

2024

# COMMUNITY RESOURCE GUIDE

Burnaby  
& New  
Westminster



CARE

CONNECT

ENGAGE

BELONG



**BURNABY NEIGHBOURHOOD HOUSE**

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



# What do **YOU** want to do?

## Finish high school or upgrade your marks – Tuition-free for eligible students

We offer **High School Completion Courses** to suit your lifestyle. Take them day or night. Talk to one of our advisors. It's never too late to graduate.

## Improve your English language skills – Tuition-free for eligible students

Improve your reading, writing, speaking and listening skills, and meet new friends while taking **Literacy Foundations Courses** in English, Math, Science, Social Studies, or Computers.

**LINC Classes** focus on speaking, listening, reading, and writing English for day-to-day living, to help you integrate more easily into the community. Childminding is available.

## Work toward new career opportunities

We have a variety of study options to suit your needs. Choose part-time or full-time, short term or long term, and daytime or evenings.

- Therapeutic Recreation Aide
- Dental Receptionist
- Early Childhood Education
- Education Assistant
- Start a Family Day Care
- TESOL (ELL Instructor)
- Interior Decorating & Design
- Floristry Design
- Occupational Health & Safety
- Accounting & Payroll
- Administrative Assistant
- Computer Courses
- Office Skills
- Social Media
- Game Design/Web Design
- Speaking Effectively
- Voice Over Announcing
- Online Courses
- Sustainable Landscape Design
- Arborist Tree Identification
- Landscape Horticulture Apprenticeship
- Pesticide Application
- Residential Landscape Technician
- Plant Identification
- Building Service Worker

## Try something new

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

# Explore your options.



### BNH Locations

#### South House

4460 Beresford St.  
604.431.0400  
info@burnabynh.ca

@SBurnabyNH

#### Brentwood

2055 Rosser Ave.  
604.299.5778  
info@bbysservices.ca

@BbyServices

#### North House

4908 Hastings St.  
604.294.5444

northinfo@burnabynh.ca

@NorthBNH

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Burnaby NOW is a division of  
Glacier Media Group



## WELCOME TO THE 2024 COMMUNITY RESOURCE GUIDE

Burnaby Neighbourhood House, the umbrella organization of Burnaby Community Services, Burnaby Meals on Wheels, and Burnaby Seniors Outreach, is 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.

Please call 604.299.5778 to order copies of our Guide, or visit [www.BbyServices.ca](http://www.BbyServices.ca) to download a PDF version.

### Disclaimer

While every effort was made to ensure accuracy of information, understand that some changes may occur after printing and that the inclusion of agencies in the Guide does not constitute endorsement, nor does omission constitute disapproval. We welcome comments and suggestions for future editions.

### OUR VISION

BNH enables people to enhance their lives and strengthen their community. We work with our communities to develop innovative programs and services that meet the changing needs of a diverse population.

### CHILDREN & YOUTH



Family Drop-in  
Childcare programs  
Parenting Workshops & Resources  
Youth Drop-in  
Youth Employment Program  
Youth Leadership Program  
Family Outreach



### ADULTS

Breathing and Meditation  
Qi Gong / Hui Chun Gong / Tai Chi  
Board Games  
Walking Group  
English Conversation  
Dude's Club  
Digital Cafe



### NEWCOMERS

English Conversation Circles  
Settlement Services  
New Neighbours Podcast  
Newcomer Orientation  
Cook and Chat



### COMMUNITY

Walk & Roll Walkathon Event  
BNH Food Hubs  
Income Tax Clinic  
Christmas &  
Camping Bureau  
Adult Literacy Program



### SENIORS

Qi Gong / Hui Chun Gong / Tai Chi  
Caregiver & Peer Support Groups  
Seniors Transportation  
Computer Support  
Walking Group  
Seniors Socials  
Memory Club

Seniors Outreach  
Chess and Mahjong  
Grocery/Meal Delivery Program  
Therapeutic Activation Program  
Gentle Movement and Mindfulness



To see a full list of our programs and schedule visit:  
[www.burnabynh.ca](http://www.burnabynh.ca)

This guide is generously supported by:



We acknowledge that we operate on the ancestral, traditional and unceded territories of the Coast Salish Peoples.



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## Delivering Food for a Healthy and Independent Life



BURNABY

MEALS ON WHEELS



BRITISH COLUMBIA

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

604-299-5754

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





# Counselling & Support Services

## Counselling BC

<https://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](http://www.counsellinggroup.org)

Offers a wide range of confidential counselling services for individuals, couples, children, teenagers, and families. Subsidies may be available to persons with low income.

## Burnaby Family Life Institute

604.659.2200

[www.burnabyfamilylife.org](http://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. Offered for children 3-19yrs who witness abuse.

## Burnaby Neighbourhood House

604.291.2258

<https://burnabynh.ca/get-involved-seniors>

Offers support services for seniors, their family and friend caregivers, including support groups for caregivers, and one-on-one peer support by trained volunteers for seniors experiencing 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 a seniors memory club held most Saturday mornings for playing games, exercising, socializing, singing, and sharing stories. Call or visit website for updates. \*This is not a counselling service.

## Cameray Child & Family Services

604.436.9449

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

Provides free child and family counselling, parent support and education, victim support, emergency sexual assault services, 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, Early Years Parenting Support Services, and Emergency Sexual Assault Services. In-person and virtual services available.

## Century House Peer Support

604.519.1064

[www.centuryhouseassociation.com/service-group/peer-support-program](http://www.centuryhouseassociation.com/service-group/peer-support-program)

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

## Covenant House Vancouver

[www.covenanthousebc.org](http://www.covenanthousebc.org)

604.685.7474

1.877.685.7474

Offers support services for vulnerable, at-risk young people 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.

## Foundations Program

Offers a harm-reduction program for youth not requiring medical detox. Intake via Vancouver Coastal Health Centralized Intake and Assessment Team.

## Rights of Passage Program (ROP)

Offers a transitional housing program for youth 16-24yrs including access to life skills, mentorship, mental health and social work supports.

## Mental Health and Addictions Supports

Offers referrals to in-house Registered Clinical Counsellors (RCC) for youth to 16-24yrs. 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.

## Fraserside Community Services Society 604.522.3722 x101

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

## Perspectives Substance Use Counselling Services

Provides free counselling, education, referral, and support to adults, 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 free group or individual counselling to children and youth affected by witnessing violence to their parent or caregiver.

## Lookout Housing & Health Society

604.255.0340

<https://lookoutsociety.ca>

[info@lookoutsociety.ca](mailto:info@lookoutsociety.ca)

Offers supportive housing and services for people experiencing homelessness based on individual needs and current living situations. Must be in/have history with New West.

## Cliff Block Residence

604.523.9126 x103

## Rhoda Kaillis Housing Centre

604.544.5145

## Russell Residence and Housing Centre

604.529.9126



## Enrich your life with holistic home care!

Reduce disease risks • Improve physical & mental health  
Refine cognitive & social skills  
Prolong independence • Enhance self-worth

**Specialized home health care • Personal care & Companionship**  
**Guidance on the pathway to higher level care**

Person-centered, flexible & affordable home care services!

Privately Nurse-owned & managed



Call for a free home consultation: 604.551.8867

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

**Purpose Society — Family Services****604.526.2522**[www.purposesociety.org](http://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; up to 6 months.

**Supervised Access**

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

**Atira Women's Resource Society****604.681.4437**<https://atira.bc.ca>

info@atira.bc.ca

Provides housing, counselling, legal advocacy, and support programs to women experiencing violence, abuse, substance use problems, homelessness, chronic health or mental health issues.

**Battered Women's Support Services****1.855.687.1868**[www.bwss.org](http://www.bwss.org)24-hr Crisis Line: **604.687.1867**

Provides counselling, support, and advocacy for racialized, queer, and all women who have experienced abuse and/ or trauma. Family, child protection, & immigration legal advocates available.

**Burnaby Safe House**Confidential: **778.886.7001**<https://safeshelter.ca>

Offers second-stage accommodation in a safe, confidential location for abused women, and vulnerable pregnant women.

**Dixon Transition Society****604.298.3454**<https://dixonsociety.ca>

Provides temporary shelter, housing, and support for women and their children directly fleeing abuse.

**Dixon Transition House**24-hr Intake Line: **604.298.3454**

10-bed transition house for women and 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.

**Family Services of Greater Vancouver****604.525.9144**<https://fsgv.ca>

Offers a variety of free or affordable support services and counselling programs to families, individuals, and youth.

**Elizabeth Fry Society****604.520.1166**<https://efry.com>

info@efry.com

Provides shelter, counselling, addiction treatment programs, dental clinic, employment and education support for women and children.

**Maida Duncan Women's Drop-In Centre****604.523.6749**402 E. Columbia St, New West [maida.duncandropin@efry.com](mailto:maida.duncandropin@efry.com)

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

**Monarch Place Transition House****604.521.1888**[www.monarchplace.org/about-us](http://www.monarchplace.org/about-us) [wingsmp@monarchplace.org](mailto:wingsmp@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.

**Post Abortion Community Services****604.525.0999**<https://pacscanada.org>

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

**Rape Victims Support Network****604.545.0834**<https://assaultcare.ca>

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

**BC Men's Resource Centre****604.878.9033**[www.menbc.ca](http://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 visit; by appointment only.

**MOSAIC Men in Change****236.688.7750**<https://mosaicbc.org/our-programs/men-supporting-healthy-relationships>

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



**THE DERBY MANOR**

**INDEPENDENT LIVING AT ITS BEST**

**+1 604-529-1019**

**BOOK A TOUR**

**\$3,200\***

1-BEDROOM (582 SQ. FT.)

\*ALL MEALS, SERVICES, TAXES AND FEES INCLUDED



**ASSURTY**

Seniors Community

**Burnaby Hospice Society** 604.520.5087  
<https://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.

**Memorial Society of BC** 604.733.7705  
<https://memorialsocietybc.org> 1.888.816.5902  
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.

**BC Bereavement Helpline** 604.738.9950  
[www.bcbh.ca](http://www.bcbh.ca) [contact@bcbh.ca](mailto:contact@bcbh.ca)  
Provides information, referral, and compassionate listening for persons coping with grief.

**Lumara Grief & Bereavement Care Society** 604.553.4663  
[www.lumarasociety.org](http://www.lumarasociety.org) [info@lumarasociety.org](mailto:info@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.

## Victim Services

**VictimLINK BC** 24-hr: 1.800.563.0808  
[www.victimlinkbc.ca](http://www.victimlinkbc.ca) [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.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. Call, text, or email 24/7.

**Child & Youth Victim Support Service** 604.436.9449 x242  
[www.cameray.ca](http://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.

**Family Services of Greater Vancouver —Victim Services & Trauma Counselling** 604.525.9144  
<https://fsgv.ca/programs/traumacounselling>  
Offers professional, compassionate trauma counselling programs to women, gender diverse people, families, children, and youth.

**MADD Metro Vancouver** 1.800.665.6233 x266  
<https://maddchapters.ca/vancouver> [maddvancouver@gmail.com](mailto:maddvancouver@gmail.com)  
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.

**Police Victim Services Units**  
Offers information, emotional support, and practical assistance to persons or families affected by a crime or trauma.

**Burnaby RCMP** 604.646.9700  
<https://burnaby.rcmp-grc.gc.ca>

**New Westminster Police** 604.529.2525  
[www.nwpolice.org](http://www.nwpolice.org) [VAU@nwpolice.org](mailto:VAU@nwpolice.org)

**Chinese Community Policing Centre** 604.688.5030  
[www.chineseccpc.com](http://www.chineseccpc.com) [info@chineseccpc.com](mailto:info@chineseccpc.com)  
Provides support and assistance to Chinese speaking victims of crime. Programs include victim services, translation and interpretation, and community outreach programs.

**Embrace Clinic —Forensic Nursing Service** 604.807.5406  
9634 King George Blvd, Surrey [embraceclinic@fraserhealth.ca](mailto:embraceclinic@fraserhealth.ca)  
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, 9am-4pm.

**Forensic Nursing Service** 604.953.4723  
**Specialized Violence Intervention and Prevention**  
**Surrey Memorial Emergency Dept.**  
13750-96 Ave, Surrey  
Provides free 24-hr, 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, ages 2+.



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

Take advantage of our free **Bereavement Services**

Counselling, Support Groups  
& Weekly Walking Groups

Please contact  
us at

604.520.5087

[info@burnabyhospice.org](mailto:info@burnabyhospice.org)

[burnabyhospice.org](http://burnabyhospice.org)



**Sexual Assault Service** 604.875.2881  
**Vancouver General Hospital Emergency Dept.**  
 920 W. 10th Ave, Vancouver (near Oak St)  
 899 West 12th Avenue, Vancouver  
 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 is also offered at UBC Emergency Department, 2211 Wesbrook Mall, 8am-10pm, 7 days/week.

**BC Society for Male Survivors of Sexual Abuse** 604.682.6482  
[www.bc-malesurvivors.com](http://www.bc-malesurvivors.com)  
[victimservices@bc-malesurvivors.com](mailto:victimservices@bc-malesurvivors.com)  
 Offers individual and group therapy for male-identifying persons who have been sexually abused or victims of domestic violence. Individual support is also available for family members and significant others of male survivors. Discounted fees may apply.

**MOSAIC — Multicultural Victim Services** 236.512.7129  
<https://mosaicbc.org/our-programs/multicultural-victim-services>  
[victim.support@mosaicbc.org](mailto: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 Counselling** 236.512.6170  
<https://mosaicbc.org/our-programs/counselling-support-for-victims-of-violence>  
[women.support@mosaicbc.org](mailto:women.support@mosaicbc.org)  
 Provides free and confidential counselling support to adult women experiencing or at risk of experiencing abuse or violence. This program includes group or one-to-one

## Education

**BC Ministry of Education and Child Care**  
[www.gov.bc.ca/bced](http://www.gov.bc.ca/bced)

**Burnaby School District** 604.296.6900  
<https://burnabyschools.ca>

**New Westminster School District** 604.517.6240  
<https://newwestschools.ca>

**Federation of Independent School Associations** 604.684.6023  
<https://fisabc.ca>

**Independent Schools Association of BC** 604.913.6038  
[www.isabc.ca](http://www.isabc.ca)

## Homeschooling Resources

**BC Ministry of Education — Homeschooling Resources**  
[www.bced.gov.bc.ca/home\\_school](http://www.bced.gov.bc.ca/home_school)  
 Provides parents with homeschooling resources.

**Burnaby Online** 604.296.6940  
<https://online.burnabyschools.ca>  
 Burnaby Online courses follow the BC Ministry of Education Curriculum providing engaging, dynamic, and flexible learning opportunities to all students K-12 level, as well as adult learners.

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

**The Canadian Homeschooler**  
[www.thecanadianhomeschooler.com](http://www.thecanadianhomeschooler.com) [thecanadianhomeschooler@gmail.com](mailto:thecanadianhomeschooler@gmail.com)  
 Provides resources for Canadian home educators.

## Post-Secondary Institutions

**British Columbia Institute of Technology (BCIT)** 604.434.5734  
[www.bcit.ca](http://www.bcit.ca)

**Douglas College** 604.527.5400  
[www.douglascollege.ca](http://www.douglascollege.ca)

**Justice Institute of British Columbia (JIBC)** 604.525.5422  
[www.jibc.ca](http://www.jibc.ca)


**Simon Fraser University (SFU) — Burnaby Campus** 778.782.3111  
[www.sfu.ca](http://www.sfu.ca)

## Continuing Education & Extended Learning

**Burnaby Community & Continuing Education** 604.296.6901  
[www.burnabyccce.ca](http://www.burnabyccce.ca)  
 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](http://www.necvancouver.org)  
 Private college works to strengthen Indigenous communities through accredited college level programs that lead to employment and higher learning.

