

HELPING HANDS



*Resource Manual for Native Youth
3rd Edition - March 2007*

The Urban Native Youth Association is excited to be releasing the Third Edition of Helping Hands: Empowering Native Youth. We would like to thank all of those service providers who have provided their program information so that we can make it available to Native youth.

Be sure to view the section “The Ins & Out of College & University”. We have found that many youth, and adults for that matter, do not understand the post-secondary system, all of the terms, requirements, or options available to them. So we are happy to provide some basic information that you can build upon to help you make a decision regarding your own education.

Special thanks to Kwesahey (Thomas Watts) for updating this edition of Helping Hands, Dani Nelson (front cover and inside drawing) Jasmine Anderson (back cover) and Chris King (inside drawing) for their beautiful artwork, and to the anonymous writers from the internet whose poems we have used.

If we missed including your program or service in this manual, please fax your information to the attention of the Program Developer at 604-254-7811. If your program fits the purposes of this manual, we will add it to our next edition.

All of the resources listed are for information purposes only. We do not advocate or endorse any of the programs or services, other than our own. Be sure to ask around to find out what might be the best resource for you.

You can also access and download PDF copies of this manual on our website at www.unya.bc.ca/pspubvid_hh.htm

A Brief History of UNYA

UNYA offered its first program to Native youth in 1988 with the Native Youth Job Corps, unfortunately this program is no longer in existence. We became a non-profit society with the addition of the Aries Project in 1989. We have since grown to include sixteen programs including four residential programs, ninety full and part-time staff and multiple volunteers.

We believe that Native youth have the right to live safe, healthy, and positive lives that are free from negative influences. We try to address issues that negatively affect the lives of Native youth through a good continuum of care with a large focus on prevention-based activities such as the Tutor Mentor program, peer leadership, and sports and recreational activities.

Our main goal is not only assist Native youth to leave their street lifestyles, but to deter our children from ever entering street life. We do this by offering preventative programs to meet youth's immediate and long-term needs.

Youth are consulted in the development of new programs and services, as we feel that youth are the experts in their own lives and are in the best position to advise us on youth issues. We always strive to have at least 4 of 9 board members be Native youth. Youth are influential in programming through direct input as participants, through group consultation for the Native Youth Centre, and through research. This year there are four youth volunteering their time as board members.

Over the past few years we have focused much of our efforts on community development initiatives, as we believe that the strengthening of our community as a whole can have a tremendous positive impact on the lives of Native youth. We have tried to contribute to the positive development of our community by creating our *Full Circle* and *Helping Hands Manuals*, hosting community meetings and forums, offering training on youth issues to the community, serving on community

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steering committees, attending consultation meetings, conducting research, developing innovative programs, hiring and training youth and creating partnerships that expand services to Native youth.

The Urban Native Youth Association Executive Director and Senior Staff work hard to ensure that our staff are supported both in their work and as individuals. We promote healthy lifestyles that includes providing an Employee Assistance Program that enables staff to debrief with our regularly visit a qualified counselor. UNYA is well known for its monthly FUNYA Day which is a team building wellness day.

We will continue to adapt to the ever -changing needs of Native youth to ensure that they have the best chance possible to lead, safe, healthy and positive lives

Please Note Effective September 2007

The Urban Native Youth Association will be re-locating its offices from 1324 East Hastings Street, 1332 East Hastings Street and 1640 East Hastings Street to our new location at:

1618 East Hastings Street, Vancouver, BC. V5L 1S6
Telephone: 604-254-7732 Fax: 254-7811



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Urban Native Youth Association (UNYA)

Effective Sept. 2007, we will be at 1618 E. Hastings St. Vancouver

Tel: 604-254-7732 Fax: 604-254-7811 Web: www.unya.bc.ca

Email: unyainfo@unya.bc.ca

In addition to the eighteen programs listed below, UNYA also has school support, counselling, residential, and sports and recreation programs that can be found in those sections of this manual. Visit our website for more info, to download brochures or our other resources including this manual, research reports, newsletters, links, and the Native Youth Proclamation.

Aboriginal Transition Team

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-215-7732 Fax: 604-254-5159

Email: transition@unya.bc.ca

Provide intensive one-to-one support to Native youth ages 13 - 18 who are involved with the Ministry of Child & Family Development (MCFD). Will assist youth to connect with the relevant community resources to obtain the training and personal skills necessary to become fully capable of living independently. Call for more information.

Aboriginal Youth Worker – UNYA & BYRC

Address: Please See Bottom of Page 3

Tel: 604-254-7732 Fax: 604-254-7811 Web: www.unya.bc.ca

One worker is based out of UNYA headquarters, and one is based at the Broadway Youth Resource Centre located at Fraser & Broadway. The AYW's work with Eastside schools, community centres, organizations, and families by employing a harm reduction philosophy. Their goal is to become involved with youth before street life entrenchment and offer positive and healthy alternatives to street life. These alternatives include bringing back the Aboriginal culture to the youth. This also applies to those who have become street entrenched. For more information please call the above number.

Mediation & Reunification Program

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-215-7732 Fax: 604-215-7731

Email: mediation@unya.bc.ca

We work with youth and families involved with MCFD. Our goal is to help youth to positively address issues in their lives by providing mediation, communication skills, workshops, and referrals. Call for more info

Mentorship Program

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-7732 Fax: 604-254-7811

Email: mentorship@unya.bc.ca

Provides youth with positive social, educational, and cultural mentoring opportunities. The Coordinator provides support, assistance, advocacy and/or guidance to Aboriginal youth involved in the program. Call for more info.

Outreach Team

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-5147 Fax: 604-254-5195

Email: outreachteam@unya.bc.ca

This team works with the four youth hubs, schools, community centres, social workers, organizations, and families to help keep youth off the street and safe. Youth will be referred to appropriate services that can meet their unique needs. Call for more info.

School Support Team

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-7732 Fax: 604-254-7811

Email: schoolsupport@unya.bc.ca

Works with Vancouver School staff to connect Native youth to community resources, to work with Native youth to help them stay in

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and do well both socially and academically in school, and to help youth abstain from alcohol and/or drug use. We also host the Young Spirits Summer Daycamp for 12 – 14 year old Native youth. Call for more info.

Native Youth Learning Centre

Urban Native Youth Association

Address: Please See Bottom of Page 3

2:00 - 9:00 pm Monday - Friday

Tel: 604-254-5620 Fax: 604-254-5630

Email: Brandon@buildingfuturestoday.com

The NYLC is a partnership with, and funded by the Aboriginal Community Career & Employment Services Society (ACCESS). We offer computer based learning opportunities for 13 – 29 year old Native youth, career and college prep, web, email (during set times), homework, MS office, multimedia, typing, tutors, internet research, and resumes. desktop publishing, job search/interview skills, resume and cover letter, public speaking and creative writing, lifeskills/nutrition/activism, cultural teachings/talking circle.

Aries Project

Urban Native Youth Association

1607 East Hastings Street, Vancouver, BC, V5L 1S7

Tel: 604-255-1326 Fax: 604-255-0743

Email: aries@vsb.bc.ca

An alternate school for youth ages 13 – 18 years. Includes academics, lifeskills, recreation, A & D awareness, food, cultural enrichment and more. We have a continual intake. Interview required.

Cedar Walk Programs

Urban Native Youth Association

331 East Broadway Street, Vancouver, BC, V5T 1W5

Tel: 604-708-9130 Fax: 604-708-9160

Email: Cedarwalk@unya.bc.ca

An alternative educational and recreational program with a cultural component for Aboriginal youth ages 15 – 18. This program has an employment focus, and seeks to provide work placements for our students so that they can get hands on and real work experience so

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that they know what they will be facing when they enter the work force. Continual Intake.

Aboriginal Youth F.I.R.S.T Program (Futures In Recreation & Sport Training)

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-7732 Fax: 604-254-7811

Email: sportsandrec@unya.bc.ca

Offers sports and recreational activities to 11–23 year old Native Youth in East Vancouver. Activities include seasonal activities, leadership and skills training with a focus on encouraging youth who are not currently active to become involved. All of our programs are developed through partnerships with other service providers, individuals, and schools. Call for more info.

Native Youth Drop-in Centre

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-7712 Fax: 604-254-7811

Email: dropin@unya.bc.ca

5:00 - 10:00pm Mondays or 3:00 - 10:00pm Tuesday - Friday

For 15 – 24 year old Native youth. A safe, fun, and healthy space that is run for and by youth. Youth contribute to our programming. Offers a volunteer program, job search and resume building, discussion groups, movie and video nights, pool and foosball tables, internet, arts & crafts, group outings, some food, positive role models, different prevention workshop's and referrals to other community organizations and resources.

Alcohol & Drug Counselling Program

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-7732 Fax: 254-7811

Email: adcounsellors@unya.bc.ca

Individual and group counseling sessions for Native youth aged 13 – 21. Meetings will take place throughout Vancouver, or we can meet you where you feel comfortable. We have both female and male counselors. Call for more info.

Mental Health Program

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-7732 Fax: 604-254-7811

Email: Edward.allen@vch.ca

An aboriginal Mental Health counsellor is now available at UNYA to meet with youth of Aboriginal ancestry ages 13 to 18. The Mental Health Counsellor will provide preventative, consultative, and clinical mental health services for youth. Services include: Individual youth counselling, Staff education, and youth groups.

Young Bears Lodge

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-322-7577 Fax: 604-322-7571

Email: youngbearsloodge@hotmail.com

A sixteen-week alcohol and drug program for 13 - 18 year old Native youth. Includes individual and group counselling, recreation, cultural enrichment, and more. Call for more info. Self-referrals okay.

Young Wolves Lodge

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-321-1118 Fax: 604-231-2009

A five-bed live in program for 17-24 year old aboriginal females. Three beds are for women with children in the care of MCFD, and two are for women who have substance abuse/misuse related issues and are trying to work towards self-initiated positive change in their lives.

Aboriginal Youth Safehouse

Urban Native Youth Association

Address: Please See Bottom of Page 3

Email: safehouse@unya.bc.ca

Tel: 604-254-5147 Fax: 604-254-5195

Toll Free: 1-877-223-4321

24 hours a day 7 days a week. Provides a safe and stable environment for Aboriginal youth ages 16-18 years. Length of stay is 7

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days. Offers help getting off the street, directing youth to appropriate organizations and providing a place for reuniting Native youth with their own community and traditions when/if appropriate. All youth welcome.

Full Circle

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-7732 Fax: 604-254-7811

This manual addresses sexually exploited Native youth issues in Vancouver and focuses on opportunities for community development. Includes useful tips, lists, issues, and possible solutions. You can phone for a copy or download it in PDF format from our website.

Aboriginal Tutor-Mentor Program

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-7732 Fax: 604-254-7811

Email: aboriginaltutors@unya.bc.ca

Works with V.S.B. staff and Aboriginal post-secondary students to provide tutoring and mentoring to Native youth to help them do well in school, both academically and socially. Parental involvement is strongly encouraged.

Two-Spirit Youth Speak Out!

Urban Native Youth Association

Address: Please See Bottom of Page 3

Tel: 604-254-7732 Fax: 604-254-7811

This is a resource for Two-Spirit (GLBTQ) youth as well as those who are in the helping profession and want to provide relevant and welcoming services to Two-Spirit youth. You can phone for a copy or download it in PDF format from our website.

Street Nurses

Urban Native Youth Association

Tel: 604-660-9695

For more information about the street nurse program, please call the number. A nurse will be available to answer your questions.

Ins & Outs of College & University

This is general information only; our goal is to provide you with basic information so that you better understand the college and university system. To be sure about your responsibilities and options as a student, you should check with individual schools for their definitions and requirements. You may not know some words/terms that we use, or may be confused about some things. Read through this whole section, as most things will be defined or explained. We encourage you to check out your school's website, student services centre, school calendar, or talk to counsellors or professors to ensure that you have enough information to make good decisions for yourself.

