



BURNABY
COMMUNITY
SERVICES



COMMUNITY RESOURCE GUIDE

Burnaby & New Westminster



2023

Burnaby Community Services
a partner of Burnaby Neighbourhood House

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- Building Service Worker
- Building Caretaker

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Choose from a long list of **General Interest Courses** including: French, Spanish, Mandarin, Accent Reduction, Reiki, Yoga, Photography, Hairstyling, and Soap Making.

Explore your options.



BURNABY
COMMUNITY
SERVICES

Antonia Beck
Chief Executive Officer

Marney Godkin
Community Resources
Manager

Zia Jeraj
Publications Assistant

Burnabynow

Publisher
Lara Graham

#201A-3430 Brighton Ave.
Burnaby, BC V5A 3H4
604.444.3451
www.burnabynow.com

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WELCOME TO THE 2023 COMMUNITY RESOURCE GUIDE

We are pleased to announce Burnaby Community Services, Burnaby Meals on Wheels and Burnaby Seniors Outreach are now integrated partners with Burnaby Neighbourhood House. Together we are pleased to present this year's resource guide. This guide provides updated listings of selected programs and services offered in our community. If you, your family, or someone you care about needs support, reach out.

Change Begins With Us

We provide people in need with a voice, resources and opportunities. Whether you are an individual, family, senior or newcomer, find the support you need. We offer a full range of programs, supports and publications to help build a strong, welcoming and resilient community.

Distribution

Our Guide is delivered to select neighbourhoods by the Burnaby Now. It is also available for pick-up at various locations throughout Burnaby and New Westminster. Copies can be ordered online at www.BbyServices.ca or call 604.299.5778.

Disclaimer

While every effort was made to ensure accuracy of information, some changes may occur after printing. We welcome comments and suggestions for future editions.

Burnabynow



Burnaby Community Services acknowledges that we operate on the ancestral, traditional and unceded territories of the Coast Salish Peoples.



SOUTH HOUSE

4460 Beresford St.
604-431-0400 • info@burnabynh.ca

@South_BNH
 @SBurnabyNH

NORTH HOUSE

4908 Hastings St.
604-294-5444 • northinfo@burnabynh.ca

@NorthBNH

BRENTWOOD

2055 Rosser Avenue
604-299-5778 • info@bbyServices.ca

@BbyServices

www.burnabynh.ca

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Senior Support Services
Youth Leadership • Tech Literacy
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Are you a new immigrant or refugee?

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settlementprogram@burnabynh.ca

(廣東話, 普通话, فارسی, دری, العربية, فارسی, ینیتر, Tagalog)
français, ینیتر, español, Tagalog)

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The Burnaby Neighbourhood House is a charitable, non-profit organization. We are a volunteer-driven, community-funded agency with a unique focus on neighbours helping neighbours.

Donate or volunteer today!

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Food Bank & Community Meals

Greater Vancouver Food Bank **604.876.3601**

www.foodbank.bc.ca

Offers a 2-3 day food supplement at various locations as well as baby food, formula, and diapers for qualifying infants. Registration is open to residents of Burnaby, New West, Vancouver, and the North Shore. Also offers workshops, training, and various food programs. Call or visit the website for more information.

8345 Winston St, Burnaby

Open Thurs, 2-7pm; Fri-Sat, 10am-3pm.

613 Queens Ave, New West

Open Thurs, 9:30am-12:30pm.

Burnaby Neighbourhood House **North: 604.294.5444**

www.burnabynh.ca

northfoodhub@burnabynh.ca southfoodhub@burnabynh.ca

Coordinates nine community food hubs in Burnaby. Call or email for more information.

Don't Go Hungry **604.836.8400**

www.dontgohungry.ca

Provides grocery hampers every Saturday at four locations for Burnaby and New West residents who need food support.

1320 Seventh Ave, New West, 12:30-1pm.

920 Ewen Ave, New West, 1-1:30pm.

403 Columbia St E, New West, 1:15-1:45pm.

7457 Edmonds St, Burnaby, 12:30-2pm.

Holy Trinity Cathedral **604.521.2511**

514 Carnarvon St, New West

Provides a free brunch every Sat, 11am-12pm.

Muslim Food Bank Services **1.866.248.3868**

www.muslimfoodbank.com

coordinator@muslimfoodbank.com

Provides food to individuals and families in need, including those with special dietary needs such as halal, kosher, vegetarian, and vegan. Serves the Muslim community, and persons from all faith groups and cultural communities. Registration is required, but first time recipients may access a one-time emergency food hamper.

Ryan's Rainbow Emergency Food Outreach **604.761.4357**

1600 Cliff Ave, Burnaby

Offers weekly food hampers to families in need. Baby supplies are available, if needed. All persons expressing need will be helped, no questions asked. Open Thurs, 8:30am-6pm.

Quest Food Exchange **604.553.0636**

www.questoutreach.org

7753-6th St, Burnaby

Provides dignified access to a variety of affordable and healthy foods to people facing food security challenges. Referrals can be obtained from a local charity, non-profit organization, school, church, healthcare practitioner or a certified professional. Those with food bank ID, or have ministry assistance confirmation don't require a referral. Open Mon-Fri, 9am-5:45pm; Sat, 9am-3:45pm; Sun, 11am-3pm.

Salvation Army – Metrotown **604.437.1521**

6125 Nelson Ave, Burnaby

Food bank open Mon, 9:30am-11am, except stats, ID required.

Salvation Army – New Westminster **604.521.2421**

325-6th St, New West

Offers food assistance for New West and Tri-Cities residents on Mon, 12:30-2pm, and Burnaby residents on Fri, 12:30-2pm. Call to make an appointment for registration prior to service. Bread, milk, and sweets are available to all residents Wed, 12-1pm. Food hampers are given out every 30 days for residents.

Grab & Go Grocery Hampers **604.526.6646**

1010-5th Ave, New West

Offers New West residents access to grab and go grocery hampers Wed, 1-2:30pm; a joint project between St. Barnabas Anglican Church and Shiloh Fifth Avenue United Church.

Society to End Homelessness in **604.200.0712**

Burnaby—Outreach Resource Centres

Pop Up ORC @ Rochester & North Rd, Tues, 10am-12pm, offers bag lunch, harm reduction and connection with outreach workers. Bonsor Skate Park @ Jubilee & Imperial, Wed, 9:30-11am, offers hot meal, food bank bag, harm reduction, and connection with outreach workers. Neighbourhood Church – Outreach Resource Centre, 7135 Walker Ave, Tues, 3-5pm food pantry available; Wed, 4-5pm, offers mobile showers & 5-6pm community meal; Thurs, 9-11am, offers hot meals, showers, clothing, toiletries, foot care, medical care by a Nurse Practitioner, harm reduction, vaccine registration, tax clinic, advocacy services, and connection with outreach workers. Wifi available onsite. Haircuts are offered the last Thursday of each month.

Union Gospel Mission **604.525.8989**

658 Clarkson St, New West

Provides a free out the door breakfast

Mon-Fri, 8:30-9:30am, and lunch, 11am-12pm.

Delivering Food for a Healthy and Independent Life



BURNABY

MEALS ON WHEELS

Our Home Delivery Meal program provides nutritious, hot and frozen meals to people who are unable to prepare meals for themselves.

604-299-5754

www.burnabymeals.ca



Food Delivery Programs

Burnaby Meals on Wheels 604.299.5754

www.BurnabyMeals.ca

Provides nutritious local and affordable food to people who for physical, mental health, social or economic reasons are unable to meet their dietary needs. Delivers hot Western, Vegetarian and Chinese meals, frozen Western main courses and bag lunches, Mon, Wed, & Fri.

New Westminster Meals on Wheels 604.520.6621

www.seniorsservicessociety.ca/smow.htm

Please call the office for more details.

Japanese-Style Meals on Wheels 604.687.2172

www.tonarigumi.ca/support-services

Delivers Japanese-style lunch boxes on Tuesdays to homebound seniors in Burnaby.

Better Meals 604.299.1877

www.bettermeals.ca

1.888.838.1888

Offers a wide selection of affordable, nutritious, and ready-to-eat full course meals and à la carte food items. Offers regular diabetic and low sodium as well as finely minced meals.

Casalinga Food Service 604.435.1994

www.casalinga.ca

Offers delivery of complete ready-made meals, including choices from vegan, gluten-free, and regular menus.

Dairyland Home Service 1.877.341.8700

www.morethanmilk.ca

Offers regularly scheduled delivery services of about 500 products including dairy products, fresh baked goods, juices, soups, pastas and cereals, and household products.

Community Gardens

Gardens are administered by local non-profit community groups. Gardening plots are very popular and space is limited; you may have to add your name to a waiting list.

Burnaby & Region Allotment Garden

www.baraga.ca

directors@baraga.ca

Garden site: 7528 Meadow Ave, Burnaby

Heights Neighbourhood Garden

heightsgrdn@gmail.com

Garden site: 3897 Pender St, Burnaby

New West Community Gardening Society

www.nwcgs.ca

nwcommunitygarden@gmail.com

Provides garden lots in various locations in New West.

North East Burnaby Organic Community Garden

www.nbcagarden.org

nbcagarden@gmail.com

Garden Site: Stoney Creek School, 2740 Beaverbrook Cres, Burnaby

Port Royal Community Garden 604.525.7388

c/o Queensborough Community Centre

Garden site: 86 Star Cres at foot of Ewen Ave, New West

Stride Community School Garden

stridegarden@gmail.com

Garden Site: 7070 14th Ave, Burnaby

Farmers Markets

Artisan Farmers' Markets

www.artisanmarkets.ca

Burnaby Artisan Farmers' Market

burnaby@artisanmarkets.ca

Burnaby City Hall (north lot) 4949 Canada Way at Deer Lake Pkwy, Sat, 10am-2pm, May-Oct.

New West Farmers Market 778.928.7236

www.newwestfarmers.ca

Tipperary Park – 4th St and Royal Ave, New West

Thurs, 3-7pm, Mar 31-Nov 3

BC Farmers' Nutrition Coupon Program 604.734.9797

www.bcfarmersmarket.org/coupon-program

Provides farmers' market coupons to families, pregnant women, and seniors with lower income.

Health & Wellness

HealthLink BC

www.healthlinkbc.ca

24-hr: 811

TTY: 711

Multilingual, non-emergency health information and referral; speak with a nurse, pharmacist or dietitian.

BC Cancer Screening Programs

www.bccancer.bc.ca/screening

Provides information and booking for breast, colon, and cervical cancer screening.

Breast Cancer Screening 1.800.663.9203

Cervical Cancer Screening 1.877.702.6566

Colon Cancer Screening 1.877.702.6566



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BC Drug & Poison Information Centre 604.682.5050
www.dpic.org
24-hr telephone support and advice on poisoning and drug overdoses. Help is available in over 150 languages.

BC Emergency Health Services 604.872.5151
www.bcehs.ca
Provides critical care program, dispatch, emergency management, transport services, and ambulance billing through BC Ambulance Services and BC Patient Transport Network.

BC Healthy Kids Program 1.866.866.0800
www.gov.bc.ca (Search>Healthy Kids)
Helps low income families with the cost of basic dental care, prescription eyewear, and hearing assistance for their children, including dependent children up to 18yrs whose families receive MSP premium assistance through the Ministry of Health.

Edmonds Urgent & Primary Care Centre 604.519.3787
www.fraserhealth.ca/urgentcare
201-7315 Edmonds St, Burnaby
Open Mon-Fri, 5-9pm, Sat, 2-8pm, Sun, 12-6pm. Call ahead to determine care needs can be met.

Food Skills for Families foodskillsBC@bccdc.ca
www.bccdc.ca/our-services/programs/food-skills-for-families
Connects people in the kitchen, teaches hands-on cooking skills, healthy eating, and wise grocery shopping choices. Program is also adapted for use with Indigenous communities, new immigrants, South Asian communities, active seniors, and families with low income.

Healthy Families BC
www.healthyfamiliesbc.ca healthyfamiliesbc@gov.bc.ca
Provides resources aimed at improving the health and well-being of British Columbians at every stage of life.

Health Insurance BC 604.683.7151
www.health.gov.bc.ca
Provides information on Pharmacare, Fair Pharmacare, and the Medical Services Plan.

Fraser Health Authority
www.fraserhealth.ca

Fraser Health Crisis Line 24-hr: 604.951.8855
Public Health General Info Bby: 604.918.7605
New West: 604.777.6740

Home Health Service Line New Intake: 1.855.412.2121
Bby: 604.918.7447
New West: 604.777.6700

Health Protection Office 604.587.3936
— **Community Care Facilities Licensing**
Officers issue licenses, monitor, and inspect facilities, respond to complaints and investigate allegations of unsafe, inappropriate or abusive care in licensed facilities.

Medimap BC
https://medimap.ca
Offers patients an online healthcare navigation tool for identifying availability at local medical walk-in and paramedical clinics, with current wait times. Access from a wide variety of specialty healthcare services including medical walk-in clinics, mental health specialists, optometrists, physiotherapists, chiropractors and other allied health professionals.

Immunize BC
www.immunizebc.ca
Provides evidence-based immunization information and tools for BC residents.

Hospitals

Burnaby Hospital 604.434.4211
3935 Kincaid St, Burnaby

Royal Columbian Hospital 604.520.4253
330 E. Columbia St, New West

BC Children's Hospital 604.875.2345
www.bcchildrens.ca
4480 Oak St, Vancouver

BC Women's Hospital & Health Centre 604.875.2424
www.bcwomens.ca Visiting Info Line: 604.875.2929
4500 Oak St, Vancouver

Dental Health Resources

British Columbia Dental Association 604.736.7202
www.bcdental.org
Provides contact information for dentists accepting new patients. Reduced cost clinics are listed on the website.

CDI College 604.437.8585
— **Certified Dental Assisting Program**
5th Fl, 5201 Kingsway, Burnaby
Students offer free dental services (polishing, desensitizing, sealants, x-rays, and fluoride treatments) to the public. Call in advance to book an appointment.

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Halo Dental Clinic 604.544.8875
www.halodental.ca
Patients on ministry and income assistance are welcomed. Offers convenient hours, free parking, and student discounts. Wheelchair accessible.

Mid-Main Health Centre - Dental Clinic 604.873.3602
www.midmain.net
2265 Main St, Vancouver
Provides services at discounted rates for individuals with no dental coverage.

UBC Dental Clinic 604.822.2112
www.dentistry.ubc.ca/treatment
Students provide a range of dental services for adult and geriatric patients at reduced rates.

UBC Dental Hygiene Program 604.822.2112
www.dentistry.ubc.ca/dental-hygiene-degree-program
Offered Mon-Fri at UBC Clinic. Call for a screening appointment.

Vancouver Aboriginal Health Society Dental Clinic
www.vaahs.life 604.254.9900
455 E. Hastings St, Vancouver dentalclinic@vaahs.life
Not-for-profit emergency and basic dental clinic welcomes Aboriginal and non-Aboriginal people, with no income or people with dental insurance. Donations based on internal suggested fee guide. VAHS reserves the right to accept/ screen patients. Call for more information.

VCC Dental Hygiene Clinic 604.443.8499
www.vcc.ca/services/eat-shop--more/dental-clinic
Call for current program details on services, discounted fees, and times of operation. Limited services available.

Substance Use Support

Alcohol & Drug Information & Referral 604.660.9382
www.bc211.ca info@bc211.ca
Provides 24-hr information and referral to counselling, detox, residential treatment centres, and self-help groups.

BC Lung Association – QuitNow 1.877.455.2233
www.quitnow.ca
Provides free, confidential information, and support for people wanting to quit smoking.

Burnaby Substance Use Services 604.777.6870
Provides free confidential counselling for those who are concerned about their own or another's alcohol and drug use. Outreach services for older adults available.

Stop Overdose BC
www.stopoverdose.gov.bc.ca
Learn to recognize the risks and signs of overdose and how to respond to save lives. Information on how and when to use naloxone, tips on talking openly with loved ones, and find supervised consumption/overdose prevention services.

Toward the Heart
https://towardtheheart.com/site-finder
Provides a comprehensive list of harm reduction and Take Home Naloxone sites across the province. Harm reduction sites offer sharps disposal and some offer drug checking.

Charlford House Society for Women 604.420.4626
www.charlfordhouse.ca
Provides a supportive recovery home for women who are ready to move on from their substance addiction.

Creekside DEW 604.585.5610
Provides a supportive day program to clients in early recovery and to individuals whose substance misuse does not require in-patient withdrawal management. Virtual services available.

Creekside Withdrawal Management 604.587.3755
Provides in-patient withdrawal management services including assessment, substance use education, counselling, medical, and nursing care.

Creekside Youth Detox Program 604.587.3755
Offers an in-patient medical withdrawal program for youth 14-18yrs. This longer-stay regional service provides stabilization and safety, assessment, and referral to residential services.

Perspectives Substance Use Counselling Services
www.fraserside.bc.ca 604.522.3722 x101
Free counselling services to anyone who is affected, either directly or indirectly, by the misuse of alcohol or other drugs. Prevention services are available for persons at risk.

Phoenix Centre Drug & Alcohol Recovery & Education 604.583.7166
www.phoenixsociety.com
Offers residential addiction services, transitional housing, education programs, and employment assistance.

Problem Gambling Helpline 1.888.795.6111
www.bcresponsiblegambling.ca
Provides 24-hr information and referral to community resources, counselling services, prevention resources, and self-help resources, in multiple languages.



IMMEDIATE & URGENT NEED

Your support to help us continue **recovering women** from drug and alcohol addiction is needed today. Rebuild lives and families.



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Working for You

Please contact us if you require help with any of your federal or provincial needs.



KATRINA CHEN, MLA

BURNABY-LOUGHEED
3-8699 10TH AVE
BURNABY, BC V3N 2S9
604-660-5058
KATRINA.CHEN.MLA@LEG.BC.CA

JAGMEET SINGH, MP

BURNABY SOUTH
4940 KINGSWAY
BURNABY, BC V5H 2E2
604-291-8863
JAGMEET.SINGH@PARL.GC.CA

ANNE KANG, MLA

BURNABY-DEER LAKE
105-6411 NELSON AVE
BURNABY, BC V5H 4H3
604-775-0565
ANNE.KANG.MLA@LEG.BC.CA

PETER JULIAN, MP

NEW WESTMINSTER-BURNABY
110-888 CARNARVON ST
NEW WESTMINSTER, BC V3M 0C6
604-775-5707
PETER.JULIAN.C1@PARL.GC.CA



RAJ CHOUHAN, MLA

BURNABY-EDMONDS
5234 RUMBLE ST
BURNABY, BC V5J 2B6
604-660-7301
RAJ.CHOUHAN.MLA@LEG.BC.CA

JENNIFER WHITESIDE, MLA

NEW WESTMINSTER
PLEASE CALL OR EMAIL
FOR ASSISTANCE
604-775-2101
JENNIFER.WHITESIDE.MLA@LEG.BC.CA

AMAN SINGH, MLA

RICHMOND-QUEENSBOROUGH
12560 BRIDGEPORT ROAD
RICHMOND, BC V6V 2N5
604-664-0700
AMAN.SINGH.MLA@LEG.BC.CA

JANET ROUTLEDGE, MLA

BURNABY NORTH
1833 WILLINGDON AVE
BURNABY, BC V5C 5R3
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Last Door Recovery Centre

www.lastdoor.org

Provides bed-based addiction treatment for adult men and youth who are experiencing problematic substance misuse, gambling or media addictions. Post treatment transitional living and support services for families are also available.

Recovery Centre (19+) 604.525.9771
Youth Program Centre 604.520.3587
(Male-identified, 14-18yrs)

Quibble Creek Sobering & Assessment Centre

24-hr: 604.580.4965

Provides a safe and supportive environment for individuals under the influence of alcohol and/or drugs to sober up from intoxication. Centre also provides safe consumption services for IV users.