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



**Community Centred College for Retired**  
[www.cccrburnaby.org](http://www.cccrburnaby.org)  
[cccr@telus.net](mailto:cccr@telus.net)  
 604-517-8732


**Courses for SENIORS** 50+

6650 Southoaks Crescent, Burnaby

SINCE 1973

**The College offers a variety of daytime classes (9:00am to 3:30pm; Monday-Friday)**

Including: ■ Computers ■ Photography on Smartphones & iPhones ■ Photo-handling (ProShow & Photo Books) ■ Social Media (iPad + Windows) ■ Fine Art (Painting, Drawing) ■ Quilting ■ Calligraphy ■ Music (Piano, Ukulele) ■ Genealogy ■ Languages (French, Spanish, Hindi & Mandarin) ■ Memories to Memoirs and more...



# Working for You

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



**KATRINA CHEN, MLA**

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

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

**ANNE KANG, MLA**

**BURNABY-DEER LAKE**  
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BURNABY, BC V5H 4H3  
604-775-0565  
ANNE.KANG.MLA@LEG.BC.CA

**PETER JULIAN, MP**

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BURNABY, BC, V5C 2J6  
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[parcliving.ca/mulberry](https://parcliving.ca/mulberry)

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**POWER Alternate Secondary School** 604.517.6141  
[www.newwestschools.ca/our-schools/power](http://www.newwestschools.ca/our-schools/power)  
Offers New West students 16-18yrs a high school graduation Dogwood Diploma and incorporates academic, career exploration and work experience opportunities, along with individualized support and instruction, as well as recreational and artistic experiences.

**Purpose Secondary School** 604.526.2522  
[www.purposessecondary.org](http://www.purposessecondary.org) 778.727.3410  
Offers an independent high school program for students from Grades 8-12.

**Royal City Alternate Program** 604.517.6141  
[www.newwestschools.ca/our-schools/rcap](http://www.newwestschools.ca/our-schools/rcap)  
Offers an academic program with social-emotional and behavioural supports for New West students ages 13-15yrs, including coursework for grade 8 and 9 completion and on-going support for transition to regular or alternative high school programs.

**SIGMA Secondary** 604.517.6220  
[www.newwestschools.ca/our-schools/sigma](http://www.newwestschools.ca/our-schools/sigma)  
Offers a personalized, flexible academic learning experience with smaller classrooms and support for New West students 16-18yrs.

**UBC Extended Learning** 604.822.1444  
<https://extendedlearning.ubc.ca/programs/academic-explorations>  
Offers a variety of learning opportunities including:

**UBC Academic Explorations**

engaging and informative non-credit courses for learners of all ages offered online in the fall and winter, and in-person in the summer at the UBC Campus.

**EAL Resources**

**Burnaby Language Centre** 604.298.8201  
<https://mosaicbc.org/services/language/linc>  
LINCBurnaby@mosaicbc.org  
MOSAIC provides free daytime and evening English classes for immigrants and refugees taught by highly experienced instructors. Childminding services provided on-site. New location on website.

**Burnaby Community & Continuing Education** 604.296.6901  
[www.burnabyccce.ca](http://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  
[https://burnabynh.ca/get-involved\\_adult](https://burnabynh.ca/get-involved_adult) North: 604.295.5444  
Provides online English conversation classes for beginners. All are welcome to attend.

**ISSofBC – LINC** 778.372.6531  
<https://issbc.org/program-types/learn-english>  
[linc.nwest@issbc.org](mailto:linc.nwest@issbc.org)  
Provides LINC (Language Instruction for Newcomers to Canada) including literacy, and workplace English for all CLB levels.

**New Westminster Continuing Education – Pearson ALC** 604.517.6286  
[www.newwestadultlearning.ca/home/](http://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](http://www.purposesociety.org) 604.526.2522  
[mail@purposesociety.org](mailto:mail@purposesociety.org)  
Offers free beginner's English class for New West families and caregivers with children 0-6yrs.

**Literacy**

**Burnaby Neighbourhood House** South: 604.431.0400  
[https://burnabynh.ca/get-involved\\_adult](https://burnabynh.ca/get-involved_adult) North: 604.295.5444  
Brentwood: 604.299.5778

**Burnaby Community Adult Literacy Program (CALP)**

Offers a free program for 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](http://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](http://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** 604.527.5409  
[www.douglascollege.ca/ICARE](http://www.douglascollege.ca/ICARE) icare@douglascollege.ca  
Free literacy tutoring for English-speaking adults; call to book an assessment.

**Literacy Now Burnaby** 604.562.3447  
[www.literacynowburnaby.ca](http://www.literacynowburnaby.ca) [literacynow@burnabynh.ca](mailto: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.



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Call for a supportive care conversation | 778-730-0225 | [www.qualicare.com](http://www.qualicare.com)

**Burnaby Public Library**

www.bpl.ba.ca

Offers a range of programs that support literacy for kids of all ages, including story time and summer reading club. Talk with a children's librarian to get tips and resources to support your child's reading and learning journey. Adult services include an adult literacy book collection containing stories, books on life skills, reading, writing, math, and some information on teaching literacy.

**604.436.5400****New West Public Library**

www.nwpl.ca

Offers a wide range of programs and events for children learning to read.

**604.527.4660**

askus@nwpl.ca

## Employment & Financial Assistance

**WorkBC Employment Services****1.877.952.6914**

www.workbc.ca/discover-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 available for persons with disabilities, Indigenous persons, immigrants, older workers, youth, survivors of abuse or violence, and people facing barriers. See website for WorkBC locations.

**Job Bank**

www.jobbank.gc.ca/home

Online source by Government of Canada for job search. Offers free occupational, career, and labour market information such as job opportunities, career exploration including educational requirements, duties, wage rates and salaries, and current job market trends and outlooks. Employers advertise for free.

**ACCESS Employment Services****604.251.7955**

www.accessfutures.com

Delivers a range of educational career services and training opportunities to Indigenous people in Greater Vancouver. This includes trades training & apprenticeship programs, essential skills, construction training for at-risk youth, career advising, resume writing, funding for training, and job search support.

**CAVE Youth Employment Program****604.438.3045**

www.douglascollege.ca/cave

cave@douglascollege.ca

Offers a free training option for youth 16-29yrs 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 for Skilled Immigrants****604.360.3574**

https://issbc.org/our-programs-and-services/career-paths-for-skilled-immigrants

careerpaths@issbc.org

Assists experienced newcomers in resuming their careers by providing personalized career support and coaching, funding for skills training, upgrading and re-credentialing, occupation-specific language education, connection to employers, and help gaining Canadian work experience.

**ISSofBC — Job Quest and B-Hired**Bby: **604.395.8000**New West: **604.522.5902**

https://issbc.org/program-types/find-work

b-hired@issbc.org

Job Quest program provides assessment of skills and experience, referrals to government-funded programs, information on language training, financial assistance, and work and volunteer experience. Offers job search support such as career planning, interview training, resume/cover letter building, and basic business planning and mentoring to eligible entrepreneurial clients. B-Hired is a free, online cohort-based program with job readiness and skills training for newcomer youth wanting to launch their careers in Canada.

**Ministry of Social Development — Income Assistance Offices****1.866.866.0800**

www2.gov.bc.ca/gov/content/family-social-supports/income-assistance

Provides information about applying for income or disability assistance. Access services online through "My Self Serve", or by phone or in person at your local office.

#002-4603 Kingsway, Burnaby,

202-1015 Columbia St, New West

**MOSAIC Employment Services****604.438.8214**

https://mosaicbc.org/our-services/employment-services

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**

https://pics.bc.ca/freetrainings

Provides government funded, free education, and HR management and trades training programs for PR, citizens, and protected refugees. Call/ see 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.

**Burnaby's Leading Pain Specialists**

Chiropractic • Physiotherapy • Acupuncture  
Naturopathic Medicine • Massage Therapy

www.RoyalTreatmentTherapeutics.com

**Royal Oak**

## How to Apply for Welfare & Welfare Benefits

<https://legalaid.bc.ca/publications/subject/17>

Publications explain the process for applying for welfare and the benefits available once qualified. Order online.

## Government Benefits & Tax Services

### Government Programs

Federal and provincial governments provide various programs and benefits for individuals and families. Websites provide the latest information about programs and related application instructions.

#### Service BC

[www2.gov.bc.ca](http://www2.gov.bc.ca)

604.660.2421

TDD: 711

VRS: 1.800.663.7867

#### Service Canada

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

1.800.622.6232

TTY: 1.800.926.9105

### Burnaby Neighbourhood House —Community Volunteer Income Tax Program

South: 604.431.0400

North: 604.294.5444

Brentwood: 604.299.5778

<https://burnabynh.ca/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. For additional tax clinic locations outside of Burnaby Neighbourhood House, go to [www.canada.ca/taxes-help](http://www.canada.ca/taxes-help) or call 1.800.959.8281.

### Tax Information Phone Service (TIPS)

1.800.267.6999

[www.canada.ca/en.html](http://www.canada.ca/en.html) (Search > Tax Information Phone Service)  
Provides tax information from an automated service.

### Credit Counselling Society

604.527.8999

<https://nomoredebts.org>

[info@nomoredebts.org](mailto:info@nomoredebts.org)

Offers free credit counselling, bankruptcy help and debt consolidation options. Counsellors available by phone, online, and in person.

## Families & Youth

### Information & Childcare Resources

#### Burnaby Early Childhood Development Table

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

[kidsinburnaby@gmail.com](mailto:kidsinburnaby@gmail.com)

f: Burnaby ECD Community Table

IG: burnabyecdtable

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

#### Kids In New West

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

[knwtable@gmail.com](mailto:knwtable@gmail.com)

Provides information and resources for New West families.

## Burnaby Community Services

604.299.5778

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

Offers the following publications of interest to families:

### Community Resource Guide

Lists a wide range of 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. Check website for downloadable copies or call for more information or download electronic copies from website.

### Ready, Set, Learn

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

### Kidcare Canada

[www.kidcarecanada.org](http://www.kidcarecanada.org)

604.314.4794

[atpinfo@cw.bc.ca](mailto:atpinfo@cw.bc.ca)

Provides trustworthy videos empowering new parents/caregivers in the journey of raising children. Videos model how to build loving bonds with babies and demonstrate positive parenting skills.

### Information Children

778.782.3548

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

[info@informationchildren.com](mailto: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.

### YMCA Child Care Resource & Referral

604.294.1109

[www.gv.ymca.ca/ccrr](http://www.gv.ymca.ca/ccrr)

[ygvc.crr@bc.ymca.ca](mailto:ygvc.crr@bc.ymca.ca)

3rd Floor, 4460 Beresford St, Burnaby

Provides parents with childcare referrals, information, and assistance in applying for the Affordable Child Care Benefit. Supports childcare providers with information, resources, and training opportunities. Free, provincially funded program.

## Pregnancy Resources

### Pregnancy Options Phone Service

1.888.875.3163

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

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

### Pregnancy Outreach Program

604.659.2225

[www.burnabyfamilylife.org](http://www.burnabyfamilylife.org)

[popoutreach@burnabyfamilylife.org](mailto: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.



Kingsway

## Now in two locations!

### Royal Oak

☎ 604.437.7777 PHONE

778.218.4286 TEXT

📍 102 – 7777 Royal Oak Ave,  
Burnaby, BC V5J 4K2

### Kingsway

☎ 604.439.1604 PHONE

778.218.4286 TEXT

📍 205 – 5501 Kingsway,  
Burnaby, BC V5H 2G3





**SMILE**

[www.stleo.ca/our-services/young-parents](http://www.stleo.ca/our-services/young-parents)

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.

**604.298.6245**

**La Leche League Canada**

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

Provides breast-feeding support and referral services.

**778.878.1346**

**Council of Parent Participation Preschools of BC**

[www.cpppreschools.bc.ca](http://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](http://www.burnabyschools.ca/strongstart)

Drop-in Mon-Fri, 9am-11:30pm.

**Early Childhood Programs & Support****Burnaby Infant Development Program**

**778.888.3864**

<https://idp.gobaci.com>

[idp@gobaci.com](mailto:idp@gobaci.com)

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

**Burnaby Family Place**

**604.299.5112**

410 Clare Ave, Burnaby

[kellygardbfp93@gmail.com](mailto:kellygardbfp93@gmail.com)

Offers drop-in playtime for parents/caregivers and their children 6 yrs and under, Mon-Thurs, 9:30am-1pm.

**East Burnaby Family Place**

**604.512.1100**

9887 Cameron St, Burnaby

[ebfp@shaw.ca](mailto:ebfp@shaw.ca)

Offers parent and child drop-in program with large and small motor skill toys, outdoor play space, circle time, community outreach workers, clothing exchange, ECE program coordinator and daily crafts. Open Tues & Fri, 10am-1pm.

**New Westminster Family Place**

**604.520.3666**

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

[info@newwestfamilies.ca](mailto:info@newwestfamilies.ca)

112-960 Quayside Drive, New West

A parent participation family resource program for children 0-6 yrs to learn, play, and socialize in uptown and downtown locations. Offers parenting education, a toy lending library housed in the New Westminster Public Library catalogue, and family support programs. Programming is offered in person.

**Baby & Me Second Stage**

**604.659.2200**

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

**Pacific Post Partum Support Society**

**604.255.7999**

[www.postpartum.org](http://www.postpartum.org)

[admin@postpartum.org](mailto: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.

**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**

**New Westminster Schools**

[www.newwestschools.ca/programs-services/early-learning/strongstart](http://www.newwestschools.ca/programs-services/early-learning/strongstart)

[strongstart@sd40.bc.ca](mailto:strongstart@sd40.bc.ca)

Registration required; see website for details.

**Connaught Heights**

Mon-Fri, 9:00am-11:30am

**Queensborough Middle School**

Mon-Fri, 8:45am-11:15am

**Skwo:wech Elementary School**

Mon-Fri, 9:15am-11:45am

**Queensborough Just B4 Program**

<https://newwestschools.ca/programs-services/early-learning/just-b4-preschool>

Introducing a play-based preschool program in New Westminster designed to support future young learners in their year leading into kindergarten. Check website for more information.



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## Parenting Programs & Support

**Adoptive Families Association of BC** 604.320.7330  
www.bcadoption.com info@bcadoption.com  
Provides information, resources, and support for all kinds of permanency families including prospective and current adoptive families, and for youth in government care.

**British Columbia Family Maintenance Enforcement Program** 604.678.5670  
www.fmep.gov.bc.ca  
Monitors and enforces maintenance orders and agreements.

**Burnaby Family Life Institute** 604.659.2200  
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** Brentwood: 604.299.5778  
https://burnabynh.ca/get-involved\_family South: 604.431.0400  
Provides family drop-in and parent support programs for parents/caregivers with children 0-5yrs, preschool, and school-age childcare 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  
—Early Years Parenting 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 of Greater Vancouver** 604.525.9144  
https://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  
www2.gov.bc.ca (Search > Foster Caregiving)  
Provides information about fostering, support services, and resources for foster parents currently in the network.

**Ministry of Children & Family Development** 1.800.663.9122  
—Centralized Screening Team

Receives initial requests for services and child protection reports.

**Intake and Family Services Team** Bby: 604.660.9494  
New West: 604.660.9495

**MOSAIC — Family Centre** 236.636.0120  
https://mosaicbc.org/our-programs/support-services-for-refugee-families  
Provides early childhood development (ECD) programs where government-assisted refugee children aged 0-6 years join activities while their parents practice English, join discussion groups, and learn about parenting skills, health, and nutrition.

**New Westminster Children's Centre** 604.521.8078  
https://kinsight.org nwcc@kinsight.org  
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.

**Parent Support Services Society of BC** 604.669.1616  
www.parentsupportbc.ca office@parentsupportbc.ca  
Support the well-being of all families and children by empowering those in a parenting role through community connections, research, education, resources, and advocacy.

