



Burnaby New Westminster Community Resource List September 2011

Municipal Services

Burnaby City Hall	4949 Canada Way, Bby	604-294-7944	www.city.burnaby.bc.ca
New Westminster City Hall	511 Royal Ave. N.W.	604-521-3711	www.newwestcity.ca

Libraries

McGill Library	4595 Albert St. Bby	604-299-8955	www.bpl.burnaby.bc.ca
Bob Prittie Library			
Metrotown	6100 Willingdon Ave, Bby	604-436-5427	www.bpl.burnaby.bc.ca
Tommy Douglas Library	7311 Kingsway, Bby	604-522-3911	www.bpl.burnaby.bc.ca
Cameron Library	9523 Cameron St., Bby	604-421-5454	www.bpl.burnaby.bc.ca
New Westminster Library	716 6th St., N.W.	604-527-4660	www.nwpl.ca

School Districts

Burnaby School District	5325 Kincaid St., Bby	604-664-8441	www.sd41.bc.ca
New Westminster School District	1001 Columbia St., N.W.	604-517-6240	www.sd40.bc.ca

Parks and Recreation

Burnaby Parks and Recreation and Culture	101 - 4946 Canada Way, Bby	604-294-7450	www.city.burnaby.bc.ca
Bonsor Recreation Complex	6550 Bonsor Ave., Bby 3702 Kensington Ave.,	604-439-1860	www.city.burnaby.bc.ca
C.G. Brown Memorial Pool	Bby	604-299-9374	www.city.burnaby.bc.ca
Burnaby South Fitness and Leisure Facility	5455 Rumble St., Bby	604-433-1166	www.city.burnaby.bc.ca
Confederation Community Centre	4585 Albert St., Bby	604-294-1936	www.city.burnaby.bc.ca
Eileen Dailly Leisure Pool and Fitness Centre	240 Willingdon Ave., Bby	604-294-7946	www.city.burnaby.bc.ca
Eastburn	7252 Kingsway, Bby	604-297-4838	www.city.burnaby.bc.ca

Willingdon	1491 Carleton Ave., Bby	604-297-4526	www.city.burnaby.bc.ca
Cameron	9523 Cameron St., Bby	604-297-4456	www.city.burnaby.bc.ca
Burnaby Village Museum	6501 Deer Lake Ave. Bby	604-297-4565	www.city.burnaby.bc.ca
New Westminster Parks, Culture and Recreation	600 8th St., N.W.	604-527-4567	www.newwestpcr.ca
Canada Games Pool and Fitness Centre	65 E 6th Ave. N.W.	604-526-4281	www.newwestpcr.ca
Centennial Community Centre	65 E 6th Ave. N.W.	604-777-5100	www.newwestpcr.ca
Queensborough Community Centre	920 Ewen Ave. N.W.	604-525-7388	www.newwestpcr.ca
Century House	620 8th St. N.W.	604-519-1066	www.newwestpcr.ca
Moody Park Arena	701 8th Ave. N.W.	604-525-9301	www.newwestpcr.ca
Queens Park Arena	Queens Park	604-777-5111	www.newwestpcr.ca
Queens Park Arenex	Queens Park	604-777-5121	www.newwestpcr.ca
Youth Centre	620 8th St. N.W.	604-515-3801	www.newwestpcr.ca

Medical Services

Burnaby Hospital	3935 Kincaid St. Bby	604-434-4211	
Royal Columbian Hospital	330 E. Columbia St. N.W.	604-520-4253	
Walk in Clinics Search			http://find.healthlinkbc.ca/search.aspx?

Emergency Services

	911	Fire, Police Ambulance
		Free, confidential, multilingual information and referral to a full range of community, social and government services, 24 hrs/day, 7 days/week.
	211	
Helpline for Children	310-1234 www.mcf.gov.bc.ca	24 hour help line for children reporting abuse, or for adults reporting suspected or imminent abuse of children.