Support Groups

The following anonymous groups provide addiction and recovery support for persons dealing with their own or another's addictions. Call for meeting dates and times.

Alcoholics Anonymous 24-hr: 604.434.3933
www.vancouveraa.ca

Al-Anon/Alateen 604.688.1716
www.bcyukon-al-anon.org

Cocaine Anonymous 604.662.8500
www.ca-bc.org

Gamblers Anonymous 1.855.222.5542
www.gabc.ca

Nar-Anon 604.878.8844
www.nar-anon.org
Support groups for family and friends of compulsive drug users.

Narcotics Anonymous 604.873.1018
www.bcrna.ca
Offering virtual support meetings. Call for more information.

Overeaters Anonymous 24-hr: 604.878.4575
www.oaseatosky.com oaseatosky@gmail.com
Support group of men and women in recovery from compulsive eating, bulimia or anorexia.

Parents Forever 604.524.4230
www.parentsforever.ca fkenny@uniserve.com
Support for families of those struggling with addiction.

Mental Health Resources

Crisis Line 24-hr Distress Line: 604.872.3311
www.crisiscentre.bc.ca

Suicide Line 1.800.784.2433

310 Mental Health Support Distress Line 310.6789

Seniors Distress Line 604.872.1234

Fraser Health Mental Health Centres Bby: 604.453.1900
New West: 604.777.6800

Anxiety Canada

www.anxietycanada.com

Promotes awareness of anxiety disorders, and provides information and resources for individuals wanting to manage their own anxiety, including free online resources and self-help toolkits for children, adults, and parents.

Mindshift CBT

Free downloadable app for learning how to manage your anxiety through scientifically proven strategies, and virtual group treatment program based on Cognitive Behavioural Therapy.

BounceBack 604.874.7881

Free skill-building program obtained by a doctor's, nurse practitioner's, psychiatrist referral, or through self-referral online at bouncebackbc.ca. Serves youth 15+ and adults experiencing mild to moderate stress, depression, or anxiety. Translations available in French, Punjabi, Mandarin, and Cantonese.

Canadian Mental Health Association –Vancouver-Fraser Branch 604.872.4902

www.vancouver-fraser.cmha.bc.ca

Provides education and community-based research, programs, and services to those impacted by mental illness. Also offers COVID related support. For more information on workshops, resources, and events, please check website.

Child & Youth Mental Health Program

Ministry of Children and Family Development provides community-based specialized mental health services for children and youth 6-18yrs. Services are accessed through a walk-in intake clinic; no appointment necessary. Call for dates and times.

102-4430 Halifax St, Burnaby 778.572.2370
202-7645 Kingsway, Burnaby 604.660.9544
201-1065 Columbia St, New West 604.660.9495

Help us pave the way for a brighter future in health care

bhfoundation.ca



Early Psychosis Intervention 604.777.8386
www.earlypsychosis.ca
 Promotes early detection of psychosis, education, and direction for getting help. Serves 13-30yrs.

Infant & Early Childhood Mental Health Program 778.572.2370
 102-4430 Halifax St, Burnaby
 Ministry of Children and Family Development provides mental health services for infants and children up to 6yrs.

FamilySmart 604.878.3400
www.familysmart.ca info@familysmart.ca
 Offers peer support, resources, and information about child and youth mental health services.

Fraserside Community Services Society 604.522.3722
www.fraserside.bc.ca
 Provides assisted living, supported housing, transitional housing, and member-directed clubhouse for adults with mental health challenges.

Foundry info@foundrybc.ca
www.foundrybc.ca
 Offers young people 12-24yrs health and wellness resources, services, and support online and through integrated service centres.

Kelty Mental Health Resource Centre 604.875.2084
www.keltymentalhealth.ca keltycentre@cw.bc.ca
 Provides information, support, and resources on mental health, medications, and substance use issues for children and youth under 24yrs and their families. Also provides parent peer support. Access at Children's Hospital.

Mood Disorders Association of BC 604.873.0103
www.mdabc.net
 Provides information, education, counselling, psychiatric services, repetitive transcranial magnetic stimulation treatments (rTMS), food as medicine, and art therapy. Offers various support groups for people and their families living with a mood disorder or other mental illness.

Sexual Health Resources

Rape Crisis Line 24-hr: 604.872.8212
-Rape Relief & Women's Shelter TDD: 604.877.0958
www.rapereliefshelter.bc.ca
-WAVAW Rape Crisis Centre 604.255.6344
www.wavaw.ca

Options for Sexual Health Clinics 604.731.4252
www.optionsforsexualhealth.org (Clinics)
 Provides a range of free, confidential services including STI testing and treatment, pregnancy testing and counselling, physical exams, affordable birth control, and more. Serves all genders, orientations, and ages. By appointment only.
 4734 Imperial St, Burnaby, Wed, 5:30-8:30pm.
 3550 E. Hastings St, Vancouver, Mon, Tues, Thurs, 7-9pm.

Sex Sense Line 604.731.7803
www.optionsforsexualhealth.org/sex-sense/
 Provides free, confidential information, and referral for sexual health issues including sexuality, birth control, STIs, emergency contraception, and pregnancy options.

Smart Sex Resource 604.707.5600
www.smartsexresource.com
 Information and resources are provided by the BC Centre for Disease Control.

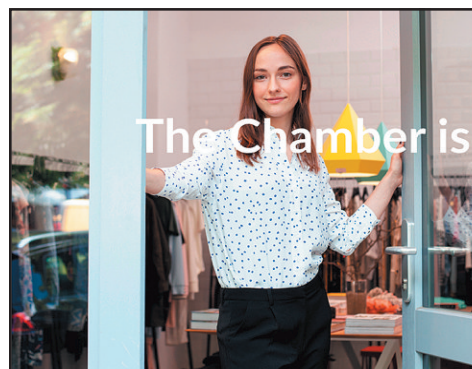
Health Organizations

Autism BC 604.434.0880
www.autismbc.ca
 Offers inclusive society for information, support, and education to people on the autism spectrum and their loved ones. Workshops, events, referrals to community support, and an online newsletter are available.

Alzheimer Society of BC—Fraser Region 604.298.0780
www.alzheimer.ca/en/bc
 Provides information, education, and support to family, friends, and individuals affected by Alzheimer's disease and other dementias. First Link dementia support services for patients and caregivers, including early-stage support groups, "First Link" referrals and "Minds in Motion", a social and recreation program.
—First Link Dementia Helpline 604.681.8651

Arthritis Society—BC & Yukon Division 1.800.321.1433
www.arthritis.ca
 Provides information, programs, events, and informational material on arthritis.

BC Brain Injury Association info@brainstreams.ca
www.brainstreams.ca
 Promotes a better quality of life for those living with acquired brain injury through education, information, prevention, support, and systemic advocacy.



The Chamber is **commitment.**



When the going gets tough, we don't sit on the sidelines. We are working tirelessly, seeking out solutions for the challenges we all face.

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Burnaby Board of Trade –Your Local Chamber
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 Western Association of Chamber Executives

- BC Epilepsy Society** 604.875.6704
www.bcepilepsy.com
Offers free education, resources, advocacy, and support services to persons and their families living with epilepsy. No barrier clinics are available throughout BC; services also available by phone, email or online.
- BC Lung Association** 604.731.5864
www.bc.lung.ca
Provides educational and community programs about respiratory diseases including asthma, COPD, lung cancer, pulmonary fibrosis, sleep apnea, and other lung related conditions. Also offers smoking/vaping cessation services and information about indoor and outdoor air quality.
- BC Schizophrenia Society** 604.270.7841
www.bc.s.s.org
Provides information, education, and non-therapeutic support groups for families with relatives who have schizophrenia or other serious persistent mental illnesses.
- Canadian Cancer Society** Info Line: 1.888.939.3333
www.cancer.ca
Offers support to cancer patients and their families. Provides information, public education, financial aid, advocacy, prevention initiatives, and support groups.
- Canadian Liver Foundation – BC/Yukon Chapter** 604.707.6430
www.liver.ca
Provides information and support programs for people living with liver disease.
- Cerebral Palsy Association of BC** 604.408.9484
www.bccerebralpalsy.com info@bccerebralpalsy.ca
Provides information and assistance to persons living with Cerebral Palsy and other disabilities. Programs and services offered across BC.
- CNIB Foundation** 604.431.2121
www.cnib.ca
Offers innovative programs designed to empower people of all ages who are impacted by blindness through knowledge, skills, and confidence in order to remove barriers in pursuit of the life they choose.
- Diabetes Canada** 1.800.226.8464
www.diabetes.ca
Provides diabetes related information, summer camps, advocacy, and referral services.
- Down Syndrome Resource Foundation** 604.444.3773
www.DSRF.org
Offers innovative programs and interventions for children and adults with Down syndrome and other developmental disabilities. Programs include speech and language development, behavioural support, mental wellness, reading and communications, and occupational therapy. Group adult programs are offered focusing on literacy, math, and social communication. Information and support available for families and professionals.
- GI Society** 604.873.4876
www.badgut.org
Provides trusted information, resources, and research on a wide range of gastrointestinal diseases and disorders.
- Heart and Stroke Foundation of Canada** 604.342.8070
www.heartandstroke.ca
Provides heart disease and stroke related information. Also educates public about healthy lifestyles.
- IMPACT Parkinson's** 604.525.2631
www.impactparkinsons.com
Offers "Let's Talk LOUD", a virtual group program providing voice therapy for people with Parkinson's.
- MEFM Society of BC** 604.878.7707
(Myalgic Encephalomyelitis, Chronic Fatigue Syndrome & Fibromyalgia)
www.mefm.bc.ca
Provides information, referrals to support groups, and educational material to patients and their families.
- Kidney Foundation of Canada – BC & Yukon Branch** 604.736.9775
www.kidney.ca/bc
Provides information, referral, and education about kidney and related diseases.
- Multiple Sclerosis Society of Canada – BC & Yukon Division** 604.689.3144
www.mssociety.ca
Provides information, referral, legal, and support services to persons living with MS.
- Muscular Dystrophy Canada** 1.800.567.2873
www.muscle.ca
Provides information and assistance to persons living with muscular dystrophy or neuromuscular disorders.



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Or email us at: info@kabokmusicschool.com. Check out our website: www.kabokmusicschool.com

Our address is: 1719 8th Ave, New Westminster, B.C., V3M 2S8

Osteoporosis Canada 604.685.2582
 www.osteoporosis.ca 1.800.463.6842
 Provides medical information to patients, professionals, and the public. Services include free publications, educational programs, and referrals to local resources.

Parkinson Society British Columbia 604.662.3240
 www.parkinson.bc.ca
 Offers support, information, and education for people with Parkinson's, caregivers, and health care professionals.

Prostate Cancer Foundation BC 604.574.4012
 www.prostatecancerbc.ca
 Virtual meetings available; check website for meeting schedule and more information.

Stroke Recovery Association of BC 604.688.3603
 www.strokerecoverybc.ca
 Provides information and programs including virtual services to assist stroke recovery. Resource publications and newsletters are available in several languages.

Wavefront Centre for Communication Accessibility 604.736.7391
 TTY: 604.736.2527
 www.wavefrontcentre.ca
 Provides a full range of programs and services, including audiology, interpreting, counselling, employment counselling, seniors outreach program, and communication devices. Also offers informative classes, job finding clubs, and a resource centre for job seekers.

Pain BC Society 1.844.430.0818
 www.painbc.ca
 Provides support, education, and resources for those living with chronic pain conditions.

Medical Equipment & Supplies

Adaptive Comfort Clothing 604.366.4494
 www.adaptivecomfortclothing.com
 102B-1124 Lonsdale Ave, North Vancouver
 Offers clothing and footwear for seniors in care facilities or at home, and adaptive wear for persons in wheelchairs. Call in advance to book an appointment.

Addressing Needs 1.800.817.4365
 www.addressingneeds.com
 Offers specialized outerwear designs and adaptive clothing to ease dressing routines and promote inclusion for people living with a disability.

AssistList
 www.assistlist.ca info@assistlist.ca
 Charity offers free online marketplace for individuals to buy, sell, and donate home health medical equipment, and find other healthcare resources.

BCITS Technology for Living TIL: 604.326.0175
 www.bcits.org PROP: 1.866.326.1245
Technologies for Independent Living Program (TIL)
 Provides home automation and assistive devices for people with physical disabilities to live as independently as possible at home.
Provincial Respiratory Outreach Program (PROP)
 Provides equipment and support to qualified persons needing assistive ventilation while living in community.

BC Medequip Home Health Care 604.888.8811
 www.bcmedequip.com
 Provides sales, rentals, installation, repairs, and maintenance of an extensive range of medical equipment and supplies. Certified expert garment fitters are available for all compression needs. Showroom is fully accessible; home visits are available.

Canadian Red Cross Society 604.709.6600
 www.redcross.ca/lowermainland
Health Equipment Loan Program 604.522.7092
 105-7355 Canada Way, Burnaby
 Provides short-term loans of basic medical equipment (by donation) to individuals of all ages and income levels. Referral required from a health care professional.

Telus Health – LivingWell Companion 1.888.505.8008
 www.telus.com/livingwellcompanion
 Provides emergency response service with optional fall detection.

CAYA – Communication Assistance for Youth & Adults 604.326.3500
 www.cayabc.net
 Provides communication assistance to youth and adults 19+ that require an augmentative or alternative communication (AAC) system due to a severe disability.

National Seating and Mobility 604.293.0002
 www.nsm-seating.ca
 Offers a large inventory of home health products and rehabilitative equipment.

Regency Medical Supplies 604.434.1383
 www.regencymed.com
 Offers a large stock of home health items and rehab equipment. Shop online services available.



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Sunquest Mobility 778.397.8083
www.sunquestmobility.com
Provides a full range of home healthcare equipment, wheelchairs, and supplies to rent or own. Offers professional fittings of sports braces/support stockings.

Fraser Health Lifeline 604.953.4960
www.fraserhealth.ca (Search > Lifeline)
Offers a personal 24-hr emergency response service that assists individuals to remain independent and safe in their homes. For information email: lifeline@fraserhealth.ca

Tetra Society of North America 604.688.6464
www.tetrasociety.org info@tetrasociety.org
Provides customized assistive devices to people with disabilities. Engineers and technicians work one-on-one with people who have specific needs that can't be met by commercial devices.

Counselling & Support Services

Counselling BC
www.counsellingbc.com
Provides an online resource and professional directory for counselling, psychological services, art therapy, and psychotherapy. Services are available in over 25 languages.

Burnaby Counselling Group 604.430.1303
www.counsellinggroup.org
Offers a wide range of confidential counselling services for individuals, couples, children, and families. Subsidies may be available to persons with low income.

Burnaby Family Life Institute 604.659.2217
www.burnabyfamilylife.org
Provides individual counselling services to women who experience trauma due to abuse and violence, and group counselling to women who have a history of sexual child abuse. Offers for children 3-19yrs who witness abuse.

Cameray Child & Family Services 604.436.9449
www.cameray.ca
Provides free child and family counselling, parent support and education, victim support, groups, and advocacy for families in Burnaby and New West. Programs include ACTS Program, Child and Youth Victim Support Service, Child, Youth, and Family Counselling, and Parent Support Services. In-person and virtual services available.

Covenant House Vancouver 604.685.7474
www.covenanthousebc.org 1.877.685.7474
Offers support services for young people leaving street life including housing, alcohol and drug counselling, mental health counselling, and life skills training.

Crisis Program
Offers safe housing, food, clothing and counselling to youth 16-24yrs on a first-come, first-served basis.

Community Support Services (CSS)
Offers street outreach, housing support workers and drop-in access to free food, clothing, laundry and showers.

Rights of Passage Program (ROP)
Offers long-term housing program where youth under 25yrs receive additional support.

Mental Health and Addictions Supports
Offers referrals to in-house Registered Clinical Counsellors (RCC) for youth to 24yrs. Therapy may involve one-on-one counselling, Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Art Therapy, referral to a psychiatrist, referral to a treatment centre, or a combination of services.

Lookout Housing & Health Society 604.255.0340
www.lookoutsociety.ca info@lookoutsociety.ca
Offers supportive housing and services for homeless men and women or those in need based on their current living situation. Must be in/have history with New West.

Cliff Block Residence 604.523.9126 x103
Rhoda Kaillis Residence 604.544.5145
Russell Housing Centre 604.529.9126

Family Services of Greater Vancouver 604.525.9144
www.fsgv.ca
Offers affordable counselling programs and support services to families, individuals, and youth.

Purpose Society – Family Services 604.526.2522
www.purposesociety.org
Offers the following programs to families with referrals from the Ministry of Children and Family Development.

Family Therapy
Provides individual, couples or family group therapy for up to 6 months.

Family Development Work
Provides families with children 0-12yrs with parenting information and intervention for up to 6 months.

Short-Term Therapy
Provides individual, couples or family therapy for up to 6 months.

Supervised Access
Provides supervised access to families with children in care who require protection and supervision.

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New Westminster, B.C.

604-526-4644 • ksinsure@telus.net

Fraserside Community Services Society

www.fraserside.bc.ca

604.522.3722 x101

Perspectives Substance Use Counselling Services

Provides free counselling, education, referral, and support to adults, children, adolescents, and their families who are experiencing challenges related to their substance use or are affected by another's substance use.

The PEACE Program

604.522.3722 x118

Provides group or individual counselling to children and youth who witness violence to their parent or caregiver.

Burnaby Seniors Outreach

604.291.2258

www.bsoss.org

faryar@bbyseniors.ca

Offers support services for seniors, their family and friend caregivers, including support groups for caregivers, and one-on-one peer support for seniors experiencing anxiety, depression, frustration or difficulties because of life changes. Dementia Friendly programs include a monthly café for people with memory loss or dementia, their family and friends, and "The Seniors Memory Club". *This is not a counselling service.

Century House Senior Peer Counselling

604.519.1064

www.chspc.ca

Provides free peer counselling programs for New West seniors 50+, helping with life transitions, bereavement, loss, loneliness, isolation, health, and aging concerns. Volunteers always welcome.

Atira Women's Resource Society

604.681.4437

www.atira.bc.ca

info@atira.bc.ca

Provides housing, counselling, legal advocacy, and support programs to women experiencing abuse, violence, drugs and/or alcohol, homelessness, chronic health or mental health issues.

Battered Women's Support Services

604.687.1868

www.bwss.org

24-hr Crisis Line: 604.687.1867

Provides counselling, support, and advocacy for women who have experienced abuse or trauma. Housing, legal, and employment advocates are available.

Monarch Place Transition House

604.521.1888

www.monarchplace.org

Provides emergency shelter and support programs for women and their children fleeing domestic abuse.

Chrysalis Place Second Stage Program

Second stage residential program.

WINGS Outreach Program

Relocation and multicultural support program.

Calisto Place Third Stage Program

Long term subsidized housing program.

Dixon Transition Society

604.433.4191

www.dixonsociety.ca

Provides temporary shelter, housing, and support for women and their children directly fleeing abuse. Enhanced protocols and virtual services during COVID.

Dixon Transition House

Intake Line: 604.298.3454

24-hr line; 10 bed transition house for women and their children fleeing domestic violence.

2nd Stage and 3rd Stage Housing

604.298.6046

Structured support and independent housing units for survivors of family violence.

Family Counselling

604.433.7380

For residents of Burnaby who are raising children.

Stopping the Violence Counselling

604.298.2549

For women survivors of family violence, sexual assault or childhood abuse.

Elizabeth Fry Society

604.520.1166

www.elizabethfry.com

info@elizabethfry.com

Provides shelter, counselling, employment, and education support for women and children.

Maida Duncan Women's Drop-In Centre

604.523.6749

402 E. Columbia St, New West

1.888.879.9593

Drop-in centre offering marginalized women and children a place for light snacks, showers, laundry, computers, free clothing, and household items, as well as social activities.