**Parents Together & Parents in the Know** 604.315.0665  
www.bgcbc.ca/counselling-support-services/parent-group-support  
Offers two education and support programs to caregivers facing challenges while parenting their youth aged 12-24yrs. Strategies are taught to improve relationships and communication skills, decrease conflict in the home, practice self-care, and deal with behavioural concerns.

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

Burnaby's Leading Pain Specialists



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Naturopathic Medicine • Massage Therapy

Car accidents  
are stressful.

Recovery  
shouldn't be.





**Purpose Society**  
**—Parenting Support Groups/Circles**  
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/yr.

**Parent-Child Mother Goose**

Provides an 8-week program for parents and Babies and toddlers, focusing on nurturing through rhymes, songs, and stories. Runs 1-2 times/yr.

**Parenting Children with Challenging Behaviours**

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

**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.

**Families with Low Income**

**Affordable Child Care Benefit** 1.888.338.6622  
https://www2.gov.bc.ca (Search > Affordable Childcare)  
Provides monthly payment to help eligible families with the cost of childcare.

**Athletics for Kids** 604.221.7529  
www.a4k.ca  
info@a4k.ca  
Provides financial support towards basic amateur sport registration fees for youth aged 5-18 enrolled in school. Athletics4Kids covers up to \$450 per 12-month period or 80% of the registration fees. Eligible applicants must meet one of the following requirements: Net family income must be under \$42,000/yr, OR child is in foster care, OR parent receives social assistance. Check their website for more information regarding registration and any FAQs.

**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.

**BGC South Coast BC —North Burnaby Club** 604.299.7040  
www.bgcabc.ca northburnabyclub@bgcabc.ca  
518 S Howard Avenue, Burnaby  
BGC (Boys and Girls Club) provides a safe space for children to try new things, overcome barriers, and build positive relationships and confidence. The North Burnaby Club offers after-school programs for children ages 6-12 yrs, including gym, science, STEM, cooking, arts & crafts, and outdoor activities. Also offers spring, summer, and winter break day camps for children. Financial assistance available for families with low income to access programs. Open Mon-Fri 2:30-6:00pm.

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

**Burnaby Parks, Recreation & Cultural Services** 604.320.2227  
**—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/recreation centre. Call for more information.

Burnaby's Leading Pain Specialists



*Two locations to serve you*



**Royal Oak** 📍 604.437.7777

**Kingsway** 📍 604.439.1604

📍 102 – 7777 Royal Oak Ave, Burnaby, BC V5J 4K2

📍 205 – 5501 Kingsway, Burnaby, BC V5H 2G3

**Ready to put  
pain in the past?**



**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](http://www.canadascores.org)  
Offers an innovative afterschool program for vulnerable youth that integrates soccer, poetry, and community involvement.

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

**Salvation Army** 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.

**Kidsport Burnaby** 604.294.7111  
[www.kidsportcanada.ca/british-columbia/burnaby](http://www.kidsportcanada.ca/british-columbia/burnaby)  
[kidsportsburnaby@sportbc.com](mailto:kidsportsburnaby@sportbc.com)  
Provides financial support to qualifying Burnaby families for sport registration fees for kids 18yrs and under.

**SmartSAVER — Canada Learning Bond** 1.855.737.7252  
[www.smartsaver.org](http://www.smartsaver.org) [info@smartsaver.org](mailto: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](http://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.

**Harmony For All**  
[www.burnaby.ca/recreation-and-arts/programs-and-activities/arts-and-heritage/harmony-for-all](http://www.burnaby.ca/recreation-and-arts/programs-and-activities/arts-and-heritage/harmony-for-all) [harmonyforall@burnaby.ca](mailto:harmonyforall@burnaby.ca)  
Offers a free instrument lending program where Burnaby residents of all ages can borrow an instrument for a year on a loan basis, a group music lesson program, and a scholarship program for those ages 0-24yrs experiencing financial barriers to participation in group music lessons.

## Youth Information & Support Lines

**Helpline for Children** 310.1234  
604.660.4927

**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.

**Kids Help Phone** 24-hr: 1.800.668.6868  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca) Text: "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 Withdrawal Management** 604.587.3755  
Offers an in-patient medical withdrawal program for youth 14-18yrs. Short and longer stay detox services depending on needs including stabilization and safety, assessment, and referral to residential services.

**Foundry**  
[www.foundrybc.ca](http://www.foundrybc.ca) [info@foundrybc.ca](mailto:info@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  
<https://pcrs.ca/our-programs/inter-regional-at-risk-youth-link-irayl>  
Provides outreach support, conversation, snacks, supplies, and resources to youth up to 19yrs across the four Skytrain lines throughout the Lower Mainland. Mon-Fri, 11:30am-11pm.

**Legal Rights for Youth in BC** Call or text: 1.855.875.8867  
[www.legalrightsforayouth.ca](http://www.legalrightsforayouth.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](http://www.canada.ca/en/services/youth.html)  
Government of Canada's website for youth with information about careers, education, money, and health.



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BURNABY, BC V3N 0G1



By having the Assurity symbol, it means that the organization has made it a priority to meet or exceed industry standards in areas such as privacy, safety, client/resident onboarding, infection prevention and control practices, emergency preparedness, employee safety, and client satisfaction.

**Sex Sense Line**

[www.optionsforsexualhealth.org/sex-sense](http://www.optionsforsexualhealth.org/sex-sense)

Provides free, confidential information and resources on sex, sexuality, and sexual health, including safer sex, STIs, birth control and emergency contraception, periods, and pregnancy options. Email form is available on website; phone lines open 9am-9pm.

**604.731.7803**

**Smart Sex Resource**

<https://smartsexresource.com>

Sexual health information and resources provided by the BC Centre for Disease Control.

**Youth Against Violence Line**

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

[info@youthagainstvviolence.com](mailto: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.

24-hr: **1.800.680.4264**

Text: **604.836.6381**

**Youth Programs****Aunt Leah's Place**

[www.auntleahs.org](http://www.auntleahs.org)

[auntleahs@auntleahs.org](mailto:auntleahs@auntleahs.org)

Offers housing, job training, life skills coaching, and quality of life opportunities for youth in foster care and young moms to help them transition to independent living. Drop-in grocery pickup and hot meals on Wed 3-5pm for foster care youth and young moms.

**604.525.1204**

**Burnaby Neighbourhood House**

<https://burnabynh.ca/get-involved-volunteer>

[https://burnabynh.ca/get-involved\\_youth](https://burnabynh.ca/get-involved_youth)

Provides various opportunities for youth to gain pre-employment skills, certifications, hours for career preparations, and volunteer community engagement experiences for youth 13-18yrs. Email [leadership@burnabynh.ca](mailto:leadership@burnabynh.ca) for more information.

**604.431.0400**

**Big Brothers Big Sisters**

<https://bigbrothersbigsisters.ca>

Matches young people facing adversity with trained adult mentors through 1-1, in-school, or group mentorship programs.

**Big Brothers of Greater Vancouver**

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

**604.876.2447**

**Big Sisters of BC Lower Mainland**

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

**604.873.4525**

**CAVE Youth Employment Program**

[www.douglascollege.ca/cave](http://www.douglascollege.ca/cave)

[cave@douglascollege.ca](mailto:cave@douglascollege.ca)

Offers a free training option for youth 16-29yrs 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.

**604.438.3045**

**Covenant House Crisis Program**

[www.covenanthousebc.org/continuum-of-care/crisis-program](http://www.covenanthousebc.org/continuum-of-care/crisis-program)

1302 Seymour St, Vancouver

Offers safe housing, food, clothing, and counselling to youth 16-24yrs. 60 beds available on a first-come first-served, self-referral basis.

**604.685.7474**

**Dan's Legacy**

<https://danslegacy.com>

Provides free trauma-informed and culturally sensitive counselling to youth ages 15-25. Also offers wrap-around support programs to youth affected by mental health and addictions issues.

**604.352.2100**

**Dan's Diner: Social Enterprise & Job Skills Training**

Provides at-risk youth with a paid work-skills opportunity in a food service social enterprise in New Westminster. Skills include business management, customer service, point of sales, culinary and life-skills training.

**ISSofBC — MY (Multicultural Youth) Circle**

<https://issbc.org/our-programs-and-services/my-multicultural-youth-circle>

[MYCircleNWBBby@issbc.org](mailto:MYCircleNWBBby@issbc.org)

The Multicultural Youth Circle provides training, peer support, and leadership skills to immigrant and refugee youth 14-24yrs who are facing issues with integration, social isolation, communication barriers, racism, trauma, family conflict, or lack of support.

**604.655.1291**

**MOSAIC — Moving Ahead FreeRunning for Immigrant & Refugee Youth**

<https://mosaicbc.org/our-programs/newcomer-youth-programs>

Empowers youth through their settlement and integration journey and supports their goals for a successful future in Canada by providing Case Management, Orientation and information sessions, Friendship Circles, sports, and recreational activities. Provides guidance for education and employment, including leadership training and practicum.

**604.636.4712**

**QMUNITY Youth Services**

[www.qmunity.ca/youth](http://www.qmunity.ca/youth)

1170 Bute St, Vancouver

Our Youth drop-ins are a community-oriented space where youth can hang out and seek support. Our drop-ins are a great place to meet similar people and to just be yourself. During drop-in times, there are always youth workers, volunteers, and other youth who are excited to get to know you.

**Bras, Binders, and Breast Forms (BBB) Program**

[www.qmunity.ca/bbb](http://www.qmunity.ca/bbb)

[bbb@qmunity.ca](mailto:bbb@qmunity.ca)

Provides free new and used gender-affirming chest wear (bras, binders and breast forms) to trans and gender-variant youth who are unable to attain these garments otherwise.



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**Supports for children, youth and adults:**

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Community Inclusion  
Employment  
Explore  
Home Living



240-4664 Lougheed Hwy., Burnaby, BC, V5C 5T5

Tel (604) 299-4001 Fax (604) 299-0329 Email: [info@posAbilities.ca](mailto:info@posAbilities.ca)

[posAbilities.ca](http://posAbilities.ca)





**Pacific Youth & Family Services Society** 604.253.2187  
**—Peak House** Intake: 604.253.6319  
[www.peakhouse.ca](http://www.peakhouse.ca)  
 Offers a voluntary, ten-week, residential treatment program for youth experiencing drug or alcohol problems.

**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.

## 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](http://www.burnaby.ca/youth)

**Creekside Youth Centre** 604.415.7607  
 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  
<https://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](http://www.newwestyouth.ca)  
 620-Eighth St, New West (Back of Century House)  
 Drop-in centre for youth 13-18yrs. Call for more information.

**Youth Source** 604.329.1875  
<https://purposesociety.org>  
 40 Begbie St, New West  
 Provides a welcoming atmosphere for youth under 22yrs to hang out, do laundry, shower, access emergency food & discover free, confidential information on sexuality/health. Includes a free Youth Clinic with Fraser Health. Open Tues & Thurs, 2:30-6pm.

## Youth Health Clinics

**Burnaby Youth Clinic** 604.293.1764  
 4734 Imperial St, Burnaby  
 Open Mon, Tues & Thurs, 1-5pm. Provides sexual health care services and information for youth under 22yrs.

**East Van Youth Clinic** 778.871.7132  
 1669 E. Broadway, Vancouver  
 Open Mon-Wed, 3-6pm and Fri, 2-5pm, for drop-in services and appointments. Serves youth up to 24yrs.

**New Westminster Youth Clinic** 604.329.1875  
[www.purposesociety.org](http://www.purposesociety.org)  
 38 Begbie St, New West  
 Open Tues & Thurs, 2:30-6pm. Youth 21yrs and under.

**Surrey Youth Clinic** 604.585.5999  
 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.

## Food

### Food Bank & Community Meals

**Greater Vancouver Food Bank** 604.876.3601  
<https://foodbank.bc.ca> reception@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 Fri, 12-7pm; Sat, 10am-3pm.  
 613 Queens Ave, New West - Open Wed, 9:30am-1:30pm.

**Burnaby Neighbourhood House** South: 604.431.0400  
**—Food Hubs** North: 604.294.5444  
[https://burnabynh.ca/get-involved\\_community](https://burnabynh.ca/get-involved_community)  
[foodhubcoord@burnabynh.ca](mailto:foodhubcoord@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](http://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 - Open 12:30-1pm.  
 920 Ewen Ave, New West - Open 12:45-1:15pm.  
 403 Columbia St E, New West - Open 1:00-1:30pm.  
 7457 Edmonds St, Burnaby - Open 12:30-2pm.



COMMUNITY

FOOD PROGRAMS

**South House**  
 4460 Beresford St.  
 604.431.0400  
[info@burnabynh.ca](mailto:info@burnabynh.ca)

**Brentwood**  
 2055 Rosser Ave.  
 604.299.5778  
[info@bbysservices.ca](mailto:info@bbysservices.ca)

**North House**  
 4908 Hastings St.  
 604.294.5444  
[northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca)

**BURNABY MEALS ON WHEELS | FOOD HUBS | SENIORS FROZEN MEALS | SENIORS GROCERY SHOPPING**



**FOOD**  
 Healthy, non-perishable  
 pantry items



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[WWW.BURNABYNH.CA](http://WWW.BURNABYNH.CA)

**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  
<https://muslimfoodbank.com> [coordinator@muslimfoodbank.com](mailto: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  
[www.rrefo.com](http://www.rrefo.com) [ryansrainbowoutreach@gmail.com](mailto:ryansrainbowoutreach@gmail.com)  
1600 Cliff Ave, Burnaby  
Provides nutritious food and essential supplies to individuals and families in need in Burnaby. Baby supplies are available if needed and food hampers are distributed every Thurs, 11am-3pm.

**Quest Food Exchange** 604.553.0636  
[www.questoutreach.org](http://www.questoutreach.org) [burnabymarket@questoutreach.org](mailto:burnabymarket@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, school, church, healthcare practitioner or a certified professional. Those with food bank ID or confirmation of ministry assistance don't require a referral. Open Mon-Fri, 9am-6pm; Sat, 9am-4pm; Sun, 11am-4pm.

**Salvation Army — Harvest Community** 604.437.1521  
6125 Nelson Ave, Burnaby  
Offers food assistance by appointment; call to arrange.

**Salvation Army — New Westminster** 604.521.2421  
325 6th St, New West  
Offers food assistance for New West and Tri-Cities residents on Mon, 11:30-12:30pm, and Burnaby residents on Fri, 11:30-12:30pm. Registration required; call to make an appointment prior to service. Bread, milk, and sweets are available to all residents Wed, 12-1pm. Emergency food hampers are given out every 90 days to residents.

**St. Barnabas Anglican Church** 604.526.6646  
<http://stbarnabasparish.ca> [stbarna@telus.net](mailto:stbarna@telus.net)  
1010 5th Ave, New West  
New West residents may access grab and go grocery hampers Wed, 1-2:30pm; first-come first serve.

**Union Gospel Mission** 604.525.8989  
<https://ugm.ca/get-help>  
658 Clarkson St, New West  
Provides a free out the door breakfast Mon-Fri, 8-9am, and lunch, 11:30am-12:30pm.

**The Society to End Homelessness in Burnaby — Outreach Resource Centres (ORC)** 604.902.3071  
<http://burnabyhomeless.org>  
7135 Walker Ave, Burnaby (The Neighbourhood Church)  
Provides a welcoming, non-judgemental atmosphere for accessing WIFI, clothing, hot meals, toiletries, pet food, harm reduction supplies, haircuts (last Thurs of each month), foot care, medical care by a Nurse Practitioner, tax clinic, advocacy services, and connection with outreach workers from Progressive Housing and Spirit of the Children. Open Thurs, 9:30-11am. Also offers mobile showers on Wed 4-5pm, food hub on Tues 3-5pm, and a free community meal Wed 5-6:30pm. Pop-up ORC Tues 9:30-11am @ Rochester & North Rd, and Wed 9:30-11am @ South Central Youth Hub (Jubilee near Imperial) with meals/bag lunch, harm reduction and outreach workers.