What is a post-secondary school?

High school is also known as secondary school. 'Post' means 'after', so post-secondary means after high school. Colleges and universities are post-secondary schools.

What is the difference between a college and university?

Universities generally have a larger range of courses and more degree programs than colleges. Most colleges are smaller, have lower tuition rates, and may have fewer entrance requirements; for example, you may not need a second language. Colleges also have smaller classes and the professors usually have more time to spend with students.

How do I qualify to get into a post-secondary school?

Usually, you must, be a high school graduate or equivalent (i.e. completed an Adult Basic Education program or have a Grade 12 Equivalency Diploma (GED)), and you need to meet the school's minimum GPA requirement, and sometimes you must pass an entrance exam (eg., in English or Math).

How do I apply to get into a post-secondary school?

You submit an application form and official transcripts, and pay an application fee. Forms are available at the school or can usually be downloaded from their website. If you are accepted, you will receive an acceptance letter that will tell you what your next steps are. Some schools have specific admissions for First Nations students which may make it easier for you when you are applying.

What is a school calendar?

A school calendar contains most of the info you need about a school including deadlines, fees, course descriptions, contact numbers, and other important info.

What is a transcript? And why do I need it?

A transcript is an official report of your grades. You need a transcript to register in a school or apply for funding, a scholarship, bursary or grant. Most schools charge a fee

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for transcripts and it usually takes weeks before you receive it; make sure you order one well ahead of when you need it. You can order transcripts from the high school office or the college/university student services centre.

What is a GPA?

GPA is short for grade point average. It is the average of your combined grades. Most colleges and universities use a system based on letter grades which are assigned a number value from 0.0 to 4.0. For example, an 'F' equals 0.0 and an 'A+' equals 4.0. Each school has a chart of how grades translate into GPAs in their school calendar. Most high schools do not use a numeric grading system; instead they give students percentage grades with equivalent alphabetical grades. Often a minimum GPA is needed to qualify for a course or degree program, or for band funding, scholarships, bursaries or grants.

What is a credit?

A credit is similar to points. For most post-secondary courses you will receive three credits for a successfully completed course. Diplomas usually require 30 to 60 credits, and degrees usually require 120 credits.

What are transfer credits?

These are courses that you can transfer from one school to another and get credit for them. For instance, you might take an English 120 course at Langara College that can be transferred to UBC so this course counts towards your degree from UBC, but the English 190 course you took at Langara may not be transferable and won't count towards your degree at UBC. You must check the British Columbia Transfer Guide to see if your courses are transferable to other schools. Also be aware that some schools or their courses are not accredited (officially recognized as teaching/credited courses).

What are prerequisites?

A prerequisite is something that is required before you can register for a course or receive a diploma or degree. For example, you might need Grade 12 English before you can take a college level English course. Or you may need Psychology 400 in order to get a Bachelors degree with a major in Psychology.

How long is a term or semester in post-secondary schools?

There are usually three or four terms during the year, each lasting approximately three to four months. You can attend as many terms as you want if you are not in a specific program, but the fewer terms and courses you attend, the longer the time it will take for you to finish your education, and you may have to attend a minimum number of courses to qualify for student loans or funding from other sources.

What is a full-time or part-time student?

Each school defines what is part-time (3 courses per term) and full-time (5 courses per term). If you are funded by your Band, you may be required to take a certain number of courses each term to remain eligible for continued funding. If you are funded by your

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Band, it is best to check how many courses or credits are required by your Band, rather than whether the school considers you a part-time or full-time student.

What are distance education courses?

These are courses that you can take outside of the school setting and at your own pace. You either mail your assignments to the instructor or do them online. You usually have to take the exams at a school in the presence of an instructor. Often you can access an advisor by phone or email if you have questions. You should check to make sure that specific courses can count as credits towards your diploma or degree.

How do I choose and register for my courses?

You should choose courses that will fit into your educational plan (ie: to become an accountant, you would take accounting, English, and other courses that are required for you to get a diploma or degree in accounting). You can find this info in the school calendar. If you do not know what courses to take or what diploma or degree to work towards, you should talk to a student, First Nations or faculty advisor to seek advice. You can also take general studies of many different courses, but you should make sure to take courses that are transferable to at least one of the areas that you are considering as a diploma or degree. For some schools you can register online or over the phone, but for others you must go to the school to register. You should choose classes that fit into your schedule and leave you time to study. Many classes have options of what time of day or day of the week that you can take them. Some people prefer to choose classes based on who is teaching them; you can find info on teachers from other students or at the student centre.

What do the class/course numbers mean?

Example: Course 120 or 230. The first digit usually represents the year level of the course. The second and third digits usually specify the level within that year. Usually the higher the number, the more advanced the work. You usually have to complete courses in the order of the year they represent from the lowest year to the highest.

How do I know what books to buy for my course? And where do I get them?

The teacher/professor will give you a class outline or syllabus that lists what books are needed. You can buy textbooks at the school bookstore or you may even find them at other bookstores. The library often carries one or more copies of textbooks that can be borrowed. Some students sell their old textbooks. These books are cheaper (usually half price), but be careful – make sure the book is the right edition for your course and that it is still in good shape.

What is a lab?

Example: if you are taking a computer studies course, you will have class time where the professor gives a lecture, you can ask questions, or participate in discussions; and you will have lab time where you do practice exercises on the computer with a teacher in attendance to help you. The class size of a lab is smaller than for a lecture.

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What is student number and how do I get one?

After you register and pay your fees, you will receive a student number that allows you to get a student card that is also your library card. Your student card can get you reduced bus fare and access to other student services. There is usually no cost for a student card.

Do I need to know how to write an essay if I go to college or university?

Most courses require some degree of writing skill, but it depends on what courses you take (eg. English requires much more writing than Math). There are books that can help you learn to write an essay, or you can get help from the student service centre.

If I am having a hard time where can I go for help?

If you need help with your school work, you should ask your professor, fellow students, or student, First Nations or faculty advisor for help. There are also study groups, volunteer or paid tutors, the internet or library, and most schools have workshops on study skills, writing, anti-racism, stress management, etc. If it is a health issue, you should visit the student services centre to find out what they can do for you. Schools often have a health clinic and counsellors who can assist you. If your health issue is interfering with your studies, be sure to discuss it with your professor. If you have a disability, many schools have specific support services available. If it is a financial issue, you should talk to your family, Band, funder, or the student services centre to identify your options.

What is student orientation?

If you are in a specific degree program, you will be required to attend an orientation session where you will learn about all of the requirements, resources, and options available to you. There are also orientations at the library, student union building, or other student resources. Check with your school for more info.

What is a work/study program?

Low income students may be eligible to work at their school to earn extra money. You can apply at the student services centre. If you have somewhere specific you want to work (eg. library, childcare centre, Native Centre) check with them for opportunities, then bring that info to the student services centre to see if that is an option. There is usually a maximum amount of hours that you are allowed to work.

What if I want to play sports while I'm in school?

Most schools have sports opportunities – from intermural teams (casual) to varsity (school) teams. Check the school calendar for more info. Some athletes may be able to get scholarships due to their sports involvement. Be sure you do not jeopardize your education by taking too much time away from studying.

How will I know what my grade will be once I'm in post-secondary school?

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At the beginning of the term, most teachers/professors give students a breakdown of how they will grade the course (eg., paper 15%, attendance 15%, participation 20%, exam 50%). Depending on the course, you can usually keep track of your grade during the term by adding all of your marks together.

What is a bell curve?

Some courses must have a certain amount of students who get each letter grade from A – D, therefore sometimes marks are adjusted to ensure that this happens. So although some people might qualify for what is usually a B minus, they may be bumped down to a C plus to ensure that all students fit within the bell curve. If you would like to better understand this, ask your professor or student service centre representative.

What is a department, faculty or school?

These are all basically the same thing. A psychology student may be in a Psychology Department, Faculty, or School. The name does not make much of a difference as long as the courses are accredited.

What is a diploma?

A diploma is usually a one or two year program. A diploma program may not be fully accredited, so you may not be able to transfer the credits to another school.

What is a bachelor degree?

A bachelor degree is also known as an under-graduate degree. It usually requires 60 pre-requisite and transferable courses credits, plus 60 course credits that are eligible for a specific field of study (i.e. social work may accept social work courses plus some sociology, counselling, and other courses).

What is a masters degree?

A masters degree is also known as a graduate degree. It usually requires an eligible bachelor degree plus 30 - 60 credits of courses from a specific field of study. Some masters programs also require you to write a thesis. While you may be able to teach at a high school or college with a bachelor degree, you usually need a masters to teach higher level courses, or at a university.

What is a doctorate degree?

A doctorate degree is also a graduate degree. For a doctorate, you must focus on a specific field of study and in most programs, you have to write a dissertation (i.e. a major research paper; longer than a thesis.) A doctorate usually takes two to five years to complete. Generally, you can only pursue a doctorate after you complete a masters degree.

What is a thesis?

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A thesis is a major research paper on a specific area of study. A thesis is usually required to complete a masters degree. However, some masters programs only require you to do course work .

What is a major and a minor?

Generally a major and a minor is a specialization of courses in a single subject area within a degree. The difference is in the number of credits you need to qualify for a major or for a minor. For example, a major in Anthropology requires 60 credits of anthropology courses, whereas a minor requires 30 credits in anthropology courses. Usually, the courses must be within the required level of study (100, 200, or 300).

What are the costs for going to a post-secondary school?

You usually have to pay a registration fee every semester you attend, tuition/fee for each course, book costs, and the cost of transcripts (when needed). Some courses have additional costs.

What is a scholarship, a bursary and grant?

Unlike a loan, you do not usually have to pay back a scholarship, bursary, or grant. There are usually criteria that you have to fulfill to apply for them, and others to receive them. For instance you can apply for specific scholarships for your area of study (English). If you meet their requirements and fulfill the expectations of the award, they will send you a cheque. Sometimes they require that you write a letter to the person(s) who donated money to the school or scholarship. You can find information at your school, on the internet, from Indian & Northern Affairs Canada, etc. Be sure to ask the school, your fellow students, Band, or INAC for any information they might know.

If I'm Native, can I get funding to go to school?

There is limited funding available for "Status Indians" from each First Nations Band. There are usually requirements, sometimes a waiting list, and often limits on funding for tuition, books, and a living allowance. You can contact your Band for more info.

What is a student loan?

All provinces and the government of Canada offer loans to eligible low income students at a fixed rate of interest. You will not have to begin paying interest or paying back the loan until you have been out of school for a certain amount of time, but you must fulfill all the requirements for this to happen. You can get an application from the student services centre. Loans usually take 6 to 8 weeks to process, so you must be sure you apply early enough to ensure you receive the money in time for you to start school. A school may extend the deadline for paying tuition if you are waiting for loan monies to come in. Be sure to read and fulfill all requirements of the loan. Depending on what province you are in, you may be able to apply for loan forgiveness when you complete your degree. Not all applying are guaranteed to receive a student loan.

You Should Consider If the School Has Services and Programs That Are Specific For First Nations People:

Here are some questions that you may want to keep in mind while you are doing your research:

Is there an Aboriginal admission policy?

Some schools have specific admissions for First Nations students which may make it easier for you when you are applying.

Is there additional space set aside for Aboriginal enrollment in the program that you want to attend?

For example, the University of Victoria has a policy in which five percent of all seats are set aside for First Nations students. Policies like these are good indicators that show whether the institution aims to create an atmosphere that encourages Aboriginal participation.

How many Aboriginal students attend the school?

You may feel more comfortable going to a school with more Aboriginal students.

How many Aboriginal faculty are on campus?