Kids Help Phone		1-800-668-6868 www.kidshelpphone.ca	24 hour access to counsellors for children to discuss anything troubling them.
New Westminster Fire and Rescue	#1 East 6th Ave., N.W.	604-519-1000	Non-emergency number.
Burnaby Fire Department	4867 Sperling Ave., Bby	604-294-7190	Non-emergency number.
BC Poison Control		604-682-5050 or 800-567-8911 www.dpic.org	1-24 hour poison information line
Fraser Health Crisis Line		604-951-8855 or 1-877-820-7444 www.fraserhealth.ca	24 hour crisis line serves all of Fraser Health region. Free, confidential and immediate
Provincial Emergency Programme		1-800-663-3456 www.emergencyinfo.gov.bc.ca	Information about alerts and emergencies in BC.
MCFD Child Protection After Hours Emergencies		604-660-8180 www.mcf.gov.bc.ca	
VictimLINK		1-800-563-0808 www.victimlink.bc.ca	Information and referral services to all victims of crime, and immediate crisis support to victims of family and sexual violence.
Youth in BC Distress Hotline		604-872-3311 or 866-661-3311 www.youthinbc.com	1-24 hour crisis intervention though online chat, or through phone from 12 noon to 1 a.m.
Child Find		1-888-689-3463 www.childfindbc.com	Network of not for profit organizations that deliver services to families whose children go missing unexpectedly.

Strengthening Families

StrongStarts www.sd41.bc.ca (Burnaby) or www.sd40.bc.ca (New Westminster)

Cascade Heights Elem. School	4343 Smith Ave., Bby	604-664-8645	Mon. - Fri. 9:00 - 12:00
Maywood Community School	4567 Imperial st., Bby	604-664-8645	Mon. - Fri. 9:00 - 12:00
Stride Ave. Comm. School	7014 Stride Ave., Bby	604-664-8854	Mon. - Fri. 9:00 - 12:00

Second St. Comm. School	7502 2nd St., Bby	604-664-8819	Mon. - Fri. 9:00 - 12:00
Twelfth Ave. Elem. School	7622 12th Ave., Bby	604-664-8870	Mon. - Fri. 9:00 - 12:00
Edmonds Community School	7651 18th Ave., Bby	604-664-8683	Mon. - Fri. 9:00 - 12:00
	8525 Forest Grove Dr.,		
Forest Grove Elem. School	Bby	604-664-8690	Mon. - Fri. 9:00 - 12:00
Kitchener Elementary School	1351 South Gilmore Ave.,		
	Bby	604-664-8727	Mon. - Fri. 9:00 - 12:00
Morley Elementary School	7355 Morley St., Bby	604-664-8774	Mon. - Fri. 8:45 - 11:45
Lochdale Community School	6990 Aubrey St.	604-664-8743	Mon. - Fri. 9:00 - 12:00
	2740 Beaverbrook Cres.,		
Stoney Creek Comm. School	Bby	604-664-8845	Mon. - Fri. 9:00 - 12:00
Chaffey Burke Elementary	4404 Sardis St., Bby	604-664-8652	Mon. - Fri. 9:00 - 12:00
Queen Elizabeth School	921 Salter St., N.W.	604-517-6080	Mon. - Fri. 9:00 - 12:00, and Tues. - Thurs. 4 p.m. - 7 p.m.
Richard McBride Elementary	331 Richmond St. N.W.	604-517-6090	Mon. - Fri. 9:00 - 12:00
Connaught Heights Elem. School	2201 London St., N.W.	604-517-6010	Mon. - Fri. 12:30 - 3:30

Parent Child Drop Ins

Burnaby Family Life Institute www.burnabyfamilylife.org	Metrotown 6140 McKercher Ave., Bby	604-659-2205	Mon. - Thurs. 9:30 - 11:30, Mon. and Fri. 12:30 - 2:30, Tues. 3:30 - 5:30, Sat. 10:00 - 12:00
	Edmonds 7355 Canada Way, Bby	604-659-2230	Wed. 9:30 - 11:30, Thurs. 3:30 - 5:30, Sat. 10:00 - 12:00
	Eileen Dailly Pool 240 Willingdon Ave., Bby	604-659-2200	Sat. 10:30 - 12:30
South Burnaby Neighbourhood House	4845 Imperial St., Bby	604-431-0400 www.sbnh.ca	Mon. - Thurs. 9:30 - 11:30 Free to members - to join call Maheen Khorram at 604-431- 0400 Mon., Tues., Thurs.

