THINGS TO KNOW BEFORE MOVING TO THE CITY

A GUIDE
TO ABORIGINAL RESOURCES
in Greater Vancouver
OUR GUIDE’S PURPOSE IS TO provide information help you research help you navigate help you make good decisions help you reach your goals in your transition to Greater Vancouver
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**SYMBOL** - Indicates Aboriginal Services
We asked Employment Support Workers at Aboriginal Community Career Employment Services Society (ACCESS) (one of our many partner agencies in Greater Vancouver) the following question:

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

**BEFORE ARRIVING IN VANCOUVER:**
- Have at least $1,500.00 in your bank account;
- Have your own bank account;
- Have valid ID: Status card, Care card, BCID, Driver’s License, Birth Certificate;
- Have a copy of certifications & education transcripts;
- Have proof of employment papers: pay stubs;
- Have secure and stable housing in place before arriving;
- Have a plan for employment;
- If you have a vehicle be sure it is in good working order;
- Come knowing the transition to city life is difficult and stressful; and
- Be prepared, it could take several weeks or months to find work.

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

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

**LOCATIONS:**
1607 E Hastings (Friendship Centre), Vancouver | 604.251.7955
735 Carnarvon St, New Westminster | 604.521.5929
390 Main St, Vancouver | 604.687.7480
10757 138 St, Surrey | 778.395.0385
How will you live when you arrive in the City?

THINGS TO CONSIDER:

PREPARE A BUDGET FOR YOURSELF!
Let's figure out your travel budget and monthly expenses. Here is a list of expenses to see what you will need to save.

- Travel to Vancouver (gas, bus, flight, ferry) $
- Food on the trip $
- Monthly Accommodation in Vancouver $
- Damage Deposit $
- Groceries per month $
- Transportation $
- Clothes $
- Odds & Ends $
- Entertainment $

Total needed each Month in Vancouver $_____

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

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

KNOW YOUR MONTHLY INCOME
(once you have your housing)

Monthly Income:
- Employment Income $
- Income Assistance $
- Other, Student living allowance, etc. $

Monthly Expenses:
- Accommodation/Rent $
- Groceries $
- Transportation $
- Clothes $
- Odds & Ends $
- Entertainment $

Total Expenses $_____
Money left over $_____

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

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

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

**Native Education College**
285 East 5th Ave, Vancouver

**Vancouver Aboriginal Child and Family Services Society**
471 East Broadway, Vancouver

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

**Lu’má Youth Mentor**
2986 Nanaimo St, Vancouver

**ACCESS DTES**
290 Main St, Vancouver

**EMPLOYMENT SERVICES:**

**ACCESS Friendship Centre**
Contact: Blair Bellerose Blair@buildingfutures today.com
1607 E Hastings St, Vancouver

**ACCESS New Westminster**
Contact: Cathy Roy, croy@accessfutures.com
735 Carnarvon St, New Westminster

**ACCESS Surrey**
10757 138 St, Surrey

**Bladerunners**
390 Main St, Vancouver

**Musqueam Employment**
6735 Salish Dr, Vancouver

**Sto:lo Aboriginal Skills and Employment**
10757 - 138th St, Surrey

**Metis Nation BC Employment**
10757 - 138th St, Surrey

**OTHER:**

**Sheway**
PO Box 101 - 533 E Hastings St, Vancouver

**Vancouver Aboriginal Transformative Justice Services Society**
2982 Nanaimo St, Vancouver

**Helping Spirit Lodge Society**
3965 Dumfries St, Vancouver
COMMUNICATIONS & MEDIA

First Nations Drum
101 - 1001 W Broadway St, Vancouver
604.669.5582
www.firstnationsdrum.com
We are Canada’s largest Aboriginal newspaper, reaching communities all across the country. Distributed to Native Bands, Friendship Centres, Tribal Councils, Schools, Colleges and Universities, Libraries, various aboriginal businesses and organizations from east to west.

Nation Talk
Canada’s Premier National Aboriginal Newswire

CFRO Vancouver Co-op Radio - 102.7FM
110 - 360 Columbia St, Vancouver
604.684.8494
www.coopradio.org

La Boussole Francophone Centre
651 E Broadway St, Vancouver
604.683.7337
www.lbv.ca | laboussole@lbv.ca
Wide range of French speaking activities like sewing workshops, meeting of members, food bank, meals.

Aboriginal Mother Centre
2019 Dundas St, Vancouver

Skeena House
3475 E Hastings St, Vancouver

Fraser Region Aboriginal Friendship Centre
Contact: in limbo
6878 King George Blvd, Surrey

Cwenengitel
13632 110 A Ave, Surrey

Native Courtworkers and Counselling Association
520 Richards St, Vancouver

Vancouver Aboriginal Friendship Centre Outreach
1607 E Hastings St, Vancouver

PHONE ACCESS

DTES Women’s Centre
302 Columbia St, Vancouver | 604.681.8480

DURC
412 E Cordova St, Vancouver | 604.263.3261

First United Church
320 E Hastings St, Vancouver | 604.681.8365

Union Gospel Mission
601 E Hastings St, Vancouver | 604.253.3323

WorkBC Hastings
112 W Hastings St, Vancouver | 604.872.0770
BASIC NEEDS
FREE CLOTHING

411 Senoir’s Centre
705 - 33 Terminal Ave | 604.684.8171

Covenant House
575 Drake St | 604.685.7474

DTES Women’s Centre
302 Columbia St | 604.681.8480

First United Church
320 E Hastings St | 604.681.8365

SPCA
543 Powell St | 604.253.4469

Union Gospel Mission
616 E Cordova St | 604.253.4044
For Women

YWCA
533 E Hastings St | 604.689.2808

LOW COST CLOTHING

First United Thrift Store
320 E Hastings St | 604.569.1117

MCC Thrift Shop
5914 Fraser St | 604.325.1612

The Salvation Army Thrift Shop
261 E 12th St | 604.874.4721

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

Value Village
1820 E Hastings St | 604.254.4282
Call to find value Village closest to you

LAUNDRY AND SHOWERS

Directions Youth Service
1138 Burrard St | 604.633.1472 or 1.800.249.6884

DTES Women’s Centre
302 E Columbia St | 604.681.8480

Evelyne Saller Centre
320 Alexander St | 604.665.3075

Gathering Place
609 Helmcken St | 604.665.2379

Lord Rain
327 Carrall St | 604.684.3097

PHS Community Services Society
412 E Cordova St | 604.678.8279

HAIRCUTS

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

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

STORAGE

First United Church
320 E Hastings St, Vancouver
First come first serve. 50 lb maximum weight. If you do not check in every 24hrs belongings will be removed and space given to someone else. Check-in/Check-out times: 8 am to noon, 2 to 5pm and 7:30 to 10:30pm.
FREE AND LOW COST MEALS IN VANCOUVER

THE FOOD BANK
1150 Raymur St | 604.876.3601 | foodback.bc.ca
Call to find the Food Bank closest to you

Carnegie Centre
401 Main St | 604.665.2220
Breakfast ($2.00) - Everyday 9-11am
Lunch ($2.25) - Everyday 12-4pm
Dinner ($3.25) - Everyday 5-8pm

Carrall Street Church
331 Carrall St | 604.684.3097
Free Food: Service & Meal - Families Only
Tue, Thur & Fri: 6:30pm
Sun: 12:30pm

Directions Youth Services
1138 Burrard St | 604.669.0498
Free Food: Hot meals - Everyday 8-8:30pm - 21 years and under only

Door is Open
255 Dunlevy St | 604.669.0498
Free Lunch
Mon & Tue: 11am
Wed: 1:30 - Seniors Only
Thur, Fri & Sat: 11am
(First Saturday of the month breakfast @ 7am)
Sun: 12 noon

Downtown Eastside Neighbourhood House
572 E Hastings St | 604.215.2030
Free food: Breakfast & Lunch
Mon: 10-11:30am
Tue: 3:30-6:30pm - Families Only (Except before cheque day)
Wed: 10-11:30am & 11:30am-2pm
Thur: 3:30-6:30pm - Families Only

Drug Users Resource (DURC)
412 E Cordova St | 604.685.8278
Free Food: Breakfast, Lunch, Snack & Coffee
Mon to Fri: 10:30am-12:00pm & 11am-2:30pm
Sat & Sun: Closed

Drugout
59 Powell St | 604.685.5239
Free Food: Coffee/Soup/Bun
Mon to Sat: 7:30am
Sun: 8:30am

Evelyne Saller Center aka "the 44"
320 Alexander St | 604.665.3075
Breakfast ($2.00) - Everyday 10am-12pm
Lunch ($2.00) - Everyday 11am-3pm
Dinner ($2.00) - Everyday 3-5:50pm

First United Church
320 E Hastings St | 604.681.8365
Free Food: Breakfast, Lunch & Snack (M-F)
Mon to Thur: 8:30am, 12:00pm, 2:00pm
Fri: 8:30am, 12:00pm, 2:00pm | Dinner 6:00pm
Sat & Sun: 8:30am, 12:00pm

Food on the Corner
Main St and Cordova St
Free Food: Soup, Bread, Coffee Sweets & Sandwiches
Sat: 11:00am-12 noon

Gathering Place
609 Helmcken St | 604.665.2391
Breakfast ($2.00) - Everyday 10am-11pm
Lunch ($2.75) - Everyday 12am-1:25pm
Dinner ($3.25/$3.75) - Everyday 4-5:25pm
FREE AND LOW COST MEALS IN VANCOUVER

Habour Light
119 E Cordova St | 604.645.6800
No meal on cheque issue a day.
Free Food (limited meals so be there at least 15 minutes before):
Mon: 10:30-11:30am & 4-5pm
Tue: 10:30-11:30am
Wed: 10:30-11:30am & 4-5pm
Thur: 10:30-11:30am
Fri: 10:30-11:30am & 4-5pm
Sat: 4-5pm
Sun: 4-5pm

Living Waters
782 E Hastings St | 604.251.2493
Free Food & Service
Sat: 7pm (hotdogs, coleslaw, coffee, juice)
Sun: 11am (hotdogs, coleslaw, coffee, juice)

The Salvation Army
222 Main St | 604.525.7311
Free Food: Soup/Sandwich Treats
Tue: 9:45pm-11pm
Sun: 9:45pm-11pm

The Salvation Army Vancouver Harbour Light
119 E Cordova St | 604.646.6800
www.harbourlightbc.com
Offers nutritious free meals.

Union Gospel Mission
601 E Hastings St (Enter on Princess St) | 604.253.3323
Free Food: Lunch and Dinner
Mon to Fri: Lunch 11am | Dinner 6:30pm
Sat: Lunch 11am | Dinner 4pm
Sun: Dinner 4pm

FREE MEALS FOR WOMEN

Door is Open
373 E Cordova St | 604.669.0498
Breakfast - Wed 8:30am
Lunch - Wed 11:30am

WISH
330 Alexander St | 604.669.9474
Female Sex Trade Women Only.
Breakfast, Hot meal & Coffee
Everyday 7-9am & 6-8pm

Women's Centre
302 E. Columbia St | 604.681.8480
Lunch and Movie (Popcorn is subject to availability)
Everyday 12:30-1:45pm or 2pm

YWCA Crabtree Corner
533 E Hastings St | 604.216.1650
Lunch - Mon, Tue, Thu & Fri 2pm
Soup - Wed 10:30am

YWCA
533 E Hastings St | 604.216.1650
Pregnant Women Only.
Lunch (except stat holidays) - Mon to Fri 12-2pm

PET FOOD BANK

SPCA
543 Powell St | 604.253.4469
Free Food:
Thu: Charlie's SPCA Pet food Bank 10am-2pm
Fri: Power Breakfast 9am & Coffee 12-1:30pm
HOUSING
There is a WIDE range of housing options available in the Greater Vancouver Regional District which includes Emergency housing/shelters, transitional housing, affordable housing, seniors' housing, co-ops and market housing.

EMERGENCY HOUSING / SHELTERS
Homeless people can sleep at night in shelters operated by non-profits. There is food and other services that can help. Some shelters have showers. You can dial 211 on any phone to find out where there is availability.

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

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

RECOVERY HOUSES $375 / mth +
Recovery houses provide housing, meals and a harm reduction or addiction recovery program. We recommend only considering a Recovery house owned and operated by a non-profit. Please only access Recovery Houses referred by a Support Worker or call 211. There are some places that list themselves as Recovery Houses but may not be licensed.

SRO's (Single Room Occupancy) $375-650 / mth
There are a lot of older buildings in the downtown east-side of Vancouver that used to be hotels in the 1880-1960's. In the 70's, the area changed and the hotels became cheap studio apartments that were often not managed very well. It became a dangerous area with vulnerable women disappearing and predatory drug dealers taking over the neighbourhood. BC Housing purchased most of these buildings to maintain an affordable housing stock. Many residents have a range of issues: drug and alcohol abuse, mental and physical illness. Check to see if they have tenancy agreements so you have rights as a tenant before you consider renting a room at an SRO. Usually SRO rooms have no private washroom or kitchen.
ABORIGINAL AFFORDABLE HOUSING

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

AFFORDABLE HOUSING NO SUBSIDY

$750-1,900 / mth (Lower end of market rent)

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

TRANSITION HOUSING $375 / mth +

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

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

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

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

CO-OP Housing
Membership Fee + Rent $700-1,200
Apply in advance of coming to Vancouver to get on the waitlist 0-3 years long. Sometimes they have immediate availability. Co-op housing units are well priced ($900 - 1,600) for a 3 or 4 bedroom in Vancouver. Approach each Co-Op individually in the area you want to live and complete an application (these are not tied into the BC Housing Registry). When you are accepted, there is a fee to join the Co-Op ($500-3,000). This may be worth the investment because you will usually pay a lower rent which is the draw to Co-Op living. Attending annual or bi-monthly tenant meetings is usually mandatory.

SHARED HOUSING $375-800 / mth +
Housing in Vancouver is expensive so plenty of people share privately owned apartments or houses. You can find shared housing on Craigslist, Easy Roommate.com, and Partners in Hope websites. Perhaps the owner of a house wants to rent out a room or maybe some students have a 3 bedroom flat in a house and need a roommate. Check out your school’s bulletin board for rooms for rent. Usually there are shared areas like kitchen, bathroom, and living room. Listen to your inner spirit: Are these good people to live with? Ask lots of questions about their lifestyle & house rules. Write down some questions beforehand. Take notes when you view the place so you can think it over later. Make sure you get a receipt for all deposit and rent money paid.

PRIVATE HOUSING $600-2,000 +
You may be eligible for a Rental Subsidy to help you afford rent. Privately owned apartments, condo’s and houses can be found on Craigslist. Owners can be picky and difficult or easy going and friendly. Watch out for mould in cheaper places. Is this a good place for me to live? Make sure you have a tenancy agreement to sign so your rights as a tenant are protected. You will be able to afford something bigger, nicer and cheaper the further you go from downtown. It helps if you have a number of people so you can rent an entire upper or lower floor in a house. If you have housing references, employment setup, and some other family, you may find renting a whole house is an affordable option in areas like Coquitlam, Burnaby and Maple Ridge.
RENTAL ASSISTANCE PROGRAM
Provides eligible low-income, working families with cash assistance to help with their monthly rent payments.