Burnaby Hospice Society

604.520.5087

www.burnabyhospice.org

Provides services to individuals and families in Burnaby going through the end-of-life journey. Supports palliative or hospice care patients and their families and caregivers. Also offers free bereavement counselling and art therapy.

Post Abortion Community Services

604.525.0999

www.pacscanada.org

Provides non-judgmental post abortion grief recovery through counselling, support groups, and retreats.

Rape Victims Support Network

604.545.0834

www.assaultcare.ca

Provides peer counselling, advocacy, referrals, and practical help to victims of sexual assault.

MOSAIC Men in Change

604.254.9626

www.mosaicbc.org/services/counselling/men-in-change/

Provides counselling and psychoeducation for immigrant, refugee, and visible minority men who have used or are at risk of using violence in intimate relationships.

Burnaby Seniors Outreach



- **Caregiver Support** groups, educational workshops, and an annual Caregiver Expo.
- **Senior Support Volunteers** provide free, confidential support including form filling, for seniors in our community.
- **Dementia Friendly Café and Choir for Seniors and Caregivers** are social gatherings for people with dementia, along with their families and friends.



2055 Rosser Avenue, Burnaby, BC, V5C 0H1 • 604-291-2258 • info@bbyseniors.ca • bsoss.org

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BC Men's Resource Centre

www.menbc.ca

Offers individual, couple, and family counselling, support groups, and a comprehensive library of books, articles, tapes, and videos on a variety of men's issues. Programs include: Anger Management, Anger Management for Teens 13-18, and Ending Partner Abuse. Call for information or to book an appointment. No drop-ins.

604.878.9033**Memorial Society of BC**

www.memorialsocietybc.org

Provides objective information and education on funeral pre-planning, including simple, dignified, and low cost funerals. Also offers support and direction for grieving families. Membership is required.

604.733.7705**1.888.816.5902****BC Bereavement Helpline**

www.bcbh.ca

Provides information, referral, and compassionate listening for persons coping with grief.

604.738.9950

contact@bcbh.ca

Lumara Grief and Bereavement Care Society

www.lumarasociety.org

Provides bereavement programs and counselling services to children, youth, and families. Offers educational programs and workshops on grief and loss for volunteers and professionals.

604.553.4663

info@lumarasociety.org

Victim Services**VictimLINK BC**

www.victimlinkbc.ca

Provides multilingual assistance for victims of crime and immediate crisis support to victims of family or sexual violence. Victim Service Workers help with referral to victim and community services, transition houses, counselling, justice system/legislation programs, and safety planning.

24-hr: **1.800.563.0808**

VictimLinkBC@bc211.ca

Child & Youth Victim Support Service

www.cameray.ca

Provides free support to victims, their families, and witnesses of crimes who are under 19, including court accommodation and preparation. In-person and virtual services are available.

604.436.9449 x237**Family Services of Greater Vancouver****—Specialized Counselling & Trauma Services**

www.fsgv.ca/counselling

Offers professional, compassionate counselling and trauma services to individuals, families, children, and youth.

604.525.9144**Justice Education Society of BC (JES)**

www.victimsinfo.ca

Provides online resource for victims and witnesses of crime. Includes services for victims, legal and financial help, information about reporting crimes, and court process.

604.660.9870**MADD Metro Vancouver**

www.maddchapters.ca/vancouver

Offers support services to victims/survivors of impaired drivers and their families and friends. Promotes awareness about the dangers of alcohol and/or drug-impaired driving.

1.800.665.6233 x266**Police Victim Services Units**

Offers information, emotional support, and practical assistance to persons or families affected by a crime or trauma.

Burnaby RCMP

http://burnaby.rcmp-grc.gc.ca

burnaby_victim_services@rcmp-grc.gc.ca

New Westminister Police

www.nwpolice.org

604.646.9700**604.529.2525**

VAU@nwpolice.org

Embrace Clinic— Forensic Nursing Service

embraceclinic@fraserhealth.ca

9634 King George Blvd, Surrey

Provides specialized non-urgent, trauma-informed, outpatient medical care and modified forensic assessments for mature minors and adults of any gender who have experienced recent violence (partner violence, sexual assault or exploitation). Interpreters are available. Call, text or email the clinic directly for an appointment. Offers some sexual health services to anyone in need such as STI/HIV screening and treatment, pregnancy testing with unbiased options, IUD insertions, contraceptive implant insertions, and monthly pap clinics. Open Mon-Fri, 8am-4pm.

604.807.5406**Forensic Nursing Service****Specialized Violence Intervention and Prevention****Surrey Memorial Emergency Dept.**

13750-96 Ave, Surrey

Provides 24-hr free, confidential care for persons who may have experienced any form of intentional violence including sexual assault or inter-personal violence within the past 7 days. Specially trained inter-professional team provides emotional support, health care, and the option to collect forensic evidence. Interpreters are available. Access this service through any Fraser Health emergency centre. All genders, age 2+.

604.953.4723

DAILY LUNCH SPECIALS MONDAY TO FRIDAY

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**www.agratandoori.ca**

Specialized Sexual Assault Service 604.875.2881
Vancouver General Hospital Emergency Dept.
 920 W. 10th Ave, Vancouver (near Oak St)
 Provides free 24-hr, confidential care for anyone 13+ who has been sexually assaulted within the past 7 days. Specially trained female doctors and nurses provide emotional support, health care, and option to collect forensic samples for police. Follow-up counselling is available. Interpreters are available. This service also offered at UBC Urgent Care Centre, 2211 Wesbrook Mall, 8am-10pm, 7 days/week.

BC Society for Male Survivors of Sexual Abuse
 www.bc-malesurvivors.com 604.682.6482
 victimservices@bc-malesurvivors.com
 Offers individual and group therapy for males who have been sexually abused or victims of domestic violence. Individual support also available for family members and significant others of male survivors. Discounted fees for qualifying individuals.

MOSAIC-Multicultural Victim Services 236.512.6170
 www.mosaicbc.org/mvs Vietnamese: 236.512.7149
 victim.support@mosaicbc.org
 Provides community-based, specialized services for multicultural victims of all types of crime, including criminal justice information and support, safety planning, information and referral, and emotional/practical support to assist victims in recovery.

Stopping the Violence and Multicultural Outreach Services 236.512.9739
 www.mosaicbc.org/stv women.support@mosaicbc.org 236.512.6170
 Provides individual/group counselling for women who are at risk or have experienced abuse, including threats or any kind of violence. Advocacy, prevention, resources, and community liaison is provided to assist with victim empowerment and positive change.

Extreme Weather Shelters 604.255.0340
 Westminster Bible Chapel: 7540-6th St 778.384.6486
 Neighbourhood Church: 7135 Walker Ave 604.526.2522
 Purpose Society: 502 Columbia St, NW
 Opens on weather dependent basis from Nov 1-Mar 31 (8pm-9am) if weather is severe enough to present a substantial threat to life or health of homeless persons. Openings are posted at local community centres, libraries, and service agencies.

Covenant House Crisis Program 604.685.7474
 www.covenanthousebc.org/continuum-of-care/crisis-program/
 1302 Seymour St & 326 Pender St, Vancouver.
 Offers safe housing, food, clothing, and counselling to youth 16-24yrs. 28 beds for female-identified and 35 beds for male-identified youth are available on a first-come, first-served basis.

Fraserside Community Services Society 604.522.3722
 www.fraserside.bc.ca
 Provides no-cost, high-barrier Family Emergency Shelter; transitional housing for adults with mental illness; low-barrier housing for adults at risk of homelessness; and supportive housing for adults with mental health and substance use issues.

Lookout Housing & Health Society 604.255.0340
 www.lookoutsociety.ca info@lookoutsociety.ca
 Offers supportive housing and services for homeless men and women or those in need based on their current living situation. Must be in/have history with New West.

Cliff Block Residence 604.523.9126 x103
Rhoda Kaillis Residence 604.544.5145
Russell Housing Centre 604.529.9126

Salvation Army Shelter Services 604.526.4783
 www.salvationarmy.ca
Stevenson House
 32 Elliot St, New West
 14 bed emergency shelter for men. Self-referral on a first-call, first-served basis. Call at 9am.

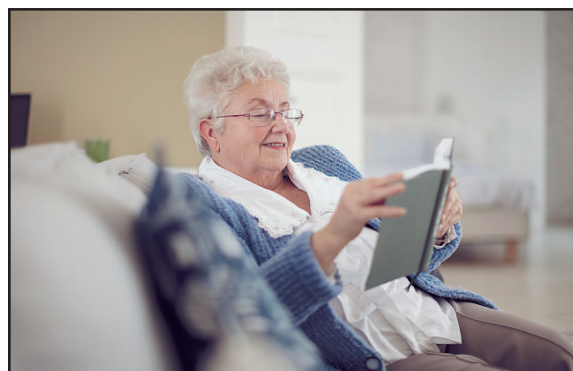
Burnaby Shelter
 2294 Douglas Rd, Burnaby
 24-hr full service shelter includes dinner. Intake: 10am-10pm.

Union Gospel Mission 604.253.3323
 www.ugm.ca contact@ugm.ca
 Offers emergency shelter, meals, clothing alcohol/drug recovery programs, and affordable housing in Downtown Eastside, Vancouver, and New West. Drop-in centres open Mon-Fri, 2-4:30pm; Sat-Sun, 1-3pm. Centres also serve as cooling centres during hot weather.

Housing

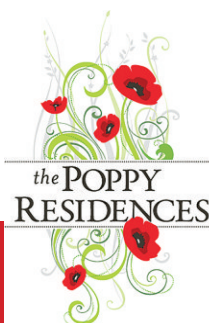
Emergency & Supportive Housing

Shelter & Street Helpline (24/7) Dial or text: 211
 www.bc211.ca/help-lines/#sshl
 Provides information on shelters, emergency accommodations, housing search, meal and grocery services, medical assistance, mental health services, recovery/treatment programs, low cost goods, legal, and advocacy help. Shelter list is updated 11:30am & 7:30pm.



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Women's Shelters & Transitional Housing

Burnaby Safe House 778.886.7001
www.safeshelter.ca
Offers second stage accommodation in a safe, confidential location for abused and vulnerable pregnant women.

Cynthia's Place 604.582.2456
Provides high-barrier emergency housing and support for women with or without children. Self-referrals accepted.

Dixon Transition Society 604.433.4191
www.dixonsociety.ca
Provides temporary shelter, housing, and support for women and their children directly fleeing abuse. Enhanced protocols and virtual services during COVID.

Dixon Transition House Intake: 604.298.3454
24-hr line; 10 bed transition house for women and their children fleeing domestic violence.

2nd Stage and 3rd Stage Housing 604.298.6046
Structured support and independent housing units for survivors of family violence.

Family Counselling 604.433.7380
For residents of Burnaby who are raising children.

Stopping the Violence Counselling 604.298.2549
For women survivors of family violence, sexual assault or childhood abuse.

Monarch Place Transition House 604.521.1888
www.monarchplace.org
Provides emergency shelter and support programs for women and their children fleeing domestic abuse.

Chrysalis Place Second Stage Program
Second stage residential program.

WINGS Outreach Program
Relocation and multicultural support program.

Calisto Place Third Stage Program
Long term subsidized housing program.

Elizabeth Fry Society 604.520.1166
www.elizabethfry.com info@elizabethfry.com
Provides shelter, counselling, employment, and education support for women and children.

Housing Information & Services

Affordable Housing Societies 604.521.0818
www.affordablehousing Societies.ca
Provides rentals at market and subsidized rates.

BC Housing 604.433.2218
www.bchousing.org/housing-assistance
Provides subsidized housing for persons with low income including families with young children, seniors, and persons with disabilities.

Housing Registry
Provides housing related information for housing providers and applicants seeking affordable housing.

Shelter Aid for Elderly Renters (SAFER)
Provides financial aid for eligible renters 60+.

Rental Assistance Program (RAP)
Provides low income working families with assistance to help with their monthly rent payments.

Condominium Homeowners Association 604.584.2462
www.choa.bc.ca
Provides leadership, education, and resources for strata owners across BC.

Co-operative Housing Federation of BC 604.879.5111
www.chf.bc.ca
Provides leadership, education, and resources for co-op living. Offers a range of programs and services.

Licensing & Consumer Services 604.646.7050
(formerly BC Homeowner Protection Office)
www.bchousing.org/licensing-consumer-services
Provides information on home registry and licensing.

Metro Vancouver Housing Cooperation 604.432.6300
www.metrovancouver.org (Services > Housing)
Offers housing for low and moderate income families, seniors, and persons living with physical disabilities. Limited rental assistance program for those who qualify.

New Chelsea Society 604.395.4370
www.newchelsea.ca admin@newchelsea.ca
Provides affordable, safe, and clean housing for seniors 55+, families and persons with disabilities.

Rent Banks 604.526.2522
www.purposesociety.org (Rent Bank)
burnabyrentbank@purposesociety.org
newwestminsterrentbank@purposesociety.org
Provides support to help keep qualifying low to moderate income individuals and families housed in their communities. Low-fee, no interest, short-term loans can assist with rent arrears, next month's rent, essential utility arrears, damage or pet deposit, or first month's rent, if living in or moving to Burnaby or New West. Check for eligibility requirements and fill out a pre-assessment form at: <https://apply.bcrentbank.ca/apply/purpose-society>.

Proudly serving Burnaby and the surrounding area since 1992.



#300-6411 Nelson Ave, Burnaby, BC V5H4H3
604-436-6092
info@burnabyorthopaedic.com
www.burnabyorthopaedic.com

- OsteoArthritis knee braces
- Custom and off-the-shelf foot orthotics
- Breast Prosthetics
- Lymphedema compression sleeves
- Compression stockings

- Most items covered under extended benefits
 - Service provided in English, Cantonese and Mandarin
- Operating Hours 9AM-5PM Monday to Friday*

New Vista Society Housing Office 604.525.3288
www.newvista.bc.ca
Provides housing to families of varied incomes and subsidized housing to seniors 55+ with low income. Must apply through BC Housing first at 604.433.2218.

Progressive Housing Society 604.522.9669 x318
www.progressivehousing.net
A homeless outreach program operates with a mobile unit bringing supplies and services to the homeless. Drop-in Centre in operation Mon-Fri, 9am-4pm @ 7836 6th St, Burnaby. Call for more information.

Residential Tenancy Branch 604.660.1020
www.gov.bc.ca/landlordtenant HSRTO@gov.bc.ca
Provides landlords and tenants with information about their rights and responsibilities, and dispute resolution services.

Seniors Services Society 604.520.6621
www.seniorsservicessociety.ca
housing@seniorsservicessociety.ca
rentbank@seniorsservicessociety.ca
Provides seniors housing navigation across BC, information and referral, seniors homeless outreach program, Temporary Housing Program (cost geared to income), Seniors Rent Bank, for one-time interest free loans, and Seniors Housing Navigator Training Program. Services available for seniors 60+ living in the Lower Mainland (except Downtown Eastside).

TRAC – Tenant Resource & Advisory Centre
www.tenants.bc.ca 604.255.0546
Provides tenants with legal education and information about residential tenancy law through the Tenant Infoline, website, social media, and workshops, and online Tenant Survival Guide. Free legal representation to qualifying tenants. Free online course “Renting-It-Right” available.

Vancouver Native Housing Society 604.320.3312
www.vnhs.ca
Provides safe, secure, supportive, and affordable housing to families and individuals with priority to the Indigenous community.

Home Modifications & Maintenance

BC Housing 604.433.2218
HAFI – Home Adaptations for Independence
www.bchousing.org/housing-assistance/HAFI
Provides financial assistance for home modifications to help eligible seniors with low-income and people with disabilities to continue to live in their own home.

BC Home Renovation Tax Credit for Seniors and Persons with Disabilities 1.877.387.3332
www.gov.bc.ca ITBTaxQuestions@gov.bc.ca
Assists eligible seniors 65+ and persons with disabilities with the cost of certain permanent renovations to improve accessibility, function or mobility at home.

Mobile Work Crew 604.723.3439
www.fraser.bc.ca/community-living/mobile-work-crew
Supervised workers with physical or mental health challenges offer commercial/residential landscaping, property maintenance, recycling, and rubbish removal.

Neighbours Helping Neighbours 604.764.6601
www.larchevancouver.org/community-programs/
Supervised team of persons with developmental disabilities assist seniors and others with basic gardening, lawn maintenance, light home maintenance and repairs, recycling, and debris clean up or removal.

Senior Citizens’ Repair Service 604.438.6990
Provides low cost, minor house repairs and maintenance for seniors 55+ and persons with low income living with disabilities in their own home.

1st Hoarding CleanUp 1.855.468.2588
www.1stHoardingCleanUp.com
Offers compassionate and discreet decluttering, organizing, and cleaning services for hoarders’ homes.

Clean Start BC 1.855.297.8278
www.cleanstartbc.ca
Offers hoarding clean up, junk removal, pest control, and COVID sanitization and disinfection services.

Advocacy

Disability Alliance BC 604.872.1278
www.disabilityalliancebc.org
Operates a number of programs and projects including Advocacy Access which assists people with disabilities to access provincial and federal benefits, apply for a disability tax credit, and open a RDSP. Publishes self-help guides, manuals for community advocates and Transition magazine.

Disability Law Clinic 236.427.1108
Provides free Summary Advice & Referral Service to people with disabilities about accessibility laws, discrimination, human rights, denial of long-term disability insurance, and workplace accommodation.



NEW WESTMINSTER COMMUNITY RESPONSE NETWORK

New Westminster CRN is reaching out to the community to join our network and work with us to raise awareness about elder abuse and how to ultimately prevent it.

New Westminster CRN Coordinator:

Leanoire Sali

leanores@seniorsservicessociety.ca • 604-520-6621

Visit the BCCRN website at <https://bccrns.ca>



BC Human Rights Clinic<https://bchrc.net>

Offers advocacy and education services on human rights.

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

604.622.1100**PovNet**www.povnet.org

A searchable website for people on welfare, advocates, and community groups involved in anti-poverty work. Does not provide direct service, but helps connect members of the public with advocates.

604.876.8638**Legal Advocate Program**Advocacy@bbysservices.ca

Provides legal information and assistance to residents of Burnaby with low incomes, with mental or physical disabilities, or experiencing difficulties accessing legal services. Assistance includes but is not limited to tenancy, welfare, pensions, and debt. ID Bank services are also available for assistance obtaining government identification. For inquiries, appointments and referrals, text or email.

778.714.5252**Vancouver & Lower Mainland****Multicultural Family Support Services Society**www.vlmfss.caagainstviolence@vlmfss.ca

Provides culturally and linguistically sensitive services in over 20 languages to immigrants, refugees, no-status, and visible minority women and their families who are experiencing family violence. Open Mon-Fri, 9am-5pm. By appointment only.

604.436.1025**The Kettle Society**www.thekettle.ca

Offers advocacy services for people with mental illness.

604.253.0669advocacy@thekettle.ca**MOSAIC Legal Advocacy Program**www.mosaicbc.org/lap

Provides information, summary advice, referrals, and legal representation to immigrants and refugees with low income.

604.254.9626**Access Pro Bono Society**www.accessprobono.ca

Provides access to free legal services for people and non-profit organizations of limited means.

604.878.7400**Office of the Ombudsperson**www.bcombudsperson.ca

Receives inquiries and complaints about the practices and services provided by public agencies. Conducts impartial, confidential investigations to ensure fair treatment for all.

1.800.567.3247**Clicklaw**www.clicklaw.bc.ca

Provides online legal information, education, and assistance.

Courthouse Libraries BCwww.courthouselibrary.calibrarian@courthouselibrary.ca**Law Matters @ your public libraries**

Supports public libraries in the province in purchasing legal collections to provide all BC residents with local access to basic legal information.

Please see page 47 for local library branches.*604.660.2841****Sources — Ask An Advocate**AskAnAdvocate.ca

Provides quick access to information and resources on income assistance, disability, and tenancy.