Clinton Family Place	5858 Clinton St., Bby	604-431-0400	www.sbnh.ca	Mon. and Wed. 9:30 - 11:30 Free to members - to join call Maheen Khorram at 604-431-0400 Mon., Tues., Thurs.
Brentwood Family Place	#102 - 4430 Halifax St., Bby	604-431-0400	www.sbnh.ca	Wed. and Fri. 9:30 - 11:30 Free to members - to join call Maheen Khorram at 604-431-0400 Mon., Tues., Thurs.
Burnaby Family Place Society	410 Clare Ave., Bby	604-299-5112		Mon. - Thurs. 9:30 - 2:00 Drop in program, resource lending, parent education.
East Burnaby Family Place	9528 Erickson Dr., Bby	604-444-1090	www.ebfp.ca	Tues., Wed., Fri. 10:00 - 1:00 Multi service family resource program.
Newcomers Centre for Children and Families	7009 Kingsway, Bby	604-636-0120	www.mosaicbc.com	Drop in centre for refugee families with children aged 0 - 5 yrs.
Lochdale Community School Early Learning Program	6990 Aubrey St., Bby	604-664-8222		Early learning programs for children aged 0 - 5 yrs.
Building Connections Family Resource Program	7622 12th Ave., Bby	604-299-7851	www.gobaci.com	1st and 3rd Sat. of the month, 10:00 - 12:00. Drop in program with an emphasis on music.
Motorin' Munchkins	Willingdon Centre 1491 Carleton Ave., Bby	604-297-4526	www.city.burnaby.bc.ca	Wed. 6:00 - 7:15 p.m. Enjoy large muscle equipment, as well as playdough, puzzles and art activities. Ages 10 mos. - 5 years. \$1.00 drop in per child.
Family Gym	Bonsor 6550 Bonsor Ave, Bby Cameron 9523 Cameron St., Bby	604-439-1860 or 604-297-4456	www.city.burnaby.bc.ca	Bonsor Sun. 11:30 - 1:00 Cameron Sun 12:30 - 1:30 Games, toys, equipment. An adult must accompany children. Free.
Buck A Roo Family Fun	Cameron 9523 Cameron St., Bby	604-297-4456	www.city.burnaby.bc.ca	Mon. 5:45 - 6:45. Call to confirm schedule. Active indoor fun for families. Unstructured playtime. Ages 10 mos - 5 yrs with an adult. \$1.00 drop in per person.

			604-439-1860 or 604-297-4456	Mon., 6 p.m. - 7 p.m. Gymnastic equipment for preschoolers. Ages 1 - 5 yrs with an adult. \$1.00 drop in per child.
Loonie Gymnastics	Bonsor Ave, Bby	Bonsor 6550	www.city.burnaby.bc.ca	
			604-439-1860	Thurs. and Sat. Sports equipment, slides, tunnels, riding toys. Ages 1 - 5 years with an adult. \$1.00 drop in per child.
Tiny Tykes	Bby	Bonsor 6550 Bonsor Ave,	www.city.burnaby.bc.ca	
			604-298-7314	
Brentwood Town Centre Kids Club Salsa Babies	4567 Lougheed Hwy., Bby		www.brentwoodtowncentre.com	Wed., 9:30 Free active drop in for Moms and Babes
			604-298-7314	
Brentwood Town Centre Kids Club Salsa Tots	4567 Lougheed Hwy., Bby		www.brentwoodtowncentre.com	Wed., 11:00 Free active drop in for Moms and toddlers.
			604-298-7314	
Brentwood Town Centre Kids Club Story and Craft Time	4567 Lougheed Hwy., Bby		www.brentwoodtowncentre.com	Fri., 1:00 Free storytime, followed by crafts. Facilitated by Burnaby Family Life.
				Mon. - Sat. 9:30 - 11:30, Mon. and Tues. 1:00 - 3:00 Art, songs, stories, healthy snack.
New Westminster Family Place	101-93 6th St., N.W.		604-520-3666	Thurs. 9:15 - 11:15 Free drop in. Art, songs, stories, healthy snack and active play in the gym.
www.nwfamily.bc.ca		Howay Elem. 93 Courtney Cres. N.W.	604-520-3666	
		12th St. Drop In 1170 8th Ave. N.W.	604-520-3666	Fri. 9:30 - 11:30 Playtime, art, songs, stories, snacks.
		Grandparents on the Go 101-93 6th St. N.W.	604-520-3666	Fri. 12:30 -2:30 For immigrant caregiver grandparents. Learn about the community, and socialize, while the children play.
				Free drop in for caregivers and children 0 - 5. Thurs. 1:30 - 4:30, and Fri. 9:30 - 11:30
Spirit of the Children	N.W.	201 - 768 Columbia St.,	www.sotcs.ca	