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

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

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

Download the Application:
www.bchousing.org/Options
or Call 604 433-2218 to find locations to pick one

SHELTER AID FOR ELDERLY RENTERS
— SAFER —

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

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

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

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

Download the Application:
www.bchousing.org/Options
or Call 604 433-2218 to find locations to pick one
CHECKLIST

WHEN YOU VIEW PLACES FOR RENT

1. **Is everything clean & functioning?** (ie. fridge/air conditioning/windows/locks/doors/toilets/shower) If not, is the landlord willing to fix it before you move in?

2. **Bug evidence of any kind. Look for evidence of bugs, bed bugs or rodents.** (sightings, bodies or droppings)

3. **What neighbours the apartment?** Is it just neighbours? Or would you be living above a business that might be noisy all day? Or next to a laundry room that seems quiet now but might get loud at odd hours?

4. **Condition of Carpet.** Is it really old and dusty or smelly from a pet? Is it heavily soiled? Has it been cleaned lately? Do the white sock test.

5. **Does the stove and bathroom fan work?** Try the tissue test to see if it pulls air. Can the landlord replace the fan?

6. **What's around the apartment?** Drive around the area at night to see how safe it really is. Bus stops or roads with a lot of traffic might be noisy.

7. **Does it smell of smoke in the hallway/around the building?** If you don't like smoke in your apartment, investigate if any neighbours are smokers... unless you want to close your windows all the time.

8. **Where/how are the trash and communal laundry kept?** It can tell a lot about how the apartments are maintained and what kind of neighbours you'd be living next to.

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

9. **Is there mould, moisture, ceiling stains?** Single pane windows have a lot of water condensation when it's cold outside. Then the drips can rot out wood/drywall window sills.

The above Checklist provided Courtesy of Vancouver Aboriginal Transformative Justice Services Society (VATJSS) | [www.vatjss.com](http://www.vatjss.com)
Get on the BC Housing Registry: www.bchousing.org/Partners/Housing_Registry

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

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

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

Lu’ma Native Housing Society
2960 Nanaimo St, Vancouver
604.876.0811 | www.lnhs.ca
Aboriginal Housing for families, youth & singles in Metro Vancouver.

Vancouver Native Housing Society
1726 East Hastings St, Vancouver
604.320.3312 | www.vnhs.ca
Studios, 1-3 Bedroom units for singles & families in downtown & eastside, Vancouver.

Kekinow Native Housing Society
1014 - 7445 132nd St, Surrey
604.591.5299 | www.kekinow.ca
Townhouses for singles & families in Surrey & Chilliwack.

Mamele'awt Qweesome & To'o Housing Society
143- 34110 Lougheed Hwy, Mission
604.820.3324 | www.mqhs.ca
Affordable housing for singles & families in Mission, Abbotsford, Chilliwack, Rosedale, Agassiz, Harrison Hot Springs and Hope.

BC Native Housing
678 E Hastings St, Vancouver
604.688.1821 | http://www.bcnh.bc.ca/index.htm
Delivers the Rural and Native Housing Program (RNH) to Aboriginal and Non-Aboriginal People residing within rural areas located throughout British Columbia.

Lookout Emergency Aid Society
544 Columbia St, New Westminster
604.255.0340 | www.lookoutsociety.ca
Supportive and transitional housing, emergency shelters and a range of support services to adults with low or no income who have few, if any, housing or support options.

Neighbourhood Housing Society
380 Main St, Vancouver
604.331.8757 | neighbourhoodhousing.vcn.bc.ca
Affordable housing options for low-income people living in the Vancouver Downtown Eastside.

RainCity Housing & Support Society
616 Powell St, Vancouver
604.662.7023 | www.raincityhousing.org
Progressive housing and support solutions for people living with mental illness, addictions and other challenges.

The Salvation Army
103 - 3833 Henning Dr, Burnaby
604.299.3908 | www.salvationarmy.ca/britishcolumbia
Residential independent living, assisted living, complex care, hospice, and support services for seniors, people living with addictions and other challenges.

PHS Community Services Society
20 West Hastings St, Vancouver
www.phs.ca
Affordable housing for adult individuals who are poorly served elsewhere in the community due to their physical health, mental health, behavioural issues, substance dependencies, forensic history, and for those who are homeless.

Atira Women's Resource Society
101 East Cordova St, Vancouver
604.331.1407 | www.atira.bc.ca
Housing for women in Vancouver and the Lower Mainland.
VANCOUVER EASTSIDE

**Grandview Gardens**
2535 Grandview Hwy, Vancouver | 604.451.6670
3 and 4 bedroom townhouses on treed bikeway

**Grandview Terrace**
1501 Woodland, Vancouver | 604.433.2218
1 to 4 bedroom, quiet area near Commercial Drive

**Charleswood Court**
1515 Charles St, Vancouver | 604.254.7233
26 units from one to four bedrooms; Near elementary school, recreation centre

**Alexandra Housing Society**
2450 Penticton St, Vancouver | 604.875.9111
Nanaimo area

**Haley Place**
1810 East Georgia St, Vancouver | 604.258.4123
39 units ranging from one to three bedrooms

**Alma Blackwell**
1656 Adanac St, Vancouver | 604.451.4412
46 units ranging from one to four bedrooms

**Mi-Casa**
870 East 8th Ave, Vancouver | 604.433.2218
2 and 3 bedroom apartments, near elementary school

**Hemlock Court**
1411 E 17th Ave, Vancouver | 604.451.6670
2 and 3 bedroom townhouses, near schools

**Chelsea Green**
4120 Kamloops St, Vancouver | 604.395.4370
29 family townhouses near Nanaimo Skytrain

**Chelsea Court**
2378 Grandview Hwy, Vancouver | 604.395.4370
32 family units including apartments and townhomes

**Chelsea Court**
3548 Victoria Dr, Vancouver | 604.395.4370
28 family townhouses near Trout Lake

**Chelsea Lane**
1680 East 6th Ave, Vancouver | 604.395.4370
16-two bedroom townhouses for families

**Chelsea Gardens**
837 East 52nd Ave, Vancouver | 604.395.4370
55 family townhomes

**Muir Manor**
2588 Nanaimo St, Vancouver | 604.433.2218
2 and 3 bedroom apartments, near schools

**Ledingham Place**
2425 Brunswick St, Vancouver | 604.681.8365
2 and 3 bedroom apartments, near schools

**Bill Hennessey Place**
370 Jackson Ave, Vancouver | 604.681.8365
70 units of housing, including bachelor, one bedroom and two bedroom units

VANCOUVER WEST END

**Yaletown Mews Society**
201 Alvin Narod Mews, Vancouver | 604.899.2566

**Mole Hill Community Housing Society**
1169 Pendrell St, Vancouver | 604.687.1145

**Barclay Heritage Square Residences**
1416 Haro St, Vancouver | 604.665.3331
Seven two-bedroom and 11 three-bedroom low-rent units
## VANCOUVER SOUTHEAST

**Fraser Lands**  
2688 Blanche St, Vancouver | 604.433.2218  
Fully subsidized 2, 3 and 4 bedroom townhouse units

**Three Links Plaza**  
7349 Rebekah Dr, Vancouver | 604.435.7942

**Natalia Terrace**  
3550 SE Marine Dr, Vancouver | 604.451.4415  
41 units of 2, 3 and 4 bedrooms

**Orchard Park**  
5701 Nanaimo St, Vancouver | 604.433.2218

**Vanness Park**  
3278 Vanness Ave, Vancouver | 604.435.7942

**Tivoli Gardens**  
3510 Naples Way, Vancouver | 604.451.6670  
2 and 3 bedroom townhouses

**Earle Adams Village**  
7601 Bywell Court, Vancouver | 604.451.6670  
2 and 3 bedroom townhouses

**Champlain Place**  
3217 East 58th Ave, Vancouver | 604.433.2218 8

**Ashdown Gardens**  
590 SW Marine Dr, Vancouver | 604.451.6670  
2 bedroom townhouses, near schools

## VANCOUVER WESTSIDE

**Woodwards / One Twenty West**  
120 West Cordova St, Vancouver | 604.609.7024

**CBA Manor**  
32 West Pender St, Vancouver | 604.688.0898  
Elders and families

**Jennie Pentland Place**  
540 E Hastings St, Vancouver | 604.681.8365  
86 units of housing, including bachelor, 1, 2 and 3 bedroom units

## VANCOUVER DOWNTOWN/EASTSIDE

**Quayside - Red Door Housing Society**  
1010 Pacific Blvd, Vancouver | 604.431.9225  
1 to 5 bedroom apartments
Membership may cost $100-$5,000 (a one-time fee up front). Rent may cost $600-1,800 per month depending on location.

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

Laura Jamieson Co-op (1 to 3 bedroom)
349 East 2nd Ave, Vancouver  V5N 1C4

Alder Bay Co-op (townhouses)
1256 Shorepine Walk, Vancouver  V6H 3T8

False Creek Co-op (1-4 bedroom townhouses)
711 Millyard, Vancouver  V5Z 3Z9

False Creek Co-op (2-4 bedroom townhouses)
907 Lamey’s Mill Rd, Vancouver

City Gate Co-Op Housing
188 Milross Ave, Vancouver  V6A 4J4 | 604.331.1166

Coal Harbour Housing Co-op
1515 West Hastings St, Vancouver

Access Co-Op Housing Society
2838 E 7th Ave, Vancouver  V5M 1T9 | 604.254.4919

Roundhouse Co-op Housing
1267 Marinaside Crescent, Vancouver  V6Z 2X5

Amicace Co-op
800-1047 Barclay St, Vancouver  V6E 4H2

Charleston Terrace Co-op
960 West 6th Ave, Vancouver  V5Z 4J3

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

Riverside Landing Co-op (1-4 bedrooms)
2288 Skipper Place, Vancouver  V5P 4T5
OFFICE: 8450 Portside Dr, Vancouver

Heritage Co-op
717 West 8th Ave, Vancouver  V5Z 1C9

Harbour Cove Co-op
1515 W 1st Ave, Vancouver  V6J 1E8

Connaught Co-op
527 Commodore Rd, Vancouver  V5Z 4G5

Creekview Co-op
1483 Lamey’s Mill Rd, Vancouver  V6H 3Y7

Marina Co-op
1590 W 1st Ave, Vancouver  V6J 4Z3

Twin Rainbows
1415 Lamey’s Mill Rd, Vancouver  V6H 3W1

Broadview Co-op
2525 Waterloo St, Vancouver  V6R 2H6

Ashley Marr Coop
8495 Cambie St, Vancouver  V6P 3J9
AFFORDABLE HOUSING FOR SINGLES
VANCOUVER

VANCOUVER WEST END

C-Side
1288 W Cordova St, Vancouver | 604.691.6585

Mole Hill Community Society
1169 Pendrell St, Vancouver | 604.687.1145

Seymour Place
1221 Seymour Ave, Vancouver | 604.408.5777

VANCOUVER WESTSIDE

Sanford Apartments
1601 W 7th Ave, Vancouver | 604.609.7024

Glynn Manor
1520 W 7th Ave, Vancouver | 604.684.3515

Phoenix
745 W 7th Ave, Vancouver | 604.879.2633
Singles - Ex-psychiatric patients

VANCOUVER EASTSIDE

First Place Residence
188 E 1st Ave, Vancouver | 604.558.4022

Bridget Moran
668 Powell St, Vancouver | 604.331.8757

Bill Hennessy Place
501 E Hastings St, Vancouver | 604.253.4720

Hugh Bird Residence
420 E Cordova St, Vancouver | 604.451.6670

Kensington Cedar Cottage
1842 E 10th Ave, Vancouver | 604.433.2218

Cecilia House
315 Powell St, Vancouver | 604.606.0331

VANCOUVER DOWNTOWN

Union Gospel Mission McElrea Place
601 E Hastings St, Vancouver | 604.253.3323

Candela Place
1267 Granville St, Vancouver | 604.681.5083

Kindred Place
1321 Richards St, Vancouver | 604.688.4043
Addiction recovery, library, computer room.

MPA Society Hazelwood Hotel
344 East Hastings St, Vancouver | 604.609.7024

Woodwards
131 West Hastings St, Vancouver | 604.609.7024

Columbia House
103 Powell St, Vancouver | 604.681.6846

Europe Hotel
43 Powell St, Vancouver | 604.689.5161

Columbia House
101 Powell St, Vancouver | 604.433.2218

The Ford
375 Main St, Vancouver | 604.433.2218

The View
250 Powell St, Vancouver | 604.558.7784
## BURNABY

**Concordia Court**  
5550 Beresford St, Burnaby | 604.436.1225  
Families & Seniors

**Heritage Heights**  
3765 Albert St, Burnaby | 604.291.6450

**Hillside Place**  
1025 Queens St, Burnaby | 604.522.4123

**Ridgelawn Gardens**  
1960 Bellwood Ave, Burnaby | 604.291.0461

**Bridgeview Heights**  
511 - 13th St, Burnaby | 604.522.1416

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

**Lakepark Village**  
8580 Cumberland Place, Burnaby | 604.520.1663

## RICHMOND

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

**Gilbert Gardens**  
7120 Gilbert Rd, Richmond | 604.278.6892

**Venturi Park**  
7151 Moffatt Rd, Richmond | 604.273.0243

## SURREY

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

**Hyland Village**  
13927 168th St, Surrey | 604.599.0931

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

**Union Gospel Mission**  
Orchard Townhouse Complex  
Surrey | 604.253.3323

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

**Kwantlen Park**  
12615 72nd Ave, Surrey | 604.543.7271

**Rodeo Park Place**  
17445 57th St, Surrey | 604.576.9969

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

**Strawberry Hill**  
7555 - 20th St, Surrey | 604.501.0505

## NEW WESTMINSTER

**Cedar Manor**  
312 Hospital St, New Westminster | 604.299.8288
AFFORDABLE HOUSING FOR SINGLES AND FAMILIES
OTHER AREAS (continues)

PITT MEADOWS / MAPLE RIDGE / MISSION

The Meadows
19013 Ford Rd, Pitt Meadows | 604.465.4851

Mission Heights
7305 Cedar Valley Connector, Mission | 604.820.1715

Dewdney Villas
21755 Dewdney Trunk Rd, Maple Ridge | 604.467.9097

COQUITLAM / PORT MOODY

Decaire Heights
310 Decaire St, Coquitlam ~ go in person

Glen Meadows
2825 Glen Dr, Coquitlam | 778.285.1005

Moody's Landing
2330 St John's St, Port Moody | 604.939.9281

Pinetree Park
3100 Ozada Ave, Coquitlam | 604.942.2277

River Woods
2466 Gately Ave, Port Coquitlam | 604.464.0034

Rock Springs
1201 Ridgeway Ave, Coquitlam | 604.931.0826
AFFORDABLE HOUSING FOR SENIORS

Sto:lo Elder’s Lodge
7519 Topaz Drive, Chilliwack | 604.465.4851
www.stolonation.bc.ca
15 assisted living suites for seniors and persons with disabilities in Chilliwack.

Carolina Court
600 East 6th Ave, Vancouver
Offers senior residents independent living options as well as a variety of amenities and services.

