ca

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

You must know your mother’s maiden name and where both of your parents were born (if they are both listed on your birth certificate). If

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you were not born in BC, you will have to get a form from this office and send it away to the province where you were born. The cost is \$27. In BC, it will take 5-7 business days, plus mailing time.

BC ID Card

Driver Services Centre

2750 Commercial Drive (at 11th Ave), Vancouver, BC
221 – 1055 West Georgia St., Vancouver, BC
Tel: 1-800-950-1498

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

You will need your birth certificate and another piece of ID such as a bankcard, your SIN or Care card or something with your signature on it. Cost is \$35. You will receive your BC ID card in 4-6 weeks.

Driver's License

Driver Services Centre

2750 Commercial Drive (at 11th Ave) Vancouver, BC
221 – 1055 West Georgia St., Vancouver, BC
Web: www.icbc.com
Tel: 1-800-950-1498 Road Test Bookings: 604-661-2255

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

You must be at least 16 years old. If you are under 19, your parent or guardian has to sign for you. You must bring a birth certificate and another piece of ID. The cost for the learners' license is \$35.

Canadian Passport

Passport Canada

#200 - 757 W Hastings Street (at Sinclair Centre), Vancouver, BC
Tel: 1-800-567-6868 Web: www.ppt.gc.ca

Hours: Mon – Fri 7:30am - 4:30pm

Applications available online or at a post office. You must fill out the form, have two pieces of photo ID (ie. birth certificate, status card, drivers license or BC ID), and provide two passport photos (you can get these taken at most photo stores). The form requires a guarantor to sign - someone who has a valid passport, will verify your information, and has known you for at least two years. They

will sign the back of the photo and your application to confirm it is really you. It costs \$87. Plan ahead! There can be line ups, and it takes approx 4-6 weeks to receive.

Social Insurance Number (SIN Card) Service Canada

#415 - 757 West Hastings Street (at Sinclair Centre), Vancouver, BC
125 East 10th Avenue (at Quebec St.), Vancouver, BC
Tel: 604-681-8253 Toll free: 1-800-622-6232

If you are at least 12 years old and a Canadian citizen, just take your birth certificate to any Employment and Immigration office and fill out the form. There is no cost, but a replacement card will cost you \$10.

Volunteering

Many Native and non-Native community organizations are open to hosting volunteers to help them. You can gain great experience to put on your resume, to use in your daily life, or to pass on to others. If you would like to volunteer, find an organization that you think is interesting, then give them a call or drop by to see if they have any volunteering opportunities for you.

Aboriginal Youth FIRST (AYF) Program Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6
Tel: 604-254-7732 Fax: 604-254-7811
Email: sportsandrec@unya.bc.ca Web: www.unya.bc.ca

Offers diverse sports and recreational activities for Native youth ages 11–23 years. Programs take place at various locations, and include: canoeing; yoga and fitness; Ju jutsu; snowboarding and hiking; leadership and skills training.

Potential areas to volunteer: helping to plan, set up, lead and/or support a broad range of activities, as well as day camps. Particular interest in recruiting volunteers who can coach/instruct specialized activities and offer leadership workshops. **Note:** requires a criminal record check to ensure that volunteers are not a risk to children.

Kinnections Program Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6
Tel: 604-254-7732 Fax: 254-7811
Email: kinnections@unya.bc.ca Web: www.unya.bc.ca

Provides support to Native youth ages 15 - 19 years who are in the care of MCFD or VACFSS, or on a Youth Agreement. The program connects youth to trained community volunteer mentors who can provide support as youth become adults, and also provides support to mentors and referring Social workers.

Potential areas to volunteer: mentoring a youth. **Note:** requires a 1-2 year commitment, and a criminal record check to ensure that volunteers are not a risk to children.

Mentorship Program Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6
Tel: 604-254-7732 Fax: 604-254-7811
Email: mentorship@unya.bc.ca Web: www.unya.bc.ca

Provides Native youth ages 13-18 years (who are involved with the Ministry of Children and Family Development) with positive social, educational and cultural mentoring opportunities as well as support, advocacy and guidance.

Potential areas to volunteer: mentoring a youth. **Note:** requires a 1-2 year commitment, and a criminal record check to ensure that volunteers are not a risk to children.