## Food Delivery Programs

**Burnaby Meals on Wheels** 604.299.5754  
<https://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.

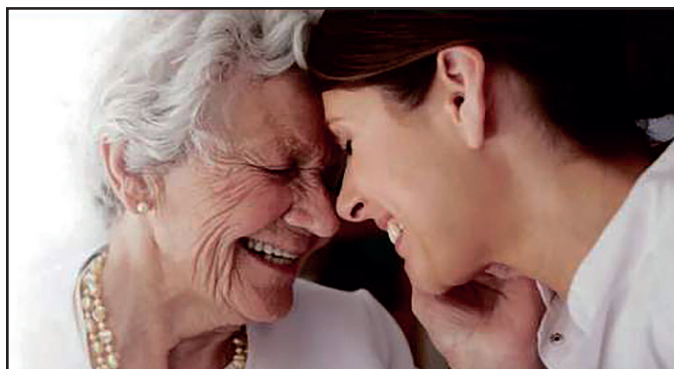
**New Westminster Meals on Wheels** 604.520.6621  
[www.seniorsservicessociety.ca/smow.htm](http://www.seniorsservicessociety.ca/smow.htm)  
Please call the office for more details.

**Japanese-Style Meals on Wheels** 604.687.2172  
<https://www.tonarigumi.ca/support-services>  
Delivers Japanese-style bento lunch boxes on Tuesdays to homebound seniors in Burnaby.

**Better Meals** 604.299.1877  
[www.bettermeals.ca](http://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, including gluten-free options.

**Casalinga Food Service** 604.435.1994  
[www.casalinga.ca](http://www.casalinga.ca)  
Offers delivery of fresh and frozen ready-made meals, including choices from vegan, gluten-free, and regular menus.

**Dairyland Home Service** 1.877.341.8700  
[www.morethanmilk.ca](http://www.morethanmilk.ca)  
Offers regularly scheduled delivery services of about 500 products including dairy products, produce, eggs, fresh baked goods, juices, soups, pastas and cereals, and household products.



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## 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

<https://baraga.ca> directors@baraga.ca  
Garden site: 7528 Meadow Ave, Burnaby

### Heights Community Garden

f: Heights Community Garden heightsgrdn@gmail.com  
Garden site: 3897 Pender St, Burnaby

### New West Community Gardening Society

[www.nwcgs.ca](http://www.nwcgs.ca) nwcommunitygarden@gmail.com  
Provides garden plots in various locations in New West.

### NEBCA Community Organic Garden

[www.nbcagarden.org](http://www.nbcagarden.org)  
Garden Site: Stoney Creek School,  
2740 Beaverbrook Cres, Burnaby

### Port Royal Community Garden

<https://portroyalgardens.wordpress.com> karenjustice@shaw.ca  
Garden site: 86 Star Cres at foot of Ewen Ave, New West

### Stride Community School Garden

stridegarden@gmail.com  
Garden Site: Stride Community School,  
7070 14th Ave, Burnaby

## Farmers' Markets

### Artisan Farmers' Markets

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

#### Burnaby Artisan Farmers' Market

burnaby@artisanmarkets.ca  
Burnaby City Hall (north lot), 4949 Canada Way  
at Deer Lake Pkwy, Sat, 9am-2pm, May-Oct.

### New West Farmers Market

[www.newwestfarmers.ca](http://www.newwestfarmers.ca) 778.928.7236  
Tipperary Park – 4th St and Royal Ave, New West  
Thurs, 3-7pm, Mar 31-Nov 3

### BC Farmers' Nutrition Coupon Program

[www.bcfarmersmarket.org/coupon-program](http://www.bcfarmersmarket.org/coupon-program) 604.734.9797  
Provides farmers' market coupons to families, pregnant women,  
and seniors with lower income.

## Health & Wellness

### HealthLink BC

[www.healthlinkbc.ca](http://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](http://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

**Lung Cancer Screening** 1.877.717.5864

### BC Drug & Poison Information Centre

[www.dpic.org](http://www.dpic.org) 604.682.5050  
24-hr telephone support and advice on poisoning and drug  
overdoses. Help is available in over 150 languages.

### BC Emergency Health Services

[www.bcehs.ca](http://www.bcehs.ca) 604.660.6897  
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

[www.gov.bc.ca](http://www.gov.bc.ca) (Search > Healthy Kids) 1.866.866.0800  
Helps families with low income 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.

### Food Skills for Families

[foodskillsBC@bccdc.ca](mailto:foodskillsBC@bccdc.ca)  
[www.bccdc.ca/our-services/programs/food-skills-for-families](http://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.

### Fraser Health Authority

[www.fraserhealth.ca](http://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

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# Cobbett & Cotton

L A W Y E R S

## WILLS & ESTATES

### Estate Planning

We can help you prepare wills and other estate planning documents.

If you have a will, you can confirm your intentions about how your estate is distributed and choose an Executor to manage your affairs.

### Estate Planning Documents

In addition to your Will, you may consider other tools such as:

- A Power of Attorney – to appoint someone to manage your financial affairs.
- A Representation Agreement – to appoint someone to make personal and health care decisions.

### Estate Administration

Dealing with a loss is often overwhelming. We help our clients by providing a range of estate administration services, including:

- Meeting with you to review the deceased's will and advising you on the laws relating to the estate;
- Discussing Executor liability and creditor's claims;
- Preparing the court documents to apply for a grant of probate and other non-contentious court applications;
- Attending to property transfers; and
- Assisting with estate accounting and distribution.

## CORPORATE

Our corporate solicitors are proficient in many diverse areas and have considerable experience of acting for a wide range of clients in many industries. We apply our corporate and commercial law knowledge to provide our clients with practical resolutions to their business law issues. We are proud to provide high-quality legal advice and support for our client's corporate transactional matters such as:

- Incorporation of companies;
- Declaration of all types of dividends;
- Purchase and sale of businesses;
- Transfer, exchange and redemption of shares; and
- Restructuring, amalgamation, restoration and dissolution of companies.

*We have been providing trusted legal service to the community of Burnaby and Greater Vancouver for over 70 years. Our team of professionals look forward to helping you with sound and timely legal advice.*

## REAL ESTATE

### Purchases & Sales

Buying and selling a home is one of the biggest decisions you can make.

Our real estate team can assist to ensure a smooth transaction including:

- Review and draft contracts
- Perform due diligence and review charges that may affect title

### Mortgages & Private Lending

Our team is experienced in refinancing properties through institutional banks, mortgage investment corporations and private lenders.

- Second and third mortgages
- Mortgages over multiple properties
- Commercial mortgages

### Family Transfers

We work with our estate planning department and your accountant to assist with your financial and asset planning needs.

- Transfer of properties within families
- Transfers to trust or corporations
- Transfers to beneficiaries
- Estate purchase and sales

*Our Law Firm has been awarded the “Best of Burnaby” by readers of the Burnaby Now newspaper for 23 consecutive years.*

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Email: [mail@cobbett-cotton.com](mailto:mail@cobbett-cotton.com) • Website: [www.cobbett-cotton.com](http://www.cobbett-cotton.com)



**Health Insurance BC** 604.683.7151  
[www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-insurance-bc](http://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-insurance-bc)  
Provides information on Pharmacare, Fair Pharmacare, and the Medical Services Plan.

**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.

**ImmunizeBC**  
[www.immunizebc.ca](http://www.immunizebc.ca)  
Provides evidence-based immunization information and tools for BC residents.

**Health Connect Registry** 24-hr: 811  
[www.healthlinkbc.ca/health-connect-registry](http://www.healthlinkbc.ca/health-connect-registry)  
Provides a centralized registry for BC residents without doctors to connect to physicians and nurse practitioners as they come available in their community. Translation services are available in over 130 languages. Please call 8-1-1 and state the language you require support in.

**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.

## 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](http://www.bcchildrens.ca)  
4480 Oak St, Vancouver

**BC Women's Hospital & Health Centre** 604.875.2424  
[www.bcwomens.ca](http://www.bcwomens.ca) Visiting Info Line: 604.875.2929  
4500 Oak St, Vancouver

## Dental Health Resources

**Your Dental Health** 604.736.7202  
<https://yourdentalhealth.ca> [info@yourdentalhealth.ca](mailto:info@yourdentalhealth.ca)  
Public education program by the BC Dental Association provides general dental health information and contacts for dentists accepting new patients.

**CDI College** 604.437.8585  
**—Certified Dental Assisting Program**  
5th Floor, 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.

**Halo Dental Clinic** 604.544.8875  
[www.halodental.ca](http://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](http://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](http://www.dentistry.ubc.ca/treatment)  
Students provide a range of dental services for adult and geriatric patients at reduced rates. Offered Mon-Fri from 8:15am- 5:00pm. Fill out the patient contact form on their website to request a screening appointment.

**Vancouver Aboriginal Health Society Dental Clinic** 604.254.9900  
<https://vahs.life/dental-clinic> [dentalclinic@vahs.life](mailto:dentalclinic@vahs.life)  
455 E. Hastings St, Vancouver  
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](http://www.vcc.ca/services/eat-shop--more/dental-clinic)  
Students provide low-cost dental cleaning services to the general public, under the guidance of experienced instructors. Call for current program details on services, discounted fees, and times of operation. Limited services available.



Partial Dentures



Complete Dentures



Implant Supported Dentures

## MISSING TEETH? *We can help!*

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[www.northburnabydentureclinic.com](http://www.northburnabydentureclinic.com)  
Jeremy Duprat R.D., Denturist



## Substance Use Support

### Alcohol & Drug Information & Referral

<https://bc.211.ca>

Provides 24-hr information and referral to counselling, detox, residential treatment centres, and self-help groups.

604.660.9382

[info@bc211.ca](mailto:info@bc211.ca)

### Stop Overdose BC

[www.stopoverdose.gov.bc.ca](http://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 finding 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.

### BC Lung Association — QuitNow

<https://quitnow.ca>

Provides free, confidential information and support for people wanting to quit smoking or vaping.

### Gambling Support BC

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

Provides 24-hr information, a mobile service, referral to community resources, counselling services, prevention resources, and self-help resources, in multiple languages.

### Burnaby Substance Use Services

Provides free confidential counselling for those who are concerned about their own or another's substance use. Services are available via drop-in or booked appointments, virtually or in person.

### Charlford House Society for Women

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

Provides a supportive recovery home for women who are ready to move on from their substance addiction.

### Creekside Withdrawal Management Centre

Provides in-patient and out-patient withdrawal management services including assessment, substance use education, counselling, medical, and nursing care.

### DEW (Day, Evening, Weekend) Program

Group-based out-patient program, for those in early recovery/ not requiring in-patient services.

### Youth Detox Program

Short and longer stay detox services depending on needs, for youth 14-18yrs.

### Last Door Recovery Society

[www.lastdoor.org](http://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.

### Adult Recovery Centre (19+)

### Youth Program Centre (Male-identified, 14-18yrs)

### Perspectives Substance Use Counselling Services

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

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 Drug & Alcohol

### Recovery & Education Society

<https://phoenixsociety.com>

Offers residential addiction services, transitional housing, education programs, and employment assistance.

### Quibble Creek Sobering & Assessment Centre

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

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

### Al-Anon/Alateen

[www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

### Cocaine Anonymous

[www.ca-bc.org](http://www.ca-bc.org)

### Gamblers Anonymous

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

### Nar-Anon

<https://naranonbc.com>

Support groups for family and friends of compulsive drug use.

### Narcotics Anonymous

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

Offering virtual and in-person support meetings. Call for more information.

1.866.247.9890

604.525.9771

604.520.3587

604.522.3722 x101

604.583.7166

24-hr: 604.580.4965

24-hr: 604.434.3933

604.688.1716

604.662.8500

1.855.222.5542

604.878.8844

604.873.1018



## IMMEDIATE & URGENT NEED

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



## DONATE TODAY

[CharlfordHouse.ca](http://CharlfordHouse.ca) | Addicts do recover



**Overeaters Anonymous** 24-hr: **604.878.4575**  
www.oaseatosky.com oaseatosky@gmail.com  
Support group of individuals in recovery from compulsive eating, compulsive food behaviours, bulimia or anorexia.

**Parents Forever** **604.524.4230**  
www.parentsforever.ca fkenny@uniserve.com  
Support group for parents and families of loved ones struggling with substance abuse.

## Mental Health Resources

**Crisis Line** 24-hr Distress Line: **604.872.3311**  
<https://crisiscentre.bc.ca>

**Suicide Line** **1.800.784.2433**

**310 Mental Health Support 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** **604.620.0744**  
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**  
<https://bouncebackbc.ca> Toll-Free: **1.866.639.0522**  
Free skill-building self-help program obtained by a doctor's, nurse practitioners, psychiatrist referral, or through self-referral online at bouncebackbc.ca. Serves youth 13+ and adults experiencing low mood, mild to moderate stress, depression, or anxiety. Workbooks and coaching available in French, Punjabi, Mandarin, and Cantonese.

**Canadian Mental Health Association** **604.872.4902**  
**—Vancouver-Fraser Branch**  
<https://vancouver-fraser.cmha.bc.ca>  
Provides education and community-based research, programs, and services to those impacted by mental illness. 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 0-18 yrs. Services are accessed through a walk-in intake clinic; no appointment necessary. Call for dates and times.

701-1901 Rosser Avenue, Burnaby **778.572.2370**  
201-7645 Kingsway, Burnaby **604.660.9544**  
201-1065 Columbia St, New West **604.660.9495**

**North Fraser Indigenous Child and Youth Mental Health Services** **778.572.2036**  
201-768 Columbia St, New West

**Infant & Early Childhood Mental Health Program**  
701-1901 Rosser Avenue, Burnaby **778.572.2370**  
Ministry of Children and Family Development provides mental health services for infants and children 0-5yrs.

**Early Psychosis Intervention** **604.777.8386**  
**—Fraser North**  
www.earlypsychosis.ca  
Promotes early detection of psychosis, education, and direction for getting help. Services assist those aged 13-30yrs.

**FamilySmart — Together Centre** **604.878.3400**  
<https://familysmart.ca> info@familysmart.ca  
Offers parent peer support, resources, and information about child and youth mental health services.

**Fraser Side 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**  
<https://foundrybc.ca> info@foundrybc.ca  
Offers young people 12-24yrs and their caregivers health and wellness resources, services, and support online and through integrated service centres.

**Kelty Mental Health Resource Centre** **604.875.2084**  
<https://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, including empowered parent peer support.

**Mood Disorders Association of BC** **604.873.0103**  
<https://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**  
<https://rapereliefshester.bc.ca>

**—Salal Sexual Violence Support Centre** 24-hr: **604.255.6344**  
<https://www.salalsvsc.ca>

**Options for Sexual Health Care** **604.731.4252**  
<https://www.optionsforsexualhealth.org/care>  
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; call or book online. 4734 Imperial St, Burnaby, Wed, 5:30-8:30pm. 3550 East Hastings St, Vancouver, Mon, Tues, Thurs, 7-9pm.

**Sex Sense Line** **604.731.7803**  
www.optionsforsexualhealth.org/sex-sense  
Provides free, confidential information and resources on sex, sexuality, and sexual health, including safer sex, STIs, birth control and emergency contraception, periods, and pregnancy options.

**Smart Sex Resource**  
<https://smartsexresource.com>  
Sexual health information and resources provided by the BC Centre for Disease Control.

## Health Organizations

**Alzheimer Society of BC — Fraser Region** 604.298.0780  
<https://alzheimer.ca/bc/en> info@alzheimerbc.org  
Provides information, education, and support to family, friends, and individuals affected by Alzheimer's disease and other dementias. First Link dementia support connects people living with dementia and their care partners to support services, education and information after diagnosis and throughout course of disease.

**First Link Dementia Helpline** 604.681.8651

**Arthritis Society — BC & Yukon Division** 604.714.5550  
<https://arthritis.ca> Answers line: 1.800.321.1433  
info@arthritis.ca  
Provides information, programs, events, and informational material on arthritis.