Beulah Garden Homes Society
3350 E 5th Ave, Vancouver | 604.255.7707
Affordable housing and care for adults aged 55+

Twin Towers
172 E 2nd Ave, North Vancouver | 604.988.0611

Chaffey Lane Society
4389 Grange St, Burnaby | 604.435.7942

EverGreen Plaza
4603 Evergreen Lane, Delta | 604.940.2774

Marina Park
4843-48th Ave, Delta | 604.946.8288
By the river & services, gardening beds

VANCOUVER WEST END

Sunset Towers
1655 Barclay St, Vancouver | 604.433.2218

Sunset Towers
1650 Haro St, Vancouver | 604.433.2218

Pendrellis
1254 Pendrell St, Vancouver | 604.687.0915

Twin Arms
1030 Burnaby St, Vancouver | 604.688.2771

Nicholson Towers
across from Park, Vancouver | 604.558.5941

VANCOUVER WESTSIDE

St. Mary’s Kerrisdale Housing Society
Arbutus St, Vancouver | 604.263.1766

Granville House
1515 Granville St, Vancouver | 604.681.2417

Southwynd Place
8080 Yukon St, Vancouver | 604.324.1279

Kiwanis Manor
8790 SW Marine Dr, Vancouver ~ Apply in person

Olympic Village Parcel 9
80 Walter Hardwick Ave, Vancouver | 604.873.1022

Southvan Manor
6545 Alberta St, Vancouver | 604.321.7042

Lionsview Building
2975 Horley St, Vancouver

VANCOUVER SOUTHEAST

Southview Heights
3131 East 58th St, Vancouver | 604.263.7377
1 bedroom apts, VCH, assisted living, meals, laundry.

Coleopy Park
5748 Rupert St, Vancouver | 604.433.2218

Honoria Conway Assisted Living
4875 Heather St, Vancouver
Watch the video on

A GUIDE TO ABORIGINAL RESOURCES
AFFORDABLE HOUSING FOR SENIORS (continues)

Washington Hotel
177 East Hastings St, Vancouver | 604.683.0073

Bruce Erikson Place
(Neighborhood Housing Society)
380 Main St, Vancouver | 604.331.8757

Jeffrey Ross Residence
510 Alexander St, Vancouver | 604.255.7089

Alexander House
176 Alexander St, Vancouver | 604.433.2218

Alexander Residence
58 Alexander St, Vancouver | 604.253.4624

Shiloh Place
245 Powell St, Vancouver | 604.258.9480

Tellior Tower
16 E Hastings St, Vancouver | 604.683.8900

Roddan Lodge - City of Vancouver Housing
124 Dunlevy St, Vancouver | 604.251.1434

Antoinette Lodge
535 E Cordova St, Vancouver | 604.251.2611

Oppenheimer Lodge
450 E Cordova St, Vancouver | 604.253.4624
ALL GENDER ADULT SHELTERS

VANCOUVER

Aboriginal Shelter
201 Central St, Vancouver | 604.682.5556
5:30pm-10am, 2 meals; No alcohol/drug use on site.
Pets & carts allowed. Wheelchair accessible.

Triage
707 Powell St, Vancouver | 604.254.3700
Stay 1-30 days, private room, medical staff, harm reduction, needle exchange, medication admin, wheelchair accessible

First Baptist Church
969 Burrard St, Vancouver | 604.683.8441
Tuesday nights only, meal at 9pm, shelter area for under 19, no alcohol/drug use on-site

Lookout Downtown
346 Alexander St, Vancouver | 604.681.9126
Pets allowed, wheelchair accessible, medication/money admin, harm reduction

New Fountain
51B W Cordova St, Vancouver | 604.331.1246
7pm - 9am, 2 meals, harm reduction, pets & carts allowed

Salvation Army Belkin House
555 Homer St, Vancouver | 604.681.3405
Dorms, no alcohol/drug use on site

Salvation Army Crosswalk
136 East Cordorva St, Vancouver | 604.681.3405
10pm - 8am, no admissions after 2am, wheelchair accessible, no alcohol/drug use on site

OUTSIDE OF VANCOUVER

Hyland House Surrey
6595 King George Hwy, Surrey | 604.559.8900
Curfew, no alcohol/drug use on site, laundry, wheelchair friendly.

Hyland House Cloverdale
17910 Codebrook Rd, Cloverdale | 604.574.4341
Curfew, no alcohol/drug use, laundry.

Lookout North Shore
705 West 2nd, North Vancouver | 604.982.9126
Pets allowed, wheelchairs friendly, medication/money admin, harm reduction

Salvation Army Caring Place
22188 Lougheed Hwy, Maple Ridge | 604.463.8296 ext102
Register at 7:30pm, wheelchair friendly, referrals to services, no alcohol/drug use on site

A GUIDE TO ABORIGINAL RESOURCES
MEN ONLY SHELTERS

Catholic Charities
828 Cambie St, Vancouver | 604.443.3292
4pm - 7:30am, 11pm curfew, food voucher

Salvation Army Beacon
138 E Cordova St, Vancouver | 604.646.6846
Wheelchair friendly, 10:30pm curfew, case planning, no alcohol/drug use on site

Salvation Army Haven
128 E Cordorva St, Vancouver | 604.646.6806
10pm curfew, no alcohol/drug

Union Gospel Mission
601 E Hastings St, Vancouver | 604.253.3323
8:30pm to 6:30am, no alcohol/drug

The Russell
740 Carnarvon St, New Westminster | 604.529.9126
Pets allowed, wheelchair friendly, harm reduction

Salvation Army Richmond House
3111 Shell Rd, Richmond | 604.276.2490
No alcohol/drug use on site

Salvation Army Stevenson House
32 Elliot St, New Westminster | 604.526.4783

Lookout Yukon Shelter
2088 Yukon St, Vancouver | 604.264.1680
Just east of Cambie Bridge, near West 4th Ave

SENIOR'S SHELTERS

Sakura So
376 Powell St, Vancouver | 604.681.0008

Senior Services Society
Many locations in Burnaby | 604.520.6621
Temporary Housing program, alternative shelter for seniors 55+ who can live independently, no alcohol/drug use on site, private apartments, fee based on income.

Housing for Elder Women
Burnaby | 604.205.9350

Ama House
Surrey | 604.331.1407
Transition house for 55+ women, stay is 30-180 days
YOUTH SHELTERS
(Addresses are confidential for security purposes)

♫ Aboriginal Youth Safe House
Vancouver | 604.254.5147
16-18 years, 7 day maximum stay. A self-referral residential program for youth ready to make a positive change - clean/sober, no alcohol/drug use, hot meals, private room.

♫ Young Bears Lodge
UNYA Vancouver | 604.322.7577
Mandate is to provide services to Aboriginal youth 13-18 years old by providing a culturally based empowerment program with an alcohol and drug focus. This is a 16-week voluntary co-ed residential program. There are five beds, four intake phases, and operate on a continuous 24-hour schedule.

♫ Young Wolves Lodge
UNYA Vancouver | 604.321.1118
A 16-week voluntary residential program for young 17-24-year-old Aboriginal women who have substance abuse/misuse issues and are trying to work towards positive change in their lives. Also work with women to help them reunite with their children.

♫ Ravens Lodge
UNYA Vancouver | 604.254.7732
Goal is to empower youth 11-15 years old to make positive lifestyle choices to create positive change in their lives. We do this by providing safe environment, using culture as therapy, offering one to one support, offering cultural activities and ceremonies and making referrals to community resources. Five beds for female youth who are in the care of Vancouver Aboriginal Children and Family Services Society (VACFSS).

♫ Covenant House
575 Drake St, Vancouver | 604.685.7474
16-22 yrs, 3 meals, no alcohol/drug use 12 hours prior, no detoxing, curfew, structured service

♫ Marc's Place
Southwest Vancouver | 604.261.7827 | A.H. 604.660.4927
13-15 yrs, referral via social worker or After Hours, requires guardian consent

♫ Walden Safe House
Vancouver | 604.877.1234
16-18 yrs, 3 meals, hard drug-free, goal oriented

♫ Directions Youth Centre
900 Pacific St, Vancouver
21 yrs & under, open 24 hours - no sleeping allowed, dusk to dawn drop-in 4pm to midnight – laundry, showers, doctor/nurse access, hot meal at 8pm

♫ North Shore Youth Safe House
North Vancouver | 1.877.789.6884
14-18 yrs, drug free, goal oriented

♫ All Nations Youth Safe House
Surrey | 604.584.2625
16-18 yrs, self-referral, curfew, 72-hours hard drug free, goal oriented, 4pm to 9am

♫ Emergency Services
Vancouver | 604.633.1472
Midnight to 8am, coffee & snacks

♫ Iron Horse Youth Safe House
Maple Ridge | 1.877.435.7233
13-18 yrs, laundry, referrals, structured service, curfew, no alcohol/drug use
VANCOUVER

412 Womens' Emergency Shelter
Downtown Eastside, Vancouver | 604.715.8480
Single Women: Mon-Thur 5:45pm to 8:45am, 2 meals, Fri to Sun & Stat holidays are 24 hours, showers, laundry, harm reduction, shopping carts & pets ok, wheelchair friendly.

Bridge Women's Emergency Shelter
Downtown Vancouver | 604.684.3542
Single women, harm reduction

Powell Place Emergency Shelter
Downtown Vancouver | 604.606.0403
Single women, harm reduction

Salvation Army Belkin House
Downtown Vancouver | 604.694.6623
Single women & women with kids (no boys over 13), no alcohol/drug use on site, men also housed on site

Springhouse Emergency Shelter
and Second Stage Housing
Mount Pleasant area of Vancouver | 604.606.0412
Female headed families, women, no alcohol/drug use on site, pets welcome, laundry, wheelchair accessible

Union Gospel Mission
Downtown Eastside Vancouver | 604.253.4044
Women & Families Centre, Families & single women, Day Shelter, Mon-Fri 9am - 5pm, showers, sleeping program/beds

Vi-Fine Day
Kitsilano area of Vancouver | 604.736.2423
Male or female headed families, childless couples or single women 19+, no alcohol/drug use on site

Dixon House
Burnaby | 604.298.3454
Ten-bed safe house for women and their children who are fleeing domestic violence

OUTSIDE OF VANCOUVER

Fraserside Emergency
New Westminster | 604.525.3929
Families & single women, no alcohol/drug use on site or under influence, not wheelchair friendly

Liz Gurney's
New Westminster | 604.524.0710
Women & women with kids, harm reduction

Cynthia's Place
Surrey | 604.582.2456
Single women, harm reduction

Sheena's Place
Surrey | 604.581.1538
Single women or with children, 1 family per room, singles share, harm reduction, laundry
**VANCOUVER**

**Anderson Lodge for Aboriginal Women**  
CIRCLE OF EAGLES LODGE SOCIETY  
Vancouver | 604.874.1246  
Assists and educates Aboriginal homeless women by providing a safe nurturing environment that encourages positive changes and builds inner strength allowing them to achieve their goals.

**Helping Spirit Lodge**  
3965 Dumfries St, Vancouver | 604.872.6649  
Aboriginal women with children

**Aboriginal Mother Centre**  
Vancouver | 604.558.2627  
Pregnant or with new born - stay 18 mth max, meal & wellness program

**Crabtree Corner**  
YWCA  
Vancouver Downtown | 604.895.5800  
Parenting & pregnant women

**Kate Booth House**  
SALVATION ARMY  
Vancouver | 604.872.0772

**Peggy’s Place**  
THE KETTLE SOCIETY  
Vancouver | 604.430.5202

**Safe Choice**  
ACT 2 - CHILD & FAMILY SERVICES SOCIETY  
Vancouver | 604.733.6495

**Munroe House**  
YWCA  
Vancouver | 604.734.5722

**The Ranier**  
PHS COMMUNITY SOCIETY  
309 Carrol St, Vancouver | 604.684.2246  
Singles

**The Vivian**  
RAINCITY HOUSING  
512 E Cordova St, Vancouver | 604.254.3778  
Singles

**Imouto House**  
ATIRA WOMEN’S RESOURCE SOCIETY  
Vancouver | 604.331.1407  
SRO, low barrier supportive, for young women

**Secord Housing**  
ATIRA WOMEN’S RESOURCE SOCIETY  
DTES Vancouver | 604.255.5542  
Supportive women 19+, harm reduction, communal kitchen

**Sorella Housing**  
ATIRA WOMEN’S RESOURCE SOCIETY  
DTES Vancouver | 604.331.1407  
Supportive for women and with children

**Sereena’s House**  
ATIRA WOMEN’S RESOURCE SOCIETY  
DTES Vancouver | 604.642.2620  
Supportive program for residents to live independent of drug use, violence and abuse
**Women’s Housing**

**Kyé7e (QUE-A-AH) Housing for Women**  
ATIRA WOMEN’S RESOURCE SOCIETY  
DTES Vancouver | 604.331.1407  
Houses women 45+, communal kitchen & bathrooms, 1 hot meal per day

**Rice Block**  
ATIRA WOMEN’S RESOURCE SOCIETY  
DTES Vancouver | 604.253.2553  
Managed living SRO for women, trans-inclusive, participate in making meals 4-5 days/week with assigned facilitator

**The Bridge Housing for Women**  
ATIRA WOMEN’S RESOURCE SOCIETY  
DTES Vancouver | 604.684.3542  
Independent units of long-term, supported housing for women, including eight suites designated for women with significant mental health diagnoses

**Empress Rooms**  
ATIRA WOMEN’S RESOURCE SOCIETY  
DTES Vancouver | 604.687.3618  
Supported, transitional housing to adult women at risk, transwomen inclusive, who are or have been impacted by violence and/or abuse, 12 month stay

**Oneesan Housing for Women who are Older**  
ATIRA WOMEN’S RESOURCE SOCIETY  
502 Alexander St, Vancouver | 604.215.0369  
12 units of long-term, independent housing to women, age 55 and over, who have experienced violence and abuse

**Sísele (SEE-SE-LA) Housing for Women who are Older**  
ATIRA WOMEN’S RESOURCE SOCIETY  
Vancouver | 604.251.1094  
Supportive housing program for women age 55 and older

**Florence Apartments**  
THE BLOOM GROUP  
329 Powell St, Vancouver | 604.606.0402  
Second stage housing for women and children

**Mavis McMullen Place**  
MAVIS MCMULLEN HOUSING SOCIETY  
430 E Cordova St, Vancouver | 604.606.0402  
Second stage housing for women and children

**OUTSIDE OF VANCOUVER**

**Maxxine Wright Shelter**  
ATIRA WOMEN’S RESOURCE SOCIETY  
Surrey | 604.580.2915  
Supportive housing program for women who are pregnant or have a new born, meals

**Maxxine Wright 2nd Stage**  
ATIRA WOMEN’S RESOURCE SOCIETY  
Surrey | 604.582.2121  
Supported affordable housing to women with young children

**Evergreen Transition House**  
OPTIONS COMMUNITY SERVICES SOCIETY  
100-6846 King George Blvd, Surrey | 604.584.3301  
Temporary accommodation support, advocacy and referrals to community services for single women, women with children and transgendered women fleeing domestic violence.
OUTSIDE OF VANCOUVER (CONT.)