Make sure that your school has a high number of Aboriginal support staff and professors. These people will become your saviors...

What kind of gathering spaces does the school provide?

Is there a physical space on campus for First Nations students? For example, at SFU there is a First Nations Student Centre operated by the university. There also are two rooms that are managed by the SFU First Nations Student Association so that students can have a place that is a "home away from home." These rooms have couches, computers, a fridge, printers and photocopier that are available for First Nations students while they attend university.

What kind of cultural practices are offered to First Nations students on campus?

For example, the University of British Columbia offers a long house and sweat lodge to its students.

For education program information please see the "Education" and "Post-secondary sections" of this manual.

Advocacy

Healing Our Spirit

BC Aboriginal HIV/AIDS SOCIETY

Suite 100 – 2425 Quebec St, Vancouver, BC, V5T 4L6

Tel: 604-879-8884, Fax: 604-879-9926, Toll Free: 1-866-745-8884

Website: www.healingourspirit.org

The Family Support & Advocacy worker provides a number of services for Aboriginal people living with HIV/AIDS, and their families. Services are provided from the Vancouver office located at Suite 100, 2425 Quebec Street. Services are available to Aboriginal people living with HIV/AIDS in communities across BC.

KAYA

Knowledgeable Aboriginal Youth Association

#200 - 2019 Dundas Street , Vancouver, BC, V5L 2B6.

Tel: 604-254 – 5513 Fax: 604-245 – 5538 Email: info@kayaweb.ca

Website: <http://www.kayaweb.ca>

KAYA's mandate is to advocate for urban Aboriginal youth within the Greater Vancouver area, encourage and assist urban Aboriginal youth to assert their voices and to create participation within the Aboriginal community to build participation capacity towards healthy progression.

Sacred Lives

Canadian Aboriginal Youth Speak Out About Sexual Exploitation (Save the Children Foundation)

Toll Free: 1-800-668-5036

Website: www.savethechildren.ca/en/whatwedo/publicat.html

A six-month consultation of 150 youth and twenty-two communities on sexual exploitation of Native youth. Outlines both historical and recent factors that contribute to this problem. Focuses on the importance of youth participation and community development as a way to find solutions. Please call for more info or a copy.

City of Vancouver Youth Outreach Team

Tel: 604-871-6027 or 604-871-6212 Fax: 604-871-6048

8:30am – 5:00pm Monday – Friday

Website: <http://www.vancouveryouth>.

C is a commitment by the City of Vancouver to work with youth and the wider community to ensure that youth have a PLACE in the City; have VOICE in the City; are viewed as RESOURCES by the City and have a strong SUPPORT BASE in the City. Their Youth Outreach Team members work with city staff and community partners to build and strengthen youth involvement in City initiatives

Ombudsman for Youth

756 Fort St. Victoria, B.C.

Tel: Toll Free: 1-800-567-3247 Fax: 250-387-0198

Website: www.ombudsman.bc.ca

Monday to Friday (8:30am - 4:30pm)

Call to speak to an intake worker. They investigate complaints in order to make sure youth are treated fairly. They investigate complaints about youth justice, Ministry of Children Families, schools, universities, colleges, hospitals, income assistance, and other provincial services.

***Note:** It is free and confidential and The Ombudsman is unable to deal with complaints against the Federal government, for example: Employment Insurance.

Youth Advocate

City Of Vancouver

#453 W 12th Ave Vancouver B.C. V5Y 1V4

Tel: 604-871-6556 Email: sheila_davidson@city.vancouver.bc.ca

Our mandate is to strengthen the City's participation in child, youth and family issues, advocate for systemic changes within the public sector and enhance the role and capacity for community advocacy. In partnership with other City departments, the Advocate will identify issues and recommend strategies and programs to create and/or change policy and practices. The Advocate will act as a liaison between affected youth, children and families and organizations working with this client population. The Advocate encourages a coordinated delivery of client services by communicating clients' needs and interests, sharing information and resources and bringing together key contacts within organizations to work on initiatives.

Advocacy Office

St. Paul's Anglican Church

1130 Jervis Street (near Pendrell)

Tel: 604-683-4287 Fax: 604-683-3109

Monday and Wednesday (9:30- 4:00pm.) Thurs (10:00- 2:30)

advocacy@stpaulsanglican.bc.ca

Provides help and support to anyone in difficulty. Welfare, disability applications, housing, food access, immigration, accommodation problems or access to government services are all addressed by caring volunteers who meet one-on-one with clients to work together and problem solve. This is a free, non-denominational (non-religious) service.

British Columbia Persons with AIDS Society

1107 Seymour St., 2nd Floor

Tel: 604-893-2223 Toll free: 1-800-994-2437 Fax: 604-893-2251

Email: advdsk@bcpwa.org Website: www.bcpwa.org

Monday to Friday (10:00am - 4:00pm)

Offers assistance with obtaining and/or understanding BC disability benefits, monthly nutritional supplement benefits, Canada Pension Plan disability issues, debt forgiveness, end of life planning, legal referrals (if you are unable to afford a lawyer), long term disability insurance, and crisis benefits, and workshops. Call or visit their website for more info or to get an application. No age limits. No cost. You will need a doctor note to verify your HIV status.

First United Church

320 East Hastings Street @ Gore Vancouver, B.C.

Tel: 604-681-8365 Email: missionoffice@firstunited.ca

Website: www.firstunited.ca

Monday-Thursday (8:30am - 4:00pm) and Fridays (8:30am-12:00pm)

Provides crisis intervention, housing referrals, advocacy, and community programs for residents of Vancouver's Downtown Eastside. Serves soup, coffee, and sandwiches every weekday morning. Regular meals are served on weekends, and Saturday Night Fellowship offers sandwiches and a movie. Also offers a selection of free clothing to street-involved people. Call for hours.

Advocacy Access Program BC Coalition of People with Disabilities

#204 - 456 West Broadway (@ Cambie St.)
Tel: 604-872-1278 TTY: 604-875-8835 Fax: 604-875-9227
Toll Free: 1-800-663-1278 (outside the lower mainland)
Website: www.bccpd.bc.ca

Advocates on behalf of people with mental, physical, cognitive, and sensory disabilities educates people with disabilities on their rights. Shares self help skills, provides info and referrals for people with disabilities, helps people with disabilities apply for and appeal the denial of provincial and federal disability benefits. Provides help sheets, brochures, pamphlets, and advocacy manuals free of charge to individuals and groups. Call to learn about their other programs

Downtowns Eastside Residence Association

#1 - 425 Carrall St Vancouver, B.C.
Tel: 604 - 682 – 0931 Fax: 604-669-5549
Email: dera@vcn.bc.ca Website: <http://www.dera.bc.ca/>
Monday to Friday (9:00am - 5:00pm)

DERA is an organization of residents working towards improving the living conditions in Vancouver's Downtown Eastside. DERA organizes around issues of concern to the community as well as providing housing, advocacy, and community support programs and services. DERA assists neighborhood residents with welfare rights issues, pensions, Employment Insurance, and income tax preparation. DERA also provides information and assistance for those seeking accommodation in the neighborhood, and advocacy in residential tenancy disputes.

Downtown Eastside Women's Centre

302 Columbia St. (@ Cordova) Tel: 604-681-8480
Weekdays: 10:00 - 5:00pm or Weekends: 12:00am - 5:00pm
Emergency Shelter (11:00pm-8am)

For women of all ages. Includes: support groups and services, advocacy, mental health and legal advocacy, HIV outreach, victim services, stopping violence programs, D&A and harm reduction support groups, nutrition, volunteer, recreation, Arts Program, and educational programs.

Child and Youth Officer for British Columbia

Tel: 250-356-0831 Toll Free: 1-800-476-3933

The CYO's staff can provide information and referrals, talk with you about your advocacy needs, and give information about your rights. Your information will be kept confidential.

Kettle Friendship Society

1725 Venables Street (@ Commercial Drive)

Tel: 604-251-2854 Website: <http://www.thekettle.ca/>

Advocacy for mental health disabilities, mental health drop-in centre, housing office, adults 19 and over, \$1 year membership. Call for more information.

John Howard Society

#300 - 96 East Broadway (@ Quebec)

Tel: 604-872-5651

Email: jhslm@intergate.bc.ca

Monday to Friday (8:30am - 4:30pm)

Volunteers and staff provide front line assessment, referral and advocacy support to men affected by the Criminal Justice System.

Federation of BC Youth In Care Network

#270 - 550 Sixth Street, New Westminster Tel: 604-527-7762

Toll Free: 1-800-565-8055 Fax: 604-527-7764

Website: <http://modena.intergate.ca/fbcycin/maframe.html>

We are dedicated to assisting the promotion of local groups run by and for youth in/from care. The main purpose of local groups is: giving support, friendship, self help, advocacy, information and representation of youth in/from care. We work provincially on systemic advocacy (trying to get the 'systems' to change), education (who we are, what are the issues) and promotion of the voice of youth in/from care. We do this with the support of a group of adults that share our beliefs we call them Advisors.

Mental Health Empowerment Advocates

Mental Patients' Association

1733 West 4th Avenue (@ Burrard St.)

Tel: 604-738-5770 Toll Free: 1-877-536-4327 Fax: 604-738-5875

Provides one-to-one support for individuals with mental health disabilities and advocates on their behalf. Educates people with mental health concerns on their rights, promotes self-help skills, info and referrals, and direct assistance in obtaining benefits through the B.C. Benefits, Disability Benefits Program and other programs.

Tenant's Rights Hot Line

TRAC tenant resource and advisory centre Society

Tennant Hotline: 604-255-0546

Toll Free: 1-800-665-1185 (outside of Vancouver)

9:00am - 5:00pm Monday - Thursday

Website: www.tenants.bc.ca Email: info@tenants.bc.ca

Provide info on tenant's rights regarding evictions, repairs, security deposits, rent increases and process of dispute resolution

Justice For Girls:

Tel: 604 689-7887 *collect calls accepted. *

Website: www.justiceforgirls.org

Justice for Girls offers outreach legal advocacy to teenage girls in poverty. The BC Public Interest Advocacy Centre provides legal supervision to the advocate. Justice for Girls does both individual and systemic advocacy on behalf of teenage girls (under 19 years) in response to poverty, male violence, human rights abuses, and criminalization

Respect Checklist

Your rights in a relationship:

If you are in a relationship, you must be treated with respect, which means your boyfriend, girlfriend, or partner:

- _____ Is willing to compromise
- _____ Lets you feel comfortable being yourself
- _____ Is able to admit to being wrong
- _____ Tries to resolve conflict by talking honestly
- _____ Enables you to feel safe being with him/her
- _____ Respects your feelings, your opinions and your friends
- _____ Accepts you changing your mind
- _____ Respects your wishes if you want to end the relationship

When someone loves you, you feel valued, respected and free to be yourself. You should not be made to feel intimidated or controlled.

***Think about your relationship-
Do you feel respected?***

Affordable Housing

Vancouver Native Housing Society

1726 East Hastings St. (@ Commercial) Vancouver, B.C. V5L 1S9
Tel: 604-320-3312 Fax: 604-320-3317 Website: www.vnhs.ca

Offers affordable housing to people of Aboriginal ancestry living on low income. They have 13 buildings with a total of 483 units including 2 singles only, 1 senior's, and 10 single and family apartments and town homes. You must fill out an application to be placed on the wait list. Placement is based on available vacancies, application date, applicant's need for housing and must be 19 years of age or older. There is also a Drop-In centre for elders. They do not provide emergency shelter.

Luma Native Housing Society

25 West 6th avenue, Vancouver, BC, V5Y1K2
Tel: 604-876-0811 Fax: 604-876-0999
Monday to Friday (10am – 3:30pm)

Offers affordable housing to people of Aboriginal Ancestry living on low income. They have 14 buildings throughout Vancouver. You must fill out an application to be placed on the wait list.