**Autism BC** 604.434.0880  
[www.autismbc.ca](http://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.

**BC Brain Injury Association**  
[www.brainstreams.ca](http://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 Epilepsy Society** 604.875.6704  
<https://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  
<https://bclung.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.bcscs.org](http://www.bcscs.org) info@bcscs.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  
<https://cancer.ca/en>  
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](http://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](http://www.bccerebralpalsy.com) info@bccerebralpalsy.com  
Provides information, programs, services and assistance to persons with Cerebral Palsy and other disabilities.

**CNIB Foundation** 604.431.2121  
[www.cnib.ca](http://www.cnib.ca)  
Offers innovative programs designed to empower people of all ages who are impacted by blindness through knowledge, building skills and confidence.

**Diabetes Canada** 1.800.226.8464  
[www.diabetes.ca](http://www.diabetes.ca)  
Provides diabetes related information, summer camps for kids, advocacy, and referral services.

**Down Syndrome Resource Foundation** 604.444.3773  
[www.dsrf.org](http://www.dsrf.org) info@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  
<https://badgut.org>  
Provides trusted information, resources, and research on a wide range of gastrointestinal diseases and disorders.

**Heart and Stroke Foundation of Canada — BC & Yukon** 604.342.8070  
1.888.473.4636  
[www.heartandstroke.ca](http://www.heartandstroke.ca)  
Provides heart disease and stroke related information, and educates public about healthy lifestyles.

**IMPACT Parkinson's** 604.525.2631  
<https://impactparkinsons.com> info@impactparkinsons.com  
Offers "Let's Talk LOUD", a virtual group program providing voice therapy for people with Parkinson's.

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<b>Kidney Foundation of Canada</b> <b>—BC &amp; Yukon Branch</b> <a href="https://kidney.ca/bc">https://kidney.ca/bc</a> Provides information, referral, and education about kidney and related diseases.	604.736.9775	<b>A Dressing Needs</b> <a href="http://www.adressingneeds.com">www.adressingneeds.com</a> Offers specialized outerwear designs and adaptive clothing to ease dressing routines and promote inclusion for people living with a disability.	1.800.817.4365
<b>MEFM Society of BC</b> (Myalgic Encephalomyelitis & Fibromyalgia) <a href="http://www.mefm.bc.ca">www.mefm.bc.ca</a> support@mefm.bc.ca Provides information, referrals to support groups, and educational material to patients and their families.	604.878.7707	<b>AssistList</b> <a href="http://www.assistlist.ca">www.assistlist.ca</a> info@assistlist.ca Charity offers free online marketplace for individuals to buy, sell, and donate home health medical equipment, and find other healthcare resources.	
<b>MS Canada</b> <b>—BC &amp; Yukon Division</b> <a href="https://mssociety.ca">https://mssociety.ca</a> msnavigators@mscanada.ca Provides information, referral, wellness and support services to persons living with MS. Customized service available.	604.689.3144	<b>BC Medequip Home Health Care</b> <a href="http://www.bcmedequip.com">www.bcmedequip.com</a> 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.	604.888.8811
<b>Muscular Dystrophy Canada</b> <a href="https://muscle.ca">https://muscle.ca</a> Provides information and assistance to persons living with muscular dystrophy or neuromuscular disorders.	1.800.567.2873 x2108	<b>Canadian Red Cross Society</b> <a href="http://www.redcross.ca/lowermainland">www.redcross.ca/lowermainland</a> <b>Health Equipment Loan Program</b> 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.	604.709.6600
<b>Osteoporosis Canada</b> <a href="http://www.osteoporosis.ca">www.osteoporosis.ca</a> Provides medical information to patients, professionals, and the public. Services include free publications, educational programs, and referrals to local resources.	1.800.463.6842	<b>CAYA — Communication Assistance for Youth &amp; Adults</b> <a href="http://www.cayabc.net">www.cayabc.net</a> Provides communication assistance to youth and adults 19+ that require an augmentative or alternative communication (AAC) system due to a severe disability.	604.522.7092
<b>Pain BC Society</b> <a href="https://painbc.ca">https://painbc.ca</a> Provides support, education, and resources for those living with chronic pain conditions.	1.844.430.0818	<b>Fraser Health Lifeline</b> <a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a> (Search > Lifeline) Offers a personal 24-hr emergency response service that assists individuals to remain independent and safe in their homes. For information email: <a href="mailto:lifeline@fraserhealth.ca">lifeline@fraserhealth.ca</a>	604.326.3500
<b>Parkinson Society British Columbia</b> <a href="http://www.parkinson.bc.ca">www.parkinson.bc.ca</a> info@parkinson.bc.ca Offers support, information, and education for people with Parkinson's, caregivers, and health care professionals.	604.662.3240	<b>National Seating and Mobility</b> <a href="http://www.nsm-seating.ca">www.nsm-seating.ca</a> Offers a large inventory of home health products and rehabilitative equipment.	604.953.4960
<b>Prostate Cancer Foundation BC</b> <a href="http://www.prostatecancerbc.ca">www.prostatecancerbc.ca</a> support@prostate.bc.ca Virtual meetings available; check website for meeting schedule and more information.	604.574.4012	<b>Regency Medical Supplies</b> <a href="http://www.regencymed.com">www.regencymed.com</a> Offers a large inventory of home health products and rehabilitative equipment. Shop online services available.	604.265.6898
<b>Stroke Recovery Association of BC</b> <a href="https://strokerecoverybc.ca">https://strokerecoverybc.ca</a> Provides information and programs including virtual services to assist stroke recovery. Resource publications and newsletters are available in several languages.	604.688.3603	<b>Sunquest Mobility</b> <a href="http://www.sunquestmobility.com">www.sunquestmobility.com</a> Provides a full range of home healthcare equipment, wheelchairs, and supplies to rent or own. Offers professional fittings of sports braces/support stockings.	604.434.1383
<b>Wavefront Centre for Communication Accessibility</b> <a href="http://www.wavefrontcentre.ca">www.wavefrontcentre.ca</a> info@wavefrontcentre.ca Provides a full range of programs and services, including audiology, interpreting, counselling, employment resources and counselling, seniors outreach program, and communication devices.	604.736.7391 TTY: 604.736.2527	<b>Telus Health —LivingWell Companion</b> <a href="http://www.telus.com/livingwellcompanion">www.telus.com/livingwellcompanion</a> Provides emergency response service with optional fall detection.	778.397.8083
<b>Medical Equipment &amp; Supplies</b>			
<b>Adaptive Comfort Clothing</b> <a href="http://www.adaptivecomfortclothing.com">www.adaptivecomfortclothing.com</a> 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.	778.997.5491	<b>Tetra Society of North America</b> <a href="http://www.tetrasociety.org">www.tetrasociety.org</a> 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.	1.888.505.8008



**Technology for Living**  
www.technologyforliving.org

TIL: 604.326.0175  
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.

## Housing

### Emergency & Supportive Housing

**Shelter & Street Helpline (24/7)**

Dial or text: 211

<https://bc.211.ca/shelter-lists>

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.

**Extreme Weather Shelters**

Westminster Bible Chapel: 7540-6th St, Bby 604.255.0340  
Neighbourhood Church: 7135 Walker Ave, Bby 778.384.6486  
Purpose Society: 502 Columbia St, NW 604.526.2522  
Open 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.

**Burnaby Shelter**

604.522.9669 x318

<https://progressivehousing.net/service/emergency-shelter>

2294 Douglas Rd, Burnaby

24-hr emergency shelter, includes dinner, open to diverse abilities. Intake: 10am-10pm.

**Salvation Army Shelter Services**

604.526.4783

<https://salvationarmy.ca> (What We Do > Housing and Shelters)

**Stevenson House**

32 Elliot St, New West

14 bed, 30-day stay emergency shelter for men. Self-referral on a first-call, first-served basis. Call at 9am, not accessible to those with mobility issues, or wheelchairs.

**Covenant House Crisis Program**

604.685.7474

[www.covenanthousebc.org/continuum-of-care/crisis-program](http://www.covenanthousebc.org/continuum-of-care/crisis-program)

1302 Seymour St, Vancouver

Offers safe housing, food, clothing, and counselling to youth 16-24yrs. 60 beds available on a first-come first-served, self-referral basis.

**Fraserside Community Services Society**

604.522.3722

[www.fraserside.bc.ca](http://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

<https://lookoutsociety.ca>

[info@lookoutsociety.ca](mailto:info@lookoutsociety.ca)

Offers supportive housing and services for people experiencing homelessness based on individual needs and current living situations. Must be in/have history with New West.

**Cliff Block Residence**

604.523.9126 x103

**Rhoda Kaillis Housing Centre**

604.544.5145

**Russell Residence and Housing Centre**

604.529.9126

**Union Gospel Mission**

604.253.3323

<https://ugm.ca>

[ugm@ugm.ca](mailto:ugm@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; and the first Sat of each month, 1-3pm (games). Centres also serve as cooling centres during hot weather.

### Women's Shelters & Transitional Housing

**Burnaby Safe House**

Confidential: 778.886.7001

<https://safeshelter.ca>

Offers second-stage accommodation in a safe, confidential location for abused women, and vulnerable pregnant women.

**Cynthia's Place**

604.582.2456

Provides high-barrier emergency housing and support for 14 women, including those with children. Self-referrals accepted.

**Elizabeth Fry Society**

604.520.1166

<https://efry.com>

[info@efry.com](mailto:info@efry.com)

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

**Monarch Place Transition House**

604.521.1888

[www.monarchplace.org/about-us](http://www.monarchplace.org/about-us) [wingsmp@monarchplace.org](mailto:wingsmp@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.



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**The Poppy  
Residences**

**Dixon Transition Society** 604.298.3454  
<https://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** 24-hr Intake: 604.298.3454  
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.

## Housing Information & Services

**Affordable Housing Societies** 604.521.0818  
<https://affordablehousingsocieties.ca>  
Provides rental housing at market and subsidized rates.

**BC Housing** 604.433.2218  
[www.bchousing.org/housing-assistance](http://www.bchousing.org/housing-assistance)  
Provides subsidized rental 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  
<https://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](http://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  
[www.bchousing.org/licensing-consumer-services](http://www.bchousing.org/licensing-consumer-services)  
Provides information on home registry and licensing.

**Metro Vancouver Housing Cooperation** 604.432.6300  
<https://metrovanvancouver.org/services/housing>  
Offers affordable rental homes to 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](http://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  
<https://newvista.bc.ca> info@newvista.bc.ca  
Provides housing to families of varied incomes and subsidized housing to seniors 55+ with low income. Must apply online first through BC Housing Registry: [www.bchousing.org](http://www.bchousing.org), 604.433.2218

**Progressive Housing Society** 604.522.9669  
<https://progressivehousing.net> info@progressivehousing.net  
Operates a homeless outreach program with a mobile unit bringing supplies and services to the homeless. Pop-up locations on Wed, 9:30-11am at Bonsor Skate Park (@Jubilee & Imperial), Thurs, 9:30-11am at The Neighbourhood Church (7135 Walker Ave). Call for more information.

**Seniors Services Society – Housing Services/Programs** 604.520.6621  
[www.sssbc.ca](http://www.sssbc.ca) info@sssbc.ca  
Provides housing navigation support, information and referral services, outreach, temporary housing, and Seniors Housing Navigator Training to low-income, vulnerable, homeless, and at-risk older adults. These services are accessible to individuals aged 60 and above residing in Metro Vancouver, excluding Downtown Eastside.

**Vancouver Native Housing Society** 604.320.3312  
<https://vnhs.ca> info@vnhs.ca  
Provides safe, secure, supportive, and affordable housing to families and individuals with priority to the Indigenous community.

**BC Residential Tenancy Branch** 604.660.1020  
[www2.gov.bc.ca/landlordtenant](http://www2.gov.bc.ca/landlordtenant) HSRT0@gov.bc.ca  
Provides landlords and tenants with information about their rights and responsibilities, and a dispute resolution service.

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

**Rent Banks** 604.526.2522  
[www.purposesociety.org](http://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>.

## Home Modifications & Maintenance

**BC Home Renovation Tax Credit for Seniors and Persons with Disabilities** 1.877.387.3332  
[www2.gov.bc.ca/gov/content/housing-tenancy/building-or-renovating/ITBTaxQuestions@gov.bc.ca](http://www2.gov.bc.ca/gov/content/housing-tenancy/building-or-renovating/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****BC RAHA —Rebate for Accessible Home Adaptations**[www.bchousing.org/housing-assistance/BC-RAHA](http://www.bchousing.org/housing-assistance/BC-RAHA)

Provides financial help in the form of rebates to eligible seniors with low- income and people with disabilities to complete home adaptations for independent living.

**Mobile Work Crew****604.723.3439**[www.fraserside.bc.ca/community-living/mobile-work-crew](http://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**<https://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**<https://1sthoardingcleanup.com>

Offers compassionate and discreet decluttering, organizing, and cleaning services for hoarders' homes.

**Clean Start BC****1.855.297.8278**<https://cleanstartbc.ca>

Offers junk and sharps removal, hoarding cleanup, pest control, sanitization services, basic carpet/upholstery & extreme cleaning.

## Indigenous Peoples

**ACCESS Employment Services****604.251.7955**[www.accessfutures.com](http://www.accessfutures.com)

Delivers a range of educational career services and training opportunities to Indigenous people in Greater Vancouver. This includes trades training & apprenticeship programs, essential skills, construction training for at-risk youth, career advising, resume writing, funding for training, and job search support.

**Aboriginal Legal Aid in BC****604.408.2172**<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](http://www.acc-society.bc.ca)

Offers workshops, training, and education opportunities. Advocates for early years, shares resources and research to ensure all Indigenous children in BC have access to spiritually enriching, culturally relevant, and high-quality early learning and childcare. Hosts two Aboriginal Head Start preschool programs in Vancouver (Singing Frog and Eagle's Nest).

**Fraser Region Aboriginal Friendship Centre****604.595.1170**<https://fracfca.org>

Helps foster the well-being of urban Indigenous people in the Fraser Salish Region by providing culturally relevant services such as social, health and wellness programs, trauma counselling, housing and family support, education, and advocacy. Call or check website/ Facebook for latest program updates.

**Indian Residential School Survivors Society****1.800.721.0066**[www.irsss.ca](http://www.irsss.ca)

Provides physical, emotional, intellectual, spiritual growth, development, and healing through culturally based values and guiding principles for survivors, families, and communities.

**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.

**Crown-Indigenous Relations and Northern Affairs Canada**[www.rcaanc-cirnac.gc.ca](http://www.rcaanc-cirnac.gc.ca)

Provides information, games, and stories on Indigenous peoples' culture, history, and languages as well as resources for teachers.

**Metis Family Services****604.584.6621**[www.metisfamilyservices.ca](http://www.metisfamilyservices.ca) [reception@metisfamilyservices.ca](mailto:reception@metisfamilyservices.ca)

Provides supportive information and services to help nurture, protect, and promote balance within Metis 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.

**North Fraser Indigenous Child and Youth Mental Health Services****778.572.2036**

201-768 Columbia St, New West

**NEC Native Education College****604.873.3772**[www.necvancouver.org](http://www.necvancouver.org)

Private college works to strengthen Indigenous communities through accredited programs that lead to employment and higher learning.

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**Pacific Association of First Nations Women** 604.872.1849  
[www.pafnw.ca](http://www.pafnw.ca) info@pafnw.ca  
 Provides indigenous, culturally safe learning and holistic supports for Indigenous women and their families.

**Spirit of the Children Society** 604.524.9113  
<https://sotcs.ca> reception@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  
<https://unya.bc.ca> info@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  
<https://vafcs.org>  
 1607 E. Hastings St, Vancouver  
 Provides programs for urban Indigenous peoples in health, wellness, welfare, social services, culture, education, and recreation.