**Arbour House**
YWCA  
Surrey | 604.597.4952  
Two-, three- and four-bedroom apartments for women who have experienced abuse in an intimate relationship and their children. Stay up to nine months.

**Durrant House**
ATIRA WOMEN’S RESOURCE SOCIETY  
Surrey | 604.331.1407  
Low barrier, for women with children, 30 day max stay, supportive staff.

**Eva's House**
DOMESTIC ABUSE SERVICES  
Surrey | 604.585.6688  
Catholic second stage transition house in the lower mainland offering a safe haven to women and their children fleeing domestic violence.

**Harmony House**
PROGRESSIVE INTERCULTURAL COMMUNITY SERVICE  
Surrey | 604.897.2313  
Second stage transition home providing women and their children with shelter that is safe, secure, and an opportunity to heal and nurture in a culturally sensitive, linguistically accessible and healing environment.

**Koomseh House**
ATIRA WOMEN’S RESOURCE SOCIETY  
Surrey | 604.897.2313  
Women & children, stay 3-18 months, on-site supportive programming, community kitchen.

**Shimai House**
Surrey | 604.331.1407  
Transition house for women & children fleeing abuse, stay 30-90 days, on site support, non-medical detox, drug & alcohol reduction therapist.

**Wenda’s Place**
DIXON TRANSITION SOCIETY  
Burnaby | 604.298.6046  
Individual, supportive housing units where women and their children may stay up to two years.

**HOPE’s Place**
NORTH SHORE CRISIS SERVICES SOCIETY  
North Vancouver | 604.987.0366  
Accommodation and ongoing support for up to fifteen months for women and their children who have left an abusive situation and have been referred by SAGE Transition House.

**Sage Transition House**
NORTH SHORE CRISIS SERVICES SOCIETY  
North Vancouver | 604.987.3374  
Transition housing for battered or abused women with or without children. Serves the North Shore, including Bowen Island, Lions Bay, North Vancouver, and West Vancouver.
Cwenengital Aboriginal Society
13632 - 110A Ave, Surrey | 604.588.5561
Supportive housing for Aboriginal men. Counselling, sweat Lodge on site, use of medicine wheel.

Hazelton Residence
LOOKOUT SOCIETY
346 Alexander St, Vancouver | 604.681.9126
39 transition housing units

Sakura So
LOOKOUT SOCIETY
376 Powell St, Vancouver | 604.681.0008
38 transition units of Rooming house, supportive housing

Yukon House
LOOKOUT SOCIETY
2088 Yukon St, Vancouver | 604.264.1630
37 transition housing units

North Shore Housing
LOOKOUT SOCIETY
705 W 2nd Ave, North Vancouver | 604.982.9126
25 transition housing units, 45 shelter beds, and Extreme Weather program (20 additional sleeping mats available)

Cliff Block
LOOKOUT SOCIETY
606 Clarkson St, New Westminster | 604.523.9126
16 transitional housing units, 7 supportive permanent units of low barrier housing

Russell Shelter & Residence
LOOKOUT SOCIETY
740 Carnarvon St, New Westminster | 604.529.9126
15 shelter beds and 40 supportive permanent units
ALL GENDER TRANSITION HOUSES
SRO's for Singles in Vancouver

Jim Green Residence
LOOKOUT SOCIETY
415 Alexander St, DTES Vancouver | 604.255.2347
People with concurrent issues.

Windchimes Apts
RAINCITY SUPPORT SOCIETY
144 Heatley St, DTES Vancouver | 604.255.1190
People with concurrent issues.

Santiago Lodge
THE BLOOM GROUP
333 Powell St, DTES Vancouver | 604.606.0331
Mental illness issues.

James McReady Residence
SALVATION ARMY
129 E Cordorva St, DTES Vancouver | 604.646.6808

Jeffrey Ross Residence
LOOKOUT SOCIETY
510 Alexander St, DTES Vancouver | 604.255.7089
Supported housing

Avalon Hotel
LOOKOUT SOCIETY
165 W Pender St, Vancouver | 604.629.0055

Shaldon Hotel
RAINCITY SUPPORT SOCIETY
60 E Hastings St, DTES Vancouver | 604.609.7024

Arco Hotel
81 W Pender St, DTES Vancouver | 604.609.7024

The Cornerstone
PHS COMMUNITY SOCIETY
375 Princess St, DTES Vancouver | 604.609.7024

Union Gospel Project
601 E Hastings St, DTES Vancouver | 604.253.3323
Recovering from Drug & alcohol.

Walton Hotel
LOOKOUT SOCIETY
261 E Hastings St, DTES Vancouver | 604.609.7024
Supportive housing

Park Hotel
PHS COMMUNITY SERVICES
429 W Pender St, DTES Vancouver | 604.609.7024

Grace Mansion
SALVATION ARMY
596 E Hastings St, DTES Vancouver | 778.329.0674

The Lux
RAINCITY SUPPORT SOCIETY
65 E Hastings St, DTES Vancouver | 604.609.7024

Stanley / New Fountain
PHS COMMUNITY SERVICES SOCIETY
65 Blood Alley Square, DTES Vancouver | 604.683.0073

Pennsylvania Hotel
PHS COMMUNITY SERVICES SOCIETY
412 Carroll St, DTES Vancouver | 604.694.1440

Maurice McElrea Place
UNION GOSPEL MISSION
361 Heatley Ave, DTES Vancouver | 604.253.3387
Recovery house

The Oasis
NEIGHBORHOOD HOUSING SOCIETY
40 E Hastings St, DTES Vancouver
ALL GENDER TRANSITION HOUSES
SRO's for Singles in Vancouver

The Edge Core Artists Co-op
275 Alexander St, DTES Vancouver | 604.602.7641

Somerville Place
THE BLOOM GROUP
377 Powell St, DTES Vancouver | 604.606.0414

Rhoda Kaellis Residence
1105 Royal Ave, New Westminster | 604.544.5145
11 transitional housing units as well as 13 permanent independent housing units.
1254 East 8th Avenue, Vancouver | 604.707.9191

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

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

The Lodge is owned and operated by Lu’ma Native Housing Society.
EMPLOYMENT
THERE ARE MANY AGENCIES AND ORGANIZATIONS IN VANCOUVER DEDICATED TO HELPING YOU FIND WORK. THEY CAN HELP YOU RESEARCH AVAILABLE JOBS, CREATE AND SEND OUT YOUR RESUME.

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

- **Get a driver's license.** Many jobs require this and it is much easier to get your license at home where you can practice on a friend or relatives car than in the city where it is crowded and people are less likely to lend you their car to practice.

- **Get experience.** Even volunteer experience is great! A potential employer wants to see that you are active and engaged in your life and community.

- **Get your General Education Development (G.E.D)** If you haven't got your high school diploma, you can get this for free BEFORE you make the move to Vancouver. Just about ANY job requires this level of education. Check with your Band Office.

- **Apply for Vancouver schooling.** There are many colleges, universities, schools and programs that can give you the training and experience you need to find work (see Education section). You can apply before you travel to Vancouver.
Aboriginal Community Career
Employment Services Society (ACCESS)

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

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

EMPLOYMENT ASSISTANCE SERVICES

Employment Assistance Services
101 - 1607 E Hasting St, Vancouver | 604.251.7955

Aboriginal Connections to Employment
390 Main St, Vancouver | 604.687.7480

Aboriginal Training & Employment Cooperative
10757 138th St, Surrey | 778.395.0385

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

ACCESS TRADES

109 - 100 Park Royal, West Vancouver | 604.922.4077
www.accesstrades.accessfutures.com

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

ESSENTIAL SKILLS FOR ABORIGINAL FUTURES

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

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

ACCESS PROGRAMS

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

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

PROVINCIAL BLADERUNNERS

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

BladeRunners is one of Canada’s most successful youth employment programs. It began in Vancouver’s Downtown Eastside over 20 years ago and is now delivered throughout BC. Managed by ACCESS on behalf of the Province, BladeRunners provides at-risk youth with life skills coaching, safety awareness education and industry recognized certificate training. Job coaches then match participants with entry-level employment opportunities followed by long-term, extensive job maintenance support. BladeRunners consistently places over 75% of its participants into jobs.
EMBERS
111 W Hastings St, Vancouver | 604.692.0781
Embers Staffings
EMBERS, the Eastside Movement for Business and Economic Renewal Society, is a registered community economic development charity located in Vancouver’s Downtown Eastside. Since 2001, EMBERS has helped thousands of people facing barriers to work lead productive, fulfilling lives by offering economic and employment opportunities.

Federal Student Work Experience Program
111 W Hastings St, Vancouver | 604.666.4582
http://www.jobs.gc.ca
YOUTH - Aboriginal Program

First Nations Employment Society
300-395 Railway St, Vancouver
604.605.8901 | 1.866.605.8901 | www.fnes.ca
Respecting our cultural ways, the First Nations Employment Society is committed to provide support and opportunities to Aboriginal people in member nations' territories to increase employment through building and promoting self-reliance.

Labour Ready Temporary Service Ltd
1688 E Boardway St, Vancouver | 604.874.5567
Employment Agency

La Bousole Francophone Centre
651 E Broadway St, Vancouver | 604.683.7337
laboussole@lbv.ca | www.lbv.ca
HOMELESS FRANCOPHONES
Offers orientation for newcomers to BC, social intervention, psychological support, housing assistance for emergency accommodation, free legal clinic, addiction prevention adn support services and many more.

Labour Unlimited
2957 Commercial St, Vancouver | 604.875.6562

M3Personnel Group
235 E Georgia St, Vancouver | 604.685.6666

Musqueam First Nation
6735 Salish Drive, Vancouver | 604.263.3261
Provides employment and training programs and services that address, in a holistic and culturally appropriate manner, the various needs of Musqueam people.

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

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

SPCA
543 Powell St, Vancouver | 604.253.4469
Mission Possible
EMPLOYMENT LISTINGS
VANCOUVER, NORTH VANCOUVER

Trades Labour Corporation
1265 Main St, Vancouver | 604.689.0024

Union Gospel Mission
601 East Hastings St, Vancouver
UGM Employment

WorkBC City Centre
200 - 1033 Davie St, Vancouver

WorkBC Commercial
312 - 2555 Commercial Dr, Vancouver

WorkBC Drive Youth
2106 Commercial Dr, Vancouver
YOUTH

WorkBC Hastings
112 W Hastings St, Vancouver | 604.872.0770
Open Door Group & Work BC

WorkBC Kingsway
7297 Kingsway St, Vancouver

WorkBC Midtown
100 - 112 East 3rd Ave, Vancouver

WorkBC North Vancouver
310 - 260 West Esplanade, North Vancouver

WorkBC South Vancouver
5750 Oak St, Vancouver

WorkBC Westside
300 - 2150 West Broadway St, Vancouver

WorkBC YWCA Career Zone
1260 Granville St, Vancouver
YOUTH

Workforce
1169 Main St, Vancouver | 604.269.9675

EMPLOYMENT FOR WOMEN

Aboriginal Mother Centre Society
2019 Dundas St, Vancouver | 604.558.2627
info@aboriginalmothercentre.ca | www.aboriginalmothercentre.ca
Employment & Training Program
Pre-employment, education and training program for Aboriginal Women.

Battered Women’s Support Services
Vancouver | 778.628.1867
michele@bwss.org
Women applicants with a history of trauma and abuse
- AWARE Program
Employment program of British Columbia and is funded by the Government of Canada, the Province of British Columbia and My Sister’s Closet – social enterprise of Battered Women’s Support Services and we are honoured to be a subcontractor of Open Door Group.

Helping Spirit Lodge Society
3965 Dumfries St, Vancouver | 604.874.6629
reception@hsls.ca | www.hsls.ca
Spirit Way Second Stage Programming

newSTART Bridging
2108 Commercial Dr, Vancouver | 604.215.4344
http://newstartbridging.ca
Employment Program for Women
newSTART has been providing employment supports and services to women for over seventeen years. newSTART is a partner with M.O.S.A.I.C. in Vancouver Northeast and with GT Hiring Solutions in Burnaby to support women dealing with violence and abuse issues who are who are returning to work and in need of specialized services.
Nicola Valley Institute of Technology – NVIT
200 - 4355 Mathissi Pl, Burnaby | 604.602.9555
info@nvit.bc.ca | www.nvit.ca
A comprehensive public post-secondary institute, governed by the Aboriginal community, leads by anticipating and responding to the educational needs of our learners by providing support, choices, knowledge and tools to build a better future.

WorkBC Metrotown
726 - 4710 Kingsway St, Burnaby

Sto:lo Nation
7 - 7201 Vedder Rd, Chilliwack
604.824.3200 | 1.800.565.6005
www.stolonation.bc.ca
Sto:lo Aboriginal Skills/Employment
Community Health, Dental, Family Services, Primary Health Care Centre, Non-Insured Health Benefits, Support Services

WorkBC Maple Ridge
22470 Dewdney Trunk Rd, Maple Ridge

WorkBC Fraser Works
519 7th St, New Westminster

WorkBC Port Moody
601 - 130 Brew St, Port Moody

First Nations Employment Society
300 - 395 Railway St, Sunshine Coast
604.605.7194 | 1.866.605.8901
jobs@fnes.ca | http://www.fnes.ca
First Nations Employment Centre
Employment Program
First Nations Employment Society (FNES) represents ten First Nations as well as on/off reserve people residing in the Vancouver Sunshine Coast areas. FNES manages an agreement with Service Canada on behalf of the ten First Nations with delegated authority for training and employment in the Vancouver Sunshine Coast region of British Columbia. FNES is always striving to improve labour market outcomes for all Aboriginal people living in there service areas.

Métis Nation BC
10757 - 138th St, Surrey | 604.557.5851
reception@mnbc.ca | www.mnbc.ca
Métis Employment & Training Programs
The Métis Employment & Training Program (METP) to improve the employment potential, earning capacity and self-sufficiency of Métis people in British Columbia.

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

WorkBC SCOPE
10326 Whalley Blvd, Surrey

WorkBC Whalley Resource Centre
13655 - 104th Ave, Surrey
Vancouver is an expensive place to live to study. Get as much as you can from your local resources before coming to Vancouver. The education in Vancouver is excellent and each school has special services for Aboriginal students. Apply for school before you arrive so you have a strong start on the right foot. You can go full time or part time.

