

# VIRSA - COMMUNITY RESOURCES LIST

## Lower Mainland – BC

### Abbotsford

#### Abbotsford Community Services

[www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)

2420 Montrose Avenue  
Abbotsford, BC V2S 3S9  
604-859-7681

- Multicultural and Immigration Integration Program
- Alcohol, Drugs & Gambling Programs
- ACCESS Counselling Services
- Basic Lifeskills Training
- Enhancing Harmony (ITFAK)
- Parental Nutrition Programs
- Counselling Groups for men, women, families
- Family Outreach (Punjabi) Program
- Specialized Victim Assistance (Hindi & Punjabi)
- Settlement Services

604-850-5106

604-859-7681 x 276

604-859-7681 x 278

604-859-7681

604-859-7681

604-859-7681 x 275

### Burnaby

#### Burnaby Multicultural Society

6255 Nelson Avenue  
Burnaby, BC V5H 4T5  
604-431-4137

- Immigrant Resettlement Services

### Chilliwack

#### Chilliwack Community Service

45938 Wellington Avenue  
Chilliwack, BC V2P 2C7  
604-792-4267

- Services for families and immigrants

### Delta

#### Deltassist Family and Community Services Society

[www.deltassist.com](http://www.deltassist.com)

#205 - 11861- 88 Avenue  
Delta, BC  
604-591-1185 ext.115

#### Alcohol and Drug Outpatient Program

- Outpatient treatment for individuals and youth for substance abuse, including counseling, prevention, and education
- Alcohol & Drug Counselling. Individual, couple, and family counseling for alcohol/drug related problems
- [counselling\\_programs@sdiss.org](mailto:counselling_programs@sdiss.org)

604-597-0205

**Alternatives to Violence Program**

604-591-1185, ext 115

- Services include female victims of domestic violence and children who witness violence are offered counselling

**Buddy/Youth Program**

604-597-0205

- Assists new immigrant youth in their settlement and adaptation process, by pairing non-immigrant host youth with new immigrant youth
- Operated by SDISS

**Delta Home Support Services Society**103-5405 Ladner Trunk Road  
Delta, BC V4K 1W6  
604-946-9556

- Home Services Delta

**Delta Meals on Wheels**4891 Delta Street  
Delta, BC V4K 2T9  
604-946-9526

- Delivers meals to people

**Delta Youth Services and Crime Prevention Society**South Office  
4899 Delta Street  
Delta, BC V4K 2T9  
604-946-0324

- Provides services to teens and young adults.

**Family Counselling Program.**

604-597-0205,

Email: counselling [programs@sdiss.org](mailto:programs@sdiss.org)

- Deals with marital conflict, parent/teen conflict, child protection, depression, attempted suicide, and family violence
- Operated by SDISS

**Langley****Family and Youth Services Society**201-20538 Fraser Highway  
Langley, BC V3A 4G2  
604-534-2171

- Counselling and mediation for families with youth up to 19 years of age

**Langley Family Services Association**5339-207<sup>th</sup> Street  
Langley, BC V3A 2E6  
604-534-7921

- Family and individual services
- Immigrant and multicultural services

## **Maple Ridge**

### **Cythera Transition House Society**

22318 McIntosh Avenue  
Maple Ridge BC V2X 3C2  
604-467-9939

- Service for women and children leaving an abusive relationship

### **Family and Education Support Centre**

22554 Lougheed Highway  
Maple Ridge, BC V2X 2V1  
604-467-6055

- Information to make healthy choices
- Immigrant settlement services
- Multicultural participation project

## **New Westminister**

### **Maple Ridge Detox Centre**

9 East Columbia Street  
New Westminister, BC  
604-660-9787

- For ages 14+

## **North/West Vancouver**

### **North Shore Multicultural Society**

207-123 E. 15<sup>th</sup> Street  
N. Vancouver, BC V7L 2P7  
604-988-2931

- Settlement services program
- Orientation and assistance to newcomers to the North Shore

## **Richmond**

### **Richmond Multicultural Concerns Society**

210-7000 Minoru Blvd  
Richmond, BC V6Y 3Z5  
604-279-7160

- Resources for Richmond's multicultural community

### **Richmond Recreation and Cultural Services**

6911 No. # Road  
Richmond, BC V6Y 2C1  
604-276-4107  
24 hour Info Line: 604-276-4383

- Recreation and cultural services

## **Richmond Women's Resource Centre Association**

110-7000 Minoru Blvd  
Richmond, BC V6Y 3Z5  
604-279-7060

- Drop-in and resource centre for women
- Provides information, referral, a library, support groups, multicultural programs and a welfare advocacy
- Non-profit
- Drop-in hours: Monday-Thursday 9:30-4:00 (call to find out about other drop-in hours)

## **Surrey**

### **Options – Services to Communities Society**

[www.options.bc.ca](http://www.options.bc.ca)

100-6846 K G Highway  
Surrey, BC V3W 4Z9  
604-596-4321

- Child Care Services
- Counselling Services
- Family Services
- Health Services
- Housing Services
- Shelter Services
- Mental Health Services
- Multicultural Services
- Women's Services
- Youth Services