Family Playhouse	Queensborough Community Ctr. N.W.	604-525-7388 www.newwestpcr.ca	Thurs. 10:00 - 12:00 Casual playtime for infants, toddler and kids with their caregivers. Craft materials, toys, circle time, etc. 43.50 for parent and one child, \$1.00 for each additional child.
Parent and Tot Gymnastics	Queens park Arenex Queens Park N.W.	604-777-5121 www.newwestpcr.ca	Mon., Tues. 9:30 - 10:25, Thurs. 11:30 - 12:25, Sat. 9:00 - 9:55 a.m. For caregiver and children ages 1 - 6 years. \$4.00 per child.
Motorin' Munchkins	Queens Park Arenex Queens Park N.W.	604-777-5121 www.newwestpcr.ca	Mon. 11:30 - 2:00 p.m., Wed. 9:00 - 11:45 a.m., Fri. 9:00 - 11:45 a.m. and 1:00-2:30 p.m. Drop in for caregivers and children ages 1 - 5. \$3.25 for parent and child, \$1.00 for each additional child.

Family Support

YMCA Child Care Resource and Referral	5172 Kingsway, Bby	604-294-1109 www.vanymca.org	Child care referrals, information about child care and community resources, Child Care Subsidy assistance.
Child Care Licensing	#300 - 4946 Canada Way, Bby	604-918-7683 www.fraserhealth.ca	Responsible for the licensing of child care facilities in Burnaby and New Westminster.
Child Care Subsidy		1-888-338-6622 www.mcf.gov.bc.ca/childcare	Provincial government program that offers child care subsidies to families who qualify.
Rental Assistance Program		1-800-257-7756 www.bchousing.org	Provincial government program that offers rental assistance for families who qualify.
Autism Community Training	24 - 2450 Boundary Rd. Bby.	604-205-5467 www.actcommunity.net	Information and referral service created to support families with Autism Spectrum Disorder in British Columbia.

Learning Disabilities Association - Fraser North		604-464-1187 www.ldafn.ca	Provincial network and voice for persons with Learning Disabilities and those who support them.
Burnaby Family Life Institute	102-3101 Holdom Ave., Bby	604-659-2200 www.burnabyfamilylife.org	Multi service program that supports families with children.
BC Centre for Ability	2805 Kingsway, Van.	604-451-5511 www.centreforability.bc.ca	Community based services that enhance the lives of adults and children with special needs.
Spirit of the Children	768 Columbia St. N.W.	604-524-9113 www.sotcs.ca	Aboriginal family support programs throughout Burnaby, New Westminister and the Tricities.
BC Aboriginal Child Care Society	#708 - 100 Park Royal S. West Van.	604-913-9128 www.bcaccs.org	Support and resources for Aboriginal E.C. programs.
South Burnaby Neighbourhood House	4845 Imperial St., Bby	604-431-0400 www.sbnh.ca	Child care facilities, summer camp programs, family drop-in programs.
South Burnaby Outreach Worker	4845 Imperial St., Bby	604-431-0400 www.sbnh.ca	Support for parents with young children who need help connecting with community resources.
North Burnaby Outreach Worker	4845 Imperial St., Bby	604-431-0400 www.sbnh.ca	Support for parents with young children who need help connecting with community resources.
Western Society for Children	93 6th St. N.W.	604-515-0810 www.wsfc.ca	Services for families with disabled children.
The Lower Mainland Purpose Society for Youth and Families	40 Begbie St., N.W.	604-526-2522 www.purposesociety.org	Social services provided to children, youth and families. Childcare facilities, parenting groups, family therapy, family circle, Pitter Patter Circle Time, English Made Easy.
Family Services of Greater Vancouver	301 - 321 Sixth St. N.W.	604-525-9144 www.fsgv.ca	Provides social services to children, youth adults and families in Vancouver, Richmond, Surrey, Burnaby and New Westminister.