Office of the Seniors Advocatewww.seniorsadvocatebc.ca

Provides a “go-to” resource for seniors’ information and referral. Phone lines are answered by knowledgeable staff who can help with a range of questions. Open Mon-Fri, 8:30am-4:30pm.

1.877.952.3181**Justice Education Society of BC**www.justiceeducation.ca

Provides information about our courts and justice system, resources for victims, immigrants, aboriginals, parents, youth, and many self-help guides and resources.

604.660.9870**Society To End Homelessness In Burnaby**www.burnabyhomeless.orginfo@burnabyhomeless.org

Support services for persons who are homeless or at risk of homelessness. Activities include a weekly Outreach Resource Centre providing meals on Thursdays, service provision events, leadership for homeless reduction strategies, community awareness, information sharing, support for outreach, and extreme weather programs.

604.200.0712**Dial-A-Law**<https://dialalaw.peopleslawschool.ca/>

Offers 24-hr information on a variety of topics on BC law.

604.687.4680**Lawyer Referral Service**appointments@accessprobono.ca

Offers access to a free 30 min consultation with a lawyer; regular fees would apply thereafter.

604.687.3221Burnaby **Hospice** Society

Compassionate care for individuals & families during the end-of-life journey.

Take advantage of our free **Bereavement Services**Counselling, Support Groups
& Weekly Walking Groups**We are here**
WHEN YOU NEED US**604.520.5087**info@burnabyhospice.org**burnabyhospice.org**

Cobbett & Cotton

L A W Y E R S

Real Estate Transactions

Our staff of solicitors have the resources and experience to handle all aspects of transactions related to: Real estate financing including purchase and sale of condominiums, residential, commercial and

industrial properties, mortgages, bank and private loans & financing. Residential and commercial leasing. We have extended experience in land development & subdivision.



We Understand People Who Did Not Receive A Deserved Inheritance

If you did not receive the inheritance you anticipated or think you deserved, different options may be available:

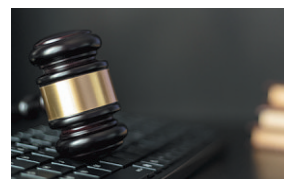
The Wills Variation Act allows our Courts to vary a Will that does not make adequate provision for the spouse or children of the testator (the person signing their will).



We Advise Entrepreneurs To Incorporate Their Business

Our corporate law solicitors have expertise in many areas, they have considerable experience of acting for a wide range of clients.

Providing transactional advise and support in relation to all of our clients' corporate requirements with the same level of knowledge and expertise that we are known for in all our legal services.

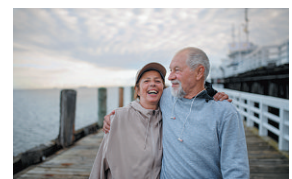


Estate Litigation & Civil Litigation

If you think you may have a case worth pursuing or are unsure, we encourage you to speak to us about your possible chances of success, the amount you may recover, as well as the risks and possible costs.

It is important that you discuss your situation with a lawyer without delay as various limitations periods may extinguish a valid claim.

We can also assist you with needed notarizations or Powers of Attorney.



We Are Aware You Want To Protect Your Family

Having a Will allows you to appoint an executor of your choosing. If you die without a Will someone will have to apply to the Court to be appointed to administer your estate.

And until this appointment is made one will have authority to deal with your estate. The person appointed may have to post a bond, adding to the costs of administering your estate and reducing what is left for your beneficiaries.

We have proudly served our clients from all over the lower mainland and abroad since 1954. We will continue to provide you with top quality legal representation and our commitment to excellent service.

Our Services:

Wills & Estates
Powers of Attorney
Corporate & Commercial Law
Home Purchases & Mortgages
Estate Litigation & Civil Litigation

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www.cobbett-cotton.com

Our Law Firm has been awarded the "Best of Burnaby" by readers of the Burnaby Now newspaper for 22 consecutive years.



Law Students' Legal Advice Program 604.822.5791
www.lslap.bc.ca
UBC students provide free legal advice/representation from clinics located in community centres, social agencies, and churches. Call or visit website for info; appointments only.

Legal Services Society 604.408.2172
www.lss.bc.ca
Provides subsidized legal aid services for eligible clients with low income. Publications on many legal topics are available through website.

Mediate BC 604.684.1300
www.mediatebc.com info@mediatebc.com
Provides people with practical, accessible, and affordable services to prevent, manage, and resolve disputes.

MyLawBC
www.mylawbc.com
Interactive website helps users find a solution to common legal problems, including issues on family law, abuse, family violence, foreclosure, wills, and personal planning.

Seniors First BC—Elder Law Clinic 604.336.5653
—Seniors Abuse & Information Line (SAIL) 604.437.1940
www.seniorsfirstbc.ca info@seniorsfirstbc.ca
Offers legal consultations to seniors on most matters of law including proceedings, adult guardianship, wills, powers of attorneys, and representation agreements. Legal Advocacy Program provides assistance with government pensions and benefits, residential tenancy issues, and debt. Call for updates on clinics or to schedule a 30 min consultation. At-home consultations for Burnaby residents only.

Education

BC Ministry of Education and Child Care
www.gov.bc.ca/bced

Burnaby School District 604.296.6900
www.burnabyschools.ca

New Westminister School District 604.517.6240
www.newwestschools.ca

Federation of Independent School Associations
www.fisabc.ca 604.684.6023

Independent Schools Association of BC 604.913.6038
www.isabc.ca

Homeschooling Resources

BC Ministry of Education – Homeschooling Resources
www.bced.gov.bc.ca/home_school
Provides parents with information about homeschooling.

Burnaby Online 604.296.6940
https://online.burnabyschools.ca/
Provides an independent, distributed learning program that is an alternative to classroom learning.

Homeschool Canada 778.809.3710
www.homeschoolcanada.ca
Online guide to homeschooling in Canada. Provides learning resources for Canadian families and educators.

The Canadian Homeschooler
www.thecanadianhomeschooler.com
thecanadianhomeschooler@gmail.com
Provides resources for Canadian home educators.

Post-Secondary Institutions

British Columbia Institute of Technology (BCIT)
www.bcit.ca 604.434.5734

Douglas College 604.527.5400
www.douglascollege.ca

Justice Institute of British Columbia (JIBC)
www.jibc.ca 604.525.5422

Simon Fraser University (SFU)—Burnaby Campus
www.sfu.ca 778.782.3111

High School Completion/Continuing Education

Burnaby Community & Continuing Education
www.burnabycce.ca 604.292.6904
Offers career programs, general interest programs, English, math and science upgrading, and English language instruction (LINC and Foundations programs).

NEC Native Education College 604.873.3772
www.necvancouver.org
Private college works to strengthen Indigenous communities through accredited college level programs that lead to employment and higher learning.

Learn for Fun/Teach for Pleasure at the COLLEGE FOR THE RETIRED

The College by seniors for seniors offers a variety of weekday courses over three semesters, Fall, Winter, and Spring.

Courses include: Computer Windows 10, iPad, Social Media (iPad & Windows 10), Art and Creativity, Music (Piano & Ukulele), Languages (French & Germany), Social games (Bridge & Mahjong), Genealogy, and more.

Volunteer teaching opportunities available.

Brochures available at Libraries and Community Centres. See website for course descriptions.

6650 Southoaks Crescent, Burnaby • 604-517-8732 • cccr@telus.net • www.cccrburnaby.org

New Westminster Online Learning 604.517.6191
<http://newwestonlinelearning.ca/home/>
Offers a full range of academic courses for school-aged and adult students. Open online 24/7.

Pearson Adult Learning Centre 604.517.6286
<http://newwestadultlearning.ca/home/>
Supports adult students who need academic upgrading in English or Math, or specific courses for post-secondary institutions, or high school graduation.

POWER Alternate Secondary School 604.517.6141
www.newwestschools.ca/our-schools/power/
Offers New West students 16-18yrs a high school graduation diploma and incorporates academic, career exploration and work experience opportunities, along with individualized support and instruction.

Purpose Secondary School 604.526.2522
www.purposessecondary.org 778.727.3410
Offers an independent high school program for Grades 8-12.

Royal City Alternate Program 604.517.6141
www.newwestschools.ca/our-schools/rcap/
Offers an academic program for New West students 13-16yrs, with coursework for grade 10 completion and on-going support for transition to regular or alternative high school program.

SIGMA Secondary 604.517.6220
www.newwestschools.ca/our-schools/sigma
Offers New West school district students a flexible high school completion program for academically capable students 16-18yrs.

ESL Resources

Brentwood Learning Centre 604.298.8201
www.mosaicbc.org/services/language/linc/
Provides free daytime and evening English classes for immigrants and refugees. Classes are taught by highly experienced instructors. Childminding services provided.

Burnaby Community & Continuing Education 604.296.6901
www.burnabyccce.ca
Offers free LINC (Language Instruction for Newcomers to Canada) classes and Foundations English classes (free for most students). These classes help students to improve in speaking/listening, reading, and writing.

Burnaby Neighbourhood House South: 604.431.0400
www.burnabynh.ca/get-involved_adults/ North: 604.295.5444
Provides ESL training and English online conversation classes for beginners. All are welcome to attend.

ISSofBC – LINC 604.522.5902
www.issbc.org eysa.alvarez@issbc.org
Provides LINC (Language Instruction for Newcomers to Canada) including literacy, and workplace English.

New Westminster Continuing Education – Pearson ALC 604.517.6286
www.newwestadultlearning.ca/home/
Provides evening English Language Learning. Free tuition for all BC residents.

Purpose Society English Made Easy Program 778.727.0786
www.purposesociety.org mail@purposesociety.org 604.526.2522
Offers free beginner's English class for New West families and caregivers with children 0-6yrs.

Literacy

Burnaby Neighbourhood House South: 604.431.0400
www.burnabynh.ca North: 604.294.5444
Burnaby Community Adult Literacy Program (CALP)
Offers a free program where English speaking adults who face challenges with reading and writing are matched with trained tutors who support them in acquiring basic literacy and numeracy skills. Call for more information.

Digital Literacy Program
Volunteers support adults to learn to use smartphones, computers & tablets. Sessions available at three sites.

Decoda Literacy Solutions 604.681.4199
www.decoda.ca info@decoda.ca
Provides resources, training, and funds to support community-based literacy programs and initiatives.

Online Literacy Library
www.decoda.ca/library/
Offers an online library catalogue where anyone in BC can request items by email or phone for free.

Douglas College - I-CARE
www.douglascollege.ca/ICARE
Helps English-speaking adults improve basic reading and writing skills. Free one-on-one tutoring offered. Call us to find out more.

LOCAL NEWS LOCAL MATTERS

FOR SPORTS, NEWS & ENTERTAINMENT
burnabynow.com

Burnabynow



Literacy Now Burnaby 604.562.3447
www.literacynowburnaby.ca literacynow@burnabynh.ca
Works to raise awareness of literacy challenges and increase access to literacy and learning programs in Burnaby and New West. Check site for mapped listings.

Burnaby Public Library 604.436.5400
www.bpl.bc.ca
Provides literacy tips and resources for families helping their children prepare to read. Offers Babytimes for very young children, parents, caregivers, and a summer reading club for teens and older children. Free story times and other programs are also available. Adult services include an adult literacy book collection which includes stories, books on life skills, reading, writing, math, and some information on teaching literacy.

New West Public Library 604.527.4660
www.nwpl.ca askus@nwpl.ca
Offers a wide range of programs and events for children learning to read.

Employment & Financial Assistance

WorkBC Employment Services 1.877.952.6914
www.workbc.ca (Employment Services)
Offers a full range of services, programs, and supports to people looking for work, apprenticeship or training programs, or receiving income assistance or employment insurance. Specialized services are available for Aboriginals, immigrants, persons with disabilities, older workers, youth, survivors of abuse or violence, and people with multiple barriers. Check site for WorkBC locations.

Job Bank
www.jobbank.gc.ca
Government of Canada online source for jobs and labour market information. Offers free occupational and career information such as job opportunities, career exploration including educational requirements, main duties, wage rates and salaries, and current job market trends and outlooks. Employers advertise for free.

ACCESS – Essential Skills for Aboriginal Futures 604.913.7933
www.accessfutures.com
Delivers a diverse assortment of education, training, counselling, support, and financial services to help urban Aboriginal community overcome barriers to success and self-sufficiency. Education programs include: Trades Training & Apprenticeship Programs, Essential Skills, and Employment Assistance Services Program.

ISSofBC—Job Quest and Business Quest Bby: 604.395.8000
New West: 604.522.5902
https://issbc.org/service-types/find-work
Provides assessment of skills and experience, and referrals to appropriate government-funded programs. Information on language training, financial assistance, work and volunteer experience. One-on-one group sessions for career counselling and building job search skills as to overcome employment challenges. Also fosters the entrepreneurial spirit of newcomers through assessment, basic business planning, and mentoring to eligible clients.

CAVE Youth Employment Program 604.438.3045
www.douglascollege.ca/cave cave@douglascollege.ca
Offers a free training option for youth 17-29yrs to build their workplace skills and confidence, identify job goals, and find paid work. Must be unemployed or under employed, and not a full-time student.

ISSofBC—Career Paths 604.360.3574
https://issbc.org/service-types/career-paths-for-skilled-immigrants
careerpaths@issbc.org
Assists professional newcomers to resume their careers by providing personalized one-on-one career support and coaching, funding for skills upgrading and re-credentialing, and opportunities to network and connect with potential employers.

Ministry of Social Development – Employment & Income Assistance Offices 1.866.866.0800
www.gov.bc.ca (Search > Income Assistance)
#002-4603 Kingsway, Burnaby
202-1015 Columbia St, New West
Provides information about applying for employment and income assistance benefits (BCEA). Clients are encouraged to use the online self-serve assessment and application. Call local offices for emergency funds.

MOSAIC Employment Services 604.438.8214
www.mosaicbc.org/employment-programs
Career Paths is designed to provide advanced level support (career planning and financial) to skilled newcomers, help them find a job that best suits their pre-arrival qualifications, and gain Canadian work experience.

Progressive Intercultural Community Services (PICS) 604.324.7733
www.freetrainings.ca
Provides government funded, free education, and trades training programs for PR, citizens, and protected refugees. Call or check website for program requirements.

SUCCESS – Chance to Choose Employment Program 604.438.7222
https://successbc.ca/service-categories/employment/
604-5050 Kingsway, Burnaby
Delivers employability skills to youth 15-30yrs through training and work experience to assist participants to overcome barriers and transition to employment. Call for program delivery details.

How to Apply for Welfare & Welfare Benefits
www.legalaid.bc.ca/publications
Publications explain the process for applying for welfare and the benefits available once qualified. Order online.

Government Benefits & Tax Services

There are a number of programs and benefits for individuals and families from the governments of BC and Canada, including COVID financial assistance. Visit websites for the latest information about programs and related application instructions.

Credit Counselling Society 604.527.8999
www.nomoredebts.org info@nomoredebts.org
Non-profit organization helps individuals and families resolve debt and money problems. Counsellors available by phone, online, and in person once health guidelines allow.

Government Programs

There are a number of programs and benefits for individuals and families from the governments of BC and Canada, including temporary COVID financial assistance. Websites provide the latest information about programs and related application instructions.

Service BC 604.660.2421
www.gov.bc.ca TDD: 711

VRS: 1.800.663.7867

1.800.622.6232

TTY: 1.800.926.9105

Service Canada
www.canada.ca

Tax Information Phone Service (TIPS) 1.800.267.6999
www.canada.ca/en/revenue-agency.html (TIPS)
Provides tax information from an automated service.

Volunteer Tax Preparation Clinics 1.800.959.8281
www.canada.ca/en/revenue-agency.html (Free Tax Clinic)
Visit website or call for location/times of clinics.

Low Cost Goods

Habitat for Humanity – ReStore

<https://habitatgv.shop>

Offers a variety of new and used building materials, appliances, and furniture at reduced cost. All proceeds support local affordable housing projects and housing projects around the world.

Helping Families in Need Society

 604.294.3087

www.helpingfamiliesinneed.org

Collects used household items (furniture, mattresses, dishes, clothing, and toys) and distributes them to families in need. Referral is required.

New West Cobbler – Homeless Shoe Program

642-6th St, New West

Mon-Sat, 9:30am-5pm.

604.526.6926

W.R.A.G.S – Western Regional Advocacy Group Society

<https://wragbc.wixsite.com/wrags>

370-3771 Jacombs Rd, Richmond

Offers donated beds free to the public. Bed warehouse open 12-4pm, except for Sundays and statutory holidays. May deliver bed for no charge if recipient has a referral from the Ministry of Social Services. Office open Mon-Fri, 9am-3pm. Call for more information.

604.214.0613

wrags@telus.net

Salvation Army Emergency Clothing

325-6th St, New West

Vouchers are available twice a year for persons in New West or Tri-Cities experiencing homelessness. Referrals preferred; must be registered and make an appointment. Call for more information.

604.521.2421

Consignment & Thrift Stores

BASES Family Thrift Store

basesburnaby.ca

7825 Edmonds St, Burnaby Open Mon-Sun, 10am-5pm. Closed on STAT holidays. To donate, please call ahead.

604.540.0110

Burnaby Hospice Society Thrift Store

www.burnabyhospice.org/thrift-store

6843 Kingsway, Burnaby

Open Mon-Sat, 9:30am-5pm; Sun, 9:30am-4pm.

604.520.5082

Grand Central Consignment

www.grandcentralconsignment.com

grandcentralconsignment@shaw.ca

719 Carnarvon St, New West

Open Mon-Sat, 11am-4pm; Sun 12pm-3pm.

604.524.4095

Jubilee United Church Thrift Store

7591 Gray Ave, Burnaby

Open Thurs, 10am-2pm. (Open Sept-June).

To donate, please call ahead.

604.434.8323

New to You Thrift Store

f: New to You

706 6th Ave, New West

Open Tues-Sat, 10am-4pm.

Store supports Royal Columbian Hospital.

604.515.4815

Orphan Aid Thrift Store

7889 Edmonds St, Burnaby

Open Tues-Fri, 10am-5pm; Sat, 10am-4pm.

604.521.1013

Salvation Army Thrift Stores

www.salvationarmy.ca/britishcolumbia/home/thrift-stores

4099 E. Hastings St, Burnaby

774 Columbia St, New West

Open Mon-Sat, 10am-8pm. To donate, please call ahead.

604.299.0264

604.521.0319

St. Barnabas Anglican Church Thrift Store

www.stbarnabasparish.ca/thrift-store

1010-5th Ave, New West

Open Wed, Fri, Sat, 11am-4pm.

778.917.8013



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Treasure Chest Thrift Store 236.317.3359
435-6th St, New West
Open Mon-Thurs, 10am-4pm; Fri-Sat, 10am-5pm;
Sun, 12pm-4pm

Burnaby Seniors Transportation 604.292.3901
SeniorsTransport@bbyServices.ca
www.BbyServices.ca/seniorstransportation
Provides Burnaby seniors with transportation to their medical and dental appointments. Call for details.

Consumer Protection

Better Business Bureau of Mainland BC 604.682.2711
www.bbb.org/local-bbb/bbb-of-mainland-bc
Provides consumers with information and reviews on businesses. Receives complaints and offers a dispute resolution service. Access office by appointment only.

Consumer Protection BC 1.888.564.9963
www.consumerprotectionbc.ca
Promotes fairness and understanding in the marketplace by educating consumers and businesses about their rights and responsibilities. Enforces consumer protection laws by responding to inquiries and complaints. Visit website for more information on services.

Canadian Anti-Fraud Centre 1.888.495.8501
www.antifraudcentre.ca
Collects information on fraud, identity theft, cybercrime and current scams. Provides advice on how to protect yourself and report if you have been a victim of fraud.