Music Arts & Culture (MAC) Program Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6
Tel: 604-254-7732 Fax: 254-7811
Email: info@unya.bc.ca Web: www.unya.bc.ca

Offers diverse arts and cultural programming for youth ages 13-24 years. Activities developed for youth by youth include music lessons, art projects, theatre, drum making, singing, dancing and much more.

Helping Hands – Empowering Native Youth

Potential areas to volunteer: helping to plan, set up, lead and/or support a broad range of activities. Particular interest in recruiting volunteers who can offer lessons/workshops (ie. teach music, arts, etc.) **Note:** requires a criminal record check to ensure that volunteers are not a risk to children.

Native Youth Learning Centre (NYLC)

Urban Native Youth Association

1618 East Hastings Street, Vancouver, BC V5L 1S6

Tel: 604-254-5620 Fax: 604-254-5630

Email: learningcentre@unya.bc.ca Web: www.unya.bc.ca

Hours: Mon to Fri 2pm - 9pm

Computer lab which focuses on helping Native youth ages 13 - 29 years gain academic and employment skills to prepare them for the workforce. Includes e-learning, workshops, tutoring, job searches, resume writing and interview skills, one-to-one support, and cultural enrichment and teachings.

Potential areas to volunteer: tutoring; helping to plan, set up, lead and/or support activities. **Note:** requires a criminal record check to ensure that volunteers are not a risk to children.

Volunteer Vancouver

1183 Melville Street, Vancouver, BC

Tel: 604-875-9144 Fax: 604-875-0710

Web: www.volunteervancouver.ca

Hours: Mon to Fri 8:30am – 4:30pm

Odds 'N' Ends

S.P.C.A

Society for the Prevention of Cruelty to Animals

1205 East 7th Avenue (at Clark Dr.), Vancouver, BC

Tel: 604-879-7721 Emergency Animal Hospital: 604-879-7343

Youthink Publishing Inc.

Canada Wide Media

4th Floor, 4180 Lougheed Highway, Burnaby, BC

Tel: 604-299-7311 Fax: 604-299-9188 Web: www.youthink.ca

Hours: Mon to Fri 9am - 5pm

Monthly magazine distributed to secondary schools, written by high school students who showcase their accomplishments, ideas and school events. Regular writers interview musicians, actors, athletes, and review arts events/ photograph major concerts.

Overeaters Anonymous

Tel: 604-878-4575

Sex Addicts Anonymous (SA) Tel: 604-290-9544

Employment Insurance

Service Canada

#415 - 757 West Hastings Street (at Sinclair Centre), Vancouver, BC

125 East 10th Avenue (at Quebec St.), Vancouver, BC

Tel: 604-681-8253 Toll free: 1-800-206-7218

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

You may be eligible for EI if you have a social insurance number and were laid off after 26 weeks of work, and have been off of work for at least 7 days. Call or drop by for more info. There is a two-week waiting period during which no benefits are payable after filing a claim.

Income Tax Office (Vancouver)

Canada Revenue Agency

#400 – 1166 Pender Street, Vancouver, BC

Tel: 1-800-959-8281 Web: www.ccra.gc.ca

Hours: Mon to Fri 8:15am - 5pm

Provides tax info and assistance in filing personal tax returns.

Information Services Vancouver

Tel: 604-875-6381 TTY: 604-875-0885

Provides info and referrals on community and social services.

Medical Services Plan

Tel: 604-683-7151 for registration and cost enquiries

Web: www.healthservices.gov.bc.ca/msp

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

Transit (Bus) Information or Complaints

Customer Info: 604-953-3333 or

Customer Comments: 604-953-3040

Web: www.translink.bc.ca

You can pick up bus schedules at all libraries in the Vancouver area.

Vancouver Public Library

350 West Georgia Street (at Homer), Vancouver, BC

Tel: 604-331-3603 Web: www.vpl.ca

Hours: Mon - Thurs 10am - 9pm

Fri - Sat 10am - 6pm Sun 12 - 5pm

You need a piece of ID to get a library card and a letter with your address - like a bill, or anything that states that you are living in Vancouver. Free to check-out books, free internet available with library card.

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Urban Native Youth Association
"Training the Leaders of Tomorrow"

2010