**Fraserside Community
Services**

2nd floor - 519 7th St.,
N.w.

604-522-3722
www.fraserside.bc.ca

Not for profit, multi service
organization providing a wide
range of social services to
individuals and families in New
Westminster, Burnaby, Delta,
Surrey, and the Tricities.

Aunt Leah's Independent Lifeskills Society	# 200 - 668 Carnarvon St., N.W.	604-525-1204 www.auntleahs.org	Services for youth in foster care, young, single mothers. Lifeskills, housing.
Parent Support Services	204 - 5623 Imperial St., Bby	604-669-1616 www.parentsupportbc.ca	Free, confidential, anonymous weekly meetings for parents who wish to learn new ways to nurture and protect their children.
Children First, N.W. ECD Committee	201 - 1065 Columbia St., N.W.	604-660-9495 www.kidsnewwest.ca	Early Childhood Development committee.
Burnaby Early Childhood Development		604-872-8892 or 778-878-6506 www.kidsinburnaby.ca	Early Childhood Development committee.
BC Council for Families	208 - 1600 W. 6th Ave.	604-678-8884 www.bccf.ca	Strengthening and supporting families through information, education, research and advocacy.
Family Justice Centre	204 - 88 10th St., N.W.	604-660-8636 www.ag.gov.bc.ca/family-justice/index.htm	Centres are staffed by family justice counsellors who can assist with issues related to separation or divorce. Free services.
Ministry of Children and Family Development www.mcf.gov.bc.ca	Child and Family Services Brentwood North and Central West Neighbourhood Services Centre 102 - 4430 Halifax, Bby	604-660-0602 604-660-0602	Child and youth mental health services, Integrated Youth services.
	Kingsway South and Cariboo Lougheed Neighbourhood Services 101 - 7645 Kingsway, Bby	604-660-9494	

Parent Education

YMCA Child Care Resource and Referral	161-5172 Kingsway, Bby.	604-294-1109 www.vanymca.org	A variety of workshops aimed at child care providers , but welcoming to parents.
Information Children	AQ6198 SFU, Bby	778-782-3548 www.sfu.ca/infochild/	Information, support and referrals to parents and others on matters related to the care and wellbeing of children and families. Parenting workshops at various locations in Burnaby and New Westminster.
Family Services of Greater Vancouver	3rd floor, 321 Sixth St., N.W.	604-525-9144 www.fsgv.ca	A wide variety of parenting, and professional development workshops.

Early Intervention

BC Centre for Ability	2805 Kingsway, Van.	604-451-5511 www.centreforability.bc.ca	Supported Child Development for Burnaby and Vancouver (assists families whose children require extra support in child care or preschool), Early Intervention Therapy including physiotherapy, occupational therapy and speech/language development
Burnaby Association for Community Inclusion	2702 Norland Ave., Bby	604-299-7851 www.gobaci.com	Infant Development Program for Burnaby.
Simon Fraser Society for Community Living	New Westminister Children's Centre 811 Royal Ave., N.W.	604-521-8078 www.sfscl.org	Infant Development Program for New Westminister, and Supported Child Development for New Westminister (assists families whose children require extra support in child care or preschool.)

Deaf Children's Society of BC	200 - 7355 Canada Way, Bby	604-525-6056 www.deafchildren.bc.ca	Family centred approach to support deaf and hard of hearing children.
Fraser Health Speech and Hearing	80 A 6th St., N.W.	604-777-6855 www.fraserhealth.ca	
Fraser Health Speech and Hearing	105 - 4946 Canada Way, Bby	604-918-7663 www.fraserhealth.ca	
Western Society for Children	102 - 93 6th St. N.W.	604-515-0810 www.wsfc.org	Assists parents in advocating for disability resources needed by their children.
Autism Society of BC	#303 - 3701 E. Hastings S.t, Bby	604-434-0880 www.autism.bc.ca	Promotes understanding, acceptance, and full community inclusion for people with autism in BC.
Children and Adults with Attention Deficit Disorder	P. O. Box 74670, Van	604-222-4043 www.chadd.org	Resources and education for people suffering from ADD.
Down Syndrome Research Foundation	1409 Sperling Ave., Bby	604-444-3773 www.dsrf.org	Provides information and resources for professionals and families. Speech and language group sessions for preschoolers, Early Foundations Preschool.