Transportation

Information

BC Ferries 1.888.223.3779
www.bcferrries.com

Compass Card 1.888.207.4055
www.compasscard.ca

Ebus 1.877.769.3287
www.ebus.ca
Offers convenient, affordable, and responsible bus service to select destinations within BC.

Gas Buddy www.gasbuddy.com
Website and downloadable app compares local gas prices.

Road Condition Reports 1.800.550.4997
www.drivebc.ca

TransLink Customer Information 604.953.3333
www.translink.ca
Provides bus, skytrain, and seabus schedules and information.

Vancouver International Airport 604.207.7077
www.yvr.ca

Programs

Bus Pass Program 1.866.866.0800
www2.gov.bc.ca/gov/content/transportation (Search >Bus Pass Program)
BC government offers a discounted annual bus pass for eligible seniors with low income or those with disabilities.

New West Seniors Medical Transportation 604.520.6621
www.seniorsservicesociety.ca
Provides New West residents 60+ with transportation to their medical and dental appointments. Subsidies may be available for residents with low income. Call for more information.

Evo 604.268.5594
www.evo.ca
BC car sharing service provides spacious, easy to drive, and eco-conscious vehicles. Car drop off bases at BCIT and Metrotown.

Modo 604.685.1393
www.modocoop
Coordinates a co-operative car-sharing network. Cars must be dropped off at the pick-up location.

Translink Programs for Accessible Transit 604.953.3680
www.translink.ca (Rider Guide > Accessible Transit)

HandyDART

Provides door-to-door service for people with disabilities. Advanced booking required; Call 604.575.6600 (opt #1).

Taxisaver/Handycard

Provides discounts for persons with permanent disabilities.

Families

Information & Childcare Resources

Burnaby Community Services 604.299.5778
www.BbyServices.ca

Provides the following publications of interest to families:

Community Resource Guide

Listings include a wide range of selected programs and services in Burnaby and New Westminster. Free copies can be picked up at local libraries, recreation and community centres, government, and non-profit agencies or our office. Call or check website for more information.

Ready, Set, Learn

Mapped listing of programs and services for families with pre-school and school-aged children 0-12yrs. Currently available online only.

Burnaby Early Childhood Development Table

www.kidsinburnaby.ca

f: BurnabyECDCommunityTable

IG: burnabyecdttable

One stop shop for information, resources, and support for families with children 0-6yrs.

Information Children

778.782.3548

www.informationchildren.com

info@informationchildren.com

Provides information, education, workshops (including COS), and support for parents and caregivers. Helpline, email support, and one-on-one coaching available. Mon-Fri, 9am-5pm.

Kids In New West

www.kidsnewwest.ca

knwtable@gmail.com

Provides information and resources for New West families.

YMCA Child Care Resource & Referral

www.gv.ymca.ca/ccrr

604.294.1109

ccrr@gv.ymca.ca

3rd Fl, 4460 Beresford St, Burnaby

Provides parents with child care information and referral, and assistance with applying for the Affordable Child Care Benefit. Supports child care providers by providing information, resources, and training opportunities. Free program funded by the Province of BC.

Pregnancy Resources**Pregnancy Options Phone Service**

www.bcwomens.ca

1.888.875.3163

Provides free, unbiased, and confidential short-term phone counselling, information about abortion, adoption, and referral support for unintended pregnancies.

Pregnancy Outreach Program

www.burnabyfamilylife.org

604.659.2225

popoutreach@burnabyfamilylife.org

Offers free weekly support groups for high-risk pregnant women that include discussion, education, support, and lunch. Childcare is provided. Provides farmers market coupons during growing season and free prenatal vitamins. Post-natal services also provided up to 6 months.

SMILE

www.stleo.ca/our-services/young-parents/

604.298.6245

Provides free pregnancy testing, support, and education, prenatal classes for parents 24yrs and under. In collaboration with Pomegranate Community Midwives, pre and post-natal care are offered. Services by appointment only; call or check website for updates.

Early Childhood Programs & Support**Pacific Post Partum Support Society**

www.postpartum.org

604.255.7999

admin@postpartum.org

Offers free phone and text support to parents and their support system with children up to 3yrs or those who are pregnant or adopting, who are experiencing any kind of distress. Offers a number of support groups in the Lower Mainland, currently online. Phone and text support available Mon-Fri, 10am-3pm.

Burnaby Infant Development Program

http://idp.gobaci.com

604.299.7851**778.888.3864**

Provides family-centred services to support families who are raising infants 0-3 years old with or at risk of developmental delay or disabilities.

La Leche League Canada

www.lllc.ca

1.800.665.4324

Provides breast-feeding support and referral services.

Burnaby Family Place

410 Clare Ave, Burnaby

604.299.5112

kellygardbfp93@gmail.com

Offers parent and child program and parent education, Mon-Thurs, 9am-2pm. Call for COVID protocols.

Kidcare Canada

www.kidcarecanada.org

atpinfo@cw.bc.ca

Provides trustworthy videos that empower parents and caregivers to give their babies the best possible start. Videos model how to build loving bonds with babies, and demonstrate positive parenting skills.

New Westminster Family Place

www.newwestfamilies.ca

604.520.3666

info@nwfamily.bc.ca

101-93 6th St, New West

Offers parent participation family resource program for children 0-5yrs to learn, play, and socialize. Offers parenting education, toy lending library, and family support programs. Most programs offered in-person, but online programs also available.

Council of Parent Participation**Preschools of BC**

www.cpppreschools.bc.ca

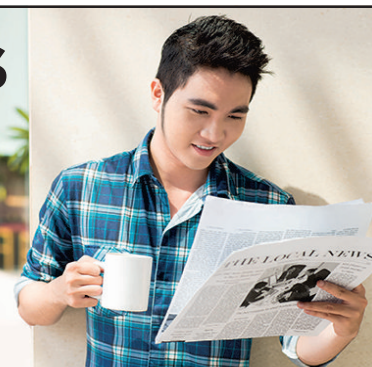
604.435.4430**StrongStart Centres**

Provides free early learning programs and activities for children 0-5yrs and their parents/caregivers who will benefit from resources, outreach, and networking opportunities. Snacks provided.

Burnaby Schools

www.burnabyschools.ca/strongstart

Drop-in Mon-Fri, 9am-12pm.

Cascade Heights**604.296.9007****Chaffey-Burke****604.296.9008****Edmonds****604.296.9012****Forest Grove****604.296.9026****Kitchener****604.296.9017****Lochdale****604.296.9019****Maywood****604.296.9022****Morley****604.296.9024****Second Street****604.296.9029****Stoney Creek****604.296.9031****Stride Avenue****604.296.9032****Twelfth Avenue****604.296.9035****LOCAL NEWS LOCAL MATTERS****FOR SPORTS, NEWS & ENTERTAINMENT****burnabynow.com****Burnabynow**

New West Schools

www.newwestschools.ca/programs-services/early-learning/strongstart/

Connaught Heights 604.517.6010

Mon-Fri, 9-11am, registration required

Queensborough Middle School 604.517.6040

Mon-Fri, 9-11am, registration required

Skwo:wech Elementary School 604.517.6090

Mon-Fri, 9:45-11:45am, registration required

East Burnaby Family Place 604.512.1100

9887 Cameron St, Burnaby ebfp@shaw.ca

Offers parent and child drop-in program, and an outdoor play space for the children to use large motor skill toys. Tues & Fri, 10am-1pm.

Baby & Me Second Stage 604.659.2205

Free weekly educational support groups for high-risk moms with babies 6-18 months. Discussion, nutritious snacks, support, and childcare are provided.

Parenting Programs & Support

Adoptive Families Association of BC 604.320.7330

www.bcadoption.com info@bcadoption.com

Provides information, resources, and support for prospective, current adoption and permanency families, and youth from government care.

Burnaby Family Life Institute 604.659.2205

www.burnabyfamilylife.org

Provides pre/post-natal support, family life and parenting education, childcare and children's programs, life skills, and women's support groups. Also offers Parent-Child Mother Goose Program and family drop-ins.

Burnaby Neighbourhood House South: 604.431.0400

www.burnabynh.ca North: 604.294.5444

Provides family drop-in and parent support programs for parents/caregivers with children 0-5yrs, preschool, and school-age child care in multiple locations, community kitchens and income tax services for families and individuals with limited income, and information and referral services.

Cameray Child & Family Services 604.436.9449

—Parent Support Program www.cameray.ca

Provides free daily interactive and educational parenting groups, one-on-one caregiver support sessions for families in Burnaby and New West with at least one child under 5yrs. Services are available both in-person and virtually.

Family Services for Greater Vancouver 604.525.9144

www.fsgv.ca

Provides counselling, education, and support services to parents and their families.

Parent/Teen Mediation Services

Offers free parent-teen conflict mediation for residents of Burnaby and New West. Referrals are made through the Ministry of Children and Family Development.

Foster Parenting Fraser Region 604.520.2900

www.fraserregionfostering.com

Provides information about fostering, support services, and resources for foster parents currently in the network.

Ministry of Children & Family Development 604.660.4927

—Centralized Screening Team 1.800.663.9122

Receives initial requests for services and child protection reports.

Intake and Family Services Bby: 604.660.9494

(Under 12yrs)

Youth Intake and Family Bby: 604.660.5900

Services Team (13yrs+)

New West Intake and Family Services 604.660.9495

MOSAIC —Family Centre 604.636.0120

www.mosaicbc.org/familycentre

Provides an early childhood development (ECD) program for Burnaby refugee families. Children join activities while parents practice English, join discussion groups and learn about parenting skills, health, and nutrition.

New Westminster Children's Centre 604.521.8078

Provides services for families whose children and youth have a delay in their development. Services include Infant Development Program, Supported Child Development, Early intervention therapies, and Key Worker services. Open referral system.

British Columbia Family Maintenance 604.678.5670

Enforcement Program

www.fmep.gov.bc.ca

Monitors and enforces maintenance orders and agreements.

Parents Together 604.879.6554

www.bgcabc.ca (What We Do > Counselling Support Services)

Offers education and group support for parents of youth

12-24yrs who wish to develop new skills to help end conflict in their homes. Strategies are taught to improve relationships, develop positive communication skills, practice self-care, and help parents regain control.

Purpose Society 778.727.0786

—Parenting Support Groups/Circles 604.526.2522

www.purposesociety.org

Offers the following free groups to parents, caregivers, and their children. Self-referrals accepted. Call for more information.

Family Circle

Provides support and information for parents with children 3-6yrs.

FLY (Fun Learning and You)

Provides social/educational program and info group for New West parents with children 18 months-5yrs.

Nobody's Perfect Parenting Program

Provides a 6 week parenting program for families with children 0-5yrs. Runs 2-3 times/year.

Parenting Children with Challenging Behaviours

Provides a 6 week parenting program for families with children 4-12yrs. Runs 1-2 times/year.

Pitter Patter

Provides support and information for parents with children ages 0-30 months.

PLANS (Physical Literacy, Arts, Nature & Science)

Provides an outdoor experience, which develops and supports children's physical literacy. For families with children ages 2-5yrs.

Building Community and Connections

6-week program learning and sharing about anti-racism through arts, craft and culture.

Family Circle Book Club

6-week program to read and discuss an article or book with other parents and caregivers.

St. Leonard's Youth & Family Services 604.524.1511
www.stleo.ca
Offers counselling, assessment, mediation, life skills training, and support groups for parents and teens.

Parent Support Services Society of BC 604.669.1616
www.parentsupportbc.ca
Supports families and all those in a parenting role. Protects the safety and wellbeing of children and promotes the health of all families by partnering with those in a parenting role and their communities to build support, advocacy, education, research, and resources.

Justice Education Society of BC
https://bc.familieschange.ca/
Provides information about divorce and separation for families. Includes guides for kids, teens, and parents, and an interactive website just for children. Offers parents with child support resources, and online parenting after separation courses.

New Westminster Family Justice Centre 604.660.8636
Provides information and assistance to families who are experiencing separation/divorce, in need of developing a parenting plan or calculation of child and spousal support. Interpreters can be arranged upon request. All services, including mediation and assistance with court process, are free and confidential.

Families with Low Income

Affordable Child Care Benefit 1.888.338.6622
https://www2.gov.bc.ca/ (Affordable Child Care)
Provides monthly payment to help eligible families with the cost of child care.

Athletics for Kids 604.221.7529
www.a4k.ca info@a4k.ca
Provides financial support towards basic amateur sport registration fees for youth 5-18yrs. Net family income must be under \$42,000/yr, or child in foster care, or a parent receives social assistance. Check site for COVID updates and registration.

Burnaby Parks, Recreation & Cultural Services – Recreation Credit Program 604.320.2227
www.burnaby.ca/recreationcredit
Provides support to qualifying Burnaby residents in financial need. Credit can be used to register for most Parks, Recreation or Cultural programs. Applications are available online or at any community/recreation centre. Call for more information.

Burnaby Community Services 604.299.5778
www.BbyServices.ca

Camping Bureau
Burnaby families of low income can register to receive summer camp subsidies for their children.

Christmas Bureau
Burnaby families of low income or on income assistance can register to receive gifts for their children during the holiday season.

Recreation Credit Program
www.burnaby.ca/recreationcredit
Provides support to qualifying Burnaby residents in financial need. Credit can be used to register for most Parks, Recreation or Cultural programs. Applications are available online or at any community or recreation centre. Call for more information.

Community Volunteer Income Tax Program
Volunteer tax preparers will complete income tax papers for individuals with low income as part of Revenue Canada's CVITP. Call for more information.

Form Completion Program
Volunteers provide assistance with form completion for CPP, OAS, GIS and other applications. Call for more information or to book an appointment.

Burnaby MoreSports Society 778.918.2921
www.burnabymoresports.ca
Offers free after-school sports programs for children, grades 2-5. Check website for location and program details.

Canadian Tire Jumpstart 1.844.937.7529
https://jumpstart.canadiantire.ca
Helps financially disadvantaged kids 4-18yrs get involved in organized sport and active recreation activities.

Canada Scores 778.871.6316
www.canadascores.org
Offers innovative afterschool program for vulnerable youth that integrates soccer, poetry, and community service.

Fraserside Community Services 604.522.3722 x101
Provides families with low income with access or referrals to financial assistance towards Kidsport BC and Quest Not-For-Profit Grocery Markets.

Salvation Army – Christmas Bureau 604.521.2421
New West families with low income can register to receive food and gifts for their children 14yrs and under during the Christmas season.

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240-4664 Lougheed Hwy., Burnaby, BC, V5C 5T5
Tel (604) 299-4001 Fax (604) 299-0329 Email: info@posAbilities.ca

posAbilities.ca



Kidsport Burnaby 604.294.7111
www.kidsportcanada.ca/british-columbia/burnaby
burnaby@kidsportcanada.ca
Provides financial support to qualifying Burnaby families for sport registration fees for kids 18yrs and under.

SmartSAVER – Free Money for RESPs 1.855.737.7252
www.smartsaver.org info@smartsaver.org
Families with low income can open a no-free, zero required contribution Registered Education Savings Plan and receive free government money for their children’s higher education.

BC Hydro 1.800.224.9376
—Savings and Rebate Programs
www.bchydro.com/powersmart/residential.html
Provides qualifying households with a variety of savings and rebate programs. Check website or call for more information on eligibility.

Youth

Information & Support Lines

YouthInBC.com 24-hr Distress Line: 604.872.3311
https://youthinbc.com
Online crisis chat service where youth chat one-on-one with a trained volunteer from the Vancouver Crisis Centre. Website offers information on a variety of youth-related issues, as well as a resource list of organizations and websites where youth can get help.

Helpline for Children 310.1234
604.660.4927

Kids Help Phone 24-hr: 1.800.668.6868
www.kidshelpphone.ca Txt: “Connect” to 686868
Provides free, anonymous, confidential information, counselling, referral services, and resources for young people needing help.

Aged Out
https://agedout.com
Provides accessible tools and resources for youth in and from government care. Includes information about education, health, housing, ID needs, money, and personal life.

Creekside Youth Detox Program 604.587.3755
Offers an in-patient medical withdrawal program for youth 14-18yrs. This longer-stay regional service provides stabilization and safety, assessment, and referral to residential services.

Foundry
www.foundrybc.ca
Website is designed to help people 12-24yrs assess their feelings and quickly connect to mental health resources and support. Offers education, self-care tools, website links, and connections to professional resources.

Inter-Regional At-Risk Youth Link 604.587.8100
http://pcrs.ca/services/ (IRAYL) 604.999.8180
Provides outreach support and resources to youth 13-18yrs who congregate on and around Skytrain stations throughout the Lower Mainland. Mon-Fri, 12noon-11pm.

Legal Rights for Youth in BC 1.855.875.8867
www.legalrightsfor youth.ca
Website provides youth with information about age-based rights and responsibilities, work, driving, renting, medical rights, family break-up, abuse, sexual assault, and more.

Services for Youth
www.canada.ca/en/services/youth.html
Government of Canada’s website for youth with information about careers, education, money, and health.

Sex Sense Line 604.731.7803
www.optionsforsexualhealth.org/sex-sense/
Provides free, confidential information and referral for sexual health issues including sexuality, birth control, STIs, emergency contraception, and pregnancy options. Email form is available on website; phone lines open 9am-9pm.

Smart Sex Resource 604.707.5600
www.smartsexresource.com
Information and resources provided by the STI Clinic at BCCDC.

Youth Against Violence Line 24-hr: 1.800.680.4264
www.youthagainstvviolenceline.com 604.836.6381
info@youthagainstvviolence.com
Offers safe, confidential access to trained support workers who talk with youth and concerned adults about bullying, gang activity, harassment, intimidation, sexual exploitation, and other issues. Services available in multiple languages.

Youth Programs

Aunt Leah’s Place 604.525.1204
www.auntleahs.org
Offers housing, job training, life skills training, and quality of life opportunities for youth in foster care and young moms to help them transition to independent living. Drop in grocery pickup Wed & Sun, 3-5pm for foster care youth and young moms.

Burnaby Neighbourhood House 604.431.0400
www.burnaby nh.ca
Provides various levels of youth leadership, pre-employment skills, certifications, hours for career prep, and volunteer community engagement experiences for youth 13-18yrs. Call for more information.

CAVE Youth Employment Program 604.438.3045
www.douglascollege.ca/cave cave@douglascollege.ca
Offers a free training option for youth 17-29yrs to build their workplace skills and confidence, identify job goals, and find paid work. Must be unemployed or under employed, and not a full-time student.

Covenant House Crisis Program 604.685.7474
www.covenanthousebc.org/continuum-of-care/crisis-program/
1302 Seymour St and 326 Pender St, Vancouver
Offers safe housing, food, clothing, and counselling to youth 16-24yrs. 28 beds for female-identified and 35 beds for male-identified youth are available on a first-come, first-served basis.

ISSofBC – MY (Multicultural Youth) Circle 604.522.5902
www.issbc.org
Provides training, peer support, and leadership skills through the Multicultural Youth Circle program. Assists immigrant and refugee youth 14-24yrs facing issues with integration, social isolation, communication barriers, racism, trauma, family conflict, and lack of support.

MOSAIC – Moving Ahead Program for Immigrant & Refugee Adults & Youth

604.636.4712

<https://www.mosaicbc.org/services/settlement/moving-ahead/>
Offers a collaborative Case Management Service approach to deliver comprehensive, client-centered programming to immigrants and refugees. Services include Individual Case Management, needs assessment and action plan, social and emotional support, settlement counseling and information, life skills, job readiness, and essential skills workshops.

MOSAIC— Multicultural Youth & Safe Relationships

www.mosaicbc.org/services/projects/mysr/ 604.254.9626
Promotes safe and healthy relationships, open and honest communication, and family closeness through workshop series that include 10 sessions for youth and 5 sessions for caregivers. Multicultural Youth & Safe Relationships workshops are open to youth of all genders, ages 11-14, and their caregivers.