**Vancouver Native Housing Society** 604.320.3312  
<https://vnhs.ca> info@vnhs.ca  
 Provides safe, secure, supportive, and affordable housing to families and individuals, with priority for the urban Indigenous community.

## Legal & Advocacy

**Access Pro Bono Society** 604.878.7400  
[www.accessprobono.ca](http://www.accessprobono.ca)  
 Provides access to free legal services for people and non-profit organizations of limited means.

**Ask JES Multilingual Legal Help Services** 1.855.875.8867  
<https://legalhelpbc.ca>  
 Provides free information and resources on legal terms, processes, documents, referrals and one-on-one support in English, Mandarin, Cantonese, Punjabi, Hindi, and French.

**Clicklaw**  
[www.clicklaw.bc.ca](http://www.clicklaw.bc.ca)  
 Provides online legal information, education, and assistance.

**Courthouse Libraries BC** 604.660.2841  
[www.courthouselibrary.ca](http://www.courthouselibrary.ca) librarian@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 40 for local library branches.*

**Dial-A-Law** 604.687.4680  
<https://dialalaw.peopleslawschool.ca/>  
 Offers 24-hr information on a variety of topics on BC law.

**Justice Education Society of BC (JES)** 604.660.9870  
<https://justiceeducation.ca>  
 Provides information about our courts and justice system, resources for victims, immigrants, aboriginals, parents, youth, and many self-help guides and resources.

**Lawyer Referral Service** 604.687.3221  
[appointments@accessprobono.ca](mailto:appointments@accessprobono.ca)  
 Offers access to a free 15 min consultation with a lawyer; regular fees would apply thereafter.

**Law Students' Legal Advice Program (LSLAP)** 604.822.5791  
[www.lslap.bc.ca](http://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 Aid BC** 604.408.2172  
<https://legalaid.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](http://www.mediatebc.com) info@mediatebc.com  
 Provides people with practical, accessible, and affordable services to prevent, manage, and resolve disputes.

**Seniors First BC —Elder Law Clinic** 604.437.1940  
**—Seniors Abuse & Information Line (SAIL)** 1.866.437.1940  
<https://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 helps with government pensions and benefits, residential tenancy issues, and debt. Call for updates on clinics or to book a consultation. At-home consultations for Burnaby residents only.

## Advocacy

**BC Human Rights Clinic** 604.622.1100  
<https://bchrc.net>  
 Offers free legal assistance and education services on human rights. Mon-Fri, 8:30am-4pm.

**Disability Alliance BC** 604.872.1278  
<https://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.

**The Kettle Society** 604.253.0669  
[www.thekettle.ca](http://www.thekettle.ca) advocacy@thekettle.ca  
 Offers advocacy services for people with mental illness.

**MOSAIC Legal Advocacy Program** 236.479.7153  
<https://mosaicbc.org/our-programs/legal-help-for-immigrants-and-refugees>  
 Provides legal information, advice, referrals, legal support, and representation to low-income immigrants and refugees. Support is provided in some areas of immigration and family law. LAP also assists with PWD Application for persons with disabilities. For more information, please call or email lap@mosaicbc.org

**Office of the Ombudsperson**<https://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****Sources —Ask An Advocate**<https://askanadvocate.ca>

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

**Office of the Seniors Advocate****1.877.952.3181**[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)

Provides a “go-to” resource for seniors’ information and referral. Phone lines are answered by senior service specialists who can help with a range of questions and issues.

**PovNet****604.876.8638**[www.povnet.org](http://www.povnet.org)

f: PovNet

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.

**The Society To End Homelessness In Burnaby****604.902.3071**[www.burnabyhomeless.org](http://www.burnabyhomeless.org)[info@burnabyhomeless.org](mailto:info@burnabyhomeless.org)

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

**Vancouver & Lower Mainland Multicultural****604.436.1025****Family Support Services Society**Helpline: **604.762.1025**[www.vlmfss.ca](http://www.vlmfss.ca)[help@vlmfss.ca](mailto:help@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. In-person, email, and phone service.

**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 Mike Hurley** (Burnaby)**604.294.7340****Mayor Patrick Johnstone** (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**

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[agecare.ca/TourHarmony](http://agecare.ca/TourHarmony)**To book your tour call (604) 527-3323****7197 Canada Way, Burnaby, BC**

## Consumer Protection

### Better Business Bureau of Mainland BC

604.682.2711

[www.bbb.org/local-bbb/bbb-of-mainland-bc](http://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.

### Consumer Protection BC

1.888.564.9963

[www.consumerprotectionbc.ca](http://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](http://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.

## 2SLGBTQIA+ Community

### HIM Health Initiative for Men

604.488.1001

<https://checkhimout.ca>

Provides physical, sexual, social, and mental health services for gay, bi, queer men, and gender diverse people in BC. This includes HIV & STI testing, counselling, sexual health resources, groups, events, and anonymous harm reduction supplies orders.

### I Belong Program

604.762.1566

<https://mosaicbc.org/our-programs/services-for-newcomer-lgbtq-refugees>  
Offers a safe and welcoming space for LGBTQIA2+ newcomers to meet new people, share experiences, and make positive changes through one-on-one social mentorship, group counselling, and a peer support group.

### Pflag Vancouver

604.626.5667

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

[info@pflagvancouver.com](mailto:info@pflagvancouver.com)

Offers support, education, and resources on sexual orientation, gender identity/expression for 2SLGBTQIA+ individuals, their families and friends. Facilitates a phone support line and group meetings.

### QMUNITY

604.684.5307

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

[reception@qmunity.ca](mailto:reception@qmunity.ca)

1170 Bute St, Vancouver

QMUNITY is BC's queer, trans, and Two-Spirit resource centre, providing a safe space for 2SLGBTQIA+ folks and their allies. We improve the lives of 2SLGBTQIA+ communities and provide them with support through an array of programs and services.

**Youth Services** (14-25yrs)

[youth@qmunity.ca](mailto:youth@qmunity.ca)

**Older Adult Services** (55+)

[seniors@qmunity.ca](mailto:seniors@qmunity.ca)

**Counselling Services**

**Employment Support Services**

**Trans ID Clinic**

**Peer Support Groups**

**Volunteer Inquiries**

[volunteer@qmunity.ca](mailto:volunteer@qmunity.ca)

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**Trans Care BC** 1.866.999.1514  
[www.phsa.ca/transcarebc](http://www.phsa.ca/transcarebc) [transcareteam@phsa.ca](mailto:transcareteam@phsa.ca)  
 Works to ensure people have the information they need to access gender-affirming health and wellness care. Supports those who identify as Trans, Two-Spirit and gender diverse, their families, friends and loved ones, as well as service providers.

## 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](http://www.helpingfamiliesinneed.org) [hfin@telus.net](mailto:hfin@telus.net)  
 Collects used household items (furniture, mattresses, dishes, clothing, and toys) and distributes them to families in need. Referral is required.

**Salvation Army Emergency Clothing** 604.521.2421  
 325-6th St, New West  
 Vouchers are available twice a year for persons in New West or Tri-Cities experiencing homelessness, seniors 65+, or those in shelters with a referral letter. Call for more information.

**WRAGS Bed Warehouse**  
<https://wragbsc.wixsite.com/wrags> [wragbs@telus.net](mailto:wragbs@telus.net)  
 Non-profit organization provides good quality used beds “as is” to those in need, as well as cleaned and sanitized used beds to those on income assistance. Call during regular business hours for more information.

## Consignment & Thrift Stores

**BASES Family Thrift Store** 604.540.0110  
<https://basesburnaby.ca>  
 7825 Edmonds St, Burnaby  
 Open Mon-Sun, 10am-5pm. Closed on STAT holidays.  
 To donate, please call ahead.

**Burnaby Hospice Society Thrift Store** 604.520.5082  
<https://burnabyhospice.org/thrift-store>  
 6843 Kingsway, Burnaby  
 Open Mon-Sat, 9:30am-5pm; Sun, 9:30am-4pm.

**Grand Central Consignment** 604.524.4095  
[www.grandcentralconsignment.com](http://www.grandcentralconsignment.com)  
[grandcentralconsignment@shaw.ca](mailto:grandcentralconsignment@shaw.ca)  
 719 Carnarvon St, New West  
 Open Mon-Sat, 11am-4pm; Sun 12pm-3pm.

**Jubilee United Church Thrift Store** 604.434.8323  
 7591 Gray Ave, Burnaby  
 Open Thurs, 10am-2pm. (Sept-June; cash only).  
 To donate, please call ahead.

**New to You Thrift Store** 604.515.4815  
 f/ IG: RCH Thrift Store  
 706 6<sup>th</sup> Ave, New West  
 Open Tues-Sat, 10am-5pm. Proceeds support Royal Columbian Hospital.

**Orphan Aid Thrift Store** 604.521.1013  
 7889 Edmonds St, Burnaby  
 Open Tues-Fri, 10am-5pm; Sat, 10am-4pm.

**Salvation Army Thrift Stores**  
[www.salvationarmy.ca/britishcolumbia/home/thrift-stores](http://www.salvationarmy.ca/britishcolumbia/home/thrift-stores)  
 4099 E. Hastings St, Burnaby 604.299.0264  
 774 Columbia St, New West 604.521.0319  
 Open Mon-Sat, 10am-8pm. To donate, please call ahead.

**St. Barnabas Anglican Church Thrift Store**  
[www.stbarnabasparish.ca/thrift-store](http://www.stbarnabasparish.ca/thrift-store)  
 1010 5th Ave, New West  
 Open Wed, Fri, Sat, 11am-4pm.

**Treasure Chest Thrift Store** 236.317.3359  
 435 6th St, New West  
 Open Mon-Thurs, 10am-4pm; Fri-Sat, 10am-5pm;  
 Sun, 12pm-4pm  
 Proceeds support Canadian Mental Health Association.

## Newcomers

**BC Newcomers' Guide to Resources & Services**  
[www.WelcomeBC.ca](http://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.

**Career Paths for Skilled Immigrants – Back in Motion** 604.575.3800  
<https://careerpaths.ca>  
 Provides occupation-specific resources and support to help immigrant job seekers move into careers that match their qualifications.



**Connecting adults 60+ with individual supports and housing navigation services to enhance their lives**  
**Donate Today!**

### Programs:

Housing Navigation  
 Outreach  
 Temporary Housing  
 Meal Delivery  
 Form Completion  
 Support Calls  
 Transportation  
 Grocery Shopping & Delivery



[www.sssbc.ca/donate](http://www.sssbc.ca/donate)  
 604.520.6621 | [info@seniorsservicessociety.ca](mailto:info@seniorsservicessociety.ca)

750 Carnarvon Street  
 New Westminster, BC V3M1E7

[seniorsservicessociety](https://www.facebook.com/seniorsservicessociety)  
[seniorssupportbc](https://www.instagram.com/seniorssupportbc)

**Burnaby Intercultural Planning Table (BIPT)**

[www.bipt.ca](http://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****604.431.0400**

<https://burnabynh.ca/newcomers-services>

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.

**Conversations for Life****778.990.4856**

[www.gv.ymca.ca/immigrant-services](http://www.gv.ymca.ca/immigrant-services) [connections@gv.ymca.ca](mailto:connections@gv.ymca.ca)

Program supports newcomers (Permanent Residents, Convention Refugees, and those under CUAET only) to build confidence, English language skills, knowledge & intercultural relationships through weekly discussions over a four-week period.

**BCIT International Credential Evaluation Service (ICES)**

[www.bcit.ca/ices](http://www.bcit.ca/ices)

Evaluates the credentials of people who have studied in other provinces or countries and determines comparable levels in BC and Canadian terms, for immigration or employment purposes.

**ISSofBC**

<https://issbc.org>

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.

207-7355 Canada Way, Burnaby

280-610 6th St, New West

**604.395.8000****604.522.5902****Moving Ahead Program (MAP)**

[map@issbc.org](mailto:map@issbc.org)

Provides case management services and support to newcomers in Canada (5 yrs or less) who are facing multiple 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.

**Journey Home Community Association****604.568.4892**

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

Provides transitional housing, settlement assistance and relational support to refugee claimant families in Greater Metro Vancouver.

**MOSAIC Settlement Programs****604.254.9626**

<https://mosaicbc.org/our-services/settlement-services>

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**

<https://mosaicbc.org/our-services/refugee-resettlement>

<https://mosaicbc.org/our-programs/support-for-refugee-claimants>

**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.

**Pacific Immigrant Resources Society (PIRS)****604.298.5888**

<https://pirs.bc.ca>

Offers programs for immigrant and refugee women and children.

**Settlement Workers in Schools (SWIS)**

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

**Burnaby School District Welcome Centre****604.296.6936**

<https://swis.burnabyschools.ca>

**New Westminster Schools****604.517.6309**

<https://mosaicbc.org> (Services > Children, Youth, Family Support)

**SUCCESS Settlement Services****604.430.1899**

<https://successbc.ca/service-categories/settlement>

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

[help@vlmfss.ca](mailto:help@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.



The Chamber is **commitment.**



Catalyst • Convener • Champion

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.

We are always there for you at **bbot.ca**

**Burnaby Board of Trade - Your Local Chamber**

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Western Association of Chamber Executives

**YMCA Newcomer Services****604.374.5465**

[www.gv.ymca.ca/newcomer-services](http://www.gv.ymca.ca/newcomer-services) [connections@bc.ymca.ca](mailto:connections@bc.ymca.ca)  
Offers free programs to newcomers (PR, Convention Refugees, CUAET) including: Conversation Club, Canadian Fitness Connection, and Social and Educational Events for learning new things, exercising, making friends, and practicing English skills.

## Persons with Disabilities

**BACI — Burnaby Association for Community Inclusion**<https://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****604.779.2472**[www.brainstreams.ca](http://www.brainstreams.ca)[info@brainstreams.ca](mailto: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**<https://bc-cfa.org>

Provides community-based services to children, youth, adults and their families with neurological, physical, and developmental disabilities.

**Community Living Society****604.523.0303**[www.communitylivingsociety.ca](http://www.communitylivingsociety.ca)

Provides individualized, flexible, and creative supports to people with developmental disabilities or acquired brain injuries.

**Canucks Autism Network (CAN)****604.685.4049**[www.canucksautism.ca](http://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/yr for individuals (access through autism funding).

**CNIB Foundation****604.431.2121**[www.cnib.ca](http://www.cnib.ca)

Offers innovative programs designed to empower people of all ages who are impacted by blindness through knowledge, building skills and confidence.

**Down Syndrome Resource Foundation****604.444.3773**[www.dsrf.org](http://www.dsrf.org)[info@dsrf.org](mailto:info@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.

**Fraserside Community Services****604.522.3722**[www.fraserside.bc.ca/community-living](http://www.fraserside.bc.ca/community-living)[info@fraserside.bc.ca](mailto: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.

## Home Support Tailored To Your Individual Needs

**We offer:**

- Wound Care
- Alzheimer Care
- Palliative Care
- Respite Care
- Live-In Caregiver
- Personal Care
- Meal Preparation
- Medication Reminder
- Homemaking
- Transportation



Call **604-945-5005** for  
**FREE In-Home Consultation**

ICBC Claims Accepted



[SafeCareHomeSupport.Ca](http://SafeCareHomeSupport.Ca)

## 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.



**Adult Cognitive  
Wellness Centre**  
Recreation Rehab Respite

- We incorporate personalized and Montessori programming
- Other Locations Available

To Learn More & Register

**778-549-6413** or

[info@adultcognitivewellnesscentre.ca](mailto:info@adultcognitivewellnesscentre.ca)

[AdultCognitiveWellnessCentre.Ca](http://AdultCognitiveWellnessCentre.Ca)



**Disability Alliance BC**  
<https://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.

**604.872.1278**

**Laurel Behaviour Support Services**  
[www.laurelbc.ca](http://www.laurelbc.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.