Prenatal and Perinatal

Douglas College Prenatal Classes	700 Royal Ave., N.W.	604-527-5472	
Pregnancy Outreach Program	7355 Canada Way, Bby	604-659-2225 www.burnabyfamilylife.org	Wed. 11:30 - 2:00 Weekly support group includes lunch, vitamins, discussion, nurse, dietician.
	613 Queens Ave., N.W.	604-659-2225 www.burnabyfamilylife.org	Tues. 12:00 - 2:30 Weekly support group includes lunch, vitamins, discussion, nurse, dietician.

			Tues. 1:00 - 1:00 Prenatal support program runs 3 times per year, 12 weeks at a time. For pregnant women, children under 30 months and their caregivers. For residents living in New Westminster, Burnaby, and the Tricities. Lunch provided. Free.
Pitter Patter Circle Time	40 Begbie St., N.W.	604-526-2522 www.purposesociety.org	
SMILE Program	103 - 3393 Henning Dr., Bby	604-298-6245 www.stleo.ca	Program to help young mothers and fathers experience a healthy pregnancy, and provide them with the education and support they need to prepare for childbirth, and raising their children.
Breastfeeding Services Drop In	McGill Library, 4594 Albert St., Bby	604-918-7605 www.fraserhealth.ca	Wed. 1:00 - 3:00 Public Health nurses who are lactation specialists help mothers with breastfeeding concerns.
	Tommy Douglas Library 7311 Kingsway, Bby	604-918-7605 www.fraserhealth.ca	Thurs. 1:00 - 3:00 Public Health nurses who are lactation specialists help mothers with breastfeeding concerns.
Parent and Infant Drop In	6550 Bonsor , Bby	604-918-7605 www.fraserhealth.ca	Mon. 10:30 - 12:00 Public Health nurses answer questions regarding baby growth and development. Free.
	240 Willingdon (Eileen Dailly pool)	604-918-7605 www.fraserhealth.ca	Wed. 10:45 - 12:15 Public Health nurses answer questions regarding baby growth and development. Free.
Child Health Clinics	Various locations	604-918-7605 www.fraserhealth.ca	Public Health nurses weigh babies, give immunizations, answer questions, and provide referrals to other community resources.

Baby and Me	Olivet Baptist Church, 613 Queens Ave., N.W.	604-659-2228 www.burnabyfamilylife.org	Tues. 10:30 - 1:00 Weekly education and support for moms and babies up to six months. Registration required.
	Edmonds Resource Centre, 7355 Canada Way, Bby	604-659-2228 www.burnabyfamilylife.org	Thurs. 11:30 - 2:00 Weekly education and support for moms and babies up to six months. Registration required.
Baby and Me Second Stage	Edmonds Resource Centre, 7355 Canada Way, Bby	604-659-2230 www.burnabyfamilylife.org	Fri. 10:00 - 12:00 Weekly education and support for moms and babies aged 6 - 18 months. Drop In.
Baby Talk	Centennial Comm. Centre 65 E. 6th Ave., N.W.	604-777-5100 www.newwestpcr.ca	Wed. 1:00 - 3:00 Visit with the Public Health nurse, and other parents of infants. Fun, social, and educational. For newborns to children 9 months old. Free.
Cuddle Program	111-4940 Canada Way, Bby	604-294-7498 www.burnaby.ca	A volunteer visits new mothers who have no support systems in place, to help with the baby. Operated by Citizen Support Services.
Premature Baby Group	2nd floor, 811 Royal Ave. N.W.	604-521-8078 est. 318 or 319 www.sfscl.org	First Tuesday of the month, 10:00- 11:30. Free drop in for parents and babies aged birth to 18 mos. Speak to an Infant Development Consultant.
Pacific Post Partum Society	200 - 7342 Winston St., Bby	604-255-7999 www.postpartum.org	Support for mothers suffering from post partum depression.