Bantleman Court

102 - 600 Vernon (@ Georgia)
Tel: 604-255-8456 Fax: 604-255-8456
Monday – Friday (7am-3:00pm)

Provides 14, 1 bedroom -occupancy units for youth at risk of homelessness (Primarily Native Decent). Offers on-site counseling. Contact local youth agencies for info, referrals, or an application's. Monthly rental charge's applies. Transit accessible, Wheelchair accessible.

Tenant’s Rights Hot Line

Tennant Hotline: 604-255-0546 Toll Free: 1-800-665-1185
Website: www.tenants.bc.ca Email: info@tenants.bc.ca
Monday – Thursday (9:00am - 5:00pm)

Info on tenant’s rights regarding evictions, repairs, security deposits, rent increases and in the process of resolving dispute in court.

Downtown Eastside Residents Association

#1 – 425 Carrall Street (@ Hastings)
Tel: 604-682-0931 Fax: 604-669-5499
Website: <http://www.dera.bc.ca/>
9:00am - 5:00pm Monday - Friday

Owns and manages housing co-ops, a total of 355 units of affordable housing for those residents who require low income housing. Provides free services to Downtown Eastside residents including advocacy, job training and referrals, landlord-tenants rights, and info on counselling, health, and youth services.

Aunt Leah’s Support Link

675 SE Marine Drive, Vancouver, BC, V5X2T5
Tel: 604-264-7238 Fax: 604-266-9947 Website: www.auntleahs.org

A supportive living program for youth 15 - 18 years who are in the care of the Ministry of Children and Families who are preparing for independent living. Self contained suite with basic furnishings, heat, electricity, and phone. Offers assistance in time management, budgeting, landlord/tenant guidelines, nutrition, personal health & well-being, housing info, obtaining ID, recreation, support for appointments, employment readiness. You must be willing to participate for 12 - 20 hours per week and meet with a one-to-one support worker twice a week. Call for more info.

Sancta Maria House

2056 West 7th Avenue (@ Naples) Tel: 604-731-5550

Sancta Maria House is a Christian home of healing for women 19 and over, desiring freedom from Drug and Alcohol addiction.

Greater Vancouver Housing Corporation

4330 Kingsway, Burnaby (@ Willingdon) Tel: 604-432-6300
8:00am - 4:00pm Monday – Friday
Web: www.gvrd.bc.ca/housing

Provides affordable housing for low and moderate income families, seniors and people with physical disabilities. Call ahead to see what is available or to find out how to apply.

Hampton Hotel Residence

Mental Patients' Association

124 Powell Street (@Main)
Tel: 604-681-8621 Fax: 604-681-3351

Supportive environment for people 19 and older with a history of mental illness living in the Downtown Eastside. Self referred or by people such as Mental Health Team, private doctor or psychiatrist, family member or a friend.

Wings Housing Society

#12 - 1041 Comox Street (@ Burrard)
Tel: 604-899-5405 Fax: 604-899-5410
Website: www.wingshousing.bc.ca Email: info@wingshousing.bc.ca

Wings administers a rental subsidy program for people living with HIV/AIDS. There is a waiting list.

Entre Nous Femmes Housing Society

#21 3550 SE Marine Drive, Vancouver, BC, V5S4R3
Tel: 604-451-4412 Fax: 604 451-4415
9:00am - 4:00pm Monday - Friday

Develops housing mostly for single parent families. You must fill in an application to be placed on the waiting list. Fax or write for application.

A & D Residential Programs

Waypoint - Substance Abuse Treatment

(PLEA) Community Services Society of BC

Head Office: 3894 Commercial St.

Detox Centre: 604-585-9195

Fax: 604-585-7976

Web: www.plea.bc.ca

A four month program for males aged 12 - 18. Referrals only accepted from BC probation officers. Individual & group counselling, parent/teen mediation, ongoing assessment, teacher supervised education, and social/rec activities. You're placed in one of PLEA's family homes with caregivers trained in detox, stabilization, and support recovery while receiving day, evening and weekend treatment at a separate facility.

Alcohol & Drug Supportive Recovery Program

(PLEA) Community Services Society of BC

Tel: 604-891-1082 (intake pager)

Website: www.plea.bc.ca Email: intake@plea.bc.ca

8:30am - 4:30pm Monday - Friday

A 28-day residential placement for youth who need a transitional home in order to continue drug and alcohol treatment. For youth 21 and under. Referrals are made through a Vancouver coastal health councilor.

Peak House - Pacific Youth & Family Services Society

2427 Turner Street (@ Nanaimo)

Tel 604-253-3381 Fax 604-253-3581

A 2-month voluntary residential treatment program with six funded beds and two fee-for-service beds. A provincial program providing service to youth ages 13 to 18 with the most serious substance misuse problems. Referrals are accepted from alcohol & drug counsellors only.

The Aurora Centre

5th Floor - 4500 Oak Street (@ 29th Ave) Tel: 604-875-2032
Office hours: 8:30am - 4:30pm Monday - Friday

A six-week live-in treatment centre for women 19 and older. If the ministry does not cover you, you may have to find another way to pay the fee. Agency referral from either: psychiatrist, addictions doctor, or Drug & Alcohol counselor, client has to be 30 days clean, 19 and older, smoke free environment.

Maple Ridge Treatment Centre

22269 Calligan Ave, Maple Ridge (@ Lougheed Hwy)
Tel: 604-467-3471 Fax: 604-467-8833
Website: www.mrtc.bc.ca Email: info@mrtc.bc.ca

A five week residential program for men 19 years and older. Includes group therapy and individual counseling, family workshops and counselling, concurrent disorders counselling, nutrition counselling and educational-experiential seminars workshops and focus groups. You need a referral from a professional such as an A&D Counsellor, doctor, psychiatrist, parole/probation officer.

New Dawn Recovery House

Chrysalis Society

Unit: 218, 3369 Fraser St. Vancouver, BC, V5V4C2
Tel: 604-325-0576 Fax: 604-325-0563 Email: newdawn@telus.net
9:00am - 5:00pm Monday - Friday

An early support recovery home for women. Length of stay is based upon individual need. Self referral or referrals from detox centres, doctors and agencies. Includes group sessions on health, nutrition, relapse prevention, healthy coping skills, communication, lifeskills, mediation, guided imagery, info on self help methods like 12 steps of NA, CA, and AA, traditional healing circles, drumming, and sweat lodge ceremonies. You must call first, no drop-ins. Must be 19 or over.

Pacifica Treatment Centre

1755 East 11th Ave (@ Commercial), Vancouver, BC
Tel: 604-872-5517 Fax: 604-872-3554
Website: www.pacificatreatment.ca

Helping Hands – Empowering Native Youth

Residential treatment centre for men and women 19 and over. Offers three levels of treatment. 1) Stabilization –ongoing assessment and counselling. 2) Intensive Therapy – 27 days which includes education sessions and small group therapy. Weekly NA and AA meetings in-house. 3) Transition & Re-Entry – for clients who have completed level 2 at Pacifica or are referred by another program. Clients build on their aftercare plan to strengthen their long term recovery goals.

Daughters and Sisters Program

(PLEA) Community Services Society of BC

Head Office: 3894 Commercial St. Web: www.plea.bc.ca

Treatment Centre: 604-543-7892

Intake: 604-597-9002 Fax: 604-543-8392;

Referral hours: Monday – Friday(8:30am - 4:30pm)

A six month treatment program for women from 12 - 18. Referrals only accepted from B.C. probation officers or addiction counsellors. Includes individual and group counselling, parent/teen mediation, ongoing assessment, teacher supervised education and social/rec activities. You are placed in one of PLEA's family homes with caregivers trained in detox, stabilization, and support recovery while receiving day, evening and weekend treatment at a separate facility.

Young Bears Lodge-Urban Native Youth Association

c/o 1640 East Hastings Street

Tel: 604-322-7577 Fax: 604-322-7571

Email: youngbearslodge@hotmail.com

A sixteen-week alcohol and drug program for 13 - 18 year old Native youth. Includes individual and group counselling, recreation, cultural enrichment, and more. Call for more info. Self-referrals okay.

Young Wolves Lodge-Urban Native Youth Association

c/o 1640 East Hasting Street. Vancouver

Tel: 604-321-1118 Fax: 604-231-2009

A five-bed live in program for 17-24 year old aboriginal females. Three beds are for women with children in the care of MCFD, and two are for women who have substance abuse/misuse related issues and are trying to work towards self-initiated positive change in their lives.

Alcohol & Drug Services

For other related programs, please see the “Counselling, Mental Health & Support Group” section of this manual.

Hey-Way’-Noqu’ Healing Circle

#401 - 1638 E. Broadway (west of Main), V5N1W1

Tel: 604-874-1831 Fax: 604-874-5235

Mon, Tues, Thur (8:30am - 4:30pm) Fri (8:30-12:00pm), or Wed .
(8:30am - 6:30pm) Web: www.firstnationstreatment.org

Provides one to one and group alcohol and drug counselling. Healing groups include grief and loss, and relapse prevention. Be sure to call first as you may have to register. They also hold an open sharing group Tuesdays at the Longhouse Church for youth who are parents. Also has Vision Quest Camps as part of their outreach intervention. Staff do professional orientations for those who are interested in learning more about their services. Traditional Teachings, Art Expression, and youth groups 5:00pm-7:00pm Wednesdays. Call to for more info.

Alcohol and Drug Program

Native Courtworker & Counselling Association

50 Powel St. Vancouver, BC, V6A1E9.

Tel: 604-687-0281 Fax: 604-687-5119

Offers help to Aboriginal persons who suffer from alcoholism or drug abuse. Includes one-to-one counselling and referral to detox, rehabilitation, residential centers, elders support program, detox program, and follow up support workers. Staff also provide follow-up and aftercare treatment and offer support to various recovery programs.

DEYAS HIV/AIDS Case Management Program

Downtown Eastside Youth Activities Society

612 Main Street, Vancouver, BC, V6A2V3

Tel: 604-762-2433 or 604-562-7660 Fax: 604-685-7117

Monday to Friday (9:00am - 5:00 pm)

For youth and adults living with or concerned about HIV infection.

Gathering Strength for Wellness Program

Aboriginal Mother's Centre Society

2019 Dundas Street, suit 208 (@ Wall)

Tel: 604-253-6262 Fax: 604-253-6263

10:00am – 6:30pm Monday-Thursday, Friday 10:00am - 5:00pm

Website: www.amcs.ca Email: info@amcs.ca

A 12-week program for Aboriginal women to learn about mental wellness issues such as depression & anxiety, learning to cope, communicating feelings, role-playing, and games. Weekly sweat lodge ceremonies are an option. Day or evening sessions. Child minding & bus tickets are available. Drug and alcohol counsellors available. Pre-registration is required – there is limited space.

Watari Youth Day Treatment Program

251 A, East 11th, Vancouver, BC, V5T2C4

Tel: 604-438-3755 Fax: 604-438-3745

Tuesday to Friday (12:30 - 4:00pm)

Web: www.watari.org

A 7 week voluntary program for youth aged 13 - 24 who are ready to work on taking their lives back from the influence of drugs and alcohol. Group counselling focuses on A&D education, wellness, and life skills. Self or other referral. Intake involves filling out a referral/assessment form, meeting the youth services manager for an intake appointment and then a meeting with a Substance Misuse Counsellor to complete a care plan before joining the group. Call ahead for intake/orientation.

Watari Youth & Family D & A Counseling services

#301 877 East Hastings, Vancouver, BC, V6A 3Y1

Tel: 604-254-6995 Fax: 604-251-6985

Web: www.watari.org

Provide free confidential counseling, Education Referrals and other prevention programs for community children youth and families.