QMUNITY Youth Services

604.684.5307

www.qmunity.ca/get-support/youth
Provides a safe place for LGBTQ2SAI+ and questioning youth to get support and hang out and socialize.

SUCCESS – Chance to Choose Employment Program

604.438.7222

<https://successbc.ca/service-categories/employment/>
Delivers employability skills to youth 15-30yrs through training and work experience to assist participants to overcome barriers and transition to employment. Call for program delivery details.

Youth Centres

The following youth centres offer recreation services and a variety of programs to teens and/or pre-teens, including social drop-in, day trips, leadership development, open gym times, tournaments, games, computers, and counselling referrals.

Burnaby Parks & Recreation Youth Centres:

www.burnaby.ca/youth

- Creekside Youth Centre** 604.294.7607
2720 Beaverbrook Cres, Burnaby
- Youth Lounge @ Edmonds** 604.297.4841
7433 Edmonds St, Burnaby
- South Central Youth Centre** 604.297.4497
6749 Nelson Ave, Burnaby
- Summit Youth Centre** 604.268.1369
200 Willingdon Ave, Burnaby

Burnaby Youth Hub

604.569.0951

www.burnabyyouthhub.org
4750 Imperial St, Burnaby

- Hub School** 604.569.3435
 - Sexual Health - Metrotown Clinic** 604.731.4252
- Offers a youth clinic, high school, counsellors, youth programs, resources and free community meeting space.

New West Youth Centre

604.515.3801

www.newwestyouth.ca
620-8th St, New West (@ Century House)
Drop-in centre for youth 13-18yrs. Call for more information.



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604.522.9989
burnaby@nursenextdoor.com



Youth Source

www.purposesociety.org

Provides warm, welcoming atmosphere for youth under 22yrs to find free, confidential information and education regarding sexuality and health. Includes the New West Youth Clinic in partnership with Fraser Health. Open on Tues, 3-6 pm; Thurs, 4-7 pm.

604.329.1875

Youth Health Clinics

Burnaby Youth Clinic

4734 Imperial St, Burnaby

Mon, Tues, Thurs, 1-5pm. Serves youth under 22yrs.

604.293.1764

East Van Youth Clinic

1669 E. Broadway, Vancouver

Open Mon-Wed, 3-6pm and Fri, 2-5pm, for drop-in services. Serves youth up to 24yrs.

778.871.7132

New Westminster Youth Clinic

www.purposesociety.org

38 Begbie St, New West

Tues, 2-6pm; Thurs, 3-7pm. Youth 21yrs and under.

604.329.1875

Surrey Youth Clinic

9634 King George Blvd, Surrey (Shirley Dean Pavillion)

Mon, 12-6:45pm; Tues, 10:30am-5:45pm; Wed/Thurs,

10am-4:45pm; Fri, 10am-3:45pm. Serves youth to 21yrs.

604.585.5999

Seniors

Seniors BC/Seniors Info Line

www.seniorsbc.ca

604.660.2421

TDD: 711

VRS: 1.800.663.7867

Offers a single source of government services information, including health services and resources.

Burnaby Community Services

www.BbyServices.ca

Provides the following publications of interest to seniors. Free copies can be picked up at local libraries, recreation and community centres, seniors centres or our office. Check website for more information or to download copies.

604.299.5778

As We Age Seniors Resource Guide

Lists services for and stories about seniors 55+ and their families.

Community Resource Guide

Includes a wide range of selected programs and services in Burnaby and New Westminster.

Seniors Resource Card

Features contact information for programs and services to help support seniors and prevent isolation.

CARP

www.carp.ca

CARP is a non-partisan advocacy association that works with all parties in government to advocate for older Canadians for better healthcare, financial security, and freedom from ageism.

604.367.0012

northfraser@carp.ca

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agecare.ca/Harmony | (604) 527-3300

AssistList

www.assistlist.ca

info@assistlist.ca

Charity offers free online marketplace for individuals to buy, sell, and donate home health medical equipment, and find other healthcare resources.

Food Delivery & Meal Programs

Burnaby Meals on Wheels

604.299.5754

www.BurnabyMeals.ca

Provides nutritious local and affordable food to people who for physical, mental health, social or economic reasons are unable to meet their dietary needs. Delivers hot Western, vegetarian and Chinese meals, frozen Western main courses and bag lunches, Mon, Wed, & Fri.

Burnaby Neighbourhood House

South: 604.431.0400

www.burnabynh.ca

North: 604.294.5444

Seniors' Shopping and Meal Program

Provides support for frail seniors who are living with health challenges and are experiencing food insecurity. We provide food hampers, low-cost prepared meals, grocery shopping, and free delivery.

New Westminster Meals on Wheels

604.520.6621

www.seniorsservicessociety.ca/smow.htm

Please call the office for more details.

Japanese-Style Meals on Wheels

604.687.2172

www.tonarigumi.ca/support-services

Delivers Japanese-style lunch boxes on Tuesdays to homebound seniors in Burnaby.

Better Meals

604.299.1877

www.bettermeals.ca

1.888.838.1888

Offers a wide selection of affordable, nutritious, and ready-to-eat full course meals and à la carte food items.

Casalinga Food Services

604.435.1994

www.casalinga.ca

Offers delivery of complete ready-made meals, including choices from vegan, gluten free, and zero carb menus.

Citizen Support Services

604.294.7980

www.burnaby.ca/citizensupportservices

Grocery Shop-By-Phone

Provides Burnaby seniors with weekly grocery.

Payment by Visa or Mastercard debit or credit only.

Dairyland Home Service

1.877.341.8700

www.morethanmilk.ca

Offers regularly scheduled delivery services of about 500 products including dairy products, fresh baked goods, juices, soups, pastas and cereals, and household products.

Senior Services Society

604.520.6621

www.seniorsservicessociety.ca

Grocery Shopping Program

Provides New West residents 60+ with the option to order groceries by phone. Volunteers take orders and items are delivered by Save On Foods (Sapperton). Minimum order and delivery charge applies. Call for rates and details.

Health & Wellness

Alzheimer Society of BC – Fraser Region

604.298.0780

www.alzheimerbc.org

Provides information, education, and support to family, friends and individuals affected by Alzheimer's disease and other dementias. First Link dementia support services include early-stage support groups, "First Link" referrals, and "Minds in Motion", a social and recreation program.

– First Link Dementia Helpline

604.681.8651

Fraser Health Authority

www.fraserhealth.ca

Fraser Health Crisis Line

24-hr: 604.951.8855

Home Health Service Line

New Intake: 1.855.412.2121

Bby: 604.918.7447

New West: 604.777.6700

Bby: 604.918.7605

New West: 604.777.6740

Public Health General Info

Fraser Health Lifeline

604.953.4960

www.fraserhealth.ca (Search>Lifeline)

Offers a personal 24-hr emergency response service that assists individuals to remain independent and safe at home. For more info email: lifeline@fraserhealth.ca

Healthy Eating for Seniors

www.gov.bc.ca/seniorshealthyeating

Provides information for seniors about food, meals, and supplements. Also includes tasty recipes with nutritional information, smaller portion size, and cultural adaptations. Available online in several languages, as well as DAISY or MP3 Audio or Video formats.



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www.seniorschoiceforcare.ca

Health Protection Office 604.918.7683
— **Community Care Facilities Licensing**
Officers issue licenses, monitor and inspect facilities, respond to complaints, and investigate allegations of unsafe, inappropriate or abusive care in licensed facilities.

Older Adult Community Mental Health 604.777.6870
320-7155 Kingsway, Burnaby
Provides free, confidential counselling services to Burnaby and New West seniors 65+, who are concerned about their own or someone else's alcohol and/or other drug use. Education, referrals, and outreach services provided.

Seniors Distress Line 24-hr: 604.872.1234

Seniors Wellness Programs
Offers blood pressure and height/weight monitoring, massage, exercise, footcare, therapeutic touch, health and housing information, peer counselling, and social activities. Various support groups also meet at seniors' centres. Call ahead for program details.

Bonsor 55+ Centre 604.297.4580
Cameron 55+ Centre 604.297.4456
Confederation Seniors Centre 604.294.1936
Edmonds 55+ Centre 604.297.4838
Stroke Recovery Branch 604.688.3603
Century House 604.519.1066
Health Drop-in and Peer Counselling

Telus Health – LivingWell Companion 1.844.787.6631
www.telus.com/livingwellcompanion
Provides emergency response service with optional fall detection.

YMCA Healthy Heart Program 604.521.5801
(Cardiac Prevention, Rehabilitation & Maintenance) healthy.heart@gv.ymca.ca
Offers a community-based program that supports people living with cardiac risk through education and supervised exercise. Doctor's referral is required. Fee for program, but financial assistance may be available for those in need.

**For more options see Health & Wellness on page 6*

Peer Counselling & Support

Century House Senior Peer Counselling 604.519.1064
www.chspsc.ca
Provides free peer counselling programs for New West seniors 50+, helping with life transitions, bereavement, loss, loneliness, isolation, health, and aging concerns. Volunteers always welcome.

Burnaby Neighbourhood House South: 604.431.0400
www.burnabynh.ca North: 604.294.5444
alexish@burnabynh.ca

Seniors Connections
Welcomes seniors from diverse backgrounds, and supports their health and well-being. Seniors/volunteers lead educational workshops, social/fitness activities and a weekly Friday lunch. Membership fee \$5/year; most programs are free.

TAPS Day Program
Offers a low-cost day program with recreation, socialization for Burnaby seniors 55+ who have health or mobility-related barriers. Located at BNH Community Hall, Rumble St, on Mon, Thurs, & Fri, 10:30am-2pm. Lunch is available.

Friendly Phone Calls
Offers weekly phone calls from volunteers to help isolated seniors stay connected.

Burnaby Seniors Outreach 604.430.0400
www.bsoss.org

Senior Peer Support kathyb@burnabynh.ca
One-on-one peer support for seniors experiencing caregiver challenges, anxiety, depression, frustration or difficulties because of life changes. *This is not a counselling service.

Family & Friend Caregiver Supports
Offers support to those providing free care for a relative, neighbour or friend, and includes support groups, one-on-one peer support, caregiver lunch, caregiver tea and chat education series, resources and an annual Celebrate Burnaby Seniors Event. Some groups are offered in person or by Zoom.

Seniors Information and Referral 604.291.2258
faryar@bbseniors.ca
Support seniors to find information and community services. Volunteers help seniors with form completion, including CPP, OAS, GIS, SAFER, Housing Registry, and Provincial Bus Pass.

411 Seniors Centre Society 604.684.8171
www.411seniors.bc.ca
3502 Fraser St, Vancouver
Provides seniors with information and referral services, social, recreational, and educational activities and events from a multicultural resource centre. Free income tax service in March/April for seniors with low income and people on disability. Call for information about membership, drop-in activities and events, please make appointment prior to dropping in.

ISSofBC - Seniors Programs 604.395.8000
www.issbc.org/our-services/connecting-seniors
Provides support to immigrant seniors through first language support groups, workshops on relevant topics, one-on-one digital literacy learning, and conversation circles.



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778-773-4646 | alkabani@remax.net



Citizen Support Services

www.burnaby.ca/citizensupportservices

Provides Burnaby seniors (65+ years of age) with support services including: shop-by-phone, shopping buddies, volunteer visitors, social phone calls, and monthly recreational bus trips. Call or check website for latest updates.

604.294.7980**MOSAIC Seniors Club for Immigrant & Refugee Seniors**

www.mosaicbc.org/seniors-club

Provides free, multilingual services to newcomer seniors 55+, including one-to-one settlement support, English conversation circles, computer classes, information workshops, and peer-led interest groups such as yoga, Tai Chi, knitting, singing, and field trips.

604.254.9626**MOSAIC CARES****604.438.8214 x115**

www.mosaicbc.org/services/projects/cares

Provides an innovative service for seniors who require support connecting to their community or learning to address their health and well-being needs. CARES or Social Prescribing works alongside clinical treatments to address seniors' needs in a holistic way.

New West Police Service & FSGV**604.529.2459****—Elder Abuse Unit**Non-Emerg: **604.525.5411**

Provides elder abuse response and coordinates follow-up services to residents of New West or victims of crimes committed in the area. The team is also available for consultation regardless of where the individual lives or site of crime. Open Mon-Fri, 8am-4pm.

BC Bereavement Helpline**604.738.9950**

www.bcbh.ca

contact@bcbh.ca

Provides information, referral, and compassionate listening for persons coping with grief.

Nidus Personal Planning Resource Centre & Registry

www.nidus.ca

Nidus Resource Centre

info@nidus.ca

Personal Planning Registry

registry@nidus.ca

Provides legal education on personal planning and related matters, training for volunteers and groups, and operates a centralized registry for personal planning documents.

Seniors First BC- Seniors Abuse & Information Line (SAIL)**604.437.1940****1.866.437.1940**

www.seniorsfirstbc.ca

Provides a safe place for older adults or those who care for them, to talk to someone about situations where they feel abused or mistreated, and/or receive information about elder abuse prevention. Offers referrals to their legal and victim services programs. Open Mon-Fri, 8am-8pm, Sat/Sun, 10am-5:30pm, except STAT holidays; interpreters by request, Mon-Fri, 9am-4pm.

Office of the Seniors Advocate**1.877.952.3181**

www.seniorsadvocatebc.ca

Provides a "go-to" resource for seniors' information and referral. Phone lines are answered by knowledgeable staff who can help with a range of questions.

Seniors Services Society**604.520.6621**

www.seniorsservicesociety.ca

Provides New West residents 60+ with support services such as Meals on Wheels, Light Housekeeping, Medical Transportation, Support Calls, Form and Income Tax Completion. Call or check website for more information.

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- Personal Care
- Dementia & Alzheimer's Care

1-888-988-9913Email us at care@herohomecare.caVisit us online at www.herohomecare.ca**HERO HOME CARE**

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Public Guardian & Trustee of BC www.trustee.bc.ca Provides services to vulnerable seniors and adults (19+ yrs) or their families who need help managing financial or legal affairs; assesses and investigates reports of neglect and financial abuse of vulnerable adults.	604.660.4507	BC Eldercare Massage www.bceldercare.ca	604.340.3581
Burnaby Hospice Society www.burnabyhospice.org 5th Fl, 4535 Kingsway, Burnaby Provides services to individuals and families in Burnaby going through the end-of-life journey. Supports palliative or hospice care patients and their families and caregivers. Also offers free bereavement counselling and art therapy.	604.520.5087	Big Hearts Homecare www.bigheartshomecare.ca info@bigheartshomecare.ca	778.788.5578
Memorial Society of BC www.memorialsocietybc.org Provides objective information and education on funeral pre-planning, including simple, dignified, low cost funerals. Also offers support and direction for grieving families. Membership is required.	604.733.7705 1.888.816.5902	Caring Shepherd Home Care Services www.caringshepherd.ca	604.614.8544
Voices of Burnaby Seniors Society www.vobss.ca A non-profit society led by volunteer seniors whose goals are to support all Burnaby seniors in being healthy, independent, and connected members of our community. Informs, supports, and advocates for Burnaby seniors.	604.619.0953 VobsSociety@gmail.com	CBI Health Group Home Health www.cbi.ca	1.800.463.2225
Home Support Services		Classic LifeCare www.classiclifecare.com	604.263.3621
Better At Home Programs www.betterathome.ca Helps seniors live independently by providing simple non-medical support services. Services may include light housekeeping and transportation to medical appointments. Subsidies may be available for independent living seniors 65+, depending on income level.		Comfort Keepers www.comfortkeepers.ca/Vancouver	604.689.8609
Burnaby Better At Home betterathome@burnaby.ca	604.297.4877	FootCare Passion — Mobile Foot Care www.footcarepassion.ca	604.780.3992
New Westminster Better At Home support@seniorsservicessociety.ca	604.520.6621	Golden Transitions www.goldentransitions.ca	604.240.8085
The following private businesses offer home support services to seniors who don't qualify for Fraser Health Home Care, Better At Home programs or require additional services for a fee.		Hero Home Care www.herohomecare.ca care@herohomecare.ca	1.888.988.9913
Aging My Way Home Care www.agingmywayhomecare.ca	604.290.8331	Home Instead Senior Care www.homeinstead.com/3037	604.432.1139
All Nursing Health Services www.allnursing.ca	604.488.9323	Integrative Rehabilitation www.bcintegrativerehab.com integrativerehab@gmail.com	604.419.0098
		John's Helping Hands www.johnshelpinghands.ca	604.329.1006
		Just Like Family Senior Home Care Services www.justlikefamily.ca	604.440.3331
		Karp Home Care www.karphomecare.com	604.420.7800
		Nurse Next Door Home Care Services www.nursenextdoor.com	1.877.588.8609
		Peachtaclar Home Health Care www.peachtaclar.com info@peachtaclar.com	778.859.2695
		Personalized Dementia Solutions Inc. www.dementiasolutions.ca	778.789.1496
		Physio2U www.physio2u.ca	778.846.7695
		Practically Daughters Senior Move Managers www.goodriddance.ca	604.421.5952
		Retire-at-Home www.retireathomeNS.com	604.998.1628
		Safe Care Home Support www.safecarehomesupport.ca	604.945.5005
		SE Health https://vancouver.sehc.com/	604.739.4300
		Seniors Choice For Care www.seniorschoiceforcare.ca	604.551.8867
		Shylo Nursing & Home Healthcare www.shylohomehealthcare.ca	604.985.6881
		Strive Community Home Care www.striveliving.ca	604.936.9944 info@striveliving.ca



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#208-5066 Kingsway, Burnaby

Housing Information

Seniors Services Society 604.520.6621
www.seniorsservicessociety.ca
housing@seniorsservicessociety.ca
rentbank@seniorsservicessociety.ca
Provides seniors housing navigation across BC, information and referral, seniors homeless outreach program, Temporary Housing Program (cost geared to income), Seniors Rent Bank, for one-time interest free loans and Seniors Housing Navigator Training Program. Serves Metro Van seniors 60+ (except DTES).

BC Home Renovation Tax Credit for Seniors and Persons with Disabilities 1.877.387.3332
www.gov.bc.ca ITBTaxQuestions@gov.bc.ca
Assists eligible seniors 65+ and persons with disabilities with the cost of certain permanent renovations to improve accessibility, function or mobility at home.

BC Housing 604.433.2218
SAFER – Shelter Aid for Elderly Renters
www.bchousing.org/programs/SAFER
Provides financial assistance for eligible renters 60+.
HAFI – Home Adaptations for Independence
www.bchousing.org/housing-assistance/HAFI
Provides financial assistance for home modifications to help eligible seniors with low income and people with disabilities to continue to live in their own home.

Home Owner Grants 1.888.355.2700
www.gov.bc.ca/propertytaxes
British Columbia's property assistance program helps homeowners reduce the taxes they pay.

New Chelsea Society 604.395.4370
www.newchelsea.ca admin@newchelsea.ca
Provides affordable, safe, and clean housing for seniors 55+, families, and persons with disabilities.

New Vista Society Housing Office 604.525.3288
www.newvista.bc.ca
Provides housing to families of varied incomes and subsidized housing to low seniors 55+ with low income. Must apply through BC Housing first at 604.433.2218.

**Please see Housing for more options, page 19*

Home & Yard Maintenance

Mobile Work Crew 604.723.3439
www.fraserside.bc.ca/community-living/mobile-work-crew
Supervised workers with physical or mental health challenges offer commercial/residential landscaping, property maintenance, recycling, and rubbish removal.

Neighbours Helping Neighbours 604.764.6601
www.larchevancouver.org/community-programs/
Supervised team of persons with developmental disabilities assist seniors and others with basic gardening, lawn maintenance, light home maintenance and repairs, recycling, and debris clean up or removal.

Senior Citizens' Repair Service 604.438.6990
Provides low cost, minor house repairs, and maintenance for seniors 55+ and persons with low income living with disabilities in their own home.