Food Resources

Community Kitchens	Cameray Child and Family Services	604-520-0009 www.cameray.ca	Call to find out where and when these are held.
Community Kitchen	Maywood School 4567 Imperial St., Bby Edmonds Resource Centre, 7355 Canada Way, Bby	604-431-0400 www.sbnh.ca 604-431-0400 www.sbnh.ca	Weekly program held in 2 different locations that helps families learn to cook and shop on a budget.
Community Kitchen	Queens Ave. United Church 529 Queens Ave., N.W.	604-522-3722 ext. 215 www.fraserside.bc.ca	Meet once per month to prepare nutritious meals to take home. Registration required.
	St. Barnabas Anglican Church 1010 5th Ave., N.W.	604-522-3722 ext. 215 www.fraserside.bc.ca	Meet once per month to prepare nutritious meals to take home. Registration required.
Greater Vancouver Food Bank		604-876-3601 www.foodbank.bc.ca	Call to find out which depot is closest to an individual location.
		778-782-4476 in emergencies, otherwise foodbank@sfu.ca	
SFU Student Society Food Bank	Maggie Benston Bldg. Room 1349. SFU	www.students.sfu.ca/foodbank	Emergency food aid for SFU students and their families.
Operation Food Justice/Hospitality Project	Shiloh - 6th Ave. United Church, N.W.	604-525-3683 www.shiloh6thave.net	A joint project between Shiloh-6th Ave. United, St. Barnabas, and St. Aidan's Presbyterian Church. A safe and friendly environment for food bank recipients on food bank days. Family resource program, community service providers, clothing and donated household goods, advocacy and information.

Burnaby Christmas Bureau	204 - 2101 Holdom Ave. Bby	604-299-5778 ext. 21 www.burnabycommunityco nnections.com	Provides toys and food certificates for low income families over the holidays.
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New Westminster Christmas Bureau	325 Sixth St., N.W.	604-521-2421 to apply	Available to families with children under age 14 who reside in New Westminister
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Health and Wellness

HealthLink BC		811 (or 711 for deaf and hard of hearing.) www.HealthLinkBC.ca	Non-emergency health services over the phone, or internet 24 hrs. per day, 7 days per week. Speak with a health care professional.
Burnaby Public Health	4946 Canada Way, Bby	604-918-7605 www.fraserhealth.ca	
New Westminister Public Health	537 Carnarvon St., N.W.	604-777-6740 www.fraserhealth.ca	
Canadian Red Cross Medical Equipment Loans	3400 Lake City Way, Bby	604-709-6600 www.redcross.ca	Loans of wheelchairs, crutches, etc.
Burnaby Youth Clinic	4734 Imperial St., Bby	604-293-1764	Mon., Tues., Thurs. 1:00-5:00 Free and confidential medical services for youth. Drop in for ages 12 - 25. No care card needed.
New Westminister Youth Clinic	38 Begbie St., N.W.	604-329-1875	Tues., 2:30 - 6:00, Thurs. 4:00 - 8:00 Drop in for ages 21 and under. Free and confidential health care. No care card needed.
BC Centre for Disease Control	655 - 12th Ave. W. Van.	604-660-0584 www.bccdc.org	Agency of provincial health services which is mandated to educate, monitor health.
BC Schizophrenia Society	#201 - 6011 Westminister Hwy. Richmond	604-270-7841	Community based association of people committed to improving the lives of people with serious mental illnesses and their families.

Metrotown Child and Youth Mental Health	240-04680 Kingsway St., Bby	604-660-5900 www.mcf.gov.bc.ca	Community based specialized mental health services
Early Childhood Mental Health Team	3405 Willingdon Ave., Bby	604-660-5722 www.mcf.gov.bc.ca	Community based specialized mental health services.
Brentwood Child and Youth Mental Health	102 - 4430 Halifax St., Bby	604-660-4592 www.mcf.gov.bc.ca	Community based specialized mental health services.
Child and Youth Mental Health New Westminster	201 - 1065 Columbia St., N.W.	604-660-9495 www.mcf.gov.bc.ca	Community based specialized mental health services.
Options for Sexual Health	3550 E. Hastings St., Van.	604-731-4252 www.optionsforsexualhealth.org	Non-profit society that provides education, information and clinical services around reproductive health.
Options for Sexual Health	537 Carnarvon St., N.W.	604-731-4252 www.optionsforsexualhealth.org	Non-profit society that provides education, information and clinical services around reproductive health.