Downtown Eastside Women's Centre

302 Columbia St. (@ Cordova) Tel: 604-681-8480

Website: www.dewc.ca

Helping Hands – Empowering Native Youth

Weekdays: 12:00pm - 5:00pm; or Weekends: 10:00am - 5:00pm

For women of all ages. Includes support groups and services as well as advocacy in areas such as mental health and legal programs, an HIV outreach, victim services, stopping the violence programs, D&A and harm reduction support groups, nutrition, volunteer, recreation, and educational programs. Call or check out their website for more details.

Downtown Eastside / Strathcona Youth & Family Alcohol and Drug Services - *Watari*

#301 - 877 East Hastings Street (@ Campbell)

Tel: 604-254-6995 Website: www.watari.org

Monday to Friday (9:00am - 5:00pm)

Offers free, confidential, individual and group alcohol and drug counselling, referrals, education and support. They also offer training and education programs such as, community mobilization, conflict resolution, women's assertiveness, self care, and alcohol and drug info. Prevention activities include teen theatre, wilderness leadership training, cultural enrichment (First Nations, Latin American), and community forums.

HIV/AIDS Home Health Care - Drop-In Centre

441 E. Hastings St. (@ Jackson)

Tel: 604-254-9937 Fax: 604-254-9948

Mon, Wed, Fri, (9:00am-3:00pm) Sat, Sun (12:00 p.m. - 2:00pm) Tues-
Thurs: Food Bank (12:00am-3:00pm) or Welfare week(9:00am - 3:00pm)

An adult program only for people with HIV/AIDS. Services include alcohol and drug counsellors, Intensive daily therapy, home visits, home subsidy, a music therapist on Mon, Thurs and Fri, TV room, and food services. Also see the free/cheap meal section.

DAMS

(Drug & Alcohol Meeting Support for Women)

101 East Cordova, Vancouver, BC, V6A1K7

Tel: 604-687-5454 Fax: 604-688-1799

Office Hours: Monday to Friday (8:00am - 5:00pm), Alternating Saturdays

Helping Hands – Empowering Native Youth

Offers short term one-to-one and crisis counselling, case management, referrals, outreach and can accompany women to appointments such as medical, legal, and child and family, daily drop-in groups; alcohol & drug (harm reduction) support group, women's talking circle, creative activities. No age limits.

Alcohol & Drug Information/Referral Services

Tel: 604-660-9382 Toll Free: 1-800-663-1441

Provides info and referrals to people needing help with substance abuse problems. They make referrals to programs all over British Columbia. 24 hours a day, 7 days a week.

Alcoholics Anonymous (AA)

3457 Kingsway, Vancouver, BC, V5R5L5
Tel: 604-434-3933 Fax: 604-434-2553

Phone for help and / or meeting times and places. A fellowship of men and women helping each other recover from alcoholism.

NEXUS Substance Abuse Outreach Program

Boys' and Girls' Clubs of Greater Vancouver

550 Cambie Street Tel: 604-660-5216 Fax: 604-660-1963
10:00am - 7:00pm Monday - Friday

Nexus works with youth at risk up to 24 years of age who have substance misuse issues. Services include crisis intervention, assessment, referrals and counselling.

Nexus provides outreach services to youth who may be uncomfortable coming to the office. We are a low barrier service and there is not cost to youth. We also provide drop-in services throughout the community.

Co-Ed Day Program

Family Service of Greater Vancouver

#202 - 1193 Kingsway (@ Inverness, west of Knight)

Tel: 604-874-2938 Fax: 604-874-9898

Web: www.ssgv.ca

Monday to Thursday, (usually between 10:00 am and 2:30 pm.)

Helping Hands – Empowering Native Youth

This co-educational group helps participants address the issues connected to substance misuse in a supportive atmosphere. There is no cost.

Odyssey 1

Boys' & Girls' Clubs of Greater Vancouver

518 S Howard Ave, Burnaby, BC, V5B 3R1

Tel: 604-299-6377 Fax: 604-299-4984

Monday – Friday (:30am - 6:30pm) Email: odyi@bgc-gv.bc.ca

Substance misuse program for youth ages 12 to 24, and their families. Services include individual and family counselling, educational workshops, skill development, recreation, peer support, and peer counselling. Prevention activities include panel talks, peer counselor training, and social/recreation programs for high risk youth. Receives funding from VCHA.

Odyssey 2 - Boys' & Girls' Clubs of Greater Vancouver

2875 St. George Street (@ 12th Ave)

Tel: 604-879-8853 Fax: 604-879-6133

Monday to Friday (10:30am - 7:00pm)

Substance misuse program for youth ages 12 to 24, and their families. Services include individual and family counselling, educational workshops, skill development, recreation, peer support, and peer counselling. Prevention activities include panel talks, peer counselor training, and social/recreation programs for high risk youth. Receives funding from VCHA.

Al-Anon / Alateen

#100 3680 E Hastings, Vancouver, BC, V5K2A9

Tel: 604-688-1716 Fax: 604-688-1716

Confidential meetings where relatives and friends of alcoholics can go to talk and support one another. Al-Anon groups include youth and adults. Call to find out meetings times and locations.

Avalon Women's Centre

5957 West Boulevard (@ 43rd Ave)

Tel: 604-263-7177 Fax: 604-263-7715 or

#203 - 657 Marine Drive Tel: 604-913-0477 Fax: 604-913-0488

Mon-Fr (9:00-4:30) Web: www.avaloncentres.org

Helping Hands – Empowering Native Youth

Offers a resource and drop-in for women seeking recovery from addiction, 12 step meetings, child care for meetings, library, clothing exchange Ongoing workshops.

Adult Children of Alcoholic & Dysfunctional Families

Tel: 604-878-8500

Alcohol & Drug Clinics Ministry for Children and Families

These clinics offer counselling for individuals, couples and families. Treatment varies from therapy groups to stress management. No wait list for youth (19 yrs & under). These clinics are very busy and you might not see a counselor for sometime if you are over 19.

a. Aboriginal

471 East Broadway, V5T 1W9 (near Kingsway and Fraser)
Tel: 604-660-0515

b. Midtown & South Van Team Tel: 604-660-6868

#105 - 5550 Fraser Street (@ 39th Ave)

c. North East Team

5050 Joyce Street (near Joyce Skytrain) Tel: 604-775-1822 or
3455 Victoria Drive (@ 12th Ave) Tel: 604-775-0049

d. West End Team

1505 Robson Street (@ Nicola) Tel: 604-660-3082

e. West Side Team

3rd Floor, 2110 West 43rd Avenue (@ W. Boulevard)
Tel: 604-664-0174

Women's Dew Program Family Services of Greater Vancouver

#202 - 1193 Kingsway (@ Inverness, east of Knight)

Tel: 604-874-2938 Fax: 604-874-9898 Web: www.fsgv.ca

Monday to Thursday (Approximately 10:00am - 2:30pm)

Offers two groups to choose from; Recovery Skills - a five-week group with a combination of talk therapy, education, art, and exercises to help you deal with the many issues connected to substance misuse, and adjust to the changes involved in an addictions-free lifestyle. H-ART: a three-week group that uses art exercises to provide an introduction to the basics of recovery. Call or visit the website for schedules. There is no cost.

Cocaine Anonymous (CA)

Tel: 604-662-8500

Call to find out locations and times.

Narcotics Anonymous (NA)

Tel: 604-873-1018

Open 24 hours. Phone for help and/or for meeting times and places. Leave a message.

Narvon

Tel: 604-878-8844

For friends and relatives of people with drug dependency issues.

Vancouver Recovery Club

261 East 12th Ave. (Near Main)

Tel: 604-708-9955 Fax: 604-708-9957

Admin: 9am - 4:00pm Mon – Fri Website: www.recoveryclub.com

24-hour drop in centre for alcoholics, recovering alcoholics and addicts who help each other to stay free from ALL kinds of drugs. Offers AA, NA & GA (Gamblers Anonymous) meetings, outreach program, clean & sober dances on Fridays; 24-hour cafeteria, TV & games lounge, info, and referral. \$5.00 monthly membership, if you can afford it.

Street Youth Options Day Program

Family Services of Greater Vancouver

1065 Seymour Street Vancouver

Helping Hands – Empowering Native Youth

Tel: 604-662-8858 Fax: 604-669-6671

Monday, Wednesday(1 - 3pm) Thursday (12 –2)

21 yrs. & Under Only – Out trip 1 - 4pm) 12 –2pm; or Saturday – out trips – from 12 – 5pm

Provides pre/post detox services to street youth who are abusing or misusing alcohol and/or drugs. Services include individual and group counselling, drug and alcohol education, life skills, rec activities, drop-in, referrals, and provides outreach to Native youth in the sex trade. Self referral (no court-ordered referrals).

Evergreen Community Health Centre

3425 Crowley Drive (Near Joyce Skytrain) Vancouver

Tel: 604-872-2511 Monday to Friday (8:30am - 4:30pm)

Offers free youth addictions counselling and prevention services. Counselling may include 1-1, group and family counselling. Prevention activities include education in schools, assessment, short term counselling, and referrals. Linkages can occur on site for youth detox, medical doctor referral, and youth clinic services.

Anti-Violence & Sexual Abuse Healing Programs

Indian Residential School Survivors Society

911 - 100 Park Royal South, West Vancouver

Tel: 604-925-4464 Toll Free: 1-800-721-0066 Fax: 604-925-0020

Website: www.irsss.ca Email: reception@irsss.ca

Supports survivors through crisis counselling, court support, info and referrals. Assists communities to help survivors: partnerships, training & education workshops. Raises awareness of residential school issues: contact with the media; conferences. Supports & conducts research: history and effects of residential schools. Advocates for justice and healing: traditional and non-aboriginal forms.

Family Violence Resource Centre

Native Education Centre

285 East 5th Avenue (@ Main) Vancouver

Tel: 604-873-3761 Fax: 604-873-9152

Website: www.necvancouver.org

Monday to Friday (8:30am - 4:30pm)

Offers info and referral, free confidential counseling (on site and of site) to Aboriginal youth and their families in a safe and culturally sensitive manner. Workshops include Violence in Relationships, Witnessing Resistance, Self-harm: Another Privatization of Pain, Traditional Healing. Educational materials available for loan. Resources dealing with family violence and sexual abuse are available for educational purpose, training programs, workshops, and conferences.

Hey-Way'-Noqu' Healing Circle

#401 - 1638 E. Broadway (@ Commercial) Vancouver

Tel: 604-874-1831 Fax: 604-874-5235

Mon, Tues, Thurs, Fr (8:30am - 4:30pm) or Wed (8:30am - 6:00)

Healing groups include grief and loss, relapse prevention. One to one and group alcohol and drug counselling are available. Be sure to call first as you may have to register for some of the groups and they do change. They also hold an open sharing group Tuesdays at the Lighthouse Church (on Franklin St.) for youth that are parents.

Sexual Abuse Counsellor

Musqueam Indian Band

6735 Salish Drive (just off of SW Marine Drive)

Tel: 604-263-3261 Fax: 604 -263-4212

Monday to Friday (8:00am - 4:00pm)

Offers counselling, art therapy, and play therapy, and are available for one-to-one session for children and families. Phone for an appointment.

Battered Women's Support Services (BWSS)

Peer Support: 604-687-1867 Bus: 604-687-1868 Fax: 604-687-1864

Website: www.bwss.org Email: infobwss@telus.net

Battered Women's Support Services provides counselling and advocacy for women survivors of violence in relationships, childhood sexual abuse and adult sexual assault. We also provide education and training on violence against women and related issues. Call for more information.

L.O.V.E. - Leave Out Violence

691 East Broadway (@ Fraser), V5T 1X7

Tel: 604-709-5728 Fax: 604-709-5721

email: vancouver@leaveoutviolence.com

LOVE is creating a youth lead movement against violence. Love's programs train and empower youth who have been touched by violence to utilize their voices and become champions against violence in schools and communities across Canada.