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

**BCIT - Burnaby Campus**
Building SW1 - First Floor - 3700 Willingdon Ave
604.434.1610 | 1.866.434.1610
firstna-tions@bcit.ca | www.bcit.ca

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

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

**Native Education College (NEC)**
Longhouse at East 5th Ave, Vancouver | 604.873.3772
info@necvancouver.org | www.necvancouver.org

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

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

**Simon Fraser University**
**Office for Aboriginal Peoples**
AQ 3140 - 888 University Dr, Burnaby | 778.782.8925
888 University Dr, Burnaby
778.782.4774 (or 4970) | 1.800.399.5565
first_nations@sfu.ca | www.sfu.ca/fns/community

First Nations Studies

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

**University of British Columbia**
1822 East Mall, Vancouver | 604.822.2177
fnls@law.ubc.ca | www.law.ubc.ca/fns

ABORIGINAL STUDENTS - First Nations Legal Studies

2125 East Mall, Vancouver | 604.822.5374
www.edst.educ.ubc.ca

ABORIGINAL STUDENTS - Ts' Kel Program

**UBC - First Nations House of Learning**
1985 West Mall, Vancouver | 604.822.8940
fnhl.clerk@ubc.ca | http://aboriginal.ubc.ca/longhouse/fnhl

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

**Continuing Education at Public Schools**
101 Powell St, Vancouver | 604.713.5760
1661 Napier St, Vancouver | 604.713.5735
1666 Comox St, Vancouver | 604.713.5752
609 Helmcken St, Vancouver | 604.257.3849
4th Flr., 333 Terminal Ave, Vancouver | 604.713.5731
6010 Fraser St, Vancouver | 604.713.5770
Aboriginal Financial Officers Association of BC
1010 - 100 Park Royal, West Vancouver | 604.925.6370
exec@afoabc.org | www.afoabc.org

Certified Education Programs
Certified Aboriginal Financial Management (CAFM), Certified Aboriginal Professional Administrator (CAPA)

Aboriginal Mother Centre Society
2019 Dundas St, Vancouver | 604.558.2627
info@aboriginalmothercentre.ca | www.aboriginalmothercentre.ca
Pre-employment, education and training for Aboriginal women.

Ch’nook Indigenous Business Education
441 - 2053 Main Mall, Vancouver | 604.822.0988
chnookadmin@ch-nook.ubc.ca | www.chnook.org

First Nations Education Steering Committee
113 - 100 Park Royal South, West Vancouver
604.925.6087 | 1.877.422.3672
info@fnesc.ca | www.fnesc.ca
The First Nations Education Steering Committee (FNESC) is an independent society that is committed to improving education for all First Nations learners in British Columbia. FNESC is led by representatives of First Nations across the province.

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

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

HAVE Culinary Training Society
374 Powell St, Vancouver | 604.696.9026
info@have-cafe.ca | www.have-cafe.ca
Provide food service job training and work opportunities to individuals in Vancouver who are facing barriers to employment.

Indigenous Adult and Higher Learning Association (IAHLA)
113 - 100 Park Royal South, West Vancouver
604.925.6087 | 1.877.422.3672
iahla@fnesc.ca | www.iahla.ca
This website contains a wealth of information for both students and educators seeking to learn more about indigenous adult higher learning institutions in BC.
Métis Nation BC
103 - 5668 192 St, Surrey
604.557.5851 | 1.800.940.1150
reception@mnbc.ca | www.mnbc.ca
Education
Grade 4 Métis Cross Curricular Unit, Grade 7 Métis Cross-Curricular Teacher Guide, Teacher’s Resource portal for K-12
10757 - 138th St, Surrey | 778.395.0385
reception@mnbc.ca | www.mnbc.ca
Culture, Heritage & Language
Cultural Database, News & Events

Native Courtworker and Counselling Association of BC
520 Richards St, North Vancouver
604.985.5355 | 1.877.811.1190
nccabc@nccabc.net | www.nccabc.ca
Education and Training Program
Provide workshops and training to criminal justice personnel on aboriginal cultural traditions, values, languages, socio-economic conditions and related issues.

Native Indian Teacher Education Program (NITEP)
First Nations Longhouse, 1985 West Mall, Vancouver
604.822.5240 | nitep.educ@ubc.ca | nitep.educ.ubc.ca
Newton Resource Centre
102 - 13711 72A Ave, Surrey | 604.596.2311
Newton Advocacy

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

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

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

Pacific Rim Education Association
604.871.0450 Ext: 620 | www.plea.bc.ca
Employment and Training Centre

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

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

Sto:lo Nation
Bldg. 7-7201 Vedder Rd, Chilliwack
604.824.3200 | 1.800.565.6005
www.stolonation.bc.ca
Sto:lo Aboriginal Education / Empowerment
K-Grade 12, Post Secondary, Longhouse Extension Program

The Salvation Army Vancouver Harbour Light
119 East Cordova St, Vancouver | 604.646.6800
www.harbourlightbc.com
Learning Centre
Adult basic education, computer training, book club, documentary night, work readiness.
Britannia Outreach Secondary School
285 E 5th Ave, Vancouver | 604.873.3761 (or 3772)
https://www.vsb.bc.ca/programs/outreach-program

STUDENTS OF ABORIGINAL HERITAGE, AGES 15 TO 19 (GRADES 10 TO 12)

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

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


Fraser Region Aboriginal Friendship Centre Association
A101 - 10095 Whalley Blvd, Vancouver | 604.595.1170
Indigenous_Roots@frafca.org | http://frafca.org/index.php/programs/indigenous-roots-youth-group/

Indigenous Roots Youth Group
A series of intensive and educational outdoor leadership experiences driven to provide the necessary skills set to complete secondary school, continue with post secondary education and pay it forward in the near future. Programming ranges from bi-weekly cultural workshops, one weekend retreat, week long spring break, after school workshops, Camp Suzuki: Howe Sound and a two/ three week summer expedition.

HAVE Culinary Training Society
374 Powell St, Vancouver | 604.696.9026
info@have-cafe.ca | www.have-cafe.ca

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

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

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

Urban Native Youth Association (UNYA)
1618 East Hastings St, Vancouver | 604.254.7732
aries.manager@unya.bc.ca | www.unya.bc.ca

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

www.vsb.bc.ca/programs/aboriginal-education
www.vsb.bc.ca/aboriginal-education
www.vsb.bc.ca/aboriginal-school

MacDonald Elementary (K-7)
1950 East Hastings (by Victoria Dr)
Vancouver, BC, V5L 1T7
604.713.4696
www.go.vsb.bc.ca/schools/macdonald/Pages/default.aspx

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

www.vsb.bc.ca/aboriginal-school

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

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

Britannia Elementary (K-7)
1110 Cotton Dr, Vancouver, BC V5L 3T5
604.713.4497
www.go.vsb.bc.ca/schools/britannia-elem/Pages/default.aspx

Grandview/Uuqinak’uuh Elementary (K-7)
2055 Woodland Dr, Vancouver, BC V5N 3N9
604.713.4663
www.go.vsb.bc.ca/schools/gra/Pages/default.aspx

Southlands Elementary (K-7)
5351 Camosun St, Vancouver BC V6N 2C4
604.713.5414
www.go.vsb.bc.ca/schools/southlands/Pages/default.aspx

Sty-wet-tan/Point Grey Secondary
5350 E Boulevard, Vancouver, BC V6M 3V2
604.713.8220
www.go.vsb.bc.ca/schools/pointgrey/Pages/default.aspx

Britannia Secondary
1110 Cotton Dr, Vancouver, BC V5L 3T4
www.britannia.vsb.bc.ca

Tumanos/Vancouver Technical Secondary
2600 E Broadway, Vancouver, BC V5M 1Y5
604.713.8215
www.go.vsb.bc.ca/schools/vantech/departments/Aboriginal%20Enhancement%20Team/Pages/default.aspx
BUSINESS & ECONOMIC DEVELOPMENT
Aboriginal Business Service Network Society
www.absn.ca
The BC ABSN is a collective of Aboriginal Business Service Providers in British Columbia who enhance access to business information and resources.

Aboriginal Tourism Association of BC
707 - 100 Park Royal South, West Vancouver
604.921.1070 | www.aboriginalbc.com
Outdoor Adventures
Explore Aboriginal outdoor adventures by sea and by land. Experience canoeing, fishing, and hiking.

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

600 - 100 Park Royal South, West Vancouver
Accommodation, Golf & Spas
From tranquil surroundings to scenic views, rest and rejuvenate at one of the First Nations operated BC resorts and hotels.

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

Assembly of First Nations BC Region
507 - 100 Park Royal South, West Vancouver
604.922.7733 | www.bcafn.ca
Business
The British Columbia Assembly of First Nations (BCAFN) is a Political Territorial Organization (PTO) that represents the 203 First Nations in British Columbia.

BC Aboriginal Fisheries Commission
604.987.6225
First Nations Energy and Mining Council (FNEMC)
618 - 100 Park Royal South, West Vancouver | 604.921.2014
joanna.prince@fnemc.ca | www.fnemc.ca
The First Nations Energy and Mining Council operates under the authority of First Nations to support and facilitate their efforts to manage and develop energy and mineral resources in ways that protect and sustain the environment forever while enhancing the social, cultural, economic and political wellbeing of First Nations in British Columbia.

First Nations Fisheries Council of BC
320 - 1200 West 73rd Ave, Vancouver | 778.379.6470
info@fnfisheriescouncil.ca | www.fnfisheriescouncil.ca
The Council was formed in 2007 by British Columbia First Nations as an outcome of the First Nations Fisheries Action Plan.

First Nations Forestry Council
615 - 100 Park Royal South, West Vancouver | 604.921.4488
fnforestrycouncil@gmail.com | www.fnforestrycouncil.ca
On April 27, 2006, BC First Nations, through the First Nations Leadership Council, established the First Nations Forestry Council (FNFC) to provide support to BC First Nations with respect to forestry-related matters.
First Nations Public Service
The purpose of the BC First Nations Public Service Capacity Building Strategy is to provide a road map for First Nations communities and organizations in BC as they pursue excellence in community service.

First Nations Summit
604.990.9939 | fns@istar.ca | fns@istar.ca
Information is provided about the First Nations Summit.

First Nations Technology Council
1200 - 100 Park Royal South, West Vancouver
604.921.9939 | 1.888.921.9939
info@fntc.info | www.technologycouncil.ca
Supporting the full integration of technologies to improve the quality of life for all First Nations in British Columbia.

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

Industry Canada – Aboriginal Business Canada
604.666.3871 | emailabc@ie.gc.ca | www.abc.gc.ca
Economic Development

Assembly of First Nations BC Region
103 - 5668 192 St, Surrey
604.557.5851 | 1.800.940.1150
reception@mnbc.ca | www.mnbc.ca
Economic Development
Métis Nation British Columbia assists in supporting and creating viable Métis businesses that will lead to increased prosperity for Métis community members and job creation.

National Aboriginal Business Association
604.913.0699 | www.aboriginal-business.com
LandKeepers is an online community project for First Nations in British Columbia who are dealing with mining and pipeline projects and related issues on their traditional territories.

National Aboriginal Forestry Association (NAFA)
www.nafaforestry.org
To promote and support increased Aboriginal involvement in forest management and related commercial opportunities, while staying committed to holistic or multiple-use forestry, to build sustainable Aboriginal communities.

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

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

Native Fishing Association
110 - 100 Park Royal South, West Vancouver
604.913.2997
reception@shoal.ca | www.nativefishing.ca

Native Investment and Trade Association
6520 Salish Dr, Vancouver
604.275.6670 | mail@aboriginal-business.com
www.native-invest-trade.com
Naut’sa mawt Resources Group, Inc.
330 - 6165 Highway 17A, Delta
604.943.6712 | 1.888.382.7711
garyr@nautsamawt.com | www.nautsamawtresources.com

New Relationship Trust
100 Park Royal South, West Vancouver
604.925.3338 | www.newrelationshiptrust.ca

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

Squamish First Nation
415 W Esplanade, North Vancouver
604.982.0510 | 1.877.628.2288
tom.butler@squamish.net | www.squamish.net

Social Development
Business Revenue & Services

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

Tale’awtxw Aboriginal Capital Corporation
508 - 100 Park Royal South, West Vancouver
604.926.5626 | 1.800.779.7199
info@tacc.ca | www.tacc.ca
TACC believes that relationships are important and we will interface, interact or collaborate with all peoples with the values of traditional Coast Salish teachings. The underlying values are mutual respect no matter what the circumstances with the intent of empowering clients to fulfill their goals.
FAMILY SUPPORT SERVICES

Aboriginal Mother Centre Society
2019 Dundas St, Vancouver | 604.558.2627
info@aboriginalmothercentre.ca | www.aboriginalmothercentre.ca
Family Wellness Program
Healthy Living Parenting Skills

Battered Women’s Support Services
PO Box 21503, 1424 Commercial Dr, Vancouver
604.687.1688 | 1.855.687.1688
information@bwss.org | intake@bwss.org
Violence Prevention and Ending Violence Against Women
Support groups, concealing, indigenous Women's programs, Women's Safety and Outreach program, Career Exploration, Latin American Women's program, Legal Advocacy, Youth Ending Violence, Violence, Media Representations and Family literacy program.

BC Parents in Crisis Society
201 - 1155 Pender St, Vancouver
604.669.1616 | 1.855.687.1688
information@bwss.org | intake@bwss.org
Aboriginal Parent Circles
Support groups, concealing, indigenous Women's programs, Women's Safety and Outreach program, Career Exploration, Latin American Women's program, Legal Advocacy, Youth Ending Violence, Violence, Media Representations and Family literacy program.

Family Services of Greater Vancouver
604.874.2938 | www.fsgv.ca
Inspire and support all family members to reach their full potential.

Indian Residential School Survivors Society
413 W Esplanade Ave, North Vancouver
604.985.4464 | 1.800.721.0066
reception@irsss.ca | http://irsss.ca
Grief and Loss concealing, Crisis concealing
- Trauma counseling, Clinical Therapy
- Art Therapy, Alternative healing therapy
- Energy Healing
- Emotional support for people in the settlement process
- Family and Group counseling
- Basic Life Skills Coach
- Educational workshops on a broad range of health issues
- Traditional Healing Methods & Medicines, Foods Sourcing & Preparation

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

Resolution Health Support Workers
Provides emotional support services to former Indian Residential School students and their families before, during and after their participation in Settlement Agreement processes, including the Common Experience Payments and the Independent Assessment Process, and those participating in Truth and Reconciliation Commission events and Commemoration activities.

Workshop
IRSSS staff are available to present at community forums, schools, post-secondary, and other events.
- Colonialism, History & Impacts of IRS
- Anger Management, Understanding Trauma
- Traditional Healing and Medicines
Child protection services were transferred to VACFSS from MCFD in 2008 to focus on better outcomes for the children and families they serve in a culturally appropriate way.

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

Family Justice Centres Vancouver and Province of BC
Vancouver: 604.660.2084
Rest of province: 1.800.663.7867
www.clicklaw.bc.ca/helpmap/service/1019
www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/jac

Child Protection Mediation Program
Child protection services across the province are provided through 429 ministry offices in 13 service delivery areas and a number of delegated Aboriginal agencies. The child protection staff are supported by the provincial office of the Child Protection Division.
Vancouver: 604.660.4987
Helpline for Children: 604.310.1234
Rest of province: 1.800.663.9122
www.clicklaw.bc.ca/helpmap/service/1019

Lu’ma Native Housing Society
2986 Nanaimo St, Vancouver
http://lnhs.ca
Lu’ma Foster Youth Mentor Program
To provide Aboriginal Youth with mentorship and housing and support the transition from foster care to Adulthood; to connect our youth to community and adult allies. To be the extended family that our youth often do not have.

Spirit of the Children Society
201 - 768 Columbia St, New Westminster
604.524.9113
reception@sotcs.ca | www.sotcs.ca
Traditional Aboriginal parenting program
Assists individual and family development through educational teachings, sharing personal stories, and learning of traditional Aboriginal culture.