Counselling and Therapy

Integrated Youth Services West	240 - 4680 Kingsway, Bby	604-660-5900 www.mcf.gov.bc.ca	Provides services to youth ages 13 - 19 including probation monitoring, outreach to street youth, youth agreements, alternate school access, suicide prevention, foster placements, family mediation and counselling and referral to addiction services.
Family Services of Greater Vancouver	1616 West 7th Ave., Van.	604-731-4951 www.fsgv.ca	Non-profit counselling and support, multi-service. Community kitchens, youth services, family supports. Serves Vancouver, Burnaby, New Westminster and the Tricities.

Family Services of Greater Vancouver - New Westminster	305 - 321 Sixth St., N.W.	604-524-9299	www.fsgv.ca	Counselling, education, support for families, children and youth.
St. Leonards Youth and Family Services	7181 Arcola Way, Bby	604-524-1511	www.stleo.ca	Offers a range of services and programs to strengthen children, youth and families; supporting them through the changes that will lead to a more stable and positive future.
Cameray Centre Burnaby Program office`	#203 - 5623 Imperial St., Bby	604-436-9449	www.cameray.ca	Community based agency providing counselling, education, outreach and advocacy.
Cameray Centre New Westminster Program Office	#6 - 602 7th Ave., N.W.	604-520-0009	www.cameray.ca	Information about referrals, waitlists, groups and programmes for New Westminster residents.
Fraserside Community Services	2nd floor - 519 7th St., N.W.	604-522-3722	www.fraserside.bc.ca	Non-profit society providing a wide array of social, health and education programs.
Salvation Army Family Services	Div. Headquarters 3833 Henning Dr., Bby	604-299-3908	www.salvationarmy.ca/britishcolumbia	Addictions counselling, emergency relief, support groups.
Elizabeth Fry Society	402 E. Columbia St.	604-520-1166	www.elizabethfry.com	Provides support to women who are in conflict, or at risk of being in conflict with the justice system.
Psychology Clinic at UBC	Douglas Kenny Bldg., 2136 West Mall, UBC	604-822-3005	http://clinic.psych.ubc.ca/	Treatment for children up to age 12 for problems related to noncompliance, sleep and eating problems, bed wetting, phobias, habit problems, and ADHD. Services offered on sliding scale, and no clients are denied services based on inability to pay.
Battered Women's Support Services	P.O. Box 21503, 1424 Commercial Dr., Van.	604-687-1868	www.bwss.org	Counselling and advocacy, support groups, training and education. My Sister's Closet.

Multicultural Organizations

Affiliation of Multicultural Soc. And Service Agencies.	#205 - 2929 Commercial Dr., Van	604-718-2780 www.amssa.org	An affiliation of 80 multicultural agencies providing immigrant settlement and multicultural services throughout BC
Immigrant Services Society of BC	Burnaby Settlement Services 207 - 7355 Canada Way ELSA New Westminster #200 - 620 Royal Ave., N.W.	604-395-8000 www.issbc.org (ELSA)604-522-5902 (Career) 604-522-5966 www.issbc.org	Provides assistance to immigrants and refugees through a variety of programs. English language classes and employment assistance.
S.U.C.C.E.S.S.	Burnaby Employment and Settlement Services 118 - 5021 Kingsway, Bby. SUCCESS New Westminster 360-555 6th St., N.W.	Employment: 604-438-2100 Settlement: English and Chinese: 604-430-1899 Korean and Punjabi: 604-430-4199 604-517-0884 or 604-517-88489	Provides services in settlement, ESL training, employment, family and youth counselling, business and economic development, health care, social housing, and community and volunteer development. International Trades Training Initiative (ITTI) and SkillsPlus.