### **Progressive Intercultural Community Services Society (PICS)**

109-12414-82<sup>nd</sup> Avenue  
Surrey, BC V3W 3E9  
604-596-7722

- Job Finding Club – English / Punjabi
- Career Resource Centre
- Computer classes
- Punjabi classes
- PICS Surrey Youth Connection
- PICS Surrey Youth Centre
- Alcohol and Drug Program

### **Surrey/Delta Immigrant Services Society**

1107, 7330 - 137<sup>th</sup> Avenue  
Surrey, BC V3W 1A3  
604-597-0205

- Counselling and information for new immigrants
- Interpretation and translation
- Employment, including job finding club
- Volunteers provide multilingual services
- Free except for written translation and citizenship classes

### **Surrey North Mental Health**

#200-10095B-136A Street  
Surrey, BC V3T 4G1  
604-587-7030

- Clinical Case management for adults over the age of 19 suffering from serious and persistent mental illness

### **Surrey Public Library**

13795-70<sup>th</sup> Avenue  
Surrey, B.C. V3W 0E1  
604-596-7401 x 319

### **Surrey Women's Centre Society**

P.O. Box 33519  
Surrey Place Mall  
Surrey, BC V3T 5R5  
604-589-8373  
604-583-1295  
604-951-8855  
604-951-1740

- Crisis Counselling Line
- Specialized Victim Assistance
- Multilingual Crisis Line
- Surrey Delta Immigrant Services Women's House

### **Surrey Community Services Society**

[www.scss.ca](http://www.scss.ca)

9815 – 140<sup>th</sup> Street  
Surrey, BC V3T 4M4  
604-584-5811

Fax: 604-584-7628

- Community Living Support Program
- Crisis Line
- Drop-in Counselling
- Family counselling / Support Programs
- Parenting after Separation Program
- Sexual Abuse Counselling Centre
- Suicide Prevention; Education and Counselling
- Supported work / Volunteer Program

## **Vancouver**

### **Cedar Cottage Neighbourhood House**

4065 Victoria Drive  
Vancouver, BC V5N 4M9  
604-874-4231

- Services for child, youth, & families
- Services for new immigrants

### **DARE BC**

(Drug Abuse Resistance Education)

657 W. 37<sup>th</sup> Avenue  
Vancouver, BC V5Z 1K6  
604-264-2761

- School based prevention program (self-esteem etc)

### **Information Services of Vancouver**

202-3102 Main Street  
Vancouver, BC V5T 3G7  
604-875-6431

- Free, confidential information and referral

**Salvation Army Cordova Detox**

119 E. Cordova Street  
Vancouver, BC  
604-646-6808

**Vancouver Detox**

377 E. 2<sup>nd</sup> Avenue  
Vancouver, BC  
604-660-6656

**Family Services of Greater Vancouver**

604-872-4349

**PLEA (Pacific Legal Education Association)**

604-891-1082

**White Rock**

**Peace Arch Community Services**

882 Maple Street  
White Rock, BC V4B 4M2  
604-531-6226

Fax: 604-531-2316

**Serves residents of Langley, Surrey, and White Rock**

- Alcohol and Drug Services
- Problem Gambling Program
- Employment Services
- Youth Work Connections
- Children's Residential Program
- Infant Development Programs
- Semiahmoo Family Services
- Specialized family Services
- Life Skills Centre
- Women's Survivors' Group

## General Services for Lower Mainland

- Affiliation of Multicultural Societies and Service Agencies of BC (AMSSA)** [www.amssa.org](http://www.amssa.org) 385 South Boundary Road  
Vancouver, BC V5K 4S1  
604-718-2777
- multicultural education and immigrant services
  - consulting & immigrant referral/settlement resources
- BC Settlement & Integration Workers Association** 302-3680 E. Hastings Street  
Vancouver, BC V5K 2A9  
604-689-7222
- Provides settlement, integration, multicultural & support services to immigrants
- Canadian Mental Health Association** 1200-1111 Melville Street  
Vancouver, BC V6E 3E6  
604-668-3234  
1-800-555-8222
- Helps those with mental health conditions
- Child, Youth Family Advocate** 600-595 Howe Street  
Vancouver, BC V6C 2T5  
1-800-476-3933
- Ensuring rights of child, youth & families are protected and advanced
- Children & Women's Health Centre of BC** 4500 Oak Street  
Vancouver, BC V6H 3N1
- Hospital
- Community Home Support Services Association** 111-1385 W. 8<sup>th</sup> Avenue  
Vancouver, BC V6H 3V9  
604-739-4300
- Community based, multi level health and social service, Including: Home Support
- Court Information Program for Immigrants** 222 Main Street  
Vancouver, BC V6A 2S8  
604-572-2204
- Punjabi and Hindi offered
- Every woman's Health Clinic** 2005 E. 44<sup>th</sup> Avenue  
Vancouver, BC V5P 1N1  
604-322-6692
- Reproductive Services
- Family Services of Greater Vancouver** 1616- W. 7<sup>th</sup> Avenue  
Vancouver, BC V6J 1S5  
604-731-4951
- Counsel to families (many languages offered including Punjabi)