1st Hoarding CleanUp 1.855.468.2588
www.1stHoardingCleanUp.com
Offers compassionate and discreet decluttering, organizing and cleaning services for hoarders' homes.

Clean Start BC 1.855.297.8278
www.cleanstartbc.ca
Offers hoarding clean up, junk removal, pest control, and COVID sanitization and disinfection services.

Pension & Benefits Information

Service Canada 1.800.622.6232
www.servicecanada.gc.ca TTY: 1.800.926.9105
Provides information about CPP, GIS, OAS, Spouse Allowance, Survivor Allowance, Veterans Benefits, and any other general inquiries about government services and programs. Open Mon-Fri, 8:30am-4pm, local time.

Service BC 604.660.2421
www.servicebc.gov.bc.ca/seniors TDD: 711
VRS: 1.800.663.7867
Provides information on seniors programs including BC Seniors Supplement and Property Tax Deferment.
Seniors Supplement 1.866.866.0800

Seniors Information and Referral
alexish@burnabynh.ca
Support seniors to find information and community services. Volunteers help seniors with form completion, including CPP, OAS, GIS, SAFER, Housing Registry, and Provincial Bus Pass.

LOCAL NEWS LOCAL MATTERS
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Continuing Education

College for the Retired

www.cccrburnaby.org

6650 Southoaks Cres, Burnaby

Offers a variety of courses for persons 50+. Learn for fun and teach for pleasure with many skill building opportunities. Please check website for latest updates.

604.517.8732

COSCO Health & Wellness Institute

www.seniorshelpingseniors.ca

ws_coor@coscoworkshops.ca

Offers free virtual workshops to seniors' groups in healthy living, safety, and legal issues.

604.261.6887

SFU Liberal Arts & 55+ Program

www.sfu.ca/liberal-arts

Offers a variety of intellectually stimulating courses, lectures, and a liberal arts certificate program year round for adults, with tuition discount for those 55+.

778.782.8000

UBC Extended Learning

www.extendedlearning.ubc.ca/seniors

Offers a variety of learning opportunities including:

UBC Academic Explorations, an online and interactive lecture series, offered Fall 2022. One Week @ UBC offered in person in 2022. Seniors 65+ can audit most UBC credit courses for general interest, free of charge through UBC facilities. Some conditions apply.

604.822.1444

TechSMART Living

www.techsmartliving.com

Provides information about latest technology and effective ways to use them.

Social & Recreation

Seniors Centres offer programs for adults 55+. Socialize, learn new skills, and enjoy creative leisure time. Check websites for the latest facility or program updates.

Burnaby Seniors Centres:

www.burnaby.ca/recreation-and-arts/ (Search>Seniors Programs)

Bonsor 55+ Centre

6533 Nelson Ave, Burnaby

604.297.4580

Cameron 55+ Centre

9523 Cameron St, Burnaby

604.297.4456

Confederation Seniors Centre

4585 Albert St, Burnaby

604.294.1936

Edmonds 55+ Centre

7433 Edmonds St, Burnaby

604.297.4838

New Westminster Seniors Centres:

Century House

www.centuryhouseassociation.com

620-8th St, New West

604.519.1066

Queensborough Community Centre

920 Ewen Ave, New West

604.525.7388

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Dementia - Friendly Adult Day Program

Day program option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment. At the same time, this program assists caregivers with respite and offers caregivers support.



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To Learn More & Register
778-549-6413 or
info@adultcognitivewellnesscentre.ca

AdultCognitiveWellnessCentre.ca

Burnaby Seniors Outreach

www.bsoss.org

604.291.2258

faryar@bby seniors.ca

Transportation Services**Burnaby Seniors Transportation**

604.292.3901

www.BbyServices.ca/seniorstransportation

SeniorsTransport@bby services.ca

Provides Burnaby seniors with transportation to their medical and dental appointments. Call for details.

New West Seniors Medical Transportation

www.seniorsservicessociety.ca

Provides New West residents 60+ with transportation to their medical and dental appointments. Subsidies may be available for residents with low income. Call for more information.

Bus Pass Program

1.866.866.0800

www2.gov.bc.ca/gov/content/transportation (Search >Bus Pass Program)

BC government offers a discounted annual bus pass for eligible seniors with low income or those with disabilities.

Driving Miss Daisy Seniors Services

604.767.4030

www.drivingmissdaisynorthshore.ca

SPARC BC

604.718.7744

www.sparc.bc.ca/parking-permit

1.888.718.7794

Parking Permit Program

Provides parking permits for people with disabilities.

Accessibility and Enforcement Line

604.718.7734

Translink Programs for Accessible Transit

www.translink.ca

604.953.3680

(Rider Guide > Accessible Transit)

HandyDART

Provides door-to-door service for people with disabilities. Advanced booking is required.

Call 604.575.6600 (option #1)

Taxisaver/Handycard

Provides discounts for persons with permanent physical and mental disabilities.

Ebus

1.877.769.3287

www.myebus.ca

Offers convenient, affordable, and responsible bus service to select destinations within BC.

For additional transportation information and services, please see Transportation, page 28*Dementia Friendly Café**

Safe, friendly space provides support, information, and socialization. Guest speakers facilitate activities and discussion. Cafe is held on 2nd Thurs/month, 1-3pm. Refreshments provided.

The Seniors Memory Club

Offers multicultural dementia friendly club that supports inclusion, breaking isolation, stress reduction, and memory exercises for people living with memory loss, and their family and friend caregivers. Saturday mornings; refreshments provided.

Citizen Support Services

604.294.7980

www.burnaby.ca/citizensupportservices

Call or check website for the latest program updates.

Gadabouts Program

Provides monthly social outing by bus and/or volunteer drivers on Thursdays. Outings usually include lunch, and on occasion, entertainment.

Wheelers Program

Provides monthly social outing by HandyDART for wheelchair-bound clients. Outings usually includes lunch, and on occasion entertainment. One-on-one volunteer assistant.

Seniors Lunch Program

Volunteer drivers provide Burnaby seniors with rides to a venue for lunch and social time every Thurs, 11am-1:30pm.

Friendly Visitors

Provides companionship through on-going weekly 2 hour-visits to housebound seniors.

Phone Buddy

Provides companionship with weekly phone calls.

Shopping Buddies

Provides one-on-one volunteer assistance at local malls for personal shopping and social interaction. Lougheed Mall or Metrotown Mall on Thursdays. Transportation by HandyDART.

Seniors Services Society

604.520.6621

www.seniorsservicessociety.ca

Offers social programs for New West residents 60+ to connect over meals, entertainment or activities. Society's fully accessible 16-passenger bus provides transportation to and from home for a minimal fee. Call for updates. Social Program is suspended until further notice.

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Person with Disabilities

BACI – Burnaby Association for Community Inclusion
www.gobaci.com **604.299.7851**
Offers a range of programs and services to infants, children, youth, and adults with developmental disabilities and their families.

BC Brain Injury Association
www.brainstreams.ca info@brainstreams.ca
Promotes a better quality of life for those living with acquired brain injury through education, information, prevention, support, and systemic advocacy.

BC Centre for Ability **604.451.5511**
www.bc-cfa.org
Provides community-based services to children, youth, adults and their families with neurological, physical, and developmental disabilities.

BC Easter Seals **604.736.3475**
www.eastersealsbcy.ca/camp/
Provides many different services and programs including three Easter Seals Camps throughout BC, Easter Seals House in Vancouver, virtual day camps running throughout the year, and summertime city day camps. Check out website for more details.

BCITS Technology for Living TIL: **604.326.0175**
www.bcits.org PROP: **1.866.326.1245**
Technologies for Independent Living Program (TIL)
Provides home automation and assistive devices for people with physical disabilities to live as independently as possible at home.
Provincial Respiratory Outreach Program (PROP)
Provides equipment and support to qualified persons needing assistive ventilation while living in community.

Community Living Society **604.523.0303**
www.communitylivingsociety.ca
Provides individualized, flexible, and creative supports to people with developmental disabilities or Acquired Brain Injuries.

Disability Alliance BC **604.872.1278**
www.disabilityalliancebc.org
Operates a number of programs and projects including Advocacy Access which assists people with disabilities to access provincial and federal benefits, apply for a disability tax credit, and open a RDSP. Publishes self-help guides, manuals for community advocates and Transition magazine.

Advocacy Access Program
Assists people with all disabilities to apply for and appeal the denial of provincial and federal disability benefits. Assists with access to health goods, services, and supplements provided through MSDPR. By appointment only.

Disability Law Clinic **236.427.1108**
Provides free Summary Advice & Referral Service to people with disabilities about accessibility laws, discrimination, human rights, denial of long-term disability insurance, and workplace accommodation.

The Right Fit Program
Matches affordable, accessible homes and independent living supports for people who need wheelchair-accessible housing.

Canucks Autism Network (CAN) **604.685.4049**
www.canucksautism.ca
Providing programs to individuals on the autism spectrum and their families, while promoting acceptance and inclusion through community engagement and training initiatives across BC and beyond. Membership is \$25 per individual per year (eligible through autism funding).

CNIB Foundation **604.431.2121**
www.cnib.ca
Offers innovative programs designed to empower people of all ages who are impacted by blindness through knowledge, skills, and confidence in order to remove barriers in pursuit of the life they choose.

Disability Foundation **604.688.6464**
www.disabilityfoundation.org
Provides opportunities for people with physical disabilities to feel empowered and participate in a variety of indoor and outdoor activities.

BC Mobility Opportunities Society (BCMOS)
www.bcmos.org info@bcmos.org
Provides three different recreation activity programs which include Hiking, Paddling, and Adapted Personal Training

Connectra Society
www.connectra.org info@connectra.org
Connects people with physical disabilities to work, leisure, and social opportunities in BC.

Disabled Independent Gardeners Association (DIGA)
www.digabc.org info@digabc.org

Adapted Sailing Association of BC (ASABC)
www.asabc.org info@asabc.org

Vancouver Adapted Music Society (VAMS)
www.vams.org info@vams.org
Supports musicians with physical disabilities in exploring and achieving their musical goals.

Family Support Institute **604.540.8374**
www.familysupportbc.com **1.800.441.5403**
Provides free support services to families of persons living with a disability. Offers information and referrals, workshops, training, and networking with similar families. Network includes over 240 families who have a family member with a disability.

Support Worker Central
www.supportworkercentral.ca
Online database designed to match individuals, families, and agencies with support workers in their communities.

Find Support BC
https://findsupportbc.com
Connects families of persons with disabilities with resources available to them throughout the province.

MyBooklet BC
https://mybookletbc.com
Online tool for families and people with disabilities to design personal information booklets for loved ones or themselves.

WayFinders
https://wayfindersbc.com
Offers personalized conversations and resources to people with disabilities, enabling them to discover their paths towards fuller, richer lives in community.

Down Syndrome Resource Foundation

www.DSRF.org

Offers innovative programs and interventions for children and adults with Down syndrome and other developmental disabilities. Programs include speech and language development, occupational therapy, behavioural support, mental wellness, reading and communications, and occupational therapy. Information and support available for families and professionals.

604.444.3773

for parents, and other programming such as social skills sessions, speech clinic, summer camps, online tutoring, and more.

**Ministry of Children & Family Development
—Services to Children with Support Needs**

604.660.5900

300-5172 Kingsway, Burnaby

Provides support to children with special needs.

Fraserside Community Services

604.522.3722

www.fraserside.bc.ca/community-living/ info@fraserside.bc.ca
Provides 24/7 staffed Community Living residences, Home Share Services, Supported Employment, and Community Inclusion day programming for adults with physical and developmental disabilities.

Monarch House

604.205.9204

www.monarchhouse.ca

Offers assessments for diagnosis which follow BCAAN standards. Provides services to individuals 18yrs and under diagnosed with Autism Spectrum Disorder and other developmental disabilities.

Laurel Behaviour Support Services

778.945.1435

www.laurelbc.ca

laurel@posAbilities.ca

Individualized behaviour support services, sexual health education, and social skills training for children, youth, and adults with autism, and/or other intellectual disabilities. Offers customized workshops for parents, caregivers, and professionals. Services are available in-person and via telehealth.

Neil Squire Society

604.473.9363

www.neilsquire.ca

info@neilsquire.ca

Provides employment services, computer tutoring, and assistive technology for people with disabilities.

Learning Disability Society of Greater Vancouver

www.ldsociety.ca

604.873.8139

Offers affordable and accessible remedial teaching programs to children and youth 5-18yrs with suspected or diagnosed learning differences. Provides individualized one-on-one instruction to give children access to the tools to increase self-esteem and academic success. Also offers comprehensive bursaries, advocacy support

Pacific Autism Family Centre

604.207.1980

www.pacificautismfamily.com

Brings together state of the art resources for research, information, learning, assessment, treatment, support, and building capacity to address the lifespan needs of individuals with Autism Spectrum Disorder (ASD), and their families across BC.

AIDE Library

Includes over 2000 autism-related books, e-books, audiobooks, DVDs, and games that can be shipped to any BC resident for free.

Your legacy could be her childhood



“Taking care of my loved ones in my Will has always been important but I also knew I needed to include the incredibly brave children helped by Variety. It makes me happy knowing that in my small way, I’m leaving the world a better place.”

– Janet Lancey



**Transforming the lives
of BC’s kids with special needs
one child at a time**

variety.bc.ca

Learn how you can leave a legacy gift to Variety

Contact Jennifer Shang • 604.268.4038 • jennifer.shang@variety.bc.ca

Planned Lifetime Advocacy Network (PLAN) 604.558.2055
www.plan.ca hello@plan.ca
Provides advocacy, person-centred planning, and personal support networks to empower people with disabilities and their families to build safe, secure, supportive, and inclusive communities to live in. Collaborates with family to ensure a network of caring relationships, a sound financial plan, supported decision making, and opportunities to contribute. Workshops on RDSP, wills, trusts, and estate planning are also available.

posAbilities 604.299.4001
www.posabilities.ca info@posabilities.ca
Supports individuals of all ages with developmental disabilities. Services include behaviour consultation; community inclusive art, theatre, social, and recreational programs; employment services; explore journey facilitation; and home or shared living supports. No fee for government-funded services.

Progressive Housing Society 604.522.9669
www.progressivehousing.net info@progressivehousing.net
Provides community based support services and housing assistance to those experiencing mental health and substance use issues, the homelessness or those at risk of homelessness.

SPARC BC 604.718.7744
www.sparc.bc.ca/parking-permit 1.888.718.7794
Parking Permit Program
Provides parking permits for people with disabilities.
Accessibility and Enforcement Line 604.718.7734

Spectrum Society for Community Living 604.323.1433
www.spectrumsociety.org
Offers community-based services for people with disabilities, encouraging them to lead their own lives, express themselves, build personal networks, and find their voice in society. Delivers community living workshops through Spectrum Learning and publishes community living books and DVDs through Spectrum Press.

Spinal Cord Injury BC 1.800.689.2477
www.sci-bc.ca 604.324.3611
Provides current, comprehensive information for persons with spinal cord injuries and other physical disabilities. Offers information on housing, government benefits, equipment, transportation, and recreation options, as well as unique programming, events, and opportunities for peer connection across the province.

Peer Program

Provides educational and social events for persons living with spinal cord injury, their family, and friends where learning and social connections can lead to an improved quality of life.

SCI Info Database

www.sci-bc.ca/info-database
Provides online encyclopedia with more than 800 current and comprehensive resources for people with spinal cord injuries and related physical disabilities, and their families.

SCI Marketplace

www.sci-bc.ca/marketplace
Provides online forum for buying and selling disability related equipment (wheelchairs, lift-equipped vehicles, scooters) and finding accessible housing and employment.

Wavefront Centre for Communications Accessibility (formerly Western Institute of the Deaf & Hard of Hearing) 604.736.7391
TTY: 604.736.2527
www.wavefrontcentre.ca
Provides hearing tests, recycled hearing aids, and specialized equipment for the deaf and hard of hearing. Sign language and interpreting services, counselling, and employment services are also available.

Together Speech & Language Services 604.767.3335
www.togetherspeech.com
Offers in-home speech and language services for children, youth, and adults with Autism Spectrum Disorder and other neurological and developmental disabilities. Works together with individuals and families to help them reach their full potential by providing speech therapy for language disorders, speech sounds, social communication, using AAC (augmentative and alternative communication), aphasia, brain injury, and more.

Variety – the Children's Charity 604.320.0505
www.variety.bc.ca info@variety.bc.ca
Provides support to children with special needs covering medical and mobility equipment, physiotherapy, speech therapy, and counselling related to mental wellness.

Vision Loss Rehabilitation Canada (VLRC) British Columbia 1.844.887.8572
www.visionlossrehab.ca
Provides training that enables people who are blind or partially sighted to develop or restore key daily living skills, helping enhance their independence, safety, and mobility.

Indigenous People

ACCESS – Essential Skills for Aboriginal Futures 604.913.7933
www.accessfutures.com
Delivers a diverse assortment of education, training, counselling, support, and financial services to help urban Aboriginal community overcome barriers to success and self-sufficiency. Education programs include: Trades Training & Apprenticeship Programs, Essential Skills, and Employment Assistance Services Program.

Aboriginal Legal Aid in BC

https://aboriginal.legalaid.bc.ca/
Aboriginal community legal workers provide legal information and limited advice services to Aboriginal peoples living on or off reserve. Resource and publications on various issues are available through website.

BC Aboriginal Child Care Society (BCACCS) 604.913.9128
www.acc-society.bc.ca
Offers workshops, training, and education opportunities. Advocates for early years, shares resources and research to ensure every Indigenous child in BC has access to spiritually enriching, culturally relevant, and high quality early learning and childcare. Hosts two Aboriginal Head Start Programs in Vancouver (Eagle's Nest and Singing Frog).

Indigenous Health Liaison Program 1.866.766.6960
Provides referrals, advocacy, and support to Aboriginal patients ensuring access to appropriate and culturally safe health care and community services.

National Indian Residential School Survivors Society
www.irsss.ca Crisis Line: 1.800.721.0066
Provides physical, emotional, intellectual, spiritual growth, development, and healing through culturally-based values and guiding principles for survivors, families, and communities.

Kids' Stop — Indigenous and Northern Affairs Canada
www.canada.ca/en/indigenous-northern-affairs
Provides information on Aboriginal history, cultures, languages, games and stories, and classroom resources for teachers.

Metis Family Services 604.584.6621
www.metisfamilyservices.ca
Provides supportive information and services to help nurture, promote, and protect balance in Metis families.

Fraser Region Aboriginal Friendship Centre
www.frafca.org 604.595.1170
Supports the preservation of Aboriginal culture, languages, and traditions. Provides education, social, and recreation services for Aboriginal peoples of all ages. Call or check website for latest program updates. Check Facebook for more programs. Housing program finds accommodation and small subsidies for low income families.

Ministry of Children & Family Development — Indigenous Child and Family Services 604.660.9544
2nd Fl, 201-7645 Kingsway, Burnaby
Provides supportive and protective services to Aboriginal children and families.

NEC Native Education College 604.873.3772
www.necvancouver.org
Private college works to strengthen Indigenous communities through accredited programs that lead to employment and higher learning.

Pacific Association of First Nations Women 604.872.1849
www.pafnw.ca info@pafnw.ca
Assists Aboriginal women and their families with health and social services issues.

Spirit of the Children Society 604.524.9113
www.sotcs.ca
201-768 Columbia St, New West
Supports and strengthens Aboriginal families by providing information, resources, programs, and services.

Urban Native Youth Association 604.254.7732
www.unya.bc.ca
Offers programs for Indigenous youth including education and training, advocacy, and support services that respond to their immediate and long term needs.

Vancouver Aboriginal Friendship Centre Society 604.251.4844
www.vafcs.org
1607 E. Hastings St, Vancouver
Provides programs within health and welfare, social services, culture, education, and recreation for Indigenous peoples while maintaining cultural connection and practices.