Sexual Assault Service

Vancouver Hospital Emergency Dept.

920 West 10th Avenue (@ Oak) Vancouver

Tel: 604 - 875 - 4995

Open 24 hours. You may ask for an assessment anytime. They are quite flexible, and will guarantee you a women doctor if you prefer one. This is a service to examine men and women 14yrs and older after they have been sexually assaulted. Also offers STD testing, medical

Helping Hands – Empowering Native Youth

treatment, medication, and referrals. For more information call 604 - 875 - 2881* (9:00am - 5:00pm Monday - Friday).

BC Society for Male Survivors of Sexual Abuse

#202 - 1252 Burrard Street (Between Drake & Davie)

Tel: 604 - 682 - 6482 Fax: 604 - 684 - 8883

Web: www.bc_malesurvivors.com Email: bcsmsa@hotmail.com

Provides individual and group therapy, support groups for significant others, educational outreach, Victim's Service Program and Residential Historical Abuse Program. Call for more info or an appointment.

SARA - (Sexual Assault Recovery Anonymous)

Tel: 604 - 584 - 2626 Fax: 604 - 584 - 2636

Wednesday – Friday (9:30am - 5:00pm)

Offers self-help support groups for survivors of childhood sexual abuse. This includes groups for adults and Sarateen for female victims ages 13 to 18. Meetings are held at several locations on the lower mainland. All inquiries and meetings are confidential and first names only are used at the group level. Also offers educational materials and public speakers.

Sexual Offence Squad

Vancouver City Police

312 Main Street (@ Cordova)

Tel: 604-717-2634 Fax: 604-257-3704

Monday to Friday 7:00am - 3:00pm

If you're willing to file a report, the squad will investigate and follow it up. The squad also takes reports directly from the BC Ministry for Children and Families when a child discloses that they have been physically or sexually abused. The squad is made up of two sergeants, sixteen detectives, an analyst, and a secretary

Vancouver Incest & Sexual Abuse Centre (VISAC)

VISAC Program: 202 - 1193 Kingsway, Vancouver Tel: 604.874.2938

TASA Program: 250 - 7000 Minoru Blvd, Richmond Tel: 604.279.7100

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Services for victims of trauma and sexual abuse and to their non-offending family members. VISAC attempts to meet the therapeutic needs of sexually abused children, their families, and adult survivors of childhood sexual trauma. TASA offers a variety of services to children, youth, and adults who have experienced trauma or sexual abuse.

Vancouver Aboriginal Community Policing Centre (VACPC)

Unit 100-1726 East Hastings, Vancouver
Tel: 604-678-3790

The Coordinator will play a vital role in delivering a community-based liaison service between the Vancouver Police Department and Aboriginal community and will work closely with its volunteers, Neighborhood Police Officer and Board of Directors.

Onyx Voluntary Safe Care Program Family Services of Greater Vancouver

1134 Burrard Street Vancouver BC V6Z 1Y7
Tel: 604-633-1472 Fax: 633-1473
Monday to Friday; hours vary.

The Onyx Voluntary Safe Care program is targeted towards sexually-exploited youth aged 18 and under.

Arts & Culture

Pow-wow/Plains Family Night Vancouver Aboriginal Friendship Centre

1607 East Hastings St. (@ Commercial) Vancouver
Tel: 604-251-4844 Fax: 604-251-1986 Web site: www.vafcs.org
Email: info@vafcs.org
Tuesday (7:00 -10:00pm)

The VAFCS hosts various programs for free to the community. West Prairie night (Tuesday) offer singing, dancing and vendor tables to sell arts and crafts. Volunteers are welcome. This event gives Aboriginal people a chance to gather together and socialize. Call the Program Director for more information. No cost. This event gives Aboriginal people a chance to gather together and socialize. Call the Program Director for more information.

Westcoast Family Night Vancouver Aboriginal Friendship Centre

See contact info above. Wednesdays (6:00 -11:00pm)

A social gathering where Westcoast dance groups share their culture, songs, and dances. Meals are provided on occasion. Local groups interested in performing may drop in and perform. Call Shannon McMillan at 604-251-7955 to rent an arts & crafts display table.

First Nations Dancing and Drum Groups

Tel: 604-251-4844 web: www.vafcs.org

Many different groups meet and practice their traditional dancing and singing in the urban environment. Some of these groups are the Tsimshian, Heiltsuk, Haida, Nisga'a, Squamish, Kwa'Kwa'Ka'Wakw, Nuu-chah-nulth, Plains/Pow-wow, and others. Please call the Aboriginal Friendship Centre for more information.

Indigenous Media Arts Group (IMAG)

1965 Main St. (@ E. 4th Ave) Tel: 604-871-0173 Fax: 604-781-0191
Website: www.imag-nation.com Email: imag@telus.net
9:00am - 5:00pm Monday - Friday (hours may vary)

Local Aboriginal media makers who organize an annual festival of independent film and videos that are produced, written, or directed by Aboriginal people. Also offers training and the opportunity to participate in other media-related events. The IMAG Multi Media Youth Training Program for 18 – 29 year olds run from January to May and includes hands-on training in radio, television, print and new media as well as in-depth video production training from Monday to Friday and some evenings. Call or check out the website for more info.

Aboriginal Art & Culture Celebration Society

#700 - 555 West Hastings St. (@ Seymour St)
Tel: 604-684-2532 Fax: 604-951-8806

Coordinates an Aboriginal Day Celebration that features traditional and contemporary Aboriginal performers from around the world, arts, and crafts displays, traditional food, and youth entertainment. Held during the week of June 21. Everyone is welcome. Admission Fee.

Cultural Sharing Carnegie Centre

A First Nations Cultural Sharing program on Mondays. Native arts & crafts from 4:00 - 8:00pm. Drumming and singing happens from 5:00 - 8:00pm in the theatre. There is a \$1 membership fee per year. At Main & Hastings Street.

Museum of Anthropology

6393 NW Marine Dr. (@ UBC it's about 10mins from the bus loop)
Info line: 604-822-3825 or Main office: 604-822-5087
Fax: 604-822-2974 Web: www.moa.ubc.ca
11:00am - 9:00pm Tuesday or 11:00am - 5:00pm Wed - Sun

A large display of Northwest coast Native art. Free admission for everyone on Tuesdays from 5 - 9:00pm. If you're First Nations they should let you in free anytime. Admission is \$9.00 for adults or \$7.00 for youth and seniors.

Real Story Competition – YWCA

535 Hornby Street Vancouver Tel: 604-895-5768

Fax: 604-684-9171 Email: realstory@ywcavan.org

Open to all high school students in grades 8-12 from the Lower Mainland, Fraser Valley, Howe Sound and the Sunshine Coast. Students write a story (1000 words max) about a real woman entitled "She inspires me". Deadline is in late October. The winning stories receive cash awards and are published by the YWCA in a booklet given out at the event; and on the YWCA website www.ywcavan.org

Redwire Native Youth Media

P.O. Box 2042 Station Main Terminal Vancouver V6B 3R6

Tel: 602-7226 Fax: 602-7276

Website: <http://www.redwiremag.com>

Redwire Native Youth Media's mandate is to provide Native youth with an uncensored forum for discussion, in order to help youth find their own voice. Redwire's mandate is to be by, for and about Native youth. all content, editorial decisions and associated media projects are initiated and led by youth, inspiring creativity, motivation and action.

Community Centres

Offer a wide variety of recreational and social activities such as swimming, workshops, sports, showers, theatre programs, day care, hot tubs, cultural, and arts and craft activities.

Britannia Community Service Centre

1661 Napier Street (@ Commercial)
Tel: 604-718-5800 or 604-718-5803

Carnegie Community Centre

401 Main Street (@ Hastings) Tel: 604-665-2220

Champlain Heights Community Centre

3350 Maquinna Drive (@ Champlain Drive) Tel: 604-718-6575

Gathering Place Community Centre

609 Helmcken Street (@ Granville) Tel: 604-665-2391

Hastings Community Centre

3096 East Hastings Street (@ Lillooet) Tel: 604-718-6222

Killarney Community Centre

6260 Killarney Street (Near Rupert & 49th Ave) Tel: 604-718-8200

Mount Pleasant Community Centre

3161 Ontario Street (@ 16th Ave)
Tel: 604-713-1888 or 604-874-8165

Ray-Cam Co-operative Centre

920 East Hasting Street (@ Campbell) Tel: 604-257-6949

Riley Park Community Centre

50 East 30th Ave (@ Quebec) Tel: 604-257-8545

Roundhouse Arts & Recreation Centre

@ Davie and Pacific Blvd. Tel: 604-713-1800

Helping Hands – Empowering Native Youth

Strathcona Community Centre

601 Keefer Street (@ Union)

Tel: 604-713-1838

Sunset Community Centre

404 East 51st Avenue (@ Prince Edward)

Tel: 604-718-6505

Trout Lake Community Centre

3350 Victoria Drive (@16th Ave)

Tel: 604-257-6955

West End Community Centre

870 Denman Street (@ Barclay)

Tel: 604-257-8333

Renfrew Park Community Centre

2929 East 22nd Avenue

Tel: 604-257-8388

Douglas Park Community Centre

801 22nd avenue West

Tel: 604-257-8130

West Point Grey Community Centre

1675 Discovery Street

Tel: 604-224-8007

Kensington Community Centre

5175 Dumfries Street

Tel: 604-718-6200

Counselling, Mental Health And Support Groups

For other relevant programs, please see the “Alcohol & Drug Support Groups” section of this manual.

Mental Health Program

Urban Native Youth Association

1604 East Hastings Street Vancouver B.C. V5L 1S6

Tel: 604-254-7732 Fax: 604-254-7811

Email: Edward.allen@vch.ca

An aboriginal Mental Health counsellor is now available at UNYA to meet with youth of Aboriginal ancestry ages 13 to 18. The Mental Health Counsellor will provide preventative, consultative, and clinical mental health services for youth. Services include: Individual youth counselling, Staff education, and youth groups.

Healing Our Spirit

BC Aboriginal HIV/AIDS SOCIETY

Suit 100 – 2425 Quebec St, Vancouver, BC, V5T 4L6

Tel: 604-879-8884, Fax: 604-879-9926, Toll Free: 1-866-745-8884

Web: www.healingourspirit.org

The Family Support worker provides a number of services for Aboriginal people living with HIV/AIDS, and their families. Services are provided from the Vancouver office located at Suite 100, 2425 Quebec Street. Services are available to Aboriginal people living with HIV/AIDS in communities across B.C.

Counselling Program

Family Services of Greater Vancouver

Suite 202-1193 Kingsway, Vancouver

Richmond - The Caring Place: 250 - 7000 Minoru Blvd

New Westminster - 301- 321 Sixth Street Tel: 604-874-2938

9:00AM-4:00PM Monday to Friday. Call to speak with an intake worker

web: www.fsgv.ca

Helping Hands – Empowering Native Youth

Provides short-term counselling to families and children, couples, and individuals living in the Lower Mainland. You can refer yourself if you are experiencing; a life crisis, conflict with your children/parents, family separation, relationship problems, challenges of sole parenting, cross cultural family adjustment, life transitions, grief and loss, self-esteem, ageing parents. Fees are on sliding scale based on household income.

Youth Counselling Services

East Youth Clinic

3425 Crowley Drive (@ Joyce Skytrain station) Vancouver

Tel: 604-872-2511

Tuesday (3:30 - 6:00pm) or Friday (2:00 - 4:30pm)

Free clinical counselling during these hours for people 23 years old and under. Contact Sherry to make an appointment.