Vancouver Aboriginal Friendship Centre Society
1607 East Hastings St, New Westminster
604.251.4844
info@vafcs.org | www.vafcs.org
Family / Elann Program
Healthy supportive environment for the whole family.

Vancouver Aboriginal Child & Family Services Society (VACFSS)
VACFSS is a non-profit providing service to urban Aboriginal children and families in the Greater Vancouver area. VACFSS has a vision for a balanced and harmonious Aboriginal community.
745 Clark Drive, Vancouver
604.872.6723 | 1.877.982.2377
www.vacfss.com
A GUIDE TO ABORIGINAL RESOURCES

FAMILY SUPPORT SERVICES

Fraser Valley Aboriginal Children and Family Services Society (Xyolhemeylh)
Bldg. A, 102 - 20621 Logan Ave, Langley
604.533.8826
www.fvacfss.ca
Fraser Valley Aboriginal Children and Family Services Society (FVACFSS) provides culturally appropriate and holistic services through prevention, community development and child welfare programs to Aboriginal children, youth and their families residing on and off reserve throughout the Fraser Valley.

Lower Fraser Valley Aboriginal Society
20685 56 Ave, Langley
604.427.2664
www.LFVAS.org
Lower Fraser Valley Aboriginal Society (LFVAS) provides support to Urban Aboriginal youth and adults, and families with children, in Langley and surrounding areas, through community-building events, Aboriginal Playgroups for children 0 to 6 years of age, Traditional Parenting Programs, housing support for individuals and families, Youth Programming, cultural and life skills education, and community outreach. Through our partnerships with the Langley School District and other local agencies, we strive to meet the needs of our community and help to build a stronger future for the Indigenous peoples of our area, developing pride in our heritage and providing guidance when needed.

B.C. Aboriginal Child Care Society
2150 McLean Dr, Vancouver | 604.253.5388
coordinator@sf.acc-society.bc.ca
Singing Frog Aboriginal Head Start Preschool
618 East Hastings St, Vancouver | 604.253.3354
coordinator@en.acc-society.bc.ca
Eagles Nest Aboriginal Head Start
Creates a culturally-safe environment for preschool-aged children and their families to share family traditions and culture, foster a love for lifelong learning and enrich all areas of development-emotional, intellectual, physical and spiritual.

Frog Hollow Neighbourhood House
2131 Renfrew St, Vancouver | 604.251.1225
www.froghollow.bc.ca

Spirit of the Children Society
201 - 768 Columbia St, New Westminster | 604.524.9113
reception@sotcs.ca | www.sotcs.ca
Drop-in program
New Westminster, Burnaby and Tri-Cities can join us for an exciting experience in our Family Drop-ins. First Nations, Métis, and Inuit.

BC Council for Families
210 - 1909 W Broadway St, Vancouver
604.678.8884 | bccf@bccf.ca
www.bccf.ca/program/journey-to-healing/
Journey to Healing Program - Housing support

Big Sisters of BC Lower Mainland
34 E 12th Ave St, Vancouver | 604.873.4525
info@bigsisters.bc.ca | www.bigsisters.bc.ca
Aboriginal Mentoring Program
FAMILY SUPPORT SERVICES

Britannia Community Services Centre
1661 Napier St, Vancouver | 604.718.5800
info@britanniacentre.org | www.britanniacentre.org
Develop, coordinate and support a wide range of excellent programs and services for Grandview-Woodland and Strathcona by working with community members, partners and local agencies.

Broadway Youth Resource Centre (BYRC)
2455 Fraser St, Vancouver | 604.709.5720
byrc@pcrs.ca | www.pcrs.ca
Education programs, Employment, Housing, and Addiction Counselling and prevention programs for youth, adults, and families from a variety of backgrounds and orientations.
Aboriginal Youth Victim Support Worker excellent

Canada World Youth
210 - 1909 West Broadway St, Vancouver
http://canadaworldyouth.org
Aboriginal Youth Exchange Program

Federation of Aboriginal Foster Parents
3455 Kaslo St, Vancouver | 604.291.1091
info@fafp.ca | www.fafp.ca
Caregiver Training
604.291.7090
OSASIS Program
Youth transitioning out of care is a priority and we are looking at engaging foster parents along with the youth to find ways to make the transition successful.

Nis’ga’a Ts’amiks Vancouver Society
3983 Dumfries St, Vancouver
604.646.4944 | 1.866.646.4944
executivedirector@tsamiks.com | www.tsamiks.com
Enhance the social, economic, physical, cultural and spiritual well-being of Nis’ga’a Citizens in Vancouver and Vancouver Island.

Pacific Community Resources Society / Broadway Youth Resource Centre
2455 Fraser St, Vancouver | 604.709.5720
byrc@pcrs.ca | www.pcrs.ca
Aboriginal Youth Empowerment Program
13 to 24 yrs, provides emotional support, outreach, cultural connections, resource information and referrals to Aboriginal-identified youth who have been victims of crime and trauma.

Urban Native Youth Association (UNYA)
1618 East Hastings St, Vancouver
604.254.7732 | 1.866.646.4944
outreachteam@unya.bc.ca | www.unya.bc.ca
Aboriginal Outreach Team, Aboriginal Youth Worker, Aboriginal Transition Team, Kinnections, Mediation Program, Mentorship Program
Youth Personal Support
Personal Support, the Wellness Centre, Alcohol and Drug Prevention Programming, Team and Counsellor, Worker Service.

Warriors Against Violence Society
2425 Oxford St, Vancouver | 604.255.3240
warriors@kiwassa.ca
A prevention program founded in the belief that the best way to end family violence is to help men heal.
Crabtree Corner, YWCA
533 E Hastings, Vancouver
604.216.1650
mhockley@ywcavan.org
6 week - 6 yr olds: Located in the Downtown Eastside of Vancouver, this centre provides a healthy and secure environment for women and families. Services include a hot lunch program.

Emma’s Early Learning and Care Centre, YWCA
3839 Carolina St, Vancouver
604.879.1121
lindalee@ywcavan.org
6 week - 6 yr olds: Emma’s cares for children ages six weeks to three years, with a focus on supporting young mothers. Children have a safe, stimulating environment while mothers receive academic and personal support through Tupper Young Parent Services. including science, math and literacy. Staff can speak many languages. Many cultures attend.

Leslie Diamond Care Centre,
535 Hornby St, 5th Floor of YWCA, Vancouver
604.895.5816
ssharma@ywcavan.org
6 week - 6 yr olds: This centre provides full-time early learning and child care, with a licensed capacity to care for 26 children. Hours of operation are from 7:45am to 5:30pm.
**Sundance Daycare**  
(operated through the Vancouver Aboriginal Friendship Centre)  
1607 E Hastings St, Vancouver  
604.251.4844 ext 312  
daycare@vafcs.org  
**3-6 yr olds:** Group Daycare offers a warm and safe environment. Activities include educational and culturally relevant arts, crafts and games, recreation play time in and outdoor playground, and an annual Christmas party. Sundance Daycare provides additional staff for special needs children. Daily snacks and hot lunches are included.

**Aboriginal Mother Centre Society Daycare**  
2019 Dundas St, Vancouver  
604.558.2627 ext 7013  
daycare@aboriginalmothercentre.ca  
**3-5 yr olds:** Implements an integrated, high-quality and culturally enriched childcare service. Provides a nurturing, safe and fun learning environment that reflects the values, interests and needs of the children, their families and the community. Snacks and a hot lunch are provided.

**Citygate Early Learning and Care Centre**  
1192 Quebec St (by Science World), Vancouver  
604.687.1150  
awilliamywcavan.org  
**3-5 yr olds:** Preparés children for school with a range of play-based activities. Citygate is located close to downtown Vancouver and accessible by the Science World SkyTrain Station.

**Kiwassa Daycare**  
2425 Oxford St, Vancouver  
604.254.5401 ext 244  
childcare@kiwassa.ca  
**3-5 yr olds:** Has been providing nurturing, stimulating and inclusive childcare programs that help children progress in their social, emotional, physical and cognitive development, while enabling their parents and caregivers to participate in employment, education and other pursuits. Our programs support children’s natural sense of curiosity, knowledge and confidence through play, stories, songs, field trips and educational activities welcome. Full Day Infant/Toddler Program with 24 spaces - 2 groups of 12 children in separate areas. Ages 3 months to 36 months.  
Full Day 3 to 5 Year Old Program with 25 spaces. All programs operate year round, Monday to Friday.

**Phil Bouvier Family Childcare Centre**  
717 Princess Ave, Vancouver  
604.254.1001  
This licensed childcare facility is designed to specifically meet the needs of the community in the Strathcona area of the Downtown Eastside. All children and families are welcome.
FREE ACTIVITIES

- Go to Community Events like Westcoast & Powwow night at the Friendship Centre
- Get a Leisure card to swim and skate for free
- Pack a lunch, picnic at the beach or local playground! Play soccer!
- Go fishing off a dock, along the Seawall or at a stocked fish lake (Lafarge Lake, Coquitlam)
- Go to the Library! Books, Magazines & Internet access
- Go hiking - so many great places to check out just a bus ride away
- Dancing – there are many traditional Dance groups - see page 87
- Go to church - there's childcare, singing, story-telling and kind people
- Go to IKEA - free childcare for one hour
- Go to the Vancouver Art Gallery from 5-9pm Tue free
- Go the Museum of Anthropology at UBC, free for persons with Aboriginal ancestry
- Visit KlaHowEya Village at Stanley Park in the summer - 11am Opening Prayer, 2:30pm Smudge, great dancing and music!
- Go to the public Water Parks - Coal Harbour, Granville Island, Stanley Park
- Group Gardening & Community Kitchen at UBC Garden - call Vancouver Native Health
- Go tobogganing!

INEXPENSIVE ACTIVITIES

- $2 Drop-in Playtime - in the Gym full of Toys for toddlers at your nearby Community Centre. Fun on Rainy Days for your little ones! Call Community Centres for times (See page 82)
- Buy a kite and play with the kids at the Beach
- Go to Granville Island Kids Place
- Take a water taxi from Granville Island
- Take the Stanley Park Choo Choo train
- Buy some shovels and make Sand Sculptures at Beach
- Go Cycling
KIDS & FAMILY ACTIVITIES

INDOOR PLAY CENTRES ($7-15)

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

Fun4Kids Playcentre
Park Royal South Mall, West Vancouver | 604.728.4500

Go Bananas
935 Marine Dr, North Vancouver | 604.982.0576

Laser Dome Plus
2455 Dollarton Hwy, North Vancouver | 604.985.6033

Captain Kid's Family Fun Centre
20165 91A Ave, Langley | 604.882.2119

Jungle Jac's Play Centre
19800 Lougheed Hwy, Pitt Meadows | 604.460.1654

Fun World Family Play Centre
15355 Fraser Hwy, Surrey | 604.588.2427

AQUATIC CENTRES, Eastside Vancouver

Templeton Pool
700 Templeton St | 604.718.6252
$1.50 for kids!

Riley Park CC
50 East 30 Ave | 604.257.8545

Brittania CC
1661 Napier St | 604.718.5800

New Brighton Pool
3201 New Brighton Rd | 604.298.0222

Renfrew Park Pool
2929 E 22nd Ave | 604.257.838

AQUATIC CENTRES IN GVRD

Vancouver Aquatic Centre
1050 Beach Ave | 604.257.8680

West Vancouver Aquatic Centre
2121 Marine Dr, West Vancouver | 604.925.7210

Coquitlam Aquatic Centre
1210 Pinetree Way, Coquitlam | 604.927.6999

North Surrey Arena
10275 135 St, Surrey | 604.502.6300

Guildford Rec
15105 105 Ave, Surrey | 604.502.6360

Canada Games Pool
65 East 6th Ave, New Westminster | 604.526.4281

Watermania, Wave pool & slides
14300 Entertainment Blvd, Richmond | 604.448.5353

ANNUAL MEMBERSHIP ATTRACTIONS

Expensive but Cheap if you go often...

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

Science World
1455 Quebec St, Vancouver | 604.443.7440
www.scienceworld.ca

Vancouver Aquarium
845 Avison Way, Vancouver | 604.659.3474
www.vanaqua.org

Playland Amusement Park
2901 E Hastings St, Vancouver | 604.253.2311
www.pne.ca
BC Children's Hospital
4480 Oak St, Vancouver | 604.875.2345

BC Women’s Hospital
4500 Oak St, Vancouver | 604.875.2424

Mount St. Joseph Hospital
3080 Prince Edward St, Vancouver | 604.874.1141

St. Paul’s Hospital
1081 Burrad St, Vancouver | 604.682.2344

Vancouver General Hospital
855 W 12th St, Vancouver | 604.875.4111

Burnaby Hospital
3935 Kincaid St, Burnaby | 604.434.4211

Royal Columbian Hospital
330 E Columbia St, New Westminster | 604.520.4253

Surrey Memorial Hospital
13750 96 Ave, Surrey | 604.581.2211

Bridge Health Clinic
3080 Prince Edward St, Vancouver | 604.877.8550

Care Point Medical and Wellness Clinics
1923 Commercial Dr, Vancouver | 604.254.5554
At Care Point Medical & Wellness Clinics, we are committed to providing exceptional holistic healthcare, wellness and medical services for the mind and body.

D.E. Health Clinic
569 Powell St, Vancouver | 604.255.3151

Pender Clinic
59 W. Pender St, Vancouver | 604.669.9181

Pier Health Centre
223 E Main St, Vancouver | 604.891.1480

Reach Health Centre
2732 E Hastings St, Vancouver | 604.254.1331
www.reachcentre.bc.ca

Vancouver Coastal Health Downtown Community Health Clinic
569 Powell St, Vancouver | 604.255.3151

Vancouver Coastal Health Pender Community Clinic
59 Pender St, Vancouver | 604.669.9181

Vancouver Native Health Society Medical Clinic
449 E Hastings St, Vancouver | 604.255.9766
A multidisciplinary comprehensive care clinic responding to the needs of our Aboriginal and non-Aboriginal community.
DTES Walk In Dental Clinic
544 Columbia St, New Westminster | 604.545.4012

Lookout Emergency Aid Society
455 E Hastings St, Vancouver | 604.254.9900

Portland Community Services Society
12 E Hastings St, Vancouver | 778.371.0060

Reach Dental Clinic
2732 E Hastings St, Vancouver | 604.254.1331

Strathcona Community Dental
601 Keefer St, Vancouver | 604.713.4485

Children

Vancouver Community Network
250 W Pender St, Vancouver | 604.443.8499

VCC Dental Hygiene Program

Vancouver Native Health
East Side Dental Clinic
455 East Hastings St, Vancouver | 604.254.9900

VCC Dental Hygiene Program
Free dental for qualified individuals, schedule varies.
Office open Mondays and Fridays, 8am to 4pm

Anderson Lodge
2716 Clark Drive, Vancouver | 604.874.1246

Squamish Nation Sweat
Capilano Road, North Vancouver | 778.836.8230
Lu'ma Medical Centre provides culturally integrated, safe health care for Indigenous individuals and their families. We are changing the way health care is delivered by offering a team to engage individuals and families: Indigenous Physicians, Traditional Healers, and Counselling, so we can improve health outcomes with a variety of wholistic approaches, activities and practices of healing.
The role of the BC First Nations Health Council is to support and assist BC's 203 diverse First Nations communities to realize their health aspirations and priorities. The First Nations Health Council (FNHC) was created in 2007 as a coordinating body mandated to implement the 10-year Tripartite First Nations Health Plan.