**778.945.1435**  
[laurel@posAbilities.ca](mailto:laurel@posAbilities.ca)

**Learning Disability Society (LDS)**  
<https://ldsociety.ca>  
Offers affordable remedial programs for child and youth learning (5-18yrs), adult learning, and family coaching. Programs provide individualized one-on-one instruction and tools to increase self-esteem and academic success of those with suspected or diagnosed learning differences. Also offers funding, advocacy support for parents, and services such as social skills sessions, speech clinic, summer camps, and online tutoring.

**604.873.8139**

[info@ldsociety.ca](mailto:info@ldsociety.ca)

**Ministry of Children & Family Development  
—Services to Children with Support Needs**  
101-7645 Kingsway, Burnaby  
Provides support to children with special needs.

**604.660.9494**

**Disability Foundation**  
<https://disabilityfoundation.org>  
Provides opportunities for people with physical disabilities to feel empowered and participate in a variety of indoor/outdoor activities

**604.688.6464**

**Monarch House**  
[www.monarchhouse.ca](http://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.

**604.205.9204**

**Neil Squire Society**  
[www.neilsquire.ca](http://www.neilsquire.ca)  
Provides employment services, computer tutoring, and assistive technology for people with disabilities.

**604.473.9363**

[info@neilsquire.ca](mailto:info@neilsquire.ca)

**Pacific Autism Family Centre**  
[www.pacificautismfamily.com](http://www.pacificautismfamily.com)  
Compiles state of the art resources for information, learning, assessment, treatment, and support to address the needs of those with Autism Spectrum Disorder (ASD) and their families in BC.

**604.207.1980**

**AIDE Canada Library**  
<https://library.aidecanada.ca>  
Includes over 2000 autism-related books, e-books, audiobooks, DVDs, and games that can be shipped to any BC resident for free.

**Planned Lifetime Advocacy Network (PLAN)**  
<https://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.

**604.558.2055**

[hello@plan.ca](mailto:hello@plan.ca)

**Easter Seals BC/Yukon**  
[www.eastersealsbcy.ca](http://www.eastersealsbcy.ca)  
Provides a variety of services and programs including overnight, virtual, and family camps throughout BC, and summertime city day camps. See website for camp details and information on the Easter Seals House in Vancouver.

**604.873.1865**

## Free Hearing Tests, Ear Wax Removal, and Hearing Aid Consultations

Dedicated to the prevention and treatment of hearing loss, we are a fully equipped hearing health centre offering compassionate and client-centred service in Burnaby. We are located at 400-3999 Henning Drive.

**Book Your FREE Hearing Test today: 778 945 1215**



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



**posAbilities**[www.posAbilities.ca](http://www.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.

**604.299.4001**[info@posAbilities.ca](mailto:info@posAbilities.ca)**Progressive Housing Society**<https://progressivehousing.net>

info@progressivehousing.net  
Provides community-based support services and housing programs to those experiencing mental health and substance use issues, and those experiencing or at risk of homelessness.

**604.522.9669****SPARC BC**[www.sparc.bc.ca/parking-permit](http://www.sparc.bc.ca/parking-permit)**Parking Permit Program**

Provides parking permits for people with disabilities.

[permits@sparc.bc.ca](mailto:permits@sparc.bc.ca)**604.718.7744****1.888.718.7794****Accessibility and Enforcement Line****604.718.7734****Spectrum Society for Community Living**[www.spectrumsociety.org](http://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.

**604.323.1433****Spinal Cord Injury BC**<https://sci-bc.ca>Info-Line: **1.800.689.2477**[info@sci-bc.ca](mailto:info@sci-bc.ca)

Provides peer support and information services to help people with spinal cord injuries (and related disabilities) and their families, adjust, adapt, and thrive. Includes current resources for housing, equipment, transportation, and recreation options, as well as events, meetups, and programs for peer connection across BC.

**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**<https://sci-bc.ca/info-database>

Online encyclopedia with more than 800 current and comprehensive resources for people with spinal cord injuries and related physical disabilities, and their families.

**SCI BC Marketplace**<https://sci-bc.ca/marketplace>

Online forum for buying and selling disability related equipment (wheelchairs, lift-equipped vehicles, scooters) and finding accessible housing and employment.

**Technology for Living**[www.technologyforliving.org](http://www.technologyforliving.org)TIL: **604.326.0175**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.

**Together Speech & Language Services**<https://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 with individuals and families to support them by providing therapy for articulation, language, stuttering, voice, aphasia, social skills, brain injury, AAC (augmentative and alternative communication) therapy, and more.

**604.767.3335****Variety – the Children's Charity**[www.variety.bc.ca](http://www.variety.bc.ca)

Provides support to children with special needs covering medical and mobility equipment, physiotherapy, speech therapy, diabetes support, private assessment and counselling related to mental wellness.

**604.320.0505**[info@variety.bc.ca](mailto:info@variety.bc.ca)**Vision Loss Rehabilitation Canada (VLRC)**<https://visionlossrehab.ca>

Provides rehabilitation therapy and healthcare services for individuals with vision loss, including client navigation and customized services to help clients achieve independence goals.

**1.844.887.8572****Wavefront Centre for Communication****Accessibility**[www.wavefrontcentre.ca](http://www.wavefrontcentre.ca)

Provides a full range of programs and services, including audiology, interpreting, counselling, employment resources and counselling, seniors outreach program, and communication devices.

**604.736.7391**TTY: **604.736.2527**[info@wavefrontcentre.ca](mailto:info@wavefrontcentre.ca)

## Recreation & Community

### Recreation Centres & Libraries

**Burnaby Parks, Recreation & Cultural Services**[www.burnaby.ca/active](http://www.burnaby.ca/active)

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.

**604.294.7450**

## Your Legacy Could Shape Her Future

**Learn how leaving a gift in your will can help kids across BC have a brighter tomorrow.**

Contact Philip Reilly at [philip.reilly@variety.bc.ca](mailto:philip.reilly@variety.bc.ca) or visit [variety.bc.ca/legacy](http://variety.bc.ca/legacy)



### Burnaby Recreation Facilities:

Bill Copeland Sports Centre	604.297.4521
Bonsor Recreation Complex/Pool	604.297.4597
Cameron Recreation Complex	604.297.4456
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](http://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.

### New West Facilities:

Moody Park Arena	604.525.5301
New West Youth Centre	604.515.3801
Queen's Park Arena	604.777.5111
Queen's Park Sportsplex	604.777.5121
Queensborough Community Centre	604.525.7388
tamasewtx™ Aquatic and Community Centre	604.777.5100

### 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.

### Burnaby Public Library

[www.bpl.bc.ca](http://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	604.294.7755
6100 Willingdon Ave, Burnaby	

### New West Public Library

[www.nwpl.ca](http://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 – Accessible Services 604.436.5423

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

Offers free services to Burnaby residents including home delivery and access to assistive technology and accessible materials. Available to people who have a perceptual disability, or who cannot visit the library due to their health or limited mobility.

# HARMONY FOR ALL

Getting instruments into the hands of our community

## INSTRUMENT LENDING PROGRAM

The Harmony for All instrument lending program makes it possible for you to borrow an instrument for free!

Choose from many different instruments including acoustic and electric guitars and basses, drum kits, saxophones, clarinets, flutes, trumpets, trombones, violins and accordions.

## MUSIC EDUCATION GRANTS

The scholarship supports Burnaby residents aged 0-25 experiencing financial barriers to participation. This funding is for City of Burnaby Recreation Credit clients.

Successful applicants will be able to take seasonal group lessons at Bonsor, Edmonds and the Shadbolt Centre for the Arts.



Visit the Harmony for All website to access the online application forms.

**[Burnaby.ca/HarmonyForAll](http://Burnaby.ca/HarmonyForAll)**

**shadbolt** for  
the arts centre





**New Westminster —Home Library Services** 604.527.4650  
www.nwpl.ca

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.

## Art Galleries, Museums & Theatres

**Arts Council of New Westminster** 604.525.3244  
https://acnw.ca info@acnw.ca

Arts resource for New Westminster artists and audiences in the visual, literary, and performing arts. Presents 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.burnaby.ca/recreation-and-arts/arts-and-culture-facilities

6344 Deer Lake Ave, Burnaby gallery@burnaby.ca  
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  
Immersive, ten-acre village includes exhibits and programs where visitors can learn and experience the past in an inclusive and welcoming space. Open seasonally with free admission.

**Fraser River Discovery Centre** 604.521.8401  
https://fraserriverdiscovery.org info@fraserriverdiscovery.org

788 Quayside Dr, New West  
Interpretive centre presents the Fraser River's contribution to the life, history and future of British Columbia and its people.

**Massey Theatre and Plaskett Gallery** 604.517.5900  
www.masseytheatre.com info@masseytheatre.com

735-Eighth Ave, New West  
Theatre hosts musical theatre, international music and dance forms, children's entertainers, orchestras, choirs, ballet and music star performances.

**Michael J. Fox Theatre** 604.664.8875  
https://michaeljfoxtheatre.ca info@michaeljfoxtheatre.ca

7373 MacPherson Ave, Burnaby  
Community-styled theatre hosts multicultural music, drama performances, and events by amateur and professional artists.

**New Westminster Museum & Archives** 604.527.4640  
www.newwestcity.ca/services/arts-and-heritage/museums-and-archives

City museum and archives are located across three sites including the Anvil Centre, Irving House, and the Samson V Museum. Visit website for up-to-date facility information and exhibits.

**Nikkei National Museum & Cultural Centre** 604.777.7000  
https://centre.nikkeiplace.org

6688 Southoaks Cres, Burnaby  
Centre celebrates Japanese Canadian culture and its contribution to the Canadian mosaic. Includes the Nikkei garden and farmers market, gift shop and Japanese bookstore.

**Royal City Musical Theatre** 604.522.4306  
https://royalcitymusicaltheatre.com

735-Eighth Ave, New West  
Volunteer-led organization produces and presents musical theatre for the public and provides practical experience for emerging talent.

**Shadbolt Centre for the Arts** 604.297.4440  
www.burnaby.ca/recreation-and-arts/arts-and-culture-facilities

6450 Deer Lake Ave, Burnaby shadboltinfo@burnaby.ca  
Offers a year-round schedule of live performances, festivals, exhibitions, and special events, ranging from performing arts, literature and the visual arts.

**SFU Museum of Archaeology & Ethnology** 778.782.3325  
www.sfu.ca/archaeology/museum.html

Saywell Hall Atrium, 8888 University Dr W, Burnaby  
Museum collects, researches, and exhibits artifacts from around the world with a focus on BC. Open to the public; admission by donation.

## Environment & Recycling

**Burnaby Solid Waste and Recycling** 604.294.7972  
www.burnaby.ca/garbageandrecycling

solidwasteandrecycling@burnaby.ca

### Burnaby Eco-Centre

burnaby.ca/ecocentre  
4855 Still Creek Dr, Burnaby - Open Mon-Sun, 8am-4pm.

### Composters & Rain Barrels

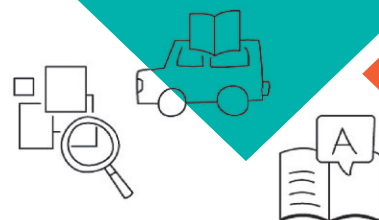
Reduce waste and conserve drinking water by using a backyard composter and installing a rain barrel for watering gardens. Barrels are available for purchase at the Burnaby Eco-Centre.

### Large Item & Appliance Pickup

www.burnaby.ca/bulkyitem  
Pickup service of furniture, mattresses, and appliances for Burnaby residents who receive weekly garbage and recycling collection from the city.

- 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



### Interchange Recycling

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

Provides BC a convenient, free and eco-friendly way to recycle used motor oil, antifreeze, oil filters and related containers. Check website for the network of publicly accessible recycling locations.

### Kars 4 Kids

**1.877.527.7454**

[www.kars4kids.org/en-ca](http://www.kars4kids.org/en-ca)

Collects vehicle donations to help support the developmental needs and education of children through the Jewish non-profit's charity programs. Free towing and tax credit receipt provided, call or visit website to schedule pickup.

### Kidney Foundation of Canada

**604.408.2277**

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

#### Kidney Car Program

**1.800.585.4479**

Donate unwanted vehicles to the Kidney Foundation.  
Receive a free tow and tax receipt. Call for pick-up.

### Recycling Council of BC

**604.732.9253**

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

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

### Return-it (Encorp Pacific Canada)

**604.473.2400**

[www.return-it.ca](http://www.return-it.ca)

Visit website for various locations and accepted items.

### United Boulevard Recycling and Waste Centre

**604.681.5600**

[www.metrovancouver.org/services/solid-waste](http://www.metrovancouver.org/services/solid-waste)

See website or call for a full listing of accepted items, days, and times of operation.

## Seniors

### Seniors BC/Seniors Info Line

**604.660.2421**

[www2.gov.bc.ca](http://www2.gov.bc.ca) (Family & social supports > Seniors) TDD: 711  
VRS: **1.800.663.7867**

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

### Burnaby Community Services

**604.299.5778**

[www.BbyServices.ca](http://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.

#### 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

**1.833.211.2277**

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

[northfraser@carp.ca](mailto:northfraser@carp.ca)

f: CARP (North Fraser, BC)

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.

## Food Delivery & Meal Programs

### Burnaby Meals on Wheels

**604.299.5754**

<https://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**

<https://burnabynh.ca>

Brentwood: **604.299.5778**

#### 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 and grocery shopping, and free delivery.

### New Westminster Meals on Wheels

**604.520.6621**

[www.seniorsservicessociety.ca/smow.htm](http://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](http://www.tonarigumi.ca/support-services)

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

### Better Meals

**604.299.1877**

[www.bettermeals.ca](http://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](http://www.casalinga.ca)

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

### Citizen Support Services

**604.294.7980**

[www.burnaby.ca/citizensupportservices](http://www.burnaby.ca/citizensupportservices)

#### Grocery Shop-By-Phone

Provides Burnaby seniors with weekly grocery shopping and delivery service. Payment by Visa or Mastercard debit or credit only. Delivery is free of charge.

### Dairyland Home Service

**1.877.341.8700**

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

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

### Senior Services Society

**604.520.6621**

[www.seniorsservicessociety.ca](http://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**

<https://alzheimer.ca/bc/en>

[info@alzheimerbc.org](mailto:info@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 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**

English (M-F, 9am-8pm)

Cantonese &amp; Mandarin (M-F, 9am-4pm)

Punjabi, Hindi &amp; Urdu (M-F, 9am-4pm)

604.681.8651

1.800.936.6033

1.833.674.5007

1.833.674.5003

**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

**Public Health General Info**

Bby: 604.918.7605

New West: 604.777.6740

**Fraser Health Lifeline**

604.953.4960

www.fraserhealth.ca (Search &gt; 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](mailto:lifeline@fraserhealth.ca)

**Healthy Eating for Seniors**

www2.gov.bc.ca/seniorshealthyeating

Provides information for seniors about food, meals, nutritional health, and supplements. Includes a handbook of recipes with nutritional information, smaller portions, and cultural variations, online in multiple languages, and in audio and video formats.

**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

**Century House**

604.519.1066

**Telus Health —LivingWell Companion**

1.888.505.8008

www.telus.com/livingwellcompanion

Provides emergency response service with optional fall detection.



From companionship to 24-hour care, we provide more than just the clinical healthcare you need. We'll work to get you back to doing the things you love.



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604.522.9989

[burnaby@nursenextdoor.com](mailto:burnaby@nursenextdoor.com)



**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 22*

## Peer Counselling & Support

**411 Seniors Centre Society** 604.684.8171  
<https://411seniors.org> info@411seniors.org  
3502 Fraser Street, Vancouver  
Provides seniors with information and referral services, social, recreational, and educational opportunities from a multicultural resource centre. Free income tax clinic by appointment in March/April for low-income seniors and people on disability. Call for information on membership, drop-in activities, and events.