Downtown Eastside Women's Centre

302 Columbia St. (@ Cordova) Vancouver Tel: 604-681-8480

Monday to Friday(12:00 - 5:00pm) or Weekends: (10:00am - 5:00pm)

Website: <http://www.dewc.ca/>

Directed towards women of all ages. Includes support groups and services, advocacy, mental health and legal advocacy, HIV outreach, victim services, stopping violence programs, D&A and harm reduction support groups, nutrition, volunteer, recreation, and educational programs.

Gayway

913 Davie St. (@ Hornby) Vancouver Tel: 604-682-3900

Website: www.gayway.ca Email: gayway@gayway.ca

Monday to Friday (10:00am - 5:00pm)

A gay men's resource exchange that promotes gay men's health using a wellness model that incorporates the social, sexual, physical, mental/emotional, spiritual aspects of each of us and our communities. Programs include peer counselling, facilitated discussion and support groups, educational resources.

United Native Nations

2nd floor, 678 East Hastings St., Vancouver, BC, V6A1R1

Tel: 604 - 668 – 1821 Fax: 604 - 688 - 1823

Monday to Friday (8:30am - 4:30pm)

Offers counselling, referrals, support groups, workshops, alcohol & drug and Mental Health counselling. Call for more information.

Parent – Teen Mediation

Family Services of Greater Vancouver

3rd Floor 321 6th Street, New Westminster

Tel: 604-525-9144 ex: 444 Fax: 604-524-9455

Offers confidential mediation for parents and teens and helps families develop workable solutions for daily living. Mediation can take place at your home or in an office and usually lasts between three to eight sessions of up to two hours each. Daytime and evening appointments available. There is no waitlist and services are free.

Providing Resources and Independence to Youth with Disabilities (PRIYD)

Family Services of Greater Vancouver

#202 - 1193 Kingsway Vancouver

Tel: 604-874-2938 Fax: 604-874-9898

Offers support for individuals with autism, mental and physical challenges. The goals of this free program are to increase each person's independence and to support the family. Service is provided both one-to-one and in small groups and includes contract specific goals, access to community facilities, social skills and peer interaction, communication, appropriate social behavior, street safety, volunteer work experience, recreation activities, transit skills, money management, and transition planning.

Transitions To Independence

Family Services of Greater Vancouver

1134 Burrard St. Vancouver, BC

Tel: 604-633-1472

Fax: 604-633-1473

Web: www.fsgv.ca

Helping Hands – Empowering Native Youth

Assists street-involved and at-risk youth who are referred by their social workers in the Downtown South, Downtown Eastside, and Mount Pleasant to work toward independence. Offers counselling and referral for education, employment, housing, medical care, pre-natal care, etc.

Adolescent Outreach Services (AOS)

550 Cambie Street, 2nd floor. (@ Dunsmuir) Vancouver
Tel: 604-660-9376

Offers mental health and counselling services to street-involved youths up to age 25.

Professional Counselling Program

AIDS Vancouver

1107 Seymour Street (@ Helmcken) Tel: 604-893-2246
Email: careteam@aidsvancouver.org

Helps people living with HIV/AIDS to access professional counselling services. The program is available to those with incomes of less than \$20,000 per year. There may be a waitlist.

Centre For Concurrent Disorders- Youth Services

255 East 12th Avenue, Vancouver
Tel: 604-255-9843 Fax: 604-251-4579

Provides services for youth 12 – 24 with mental health and drug/alcohol concerns. Treatment program offers intake, assessment and counselling for youth and their families. Outreach offers educational presentations and consultation services. Call for an appointment.

The Centre (LGBT Community Centre)

1170 Bute Street (@ Davie) Tel: 604-684-5307
Prideline: 604-684-6869 or Toll free: 1-800-566-1170
Web: www.lgtbcentrevancouver.com
Monday to Friday (9:00am - 7:00pm)

Programs include coming out groups, peer support groups, workshops, counselling, trans-gendered support, library, legal advice, youth group,

Helping Hands – Empowering Native Youth

and social drop-ins. They also run Prideline from 7:00 - 10:00pm nightly which offers information, referrals, and support.

CART

Child and Adolescent Response Team

#200 - 2425 Quebec St (@ 8th Ave. 1block west of Main)

Tel: 604-874-2300 Fax: 604-874-7195

Monday to Friday (10:00am - 7:00pm)

Provides urgent response to mental health related crises involving school age children/youth and their families. Short term therapy, resources, and referral coordination; psychiatric assessment available.

DAMS

Drug & Alcohol Meeting Support for Women

101 East Cordova Vancouver

Tel: 604-687-5454 Fax: 604-688-1799

Monday to Friday (:9:00am - 6:00pm)

Offers short term one-to-one, crisis counselling and case management. Will refer women to community counsellor's when/if they want long term counselling. They also offer outreach and can accompany women to appointments such as medical, legal, and child and family. There are weekly drop-in groups as well; alcohol & drug (harm reduction) support group, women's talking circle, creative activities, and the women aware information series. Life skills workshops are usually running once a week for 6 - 8 weeks. There are no age limitations, although most of their clients are adults and females. Call for more information.

PFLAG

Parents, Families & Friends of Lesbians & Gays

Tel: 604-684-9872 ext. 2060 Fax: 604-263-0378

Website: <http://www.pflagvancouver.com/>

Offers support and info for family members and friends of gay, lesbian, bisexual, and trans-gendered loved ones. People gain new perspectives, share their experiences, correct misinformation, and challenge-distorted attitudes. Everyone is welcome at the meetings regardless of sexual orientation, gender identity, family status, or ethnic background. Call for more information and meeting times.

Vancouver Community Mental Health Service

#200 - 520 West 6th Avenue (@ Ash) Vancouver
Tel: 604 - 874 - 7226 for referrals in your community
Monday to Friday (8:00am - 5:00pm)

Offers treatment services with mental health illnesses Will meet you anywhere you feel comfortable.

S.A.F.E.R. - Suicide Attempt Counselling Service

#300 - 2425 Quebec St (@ Broadway, east of Main St) Vancouver
Tel: 604 - 879 - 9251 Fax: 604 - 879 - 7463
Monday to Friday (8:30am - 4:30pm)

Counselling for individuals who show suicidal behaviour, workshops for family members and friends, also offered to agencies where a recent traumatic event has occurred. Phone for an appointment.

Mental Health Information Line

B.C. Mental Health Society
Tel: 604-669-7600 (24 Hours)

A recorded message of mental disorders (such as schizophrenia), facilities, programs and organizations where you can get help. You can also speak to an operator for peer support and referrals.

Victim LINK

Toll Free Tel: 1-800-563-0808 24 hours a day, 7 days a week

A 24 hour, multilingual, province-wide service for victims of family and sexual violence, and all other crimes. The toll-free telephone support and information line provides info and referral to all victims of crime, and crisis support to victims of family and sexual violence, including sexual assault, violence in relationships, elder abuse, and adult survivors of physical or sexual abuse.

UBC Life And Career Centre

UBC Robson Square 800 Robson St.

Tel: 604-822-8585 Fax: 604-822-3415

Website: www.lifeandcareer.ubc.ca Email: wrc@cstudies.ubc.ca

Offers one free drop-in counselling to people of all ages. There is ongoing counselling provided by students from UBC doing their practicum (in the last year of their masters degree program in Psychology). There is a waiting list, but they will try to meet your needs by referring you elsewhere. Also offers a resource library of education, career and community info, including medical and legal services.

Family Advancement Program

Family Services of Greater Vancouver

Tel: 604-874-2938 Fax: 604-874-9898

8:30AM-4:30PM Monday to Friday (hours are flexible)

Provides info and referral, family support, individual counselling to children and adults, family counselling, support, educational, and therapeutic groups for children & adults, assistance for newcomers. Services free of charge. Available at the following Elementary schools: Strathcona, Thunderbird, Mount Pleasant, Nightingale, Brock, Trudeau, Moberly, Queen Alexandria, Hastings

Directions Youth Services Centre

Outreach Services

1134 Burrard Street Vancouver B.C. V6Z 1Y7

Tel: Phone: 604.633.1472 Fax: 604.633.1473

Website: <http://www.fsgv.ca>

The Outreach team at Directions Youth Services Centre is in place to identify new youth on the streets of Vancouver and connect them to resources and services. Outreach workers assist homeless youth and youth at-risk in immediately accessing services such as health, mental health, MCFD or police; in returning youth to home or home community, where appropriate; and coordinating a response with other resources and service providers.

Crisis & Help Lines

Squamish Nation Crisis Centre

Crisis Line (24-hour): 604-904-1257

Administration: 604-904-1253 Fax: 604-904-4257

Provides immediate assistance and referrals to those who are in need. A supportive response to the daily stresses that can sometimes become too much to handle alone. The line is staffed 24 hours by trained volunteers.

Crisis Centre - Crisis Intervention & Suicide Prevention Centre of Greater Vancouver

Tel: 604-872-3311

Website: www.crisiscentre.bc.ca

24 hours a day, 7 days a week.

Offers free, confidential telephone counselling to people who are emotionally upset or experiencing depression, relationship or family problems, alcohol and drug problems or feeling suicidal.

Rape Crisis Centre

Women Against Violence Against Women (WAVAW)

24 hours a day, 7 days a week. Tel: 604-255-6344

Toll Free 1-877-392-7583

Website: www.wavaw.ca

A confidential phone service which offers information, support, counselling, and referrals to victims of rape or sexual violence.

Helpline for Children - MCFD

Tel: 604-310-1234

24 hours a day 7 days a week.

A free, confidential phone service for anyone needing help, or who knows of a child who is being abused or neglected. You don't have to identify yourself. If you are on the streets in the Downtown core, it might be easier to drop in at the Adolescent Services Unit (ASU) at 550 Cambie Street (near Pender) for more immediate assistance.

Rape Relief & Women’s Shelter

Tel: 604-872-8212

Youth Against Violence Line

Tel: 604-775-4264

Battered Women Information

Toll Free: 1-800-563-0808 24 hours a day

Help Line for the Deaf

Tel: 604-660-0505

Victim LINK

Toll Free: 1-800-563-0808 24 hours, 7 days a week

TTY (for the deaf and hard of hearing) 604-875-0885

Multilingual, province-wide service which provides info and referral services to all victims of crime, and crisis support to victims of family and sexual violence, including sexual assault, violence in relationships, elder abuse, and adult survivors of physical or sexual abuse.

Alcohol & Drug Information and Referral

Lower Mainland: 604-660-9382

Outside the Lower Mainland, toll free: 1-800-663-1441

24 hours a day, 7 days a week. It is an info and referral line for those using drugs or alcohol and those affected by people using. You can also phone for general questions about drugs and alcohol.

National Youth Crisis Hotline

Youth Development International

Toll Free: 1-800-HIT-HOME (448-4663) Open 24 hours.

This is a Christian based referral hotline. Assists you when in need by listening, discovering the problem, identifying a plan, and referring you to community help organizations that best suit your needs. 18 years of age or older.

Mental Health Emergency Service

Tel: 604-874-7307 Open 24 hours a day
Psychiatric emergency services, assessment, and follow-up.

Kids Help Phone - Kid's Help Foundation

Toll Free: 1-800-668-6868 Twenty-four hours
Tel: 604-267-7057

You can call for a conversation with professional counsellors about anything. Also offers info and referrals.

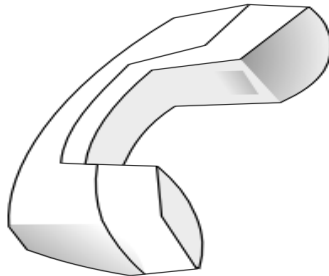
Ministry for Child & Families Development

After hours: 4:30pm - 8:00am weekdays and weekends
Emergency shelter for adults: Tel: 604-660-3194
Child protection: Tel: 604-660-4927 or Toll Free: 1-800-663-9122
In Coquitlam, Surrey and New West: Tel: 604-660-8180

D-Talks

Vancouver Coastal Health
Tel: 1-866-658-1221

Having Problems with drugs or alcohol? Want to get in a program that can help make a change? It's your call. One stop access to detox services for youth 12-21 in the Vancouver Coastal Region.