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

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

**Mental Wellness and Substance Use**
Residential schools, Substance Use Prevention and Treatment, Treatment Centres, Overdose Information

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

**Environmental Health**
Making Environmental Health Yours; Environmental Public Health Services

**FNHA: Maternal, Child and Family Health**

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

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

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

**Fetal Alcohol Spectrum Disorder**
Umbrella term that describes a range of disabilities resulting from prenatal alcohol exposure. The medical diagnoses of FASD include: Fetal Alcohol Syndrome (FAS)
- Partial FASD (pFASD)
- Alcohol-related Neurodevelopmental Disorder (ARND)
- Alcohol-related Birth Defects (ARBD)
Maternal and child health
A program that is delivered through partnerships and builds on other community programs. It is a proactive, preventative and strategic approach to promoting the good health and development of on-reserve pregnant First Nations women and families with infants and young children. The program aims to reach all pregnant women and new parents, with long-term support for those families who require additional services.

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

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

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

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

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

Injury Prevention and Control
The key objective of injury prevention activities is to work with national and regional partners, including National Aboriginal Organizations, on-government organizations, provinces and territories, researchers, communities and other partners to gather existing data and statistics. Injury prevention education is provided through community-based programs.
VNHS was established in 1991 with a mission to improve and promote the health of individuals with a focus on the Aboriginal community residing in Greater Vancouver.

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

**MEDICAL CLINIC**
604.255.9766

Monday to Thursday 9:30 am - 8:30 pm
Friday 9:30 am - 4:30 pm
Saturday 9:30 am - 2:30 pm
Sunday 9:30 am - 12:30 pm

Closed for lunch from 12:30 pm – 1:30 pm
The clinic is open every day except statutory holidays

**EASTSIDE DENTAL CLINIC**
dentalclinic@vnhs.net | 604.254.9900

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

**Positive Outlook Program**
popvnhs@gmail.com | 604.254.9937

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

**Sheway**
533 East Hastings St, Vancouver
sheway.sheway@vch.ca | 604.216.1699

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

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

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

**Fetal Alcohol Spectrum Disorder Program**
717 Princess Ave, Vancouver | 604.602.7558 ext 142

Contact for these programs: Doreen MacFarlane
The FASD Outreach Support Worker Program is a family-centered program that works supports parents and/or caregivers that have a child 0-18 years old with FASD. Although the services are directed towards the child, the worker assists families in acquiring knowledge of the special needs of their child(ren) and provides a variety of support services to the family.
Aboriginal Cancer Care Program
Cheryl Sacco, Program Coordinator
canceraware@vnhs.net | 604.254.9949 ext 224
The Cancer Care Program is a new program launched by VNHS in response to the rising incidence of cancer among Aboriginal people. The program aims to build a community of support for individuals who receive a cancer diagnosis, their families and loved ones as well as cancer survivors.

Tu’wusht Project - Garden Project
tuwusht@vnhs.net | 604.254.9949 ext 226
The Tu’wusht Project is a beautiful Indigenous led initiative connecting people to food and nature. This community inclusive initiative focuses on the urban Aboriginal population who face the most barriers in accessing natural environment and appropriate nutritious traditional foods. Participants receive the opportunity to engage in food sustenance development through community kitchen and land based activities in growing, procuring, preserving food while connecting with traditional Indigenous knowledge.

Child Support Services
717 Princess Ave, Vancouver | 604.602.7558
The Aboriginal Child and Family Support Services are community-based services to assist and support caregivers with the goal of promoting parental competency and strengthening family life, leading to healthy child and family development.

Elders Program
Contact: Chelsea Bowers | 604.254.9949 ext 227
Family Violence Intervention
1726 E Hasting Office, Vancouver
ingriedg@vnhs.net | 604.873.6601 ext 13
Fostering and nurturing a safe and Healthy family environment between families and community services;
Empowering families to become active participants in the community;
Learning, growing and strengthening our families, our team and our community.

HIPPY program
717 Princess Ave, Vancouver | 604.602.7558
The HIPPY program was established in 1969, and since then has been refined to provide your children ages 3 – 5 years, with the best home instruction available at no cost.

Supported Child Development Program
Contact: Flo | 604.602.7558
Giving a hand with children who need more support during their growth and development.
Aboriginal Health (Corporate Team)
288 - 2750 E Hastings St, Vancouver  |  604.675.2530
www.vch.ca/your-care/aboriginal-health

Aboriginal Wellness Program (Counselling)
288 - 2750 E Hastings St, Vancouver | 604.675.2551
aboriginalwellnessprogram@vch.ca
www.vch.ca/your-care/aboriginal-health

Aboriginal Patient Navigator Program (Navigators)
288 - 2750 E Hastings St, Vancouver | 604.675.2551
Intake Line: 1.877.875.1131
info.aboriginalhealth@vch.ca
www.vch.ca/your-care/aboriginal-health

Healthiest Babies Possible Program (Robert and Lily Lee Family Community Health Centre)
1669 E Broadway, 2nd floor, Vancouver | 604.675.3982
www.vch.ca
Healthiest Babies Possible HBP provides nutrition counselling, health education, food access and social support to pregnant women facing challenging life circumstances in Vancouver and Richmond. The HBP staff includes dietitians, public health nurses and support workers fluent in a variety of different languages.

Healthiest Babies Possible Program (Richmond Public Health)
8100 Granville Ave, Richmond
First Nations Breast Cancer Society
309 - 1333 E 7th Ave, Vancouver | 604.875.0779
echoes@fnbreastcancer.bc.ca

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

Women's Health Collective
29 W Hastings St, Vancouver | 604.736.5262
www.womenshealthcollective.ca

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

Youth Pregnancy and Parenting
1669 E Broadway, 2nd floor, Vancouver | 604.675.3983
www.vch.ca
Canadian Aboriginal AIDS Network
6520 Salish Dr, Vancouver | 604.266.7616
www.caan.ca
Assessing Community Readiness, Leadership Project and internation group with HIV/AIDS program
The Youth Leadership Project and National Aboriginal Youth Council on HIV/AIDS, We are conducting a study to learn more about how HIV and AIDS impact Aboriginal families who are affected and what this means in terms of providing appropriate supports and services.

CHODARR Project
515 West Hastings St, Vancouver | 778.782.7849
http://chodarr.org
Wand Cultural Development Society
Project is a permanent, catalogued and publicly accessible online digital archive of research materials related to health and social welfare, with an emphasis on housing, gender, aboriginal issues, HIV and mental health.

Fraser Region Aboriginal Friendship Centre Association
A101 - 10095 Whalley Blvd, Surrey | 604.595.1170
reception@frafca.org | http://frafca.org
Positive Health Outreach Program
Fraser Health funded program. The program consists of two outreach workers who will meet with Aboriginal and non-Aboriginal community members living with HIV and/or Hep C.

PHS Community Services Society
20 W Hastings St, Vancouver | 604.657.65615
PJHS Mobile Needle Exchange
Aims to reduce the spread of HIV, HCV, and other illnesses by bringing harm reduction materials to people wherever they are, be that shelters, homes, apartments, or beneath the overpass.

The Positive Living Society of BC
803 E Hastings St, Vancouver | 604.893.2200
https://positivelivingbc.org
Enables persons living with AIDS and HIV disease to empower themselves through mutual support and collective action.

Native Courtworker and Counselling Association of BC
520 Richards St, North Vancouver
604.985.5355 | 1.877.811.1190
surreyfya@nccabc.net | www.nccabc.ca
HIV Prevention Program

Red Road HIV/AIDS Network Society (RRHAN)
61 - 1959 Marine Dr, North Vancouver
778.340.3388 | 1.855.340.3388
klouie@red-road.org | www.red-road.org
The Red Road HIV/AIDS Network (RRHAN) is a provincial based Aboriginal Organization. Red Road’s 125 plus membership capacity is comprised of Aboriginal AIDS Service Organizations (ASO), non-Aboriginal AIDS Service Organizations who have Aboriginal programs, Aboriginal Persons living with HIV/AIDS (APHA), and Aboriginal community-based organizations who have HIV/AIDS programs, located in urban & rural British Columbia.

St. Paul’s Hospital
1081 Burrard St, Vancouver
HIV/Addictions
Access Central Daytox
Vancouver | 604.658.1278 | 1.866.658.1221
Detox

Alcohol & Drug Information & Referral Line
Vancouver | 604.875.6381
Alcohol & Drug Information & Referral Line

DEYAS Youth Detox
612 Main St, Vancouver | 604.251.7615
DEYAS Youth Detox

Directions Youth Detox
Vancouver | 604.872.4349
Directions Youth Detox

Insite (Safe Injection Site)
139 E Hastings St, Vancouver | 604.687.7483
Safe Injection Site

Native Courtworker and Counselling
Association of BC
520 Richards St, Vancouver | 604.687.0281 Ext. 332
North Vancouver | 604.687.0282
Drug & Alcohol Outpatient Services
Our Alcohol and Drug Program provides a quality service that helps aboriginal people achieve a healthier and satisfying life free from alcohol and drug use. We are part of an overall system of care that includes Detoxification, Treatment, Residential Programs such as Recovery Houses, other Outpatient Services, Aftercare, Maintenance, Educational Programs, referrals to Courtworkers plus other justice related personnel and other services.

Squamish First Nation
415 West Esplanade, North Vancouver | 604.985.7826
Drug & Alcohol Services

Urban Native Youth Association (UNYA)
1618 East Hastings St, North Vancouver | 604.253.5885
info@unya.bc.ca | www.unya.bc.ca
Native Youth Health & Wellness Centre, Alcohol & Drug Counsellors, Aboriginal Wellness Counsellor
Native Youth Health & Wellness Centre, Alcohol & Drug Counsellors, Aboriginal Wellness Counsellor
MENTAL HEALTH SUPPORT

Health Initiative for Men
220 - 10362 King George Blvd, Surrey | 778.872.3014
104 - 34194 Marshall Rd, Abbotsford | 778.988.1946
40 Begbie St, New Westminster | 604.230.9915
310 - 1033 Davie St, Vancouver | 604.488.1001
office@checkhimout.ca | www.checkhimout.ca
Offers activities for men dealing with the physical, sexual, social and mental health.

La Boussole Francophone Centre
651 E Broadway St, Vancouver | 604.683.7337
info@unya.bc.ca | www.lbv.ca
Mental Health First Aid course and mental health first aid for adults interacting with youth.

Motivation, Power and Achievement Society
2275 Fir St, Vancouver

Strathcona Mental Health
330 Heatley Ave, Vancouver | 604.253.4401
Adult Mental Health
Provides assessment, rehabilitation and specialized services to adults and older adults with serious mental illness and to children and youth with serious behavioural/emotional disorders.

SENIORS - Older Adult Mental Health
Provide specialized assessment and consultation, treatment/case management and rehabilitation.

The Kettle Friendship Society
1725 Venables St, Vancouver | 604.251.2801
www.thekettle.ca
Mental Health Services
Raising awareness of mental health issues and breaking down the stigma and barriers for people with mental illness. Promoting inclusion of people living with mental illness in all aspects of society.

Watari Counselling and Support
678 E Hastings St, Vancouver | 604.254.6995
www.watari.ca
Watari Counselling and Support
Working within a community-development model to address locally identified needs, Watari services focus primarily on populations affected by substance misuse or mental health issues. Other related service areas include family strengthening, cultural enrichment, and community/public education projects.
Aboriginal Health Association of BC
604.925.3879

BC Centre for Disease Control
655 W 12th Ave, Vancouver | 604.707.5605
cheemamuk@bccdc.ca | www.bccdc.ca
Chee Mamuk Aboriginal Program
Workshops, Training for front line staff; Youth sexual health projects, Cultural wise practice models; Community development, Culturally appropriate resources; Consultation Referrals

Canadian Diabetes Association
604.732.4636 | www.diabetes.ca

Canadian Mental Health Association
211 - 260 West Esplanade, North Vancouver

Health Association of BC – First Peoples’ Health Council
Health
604.8065.335 | www.ha.bc.ca

Métis Nation BC
103 - 5668 192 St, Surrey
604.557.5851 | 1.800.940.1150
reception@mnbc.ca | www.mnbc.ca

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

Native Mental Health Association of Canada
Vancouver | 604.793.1983
salishan@dowco.com

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

Positive Living Society of BC
803 E Hastings St, Vancouver

Senior Services Society
209 - 800 McBride Blvd, Vancouver

Simon Fraser University
11012 Blusson Hall, Burnaby | 1.888.603.4178
Institute for Aboriginal Health, Faculty of Health Sciences

Sto:lo Nation
Bldg. 7 - 7201 Vedder Rd, Chilliwack
604.824.3200 | 1.800.565.6005
www.stolonation.bc.ca
Sto:lo Aboriginal Health/Wellness
S.A.S.E.T., Employments Opportunities

TB Services for Aboriginal Communities
655 West 12 Ave, Vancouver
604.707.2400 | www.bccdc.ca
Aboriginal Mother Centre Society
2018 Wall St, Vancouver | 604.558.2627
info@aboriginalmothercentre.ca | www.aboriginalmothercentre.ca
WOMEN - Homelessness Outreach Program
Is designed for At risk of homelessness; Homeless for 6 months or more; Have had 3 episodes of homelessness in the last year.

Circle of Eagles Lodge Society
1470 E Broadway St, Vancouver
604.874.9610 | 1.888.332.6357
info@circleofeagles.com | www.circleofeagles.com
WOMEN - Sisters and brothers' lodge, Youth-drive program, Pre-employment, Meal on wheel.
Healing Journey.
Healing and building Canoe for youth, meal, pre-employment training, Lodging

Cwenengitel Aboriginal Society
13630 110A Ave, Surrey
604.588.5910 | 1.888.332.6357
cwenabso@shaw.ca | www.cwenabso.org
MEN
Offers counselling, life skills, and traditional healing methods, to residents and non-residents. Holds a traditional healing circle at 7:30pm on Thursday.

Dancing to Eagle Spirit Society
309 - 2326 Eton St, Vancouver | 604.291.2202
www.dancingtoeaglespiritsociety.org
Talking Circles & Healing Circles
The healing and empowerment of aboriginal and non-aboriginal two-spirit individuals their friends and their allies.