**Fraser Valley/West Coast Mental Health Support Teams**

207-2248 Elgin Avenue  
Port Coquitlam, BC  
V3C 2B2  
604-927-2084

- Services for people with mental illness and mental disabilities

**Health Information Line**

1515 Blanchard Street  
Victoria, BC V8W 3C8  
1-800-465-4911  
250-952-1747

- Information and referral service providing a single point of contact for MOHS

**Immigrant and Visible Minority Women of BC**

320-3680 E. Hastings Street  
Vancouver, BC V5K 2A9  
604-294-5993

- Advocate for economical, social and political rights for minority women

**Immigrations Services Society of BC**

501-333 Terminal Street  
Vancouver, BC V6A 2L7  
604-684-2561

- Information, services and skills centre for immigrants and refugees

**India Mahila Association**

PO Box 155  
6414 Fraser St.  
Vancouver, BC V5W 3A4

- Volunteer organization for South Asian women. Information, referral and support

**Law Courts Education Society of BC**

260-800 Hornby Street  
Vancouver, BC V6Z 2C5  
604-660-9870

- Educational programs and resources about the justice system
- Special programs for immigrants

**Lower Mainland Purpose Society for Youth and Families**

40 Begbie Street  
New Westminster, BC  
V3M 3L9  
604-526-2522

- Services in support of family and youth
- Multicultural

**Ministry of Children and Family Development**

PO Box 9721 Stn  
Prov. Govt.  
Victoria, BC V8W 7S2  
250-389-9699

- Provides assistance to children and families

**Mosaic**

1522 Commercial Drive  
2<sup>nd</sup> Floor  
Vancouver, BC V5C 3Y2

- Assists immigrants and refugees with settlement and integration
- Advocacy program
- victim support services for men as well as women
- employment programs
- family support workers
- translation and interpretation services

**Multicultural Family Support Services Society  
Vancouver and Lower Mainland**

[www.vlmfss.ca](http://www.vlmfss.ca)

5000 Kingsway Plaza  
Phase III  
306-4980 Kingsway  
Burnaby, BC V5H 4K7  
604-436-1025

- Culturally sensitive services to immigrants and visible minority women and their families who are experiencing family violence
- Bilingual/bicultural workers
- Three workers for specialized victim assistance program (2 for women, 1 for children)

**Option Youth Society**

408-1755 W. Broadway  
Vancouver, BC V6J 4S5  
604-730-0017

- Life skills and counselling for at-risk youth

**Options Unlimited Career Centre**

329 Columbia Street  
New Westminster, BC  
V3L 5T6  
604-526-2191

- Working with immigrants to find jobs

**Pacific Immigration Resources Society**

205-2929 Commercial Drive  
Vancouver, BC V5N 4C8  
604-298-5888

- Ensures immigrant women and children can participate fully in Canadian life

**Planned Parenthood Association of BC**

201-1001 W. Broadway  
Vancouver, BC V6H 4B1  
604-731-4252

- Information on reproductive choices and healthy sexuality

**Safe Teen – Powerful Alternatives to Violence**

[www.safeteen.ca](http://www.safeteen.ca)

306 E. 24<sup>th</sup> Avenue  
Vancouver, BC V5V 1Z9  
604-255-5147

- A violence prevention and lifeskills program that offers an assertiveness model for youth

**South Asian Information & Crisis Line****Contact: Debbie or Baljit****OPTIONS**100-6846 K G Highway  
Surrey, BC V3W 4Z9  
604-596-4357

- Free/confidential service for support, information and referral
- Services in: English, Punjabi, Hindi and Urdu

**South Asian Women's Centre Society**8163 Main Street  
Vancouver, BC V5X 3L2  
604-325-6637

- Provides a range of services for South Asian women and women of colour, including information, referral, support groups, discussion groups
- Offers a variety of information sessions on employment, educational opportunities, health and child care
- Non-profit organization

**Hours:** Monday 10-4:30; Tuesday CLOSED; Wednesday 12-6:30; Thursday 10-4:30; Friday 10-4:30**Vancouver Immigration/Refugee Law Clinic**1220-605 Robson Street  
Vancouver, BC V6B 5J3  
604-601-6390

- Specializes in immigration and refugee law

**Outpatient Alcohol & Drug Clinics**

Surrey Clinic	4-15355-102A Avenue, Surrey	604-586-2722
North Delta Clinic	#205-11861-88 <sup>th</sup> Avenue, Delta	604-591-1185
South Delta Clinic	5694 12 <sup>th</sup> Avenue, Delta	604-943-8610
Perspectives (New West)	Fraser side Community Service 314 6 <sup>th</sup> Street, New West	604-522-3722
Langley Substance Misuse Clinic	5339 207 <sup>th</sup> Street, Langley	604-534-7921
Astra Program	Fraser Valley	604-951-8467

**Surrey Crisis Line (24-hour)****604-951-8855**