How can we support you to build your future in Canada?



ISSofBC offers Burnaby and New Westminister newcomers free services and programs to settle.

- Language training
- Employment services
- Community connections



New Westminister: 604-522-5902

Burnaby: 604-395-8000



Vancouver Native Housing Society

www.vnhs.ca

Provides safe, secure, supportive, and affordable housing to families and individuals, with priority for the Indigenous community.

604.320.3312**Back in Motion — Career Paths for Skilled Immigrants**

www.careerpaths.ca

Provides occupation-specific resources and support to help immigrant job seekers move into careers that match their qualifications.

604.575.3800**LGBTQ2SAI+ Community****HIM — Men's Sexual Health Centre**

www.checkhimout.ca

Provides physical, sexual, social, and mental health services for communities of gay, bi, and queer men, as well as two-spirit and gender diverse people (GBT2Q) in BC. Services include HIV and STI testing, counselling, online sexual health resources, and virtual groups and events.

604.488.1001**I Belong (LGBTQ2SAI+ Community)**

www.mosaicbc.org/i-belong

Offers a safe and welcoming space for LGBTQ2SAI+ newcomers to meet new people, share experiences, and make positive changes through one-on-one social mentorship, group counselling, and a peer support group.

604.762.1566**Pflag Vancouver**

www.pflagvancouver.com

Offers support, education, and resources on sexual orientation, gender identity/expression for LGBTQ2Q+ individuals, their families and friends. Offers telephone support line and monthly support group meetings. For more information look up on Facebook as Pflag Vancouver.

604.626.5667

info@pflagvancouver.ca

QMUNITY

www.qmunity.ca

1170 Bute St, Vancouver

Offers a variety of services and support for the LGBTQ2SAI+ community, including information and referral services, drop-ins and one-on-one support, peer support groups, low-cost and free short-term counselling, education and training services, and social events.

604.684.5307

Youth Services (14-25yrs)

youth@qmunity.ca

Older Adult Services (55+)

seniors@qmunity.ca

Volunteer Inquiries

volunteer@qmunity.ca

Trans Care BC

www.phsa.ca/our-services/programs-services/trans-care-bc

transcareteam@phsa.ca

Works to ensure people have the information they need to access gender-affirming health care and supports. Supports those who identify as Trans, Two-Spirit and gender diverse, their families, friends and loved ones, as well as service providers.

1.866.999.1514**Immigrants & Newcomers****BC Newcomers' Guide to Resources & Services**

www.WelcomeBC.ca

Offered in 15 languages. Check website for updated information. Printed copies of the guide can be picked up at your local library or ordered online.

BIPT — Burnaby Intercultural Planning Table

www.bipt.ca

Website compiles news stories, reports, and resources that document and investigate immigrant issues at the local, regional, and national level. Provides an inventory of organizations and people who help newcomers integrate successfully into the community.

Burnaby Neighbourhood House

www.burnabynh.ca

Provides newcomers with first language settlement and integration services and support. Includes programs for individuals, families, youth, and seniors in 12 languages with focus on newcomers' access to Canadian benefits, settlement resources, and opportunities for community engagement. Case management support is provided for multi-barrier cases with complex needs.

604.431.0400**Conversations for Life**

www.gv.ymca.ca/immigrant-services

connections@gv.ymca.ca

Offers newcomers (Permanent Residents and Convention Refugees only) with English skill building, networking, and tips on being successful in Canada. Trained facilitators will help you practice English through short presentations and discussions focused on different topics.

778.990.4856**International Credential Evaluation Service**

www.bcit.ca/ices

Evaluates the credentials of people who have studied in other provinces or countries, and determines comparable levels in British Columbia and Canadian terms.

604.432.8800**ISSofBC**

www.issbc.org

207-7355 Canada Way, Burnaby

280-610 6th St, New West

604.395.8000**604.522.5902**

Provides immigrants and refugees with first language settlement services, community connections, specialized programs for women, seniors, youth, career services, language classes, digital literacy support, and more.

MAP Settlement Case**Management Program**

Provides wraparound case management support for newcomers facing added barriers to their integration in Canada. Also provides one-on-one support, group services, referrals, and case conferencing. For permanent residents and protected persons only.

604.522.5902**Journey Home Community Association**

www.journeyhomecommunity.ca

Provides newly arriving refugee claimant families in Greater Metro Vancouver area with housing assistance, basic needs, resettlement resources, and assistance establishing a support network.

604.568.4892**Justice Education Society of BC**

www.immigrantlegal.ca

Provides free legal information, education, and resources for newcomers and the people working with them.

MOSAIC Settlement Programs 604.254.9626
www.mosaicbc.org/services/settlement
 Offers a variety of programs to support Permanent Residents, Naturalized Citizens, Work Permit Holders, international students, migrant workers, and refugees. Individual consultations, referrals, social mentoring, workshops, and group activities are available.

MOSAIC Refugee Programs 604.254.9626
www.mosaicbc.org/services/settlement/rsip/

Refugee Claimants Settlement & Integration Program

Supports the specific needs of refugee claimants of all backgrounds, ethnicities, sexual orientation, and genders, including asylum seekers, non-status, and stateless persons.

Private Sponsorship of Refugees Program

Offers case management in collaboration with sponsorship groups working to resettle refugees, and provide initial resettlement support.

Settlement Workers in Schools (SWIS)

Connects immigrant and refugee families to school, community, and government resources.

Burnaby School District Welcome Centre 604.296.6936
<http://swis.burnabyschools.ca>

New Westminister Schools 604.522.3722 x180
www.mosaicbc.org/swis 236.818.4154

SUCCESS Settlement Services 604.430.1899
www.successbc.ca

Provides free Immigrant Settlement and Integration Services to connect new immigrants with government services, key community resources, and labour market information. Programs are offered in English and in many other languages through individual appointments and group information sessions.

Vancouver & Lower Mainland 604.436.1025

Multicultural Family Support Services Society

www.vlmfss.ca againstviolence@vlmfss.ca
 Provides culturally and linguistically responsive services in over 20 languages to immigrants, refugees, visible minority women and families with and without immigration who are experiencing the challenges of family violence. Open Mon-Fri, 9am-5pm. By appointment only.

YMCA Social and Educational Events 604.374.5465

www.gv.ymca.ca/immigrant-services
connections@gv.ymca.ca
 Offers free monthly events to help newcomers (Permanent Residents and Convention Refugees only) learn new things, make friends, practice English, and have fun. Must register at Eventbrite.

Pacific Immigrant Resources Society 604.298.5888
www.pirs.bc.ca
 Offers programs for immigrant women and their children.

Recreation & Community

Libraries & Recreation Centres

Public Libraries

Provide access to a rich array of stories, ideas, and information. Through great collections, creative public programming, and friendly knowledgeable staff, libraries support lifelong learning and literacy. Branches are important public spaces, meeting places, and centres for discovery and dialogue.

New West Public Library

www.nwpl.ca
Main Branch 604.527.4660
 716-6th Ave, New West
Queensborough Library 604.636.4450
 920 Ewen Ave, New West

Burnaby Public Library

www.bpl.bc.ca
Cameron Library 604.421.5454
 9523 Cameron St, Burnaby
Tommy Douglas Library 604.522.3971
 7311 Kingsway, Burnaby
McGill Library 604.299.8955
 4595 Albert St, Burnaby
Bob Prittie Metrotown Library 604.436.5400
 6100 Willingdon Ave, Burnaby

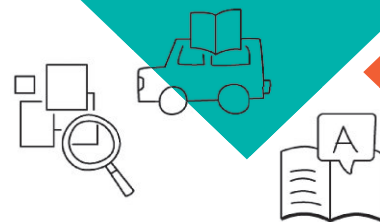
Burnaby Home Library & Accessible Service

www.bpl.bc.ca 604.436.5423
 Delivers materials for free to Burnaby residents confined to their home for a minimum of three months due to ill health frailty, visual or physical disability. Audiobooks and audiobook readers for residents with perceptual disabilities.

New Westminister – Home Library Services

www.nwpl.ca 604.527.4650
 Delivers materials free of charge to New West residents who are confined to home, facility or hospital due to ill health, frailty, visual or physical disability. Select from books, audio books, music, magazines, and DVDs.

- Reference & research services
- Downloadable audiobooks and e-books
- Online news, research, language learning and career resources
- Personalized reading suggestions
- Books in accessible formats and delivery to residents who qualify



 Burnaby Public Library

bpl.bc.ca | 604-436-5400

Burnaby Parks, Recreation & Cultural Services

www.burnaby.ca/active 604.294.7450
Offers a variety of leisure services and activities for all ages, interests, and skill levels. Check the Leisure Guide for more information and schedules for all facilities.

Bill Copeland Sports Centre	604.297.4521
Bonsor Recreation Complex/Pool	604.297.4597
Cameron Recreation Complex	604.297.4456
C.G. Brown Memorial Pool	604.297.4520
Christine Sinclair Community Centre	604.320.2222
Edmonds Community Centre/Pool	604.297.4838
Eileen Dailly Leisure Pool	604.298.7946
Kensington Complex	604.297.4535
Willingdon Community Centre	604.297.4526

New West Parks & Recreation

www.newwestcity.ca/parks-and-recreation
Offers a variety of leisure programs and drop-in services for all ages. Rentals of gyms, fields, community halls, and ice time are also available.

Centennial Community Centre	604.777.5100
Moody Park Arena	604.525.5301
Queen's Park Arena	604.777.5111
Queensborough Community Centre	604.525.7388

Art Galleries, Museums & Theatres

Arts Council of New Westminster 604.525.3244
www.acnw.ca info@acnw.ca
Arts resource for New Westminster artists and audiences in the Visual, Literary, and Performing Arts. Engaged in presenting monthly exhibitions, workshops, concerts, artisan markets, film screenings, and roundtables.

Burnaby Arts Council & Deer Lake Gallery 604.298.7322
www.burnabyartscouncil.org
6584 Deer Lake Ave, Burnaby
Presents the community with culturally diverse events exhibitions, and activities.

Burnaby Art Gallery 604.297.4422
www.burnabyartgallery.ca
6344 Deer Lake Ave, Burnaby
Presents a variety of exhibitions, programs, and events.

Burnaby Village Museum 604.297.4565
www.burnabyvillagemuseum.ca bvm@burnaby.ca
6501 Deer Lake Ave, Burnaby
Represents a typical 1920's tram-stop community with period costumed staff and variety of demonstrations. Admission free, advanced online reservation recommended.

Fraser River Discovery Centre 604.521.8401
www.fraserriverdiscovery.org
info@fraserriverdiscovery.org
788 Quayside Dr, New West
Interpretive centre celebrates the past, present, and future of living and working on the Fraser River.

Michael J. Fox Theatre 604.664.8875
www.michaeljfoxtheatre.ca info@michaeljfoxtheatre.ca
7373 MacPherson Ave, Burnaby
Hosts multicultural music, drama performances, and events.

Massey Theatre and Plaskett Gallery 604.517.5900
www.masseytheatre.com info@masseytheatre.com
735-8th Ave, New West
See website for information about events, rentals, gallery exhibits and community programs.

New Westminster Museum & Archives 604.527.4640
www.nwmuseumarchives.ca
777 Columbia St, New West
Home to over 36,000 objects, 35,000 photographs, and archival records that celebrate New Westminster. Visit website for up-to-date facility information and bookings.

Nikkei National Museum & Cultural Centre 604.777.7000
www.nikkeiplace.org
6688 Southoaks Cres, Burnaby
Celebration of Japanese Canadian culture and its contribution to the Canadian mosaic. Also houses the Nikkei Garden.

Royal City Musical Theatre 604.522.4306
www.royalcitymusicaltheatre.com
735-8th Ave, New West
Produces and presents musical theatre for the public and provides practical experience in musical theatre to youth.

Shadbolt Centre for the Arts 604.297.4440
www.shadboltcentre.com shadboltinfo@burnaby.ca
6450 Deer Lake Ave, Burnaby
Offers programs in fine and performing arts for students of all ages. Presents festivals, performances, and workshops.

SFU Museum of Archaeology & Ethnology 778.782.3325
www.sfu.ca/archaeology/museum.html
8888 University Dr, Burnaby. Public museum presents archaeology and cultures from around the world.

Government Elected Officials

Elected officials may help residents navigate various government authorities, advocate on their behalf, ensure access to government services, and respond to grievances/questions about government. Mayors:

Mayor (Burnaby)	604.294.7340
Mayor (New West)	604.527.4522

Provincial MLAs:

Katrina Chen (Burnaby -Lougheed)	604.660.5058
Raj Chouhan (Burnaby -Edmonds)	604.660.7301
Anne Kang (Burnaby -Deer Lake)	604.775.0565
Janet Routledge (Burnaby North)	604.775.0778
Jennifer Whiteside (New West)	604.775.2101
Aman Singh (Richmond-Queensborough)	604.664.0700

Federal MPs:

Terry Beech (Burnaby North-Seymour)	604.718.8870
Peter Julian (New West-Burnaby)	604.775.5707
Jagmeet Singh (Burnaby South)	604.291.8863

Environment & Recycling

United Boulevard Recycling and Waste Centre 604.681.5600
www.metrovancouver.org/services/solid-waste/
995 United Blvd, Coquitlam
See website or call for a full listing of accepted items, days, and times of operation.

Burnaby Solid Waste and Recycling
www.burnaby.ca/garbageandrecycling
solidwasteandrecycling@burnaby.ca

604.294.7972

Burnaby Neighbourhood House

www.burnabynh.ca

Offers opportunities for community members to volunteer in a wide range of programs, build skills, give back to your community, and gain Canadian work experience. Call for information.

South: 604.431.0400

North: 604.294.5444

Charity Village

www.charityvillage.com

Online source of information, jobs, services, resources, and volunteer opportunities for the non-profit community.

Go Volunteer

www.govolunteer.ca

Online database connects community volunteers to local non-profit organizations.

604.875.9144

Seniors Services Society

www.seniorsservicessociety.ca

volunteer@seniorsservicessociety.ca

Offers volunteer opportunities including: Meals on Wheels Runners/Drivers, Medical Transport Drivers, Grocery Order Takers, Bus Outing Host, Support Callers, and Reception.

604.520.6621

Kidney Foundation of Canada

www.kidneycar.ca

Kidney Car Program

Donate unwanted vehicles to the Kidney Foundation.

Receive a free tow and tax receipt. Call for pick-up.

604.408.2277

1.800.585.4479

Recycling Council of BC

www.rcbc.ca

Provides information on waste reduction, reuse, recycling, and proper disposal of all materials including household hazardous products. Depo locations available online.

604.732.9253

Return-it (Encorp Pacific Canada)

www.return-it.ca

409 Boyne St, New West

Visit website for various locations and accepted items.

604.473.2400

Volunteer Burnaby

www.volunteerburnaby.ca

Promotes volunteerism and citizen participation through recruitment and referral of volunteers to non-profit community service agencies.

604.294.5533

Volunteer Grandparents

www.volunteergrandparents.ca

info@volunteergrandparents.ca

Connects generations through three key mentoring programs:

Family Match Program

Adults 50+ are matched with children 3-14yrs, who do not have grandparents living locally.

School Grandparent Program

Screened seniors offer children support with literacy skills in the elementary school setting.

Letters to Seniors Program

Youth and seniors are matched as pen pals.

604.736.8271

Volunteer Opportunities

Burnaby Community Services

Burnaby Meals on Wheels

www.BbyServices.ca

www.BurnabyMeals.ca

Offers a wide variety of volunteer opportunities, seasonal to year round. Areas include Burnaby Christmas Bureau, summer events, seniors transportation drivers, reception, meal delivery, income tax preparation, and form completion. See website for more information.

604.299.5778

604.299.5754

Are you looking for a way to give back? Do you want to be part of the Burnaby community?

You sound like a volunteer!

Visit us at volunteerburnaby.ca to find webinars, Volunteer Resources Administration Online training, conferences, and fun and fulfilling volunteer opportunities near you!



@volunteerburnaby



@volunteerbby



@volunteerBby



@volunteerburnaby

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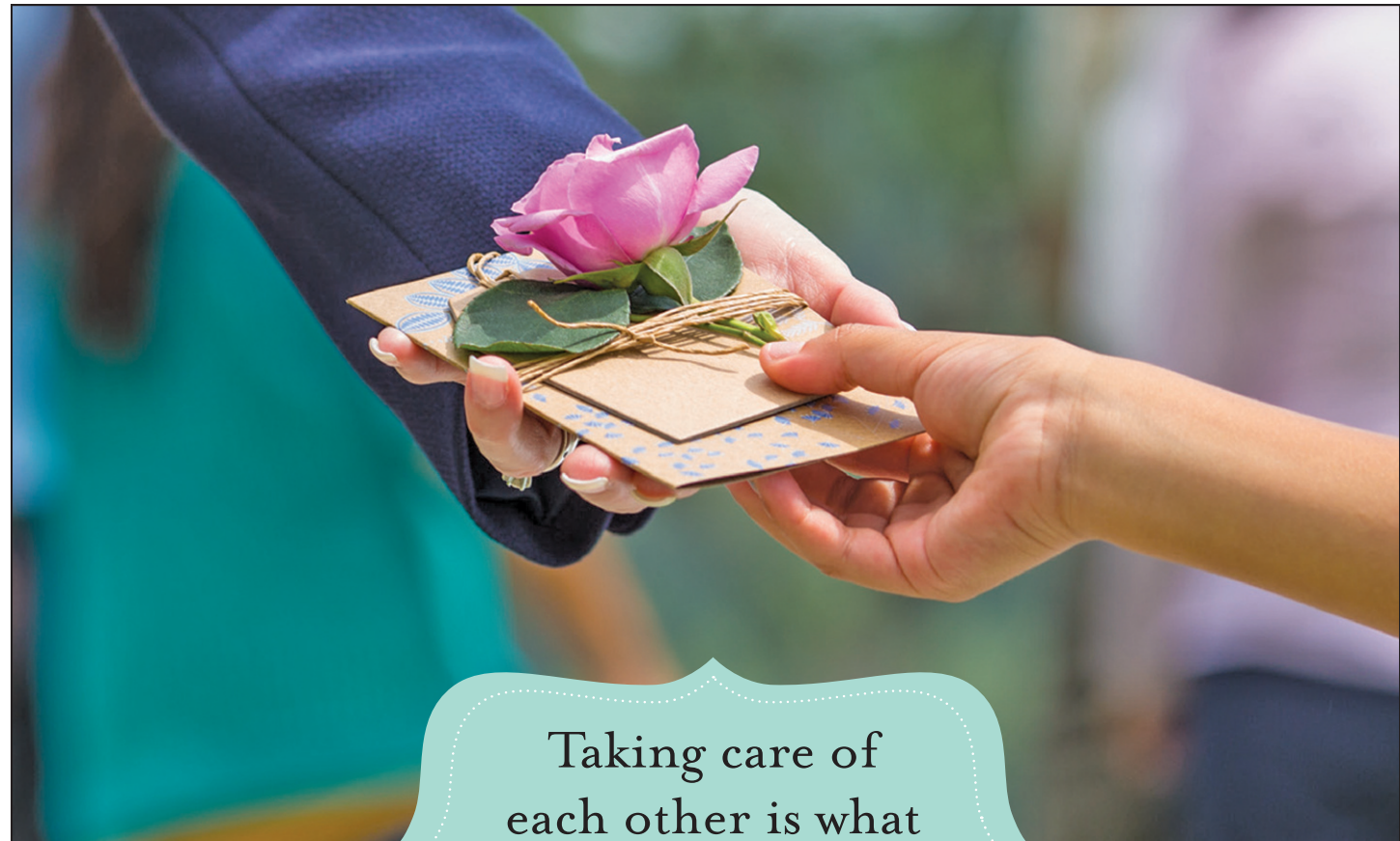
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