**Burnaby Neighbourhood House** 604.430.0400  
<https://burnabynh.ca> kathyb@burnabynh.ca

### Senior Peer Support

One-on-one peer support by trained volunteers for seniors experiencing frustration or difficulties because of life changes. This is not a counselling service.

### Family & Friend Caregiver Supports

Offers support to those providing care for a relative, neighbour or friend.

**Seniors Information and Referral/ Form Completion Assistance** 604.292.3901  
charlenel@burnabynh.ca  
Support seniors to find information and community services. Volunteers also help seniors with form completion, including CPP, OAS, GIS, SAFER, Housing Registry, and Provincial Bus Pass.

**Century House Peer Support** 604.519.1064  
[www.centuryhouseassociation.com/service-group/peer-support-program](http://www.centuryhouseassociation.com/service-group/peer-support-program)  
Provides free peer counselling programs for New West aging adults and seniors, helping with life transitions, bereavement, loss, loneliness, isolation, health, and aging concerns. Volunteers always welcome.

**Citizen Support Services** 604.294.7980  
[www.burnaby.ca/citizensupportservices](http://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.

**ISSofBC — Connecting Seniors** 604.395.8000  
<https://issbc.org/our-programs-and-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.

**MOSAIC Seniors Club Programs for Immigrant & Refugee Seniors** 604.362.4318  
<https://mosaicbc.org/our-programs/join-the-mosaic-seniors-club>  
Provides free, multilingual services to newcomer seniors 55+, including settlement counselling, English conversation circles, computer classes, activity and information workshops, and rotating programs of interest such as yoga classes, Tai Chi, knitting, singing, and field trips.

**MOSAIC CARES** 236.485.0968  
<https://mosaicbc.org/our-programs/one-on-one-support-for-seniors>  
Provides an innovative service for older adults who require support connecting to their community or learning to address their health and well-being needs. Social Prescribing works alongside clinical treatments to address people's needs in a holistic way.

**New West Police Service & FSGV — Elder Abuse Unit** 604.529.2459  
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. Mon-Fri, 8am-4pm.

**Nidus Personal Planning Resource Centre & Registry**  
[www.nidus.ca](http://www.nidus.ca) 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.

**Office of the Seniors Advocate** 1.877.952.3181  
[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)  
Provides a "go-to" resource for seniors' information and referral. Phone lines are answered by senior service specialists who can help with a range of questions and issues.

**Seniors First BC- Seniors Abuse & Information Line (SAIL)** 604.437.1940  
1.866.437.1940  
[www.seniorsfirstbc.ca](http://www.seniorsfirstbc.ca)  
Provides a safe place for older adults or those caring 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.

**Seniors Services Society** 604.520.6621  
[www.seniorsservicesociety.ca](http://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.

**Public Guardian & Trustee of BC** 604.660.4507  
[www.trustee.bc.ca](http://www.trustee.bc.ca) or 604.775.1001  
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.

**Burnaby Hospice Society** 604.520.5087  
<https://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.

**Memorial Society of BC** 604.733.7705  
<https://memorialsocietybc.org> 1.888.816.5902  
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.

**BC Bereavement Helpline** 604.738.9950  
www.bcbh.ca contact@bcbh.ca  
Provides information, referral, and compassionate listening for persons coping with grief.

**Voices of Burnaby Seniors Society** 604.619.0953  
www.vobss.ca VobsSociety@gmail.com  
A non-profit society led by volunteer seniors who aim to support all Burnaby seniors in being healthy, independent, and connected community members through information access and advocacy.

## Home Support Services

**Better At Home Programs**  
https://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.

**Burnaby Better At Home** 604.297.4877  
betterathome@burnaby.ca

**New Westminster Better At Home** 604.520.6621  
support@seniorsservicessociety.ca

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.

**Aging My Way Home Care** 604.290.8331  
www.agingmywayhomecare.ca

**All Nursing Health Services** 604.488.9323  
www.allnursing.ca

**CDN Eldercare Massage** 604.340.3581  
www.cdneldercare.ca info@cdneldercare.ca

**Big Hearts Homecare** 604.493.2045  
www.bigheartshomecare.ca info@bigheartshomecare.ca

**Caring Shepherd Home Care Services** 604.614.8544  
www.caringshepherd.ca

**CBI Health Group Home Health** 1.800.463.2225  
www.cbihealth.ca

**Classic LifeCare** 604.263.3621  
www.classiclifecare.com

**Comfort Keepers** 604.689.8609  
www.comfortkeepers.ca/Vancouver

**Golden Transitions** 604.240.8085  
www.goldentransitions.ca geoff@goldentransitions.ca

**Hero Home Care** 1.888.988.9913  
www.herohomecare.ca care@herohomecare.ca

**Home Instead Senior Care** 604.432.1139  
www.homeinstead.com/3037

**Integrative Rehabilitation** 604.419.0998  
www.bcintegrativerehab.com integrativerehab@gmail.com

**John's Helping Hands** 604.329.1006  
www.johnshelpinghands.ca john@johnshelpinghands.ca

**Just Like Family Home Care Services** 778.858.2748  
www.justlikefamily.ca burnabynewwest@justlikefamily.ca

**Karp Home Care** 604.420.7800  
www.karphomecare.com

**Nurse Next Door Home Care Services** 604.553.3330  
www.nursenextdoor.com burnaby@nursenextdoor.com

**Peachtacular Home Health Care Limited** 778.859.2695  
www.peachtacularhhc.com info@peachtacularhhc.com

**Personalized Dementia Solutions Inc.** 778.789.1496  
www.dementiasolutions.ca info@dementiasolutions.ca

**Physio2U** 778.846.7695  
www.physio2u.ca info@physio2u.ca

**Good Riddance Professional Organizing & Move Management** 604.421.5952  
www.goodriddance.ca heather@goodriddance.ca

**Retire-at-Home** 604.998.1628  
www.retireathomeNS.com

**Safe Care Home Support** 604.945.5005  
www.safecarehomesupport.ca info@safecarehomesupport.ca

**SE Health** 604.739.4300  
https://vancouver.sehc.com

**Seniors Choice for Care** 604.551.8867  
www.seniorschoiceforcare.ca

**Shylo Nursing & Home Healthcare** 604.985.6881  
www.shylohomehealthcare.ca office@shylohomehealthcare.ca

**Strive Living Society** 604.936.9944  
https://striveliving.ca info@striveliving.ca



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Email: burnaby@homeinstead.com



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www.Homeinstead.com/3037  
#208-5066 Kingsway, Burnaby

## Housing Information

**Seniors Services Society — Housing Services** 604.520.6621  
www.seniorsservicessociety.ca info@seniorsservicessociety.ca  
Provides a broad range of one-on-one housing navigation services including information and guidance on varied seniors housing in the Lower Mainland, referral, seniors homeless outreach program, and Temporary Housing Program (assisting seniors aged 60+ in securing and maintaining affordable and appropriate housing. Services available for seniors 60+ living in the Lower Mainland (except Downtown Eastside) and are provided on a case-by-case basis: suitability determined upon intake. Call or email for more information.

**BC Home Renovation Tax Credit for Seniors and Persons with Disabilities** 1.877.387.3332  
www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/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/housing-assistance/rental-assistance-programs/SAFER  
Provides monthly financial assistance for eligible renters 60+.

**BC RAHA — Rebate for Accessible Home Adaptations**  
www.bchousing.org/housing-assistance/BC-RAHA  
Provides financial help in the form of rebates to eligible seniors with low- income and people with disabilities to complete home adaptations for independent living.

**Home Owner Grants** 1.888.355.2700  
www2.gov.bc.ca/gov/content/taxes/property-taxes  
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  
https://newvista.bc.ca info@newvista.bc.ca  
Provides housing to families of varied incomes and subsidized housing to seniors 55+ with low income. Must apply online first through BC Housing Registry: www.bchousing.org , 604.433.2218

## 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  
https://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  
https://cleanstartbc.ca  
Offers junk and sharps removal, hoarding cleanup, pest control, sanitization services, basic, carpet/upholstery & extreme cleaning.

## Pension & Benefits Information

**Service Canada** 1.800.622.6232  
www.servicecanada.gc.ca TTY: 1.800.926.9105  
Provides information about CPP/CPP-D, EI, 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.

**BC Seniors Supplement** 1.866.866.0800

## Continuing Education

**College for the Retired** 604.517.8732  
www.cccburnaby.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. Call or check website for latest updates.

**COSCO Seniors Health & Wellness Institute** 604.261.6887  
www.seniorshelpingseniors.ca  
workshops@seniorshelpingseniors.ca  
Offers free virtual workshops to seniors' groups in healthy living, safety, and legal issues.

**SFU Liberal Arts & 55+ Program** 778.782.8000  
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+.

**UBC Extended Learning** 604.822.1444  
www.extendedlearning.ubc.ca  
Offers a variety of learning opportunities including: UBC Academic Explorations, engaging and informative non-credit courses for learners of all ages offered online in the fall and winter, and in-person in the summer at the UBC Campus.

**TechSMART Learning**  
https://techsmartseniors.org  
Provides instruction to older adults about the latest tools and technology to help them lead active lives.



## 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](http://www.burnaby.ca/recreation-and-arts) (Search > Seniors Programs)

**Bonsor 55+ Centre** 604.297.4580

6533 Nelson Ave, Burnaby

**Cameron 55+ Centre** 604.297.4456

9523 Cameron St, Burnaby

**Confederation Seniors Centre** 604.294.1936

4585 Albert St, Burnaby.

**Edmonds 55+ Centre** 604.297.4838

7433 Edmonds St, Burnaby

### New Westminster Senior Centres:

**Century House** 604.519.1066

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

620 Eighth St, New West

**Queensborough Community Centre** 604.525.7388

920 Ewen Ave, New West

### Burnaby Neighbourhood House

<https://burnabynh.ca/get-involved-seniors>

South: 604.431.0400

North: 604.294.5444

### Seniors Connections

[leak@burnabynh.ca](mailto:leak@burnabynh.ca)

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

[leak@burnabynh.ca](mailto:leak@burnabynh.ca)

Offers a low-cost day program with recreation, socialization for Burnaby seniors 55+ who have health or mobility-related barriers. Thurs 10:30am-2pm. Lunch is available.

### Friendly Phone Calls

[alexish@burnabynh.ca](mailto:alexish@burnabynh.ca)

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

### Dementia Friendly Café /

### Dementia Friends

[faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca)

Café welcomes people with memory loss or dementia, their family and friends. Participants engage in socializing and facilitated discussion on topics led by guest speakers. Refreshments provided and music led by a Certified Music Therapist are included. Drop-in café held 2nd Thursday/month, 1-3pm.

### Seniors Memory Club

[faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca)

Join our dementia- friendly, multicultural, and intergenerational event. This is an opportunity for playing games, exercising, socializing, singing, sharing stories, and celebrating our togetherness. Most Saturday mornings from 10am-11:30pm



## BETTER CARE CLOSE TO HOME

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[bhfoundation.ca/donate](http://bhfoundation.ca/donate)

Scan the QR code with your mobile device to make a gift to support local healthcare

**Citizen Support Services** 604.294.7980  
[www.burnaby.ca/citizensupportservices](http://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](http://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.

## **Transportation**

### **Information**

**BC Ferries** 1.888.223.3779  
[www.bcferrries.com](http://www.bcferrries.com)

**Compass Card** 1.888.207.4055  
[www.compasscard.ca](http://www.compasscard.ca)

**Ebus** 1.877.769.3287  
[www.ebus.ca](http://www.ebus.ca)  
 Offers convenient, affordable, and responsible bus service to select destinations within BC and Alberta.

#### **Gas Buddy**

[www.gasbuddy.com](http://www.gasbuddy.com)  
 Calculate trip costs and compare local gas prices with their website and downloadable app.

**Road Condition Reports** 1.800.550.4997  
[www.drivebc.ca](http://www.drivebc.ca)

**TransLink Customer Information** 604.953.3333  
[www.translink.ca](http://www.translink.ca)  
 Provides bus, skytrain, and seabus schedules and information.

**Vancouver International Airport** 604.207.7077  
[www.yvr.ca](http://www.yvr.ca)

### **Programs**

**Burnaby Seniors Transportation** 604.292.3901  
[www.bbyservices.ca/programs-seniors.php](http://www.bbyservices.ca/programs-seniors.php)  
[SeniorsTransport@bbyservices.ca](mailto:SeniorsTransport@bbyservices.ca)  
 Provides Burnaby seniors with transportation to their medical and dental appointments. Call for details.

**New West Seniors Medical Transportation** 604.520.6621  
[www.seniorsservicessociety.ca](http://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.

**Driving Miss Daisy Seniors Services** 604.767.4030  
[www.drivingmissdaisynorthshore.ca](http://www.drivingmissdaisynorthshore.ca)

**Translink Programs for Accessible Transit** 604.953.3680  
[www.translink.ca](http://www.translink.ca) (Search > Accessing Public Transit)

#### **HandyDART**

Provides customized service for people with disabilities. Advanced booking required; call 604.575.6600.

#### **Taxisaver/Handycard**

Provides discounts for persons with permanent disabilities.

**SPARC BC** 604.718.7744  
[www.sparc.bc.ca/parking-permit](http://www.sparc.bc.ca/parking-permit) 1.888.718.7794

#### **Parking Permit Program**

[permits@sparc.bc.ca](mailto:permits@sparc.bc.ca)  
 Provides parking permits for people with disabilities.

**Accessibility and Enforcement Line** 604.718.7734

**Bus Pass Program** 1.866.866.0800  
[www2.gov.bc.ca/gov/content/transportation](http://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.

**Evo** 604.268.5594  
[www.evo.ca](http://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.modo.coop](http://www.modo.coop)  
 Coordinates a co-operative car-sharing network. Cars must be dropped off at the pick-up location.

## Volunteer Opportunities

**Burnaby Neighbourhood House** South: 604.431.0400  
https://burnabynh.ca/get-involved-volunteer North: 604.294.5444  
Brentwood: 604.299.5778

Offers volunteer opportunities for community members to assist in a wide range of programs, build skills, give back to their community, and gain Canadian work experience. Visit the website for a current listing of opportunities.

**Charity Village** 1.800.610.8134  
www.charityvillage.com help@charityvillage.com  
Online source of information, jobs, services, resources, and volunteer opportunities for the non-profit community.

**Go Volunteer** 604.875.9144  
www.govolunteer.ca info@thevantagepoint.ca  
Online databases that connects community volunteers to local non-profit organizations and vice-versa.

**Seniors Services Society** 604.520.6621  
www.seniorsservicessociety.ca  
volunteer@seniorsservicessociety.ca  
Offers volunteer opportunities including: Meals on Wheels Runners/Drivers, Medical Transport Drivers, Grocery Order Takers, Bus Outing Host, and Support Callers.

**Volunteer Burnaby** 604.294.5533  
www.volunteerburnaby.ca info@volunteerburnaby.ca  
Promotes volunteerism and citizen participation through recruitment and referral of volunteers to non-profit community service agencies.

**Volunteer Grandparents** 604.736.8271  
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

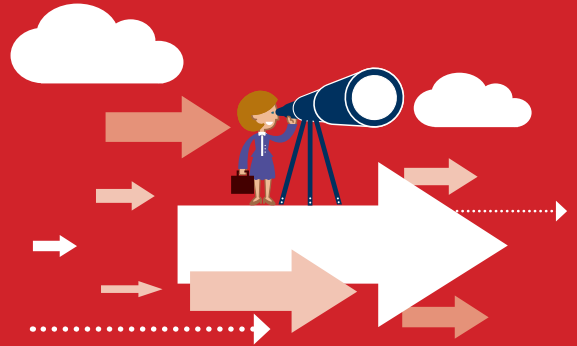
Youth and seniors are matched as pen pals.

### Ambassador Program

Seniors promote programs at fun community events throughout the year.

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