Indian Residential School Survivors Society
413 W Esplanade Ave, North Vancouver
604.985.4464 | 1.800.721.0066
reception@irsss.ca | www.irsss.ca
Therapy
Individual, Couples, Family, Group Counselling; Art Therapy Counselling, Art Therapy Groups; Psychology Educational Groups, Circles; Crisis Counselling

Musqueam First Nation
6735 Salish Dr, Vancouver | 604.261.1109 | 604.263.2790
Counselor / Healing Centre

NEC Native Education College
285 East 5th Ave, Vancouver | 604.873.3772
FVRC@necvancouver.org | www.necvancouver.org
Family Violence Resource Centre

Vancouver Coastal Health
255 E 12th Ave, Vancouver | 604.875.6601
aboriginalhealthservices@vch.ca
Aboriginal Wellness Program

Vancouver Second Mile Society
Vancouver | 604.254.6207
Elders Circ

The Salvation Army Vancouver Harbour Light
119 E Cordova St, Vancouver | 604.646.6800
www.harbourlightbc.com
MEN OVER AGE OF 19 - Addiction Treatment

Walk Bravely Forward Society
718 - 744 W Hasting St, Vancouver | 604.682.2933
www.walkbravelyforward.com
OFFENDERS AND THEIR FAMILIES - Walk Bravely Forward
AIDS Vancouver
803 W Hastings St, Vancouver | 604.893.2201

ARA Mental Health Action Research And Advocacy Association Of Greater Vancouver
163 W Pender St, Vancouver | 604.689.7938

D.E.Y.A.S.
223 Main St, Vancouver | 604.685.6561

Disability Alliance BC.
456 A Broadway St, Vancouver | 604.872.1278

First United Church
320 E Hastings St, Vancouver | 604.681.8365

NA Meetings
320 E Hastings St, Vancouver | 604.876.1018

SUCCESS
28 W Pender St, Vancouver | 604.684.1628

The Greater Vancouver Intergroup Society
3457 Kingsway St, Vancouver | 604.434.3933
Intergroup Office is generally referred to within AA as Central Office

The Kettle
3320 W Broadway St, Vancouver | 604.251.2801
Mental Health

The PACE Society
148 W Hastings St, Vancouver | 604.872.7651

V.A.N.D.U.
380 E Hastings St, Vancouver | 604.719.5313

WISH (Sex Trade Workers)
224 Alexander St, Vancouver | 604.270.8222
Sex Trade Workers
COMMUNITY

**Vancouver Aboriginal Friendship Centre Society**
1607 E Hastings St, Vancouver | 604.251.7955
info@vafcs.org | www.vafcs.org
The Friendship Centre offers programs in health, welfare, social services, human rights, culture, education, recreation and equality for all genders of aboriginal people of all age groups. The Friendship Centre emphasizes the philosophies and values of varied aboriginal cultures and traditions.

<table>
<thead>
<tr>
<th>Youth Enrichment Program</th>
<th>MON-FRI 3-6 PM</th>
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<tbody>
<tr>
<td>Because We're Girls Youth Group</td>
<td>THUR 6-8PM</td>
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<tr>
<td>Pow Wow Dancing</td>
<td>MONDAYS 6-8PM</td>
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<tr>
<td>Pow Wow Family Night</td>
<td>TUESDAY 7-10PM</td>
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<tr>
<td>West Coast Family Night</td>
<td>WEDNESDAY 7-10PM</td>
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<tr>
<td>NA Meetings</td>
<td>TUESDAY 8-10PM</td>
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<tr>
<td>AA Meetings</td>
<td>WEDNESDAY 8-10PM</td>
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<tr>
<td>Adult drop in Basketball</td>
<td>MON &amp; THUR 6-8PM</td>
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<tr>
<td>Junior Boys All Native Basketball</td>
<td>THURS 4-6PM &amp; SAT 1-3PM</td>
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<tr>
<td>Junior Girls All Native Basketball</td>
<td>SAT 3-5PM &amp; SUN 10-12PM</td>
</tr>
<tr>
<td>Women's Drop in Basketball</td>
<td>FRI 6-7:45PM &amp; SUN 12-2PM</td>
</tr>
</tbody>
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**Aboriginal Mother Centre Society**
2019 Dundas St, Vancouver | 604.558.2627
info@aboriginalmothercentre.ca | www.aboriginalmothercentre.ca
Community Kitchen
Hot meal.

**Aboriginal Physical Activity and Cultural Circle (APACC) Association**
6520 Salish Dr, Vancouver | 604.269.3771
www.a-pacc.com
Sports and Recreation, Fitness, Traditional Activities
The Aboriginal Physical Activity and Cultural Circle (APACC) is a network for Aboriginal people who are involved in Sports, Recreation, Fitness and Traditional Activities. APACC is a registered non-profit organization.

**Anglican Church of Canada**
1130 Jervis St, Vancouver
The St. Paul's Advocacy Office and Homeless Outreach
The Advocacy Office at St Paul's provides support to individuals in the community through information, advice, guidance and encouragement and to advocate for individuals in regard to their rights to access government and other services.

**Carnegie Community Centre**
401 Main St, Vancouver | 604.665.2220
carnegie@vancouver.ca | http://vancouver.ca/parks-recreation-culture/carnegie-community-centre.aspx
Cultural sharing programs
First Nations people at the centre celebrate their indigenous culture on National Aboriginal Day and Aboriginal Veterans Day through special feasts, elders gatherings, and culturally appropriate trips and outings.
Cedar Cottage Neighbourhood House
4065 Victoria Dr, Vancouver | 604.874.4231
cnh@cedarcottage.org | www.cedarcottage.org
Aboriginal Family Night with Native Health
Join us for a family meal with guest speakers, cultural activities and more.

Chimo Community Services
120 - 7000 Minoru Blvd, Vancouver | 604.279.7077
chimo@chimoservices.com | www.chimoservices.com
Newcomer, Counselling, Safe Shelter, Crisis Line
Counselling / Information / support and connection

Collingwood Neighbourhood House
5288 Joy St, Vancouver | 604.435.0323
info@cnh.bc.ca | www.cnh.bc.ca
Aboriginal Young Parents’ Family Circles/ Collingwood Aboriginal Youth C.R.E.W.
Supports and empowers parents to use traditional and holistic teachings with their families. Parents can feel safe sharing ideas and will learn positive parenting skills and connect more to the community and the resources available to them. Youth led program that offers Aboriginal youth opportunities to participate in traditional canoeing in the large Northern Dancer canoes.

Evelyne Saller Centre
320 Alexander St, Vancouver | 604.665.3075

First National Health Authority, Healthy Living
501 - 100 Park Royal South, West Vancouver
604.693.6500
info@fnha.ca | www.fnha.ca
Elder Abuse Awareness
Preventing from abusing Elder with all community sources.

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

Fraser River All Nations Aboriginal Society
660 - 22470 Dewdney Truck Rd, Maple Ridge
604.466.7439 | franassociety@gmail.com
An Aboriginal gathering place for all people of all nations and ages that promotes celebration and contributes to meeting the needs of the individual and the community.

Frog Hollow Neighbourhood House
2131 Renfrew St, Vancouver
604.251.1225 | www.froghollow.bc.ca
CHILDREN, YOUTH, ADULT, SENIORS AND FAMILIES
To provide ongoing programs and services and support various community development initiatives.

Gathering Place
609 Helmcken St, Vancouver | 604.665.2391

Kiwassa Neighborhood House
2425 Oxford St, Vancouver | 604.254.5401
info@kiwassa.ca | www.kiwassa.ca
CHILDREN, YOUTH, ADULT, SENIORS AND FAMILIES - Aboriginal Family Support
Provide wide range of accessible, free and affordable programs for children, youth, families, seniors and adults.
La Boussole Francophone Centre
651 E Broadway St, Vancouver | 604.683.7337
aboussole@lbv.ca | www.lbv.ca
Case managers help individuals search for work, network, and access training. Offers Job Board, individual support, and guidance, personal job search planning, Training and Workshops, Access to technology.

Lookout Emergency Aid Society
544 Columbia St, New Westminster | 604.255.0340
info@lookoutsociety.ca | www.lookoutsociety.ca
Offers On-site nurse's health clinic, Cooking, Aqua Fitness Seniors, 1 on 1 computer lessons, mental health advocacy and more.

Métis Nation BC
13639 108th Ave, Surrey | 604.557.5851
reception@metisfamilyservices.ca | www.metisfamilyservices.ca
Citizenship, ID & Registry
For gaining Métis Citizenship:
1) Self identification
2) Ancestral connection to the historic Métis community
3) Contemporary Métis community acceptance

Ministry of Social Development & Economic Security
254 - 180 Main St, Vancouver | 604.660.1889
www.gov.bc.ca/sdes
Employment Services

Mount Pleasant Family Centre
2910 St. George St, Vancouver | 604.872.6757
info@mpfamilycentre.ca
Circles of Care & Connection Early Years Refugee
Provides outreach and home visiting to connect family. It organizes family support, parent education, and social activities.

Native Courtworker and Counselling Association of BC
520 Richards St, Vancouver
604.985.5355 | 1.877.811.1190
www.nccabc.ca
Community Engagement
Elder Support, Community Engagement, Partnerships, Advocacy
North Vancouver
nccabc@nccabc.net | www.nccabc.ca
Aboriginal Detox Support Workers Program
Our Aboriginal Detox Support Workers connect with aboriginal clients through coordination with Vancouver Coastal Health (VCH) Withdrawal Management Services

Oppenheimer Park
Dunlevy Ave @ East Cordova St, Vancouver

Ray Cam Cooperative
920 E Hastings St, Vancouver | 604.257.6949

Roundhouse Community Arts & Recreation Centre
181 Roundhouse Mews, Vancouver | 604.713.1800
info@roundhouse.ca | www.roundhouse.ca
ARTS, CULTURE & RECREATION
Aboriginal Tourism of British Columbia
600 - 100 Park Royal South, West Vancouver
604.921.1070 | 1.877.266.2822
info@aboriginalbc.com | www.aboriginalbc.com
Immerse yourself in the living traditions of British Columbia's Aboriginal peoples, and experience authentic Aboriginal art, music, dance, stories and fascinating cultural artifacts.

Britannia Community Services Centre
1661 Napier St, Vancouver | 604.718.5800
info@britANNiaCentre.org | www.britANNiacentre.org
Develop, coordinate and support a wide range of excellent programs and services for Grandview-Woodland and Strathcona by working with community members, partners and local agencies.

Nis'ga'a Ts'amiks Vancouver Society
3983 Dumfries St, West Vancouver
604.646.4944 | 1.866.646.4944
executivedirector@tsamiks.com | www.tsamiks.com
Language & Cultural Program
Provides liaison and contact between the Nisga'a Lisims Government, along with other Nisga'a locals and Village Governments, and Nisga'a citizens ordinarily residing in the Greater Vancouver, Victoria and Nanaimo regions of British Columbia, as well as to deliver social services and promote individual, family and community wellness for Nisga'a citizens living within our boundary.

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

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

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

Raven Spirit Dance
http://ravenspiritdance.com/ | 604.646.0010
Raven Spirit Dance Society's mandate is to create, develop and produce exceptional contemporary dance that is rooted in traditional and contemporary Aboriginal worldview.
First Nation Snowboard Team
308 Skawshen Rd, West Vancouver | 604.838.4432
tiyam604@gmail.com | www.fnriders.com
ABORIGINAL KIDS AND YOUTH - Snowboarding
The First Nation Snowboard Team is the snowboard body dedicated to the development of elite and recreational First Nation snowboard athletes.

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

Urban Native Youth Association (UNYA)
1618 E Hastings St, North Vancouver | 604.254.7732
ocmprogram@unya.bc.ca | www.unya.bc.ca
YOUTH - Overly Creative Minds (OCM), Aboriginal Youth First Sports and Recreation Program
Overly Creative Minds (OCM), Aboriginal Youth First Sports and Recreation Program
**Vancouver Aboriginal Transformative Justice Services Society**

2018 Wall St, Vancouver | 604.251.7200
www.vatjss.com

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

**Native Courtworkers & Counseling of BC**

604.985.5355
www.nccabc.ca

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

**UBC First Nations Legal Clinic**

148 Alexander St, Vancouver | 604.684.7334

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

**First Nations Court**

New Westminster, Call Duty Council | 604.825.1861

To get free legal advice, First Nations court provides an alternative to the Criminal Justice System that focuses on community and ensuring everyone involved has a chance to be heard – Community members, the victim, the victim’s family, the defendant & family, probation officers, social workers, and drug & alcohol counsellors. After each person has spoken, a healing plan may be established. Defendants are expected to adhere to their healing plans and must appear at future court dates to report on their progress in culturally appropriate programs, employment training, and education.

**Legal Services Society**

400 - 510 Burrard St, Vancouver | 604.601.6000
www.lss.bc.ca

Legal Representation | 604.408.2172

Legal Representation (rest of province) | 866.577.2525

Call Centre and LawLINE | 604.408.2172
Toll Free: 866.577.2525

Victim Services
302 - 815 Hornby St, Vancouver | 604.660.5199
Indian & North Affairs Canada
601 - 1138 Melville St, Vancouver
Indian Status Card
604.666.2059

BCID/BC Medical/Drivers License
4221 - 1055 W Georgia St, Vancouver
604.661.2255

Canadian Passport
100 - 757 W Hastings St, Vancouver
1.800.567.6868

Care Card
604.683.7151

Service Canada - S.I.N. Card
125 - 757 W Hastings St, Vancouver
1.800.622.6232

Service Canada - Birth Certificate
250 - 605 Robson St, Vancouver
604.660.2937 | 1.888.876.1633

Service Canada - Welfare
1.800.622.6232

TRANSPORTATION INFO

BC Bus Program
1.866.866.0800

BC Ferries
1.888.223.3779
AMBULANCE, FIRE, POLICE
911

NON-EMERGENCY POLICE
604.717.3321

PERSONAL CRISIS LINE TO AVAILABLE SHELTERS & SERVICES
211

NURSE, 24 HR, CONFIDENTIAL INFORMATION & ADVICE
811

Coast Mental Health
295 E 11th Ave, Vancouver
604.872.3502 | 1.877.602.6278
info@coastmentalhealth.com | www.coastmentalhealth.com

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

Crisis Intervention / Suicide Prevention 24hrs
604.872.3311
Confidential, non-judgmental, free emotional support 24 hours a day, 7 days a week for people experiencing feelings of distress or despair, including feelings which may lead to suicide.

Emergency Mental Health Services (Car87)
604.874.7307

Emergency Services (Ministry of H.R.)
604.660.3194

Kids Help Phone 24hrs
1.800.668.6868

Rape Crisis Centre
Vancouver | 604.255.6344

Strathcona Mental Health Team
700 E Cordova St, Vancouver | 604.253.4401
DO NOT GET LOST OR TAKEN!

TRICKSTERS

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

Please look in the right places for true friendship.

A FEW SCAMS TO WATCH OUT FOR

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

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

"Try this, it'll make you feel good"
Drug dealers will take your health, money and good looks away.

"Come for a drive"
Don't get in the car. Stay alive.

"Have a Drink!"
Don't take opened drinks from strangers and never leave your glass unattended.

"I'll help you if you help me"
Con artists are very persuasive.

"I want to give you some money... but I need to borrow yours first"
Dont' lend money. Ask yourself, can I afford to give this person $ as a gift? They won't pay you back

You're so pretty - I want to be with you.
Hmmm... inner dialogue...I just met him...He wants me to have sex with him - right away... He must really like me!
It takes time to build trust and respect.

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

IF IT FEELS WRONG, IT IS NOT OKAY

SOMETIMES IT IS BETTER TO FLY SOLO; FOCUS ON ME AND MY GOALS.
ABOUT LU'MA NATIVE HOUSING SOCIETY

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

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

As such, some of our programs include:

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