Dental Care

Reach Centre Dental Clinic

1145 Commercial Drive (@ William) Tel: 604-254-1331
8:00am - 8:00pm Mon, Wed, and Thurs; or 8:00am - 5:30pm Tues & Fri; or 9:00am - 4:00pm Saturday

Call for an appointment. You need to have an examination first, which is about \$55. Payment is due at time of service.

Downtown Community Health Clinic

569 Powel, Vancouver, BC, V6A1G8 Tel: 604-255-3151
8:30am - 4:30pm Monday – Friday; or 8:30am – 1:00pm Wednesday; or 8:30am - 4:30pm Saturday & Sunday

Mainly for residents of the Downtown Eastside. Phone for an appointment.

Mid-Main Community Health/Dental Clinic

3998 Main Street (@ 24th Ave) Tel: 604-873-3666
Daily hours: Mon; 9:30am-6:00pm, Tue; 8:00am-8:00pm, Wed; 9:00am- 6:00pm, Thurs; 9:00am-6:00pm, Fri; 9:00am, 5:00pm Sat; 9:00am-3:00pm.

Call for an appointment. 10% discount for clients with no insurance, and excepts refugees.

Dental Clinic - Vancouver Community College

250 West Pender Street (@ Cambie St.) Tel: 604-443-8499
9:00am - 3:30pm Monday - Friday (Closed for summer)

This is part of a training program, so there will be pre-screening to determine eligibility. Sliding scale, but payment is affordable. Call for an appointment. Dental Outpatient Clinic

Helping Hands – Empowering Native Youth

Vancouver Hospital

805 West 12th Avenue (@ Willow St)
Monday – Friday (8:00am - 4:00pm)

Tel: 604-875-4006

An outpatient dental clinic for anyone 17 years of age or older. You must have an initial examination by a dentist. This cost about \$35 - 50. Payment is due at time of treatment. Call ahead for an appointment.



Detox Services

Family Services Youth Detox Program

Family Services of Greater Vancouver

Toll free: 1-866-658-1221

Open 24 hours a day

Detox and A & D counselling for Vancouver youth aged 13 – 21. Includes pre-detox assessment, crisis intervention, medical screening and assessment, counselling, life skills, 24-hour caregiver coverage in a safe and secure residential facility, stabilization, escorted outside appointments, meetings, and recreational outings, withdrawal management, medications assessed as needed by addiction doctors, referrals, specialized services for pregnant youth, introduction to peer support networks including step programs.

DEYAS Youth Detox Program

Toll free: 1-866-658-1221

A voluntary program. Provides a safe and supportive environment for youth 21 and under who are experiencing drug and/or alcohol issues. Offers support to those that are going through physical withdrawals and encourages healthy alternatives to drug usage. Includes advocacy, life skills, connecting to a social worker, finding housing, getting on social assistance, and referrals to treatment. Stay is about 3 - 7 days.

PLEA Youth Detox / Supported Recovery Program

Plea Community Services Society of BC

D-Talks Toll Free Line: 1-866-658-1221

Detox: Non-medical detox for youth under 21, in a community home for up to 10 days. Before entering, there is a non-invasive medical exam at a community clinic to ensure you are safe to access a non-medical detox. Referrals by schools, doctors, agencies, or yourself. Support Recovery: Youth stay in a PLEA home for up to 28 days, and referral needs to come from a community A&D counsellor.

Salvation Army Harbour Light Detox

119 East Cordova Street (@ Main) Tel: 604-646-6808

Over 19 years old only. Length of stay is around 5 - 7 days depending on what drug you are coming off of. Nursing staff are on for 8 hours during the day. They have NA, AA, and CA meetings and make referrals to treatment. Intakes are usually between 9:00am & 9:00pm. There are 6 female beds and 23 male beds available. Access is through self-referral or through ACCESS Central.

Broadway Youth Resource Centre (BYRC)

691 E. Broadway (@ Fraser) Tel: 604-707-5720

Monday, Tuesday, Thursday (1:00 - 7:00pm)

Wednesdays(3:00- 7:00), Friday (1:00 - 6:00pm)

For youth aged 12 - 24 and their families, serving the Midtown area. Offers: an UNYA Aboriginal Youth Worker; resource room; snacks; computers, printer, fax and phone; drop-in health clinics; youth addictions counsellor; employment program, job listings; youth housing registry and assistance; Vietnamese Youth Workers; volunteer program; Youth Advisory Group; celebrations; counselling for youth/families, fun activities and workshops, theatre etc. Other programs are available through Ministry for Children and Family Development referral only.

Evelyne Saller Centre

320 Alexander Street (@ Gore, north of Hastings) Tel: 604-665-3075

Weekdays: 9:00am - 11:00pm; Weekends: 10:00am - 10:00pm

Meals between 10:00am - 5:50pm for \$2. Free laundry and showers, recreation programs inside and outside the center. This resource is adult oriented. However, youth are welcome during the day only.

Downtown Eastside Women's Centre

302 Columbia Street (@ Cordova, north of Hastings)

Tel: 604-681-8480 Website: www.dewc.ca

10:00am - 5:00pm Mon/Tues, 10:00- 5:00Thur/Fri; or

11:00am - 5:00pm Wed; or 12:00 - 5:00pm Saturday & Sunday

Helping Hands – Empowering Native Youth

A 'women only' place. Offers free clothing, food, coffee or tea, basic health and other services (showers, laundry, victim assistance, Ministry support, support groups, and recreation programs). See the free/cheap and counselling sections of this manual for more of their services

Dusk to Dawn Youth Resource Centre Family Services of Greater Vancouver

1134 Burrard St. Tel: 604-633-1472 Fax: 604-633-1473
Drop-In Open 4-12 p.m., Seven Days a Week.

Provides a safe, non-judgmental environment for street-involved youth, especially when other services are not available. Offers referrals, information and support, access to basic needs including shower, laundry, a meal program, and peer counselling.

Evelyne Saller Centre

320 Alexander Street (@ Gore, north of Hastings)

Tel: 604-665-3075 Fax: 604 606 2671

Weekdays: 9:00am - 11:00pm: Weekends: 10:00am - 10:00pm

Meals between 10:00am - 5:50pm for \$2. Free laundry and showers, recreation programs inside and outside the center. This resource is adult oriented. However, youth are welcome during the day only.

Heritage Park

Climb the Stawamus Chief – Squamish

Tel: 604-898-3678

Website: www.findfamilyfun.com

The Stawamus Chief is a 2000-foot plus granite monolith off the Sea to Sky Highway near Squamish. "The Chief" has more than 200 routes to the top. The hike is best for 12 year olds and up. No cost. To get there; take Hwy 99 past Horseshoe Bay (about 42 km from Horseshoe Bay).

New West Drop-In Centre

Union Gospel Mission

658 Clarkson Street, New Westminster

Tel: 604-525-8989 Fax: 604-525-8373 Website: www.ugm.bc.ca

Monday to Friday 8:00 a.m.-1:30 p.m.

Helping Hands – Empowering Native Youth

Offers one-to-one drug and alcohol counselling, various support groups, bible studies, recreational activities, refreshments, and clothing for those in need.

Reclaiming Our Spirit

Helping Spirit Lodge

3965 Dumfries St. Tel: 604-872-6649 Fax: 604-873-4402
Email: helping_spirit@telus.net

A drop-in centre offering culturally-based wellness programs and a computer learning centre to Aboriginal women. Offers one-on-one counselling, family violence education, education and healing for generational effects of residential school abuse, addictions support groups, women's empowerment training, and anger management.

Stanley Park Miniature Train and Farmyard

Tel: 604-257-8400 Hours: 11:00am - 4:00pm

Admissions: \$5.00 for Adults, \$3.75 for youth ages 13-18, \$3.50 for seniors \$2.50 for children under 12 years of age and for family rate, \$2.50 for each family member (1-2 adults & a child). Be sure to call as we sometimes close due to bad weather.

Teen Social Club

Kiwassa Neighbourhood House

2425 Oxford St. (@ Nanaimo) Tel: 604-254-5401

Bored with Friday nights? Stop by from 3:00 -7:00pm Fridays and check out what's happening. Cool out trips, movies and more (you decide!).

The Centre (LGBT Community Centre)

1170 Bute Street (@ Davie) Tel: 604-684-5307
Prideline: 604-684-6869 or Toll Free: 1-800-566-1170
Web: www.lgtbcentrevancouver.com
Reception hours: Monday – Friday 9:00am - 7:00pm

Coming out groups for lesbian, gay, bi-sexual, and trans-gendered individuals, workshops, counselling, support, library, legal advice, youth group, social drop-ins, etc. The Prideline offers info, referrals, and support from 7:00 - 10:00pm nightly.

The Edge, New Westminster Youth Project Family Services of Greater Vancouver

Royal City Centre Mall, Community Room

610 - 6th Street (@ 6th Avenue)

Tel: 604- 525-9144 Fax: 604-524-9455

Open during School Term: Thurs, Fridays from 3:30-pm to 8:30 p.m.

Website: <http://www.fsgv.ca/>

A drop-in centre for youth ages 12 - 19 years old. Offers recreational activities, opportunities for acquiring and developing life skills, referral, advocacy, individual counselling and information, and volunteer leadership training. On Friday evenings there are two structured programs: The Unloading Zone – a self/conflict management program; and a craft or structured life skills program.

The Gathering Place

609 Helmcken St. (@ Granville) Tel: 604-665-2391

10:00am - 8:00pm Monday - Saturday

Includes drop-in, programs for youth to seniors including martial arts, photography, yoga, music, art, pottery, and Friday night movies, pool, weight room, and games room. Cost: \$1.00 yearly membership plus \$1.00 per month or \$5 per year to participate in any programs. You can also use their library and adult learning center (run by the VSB).

The Kettle Friendship Society

1725 Venables Street (@ Commercial) Tel: 604-251-2854

9:30am - 8:00pm Mon to Fri or 10:00am - 5:00pm Sat, Sun

Drop-in for those 19 and older. Offers support workers, advocacy, \$1 meals, and clothing for those with mental health concerns.

Youth Drop-In Centre - Union Gospel Mission

1075 Seymour St. (@ Helmcken, east of Granville)

Tel: 604-688-7587 Website: www.ugm.bc.ca

2:00 - 8:15pm Dinner at 7:00pm Wed – Sat; or 3:00 - 4:00pm Sun - all ages welcome; or 6:30 - 8:00pm Sunday - dinner at 7:00pm.

Youth Drop-in Program

Hey-Way'-Noqu' Healing Circle

#401 - 1638 E. Broadway (west of Main)

Tel: 604-874-1831 Fax: 604-874-5235

Every Wednesday from 5pm-7pm there is a drop in program for youth age 13 – 18. Includes a talking circle, discussion on educational topics, movies, bowling, and other recreational activities. They also run a day camp in the summer for 3 days a week. There is room for up to 8 youth for this program. Registration begins in June.

WISH - Working Women's Drop-in

320 East Hastings St. (@ Gore)

Tel: 604-681-9244

6:00 - 10:00pm Sunday - Friday

A drop-in centre for women involved in the sex-trade. Offers showers, snacks, toiletries, and condoms. Drop-in anytime.

Native Youth Drop-in Centre

Urban Native Youth Association

1630 East Hastings St. (@ Commercial) Tel: 604-254-7712

Fax: 604-254-7811

Email: dropin@unya.bc.ca

5:00 - 10:00pm Mondays or 3:00 - 10:00pm Tuesday - Friday

For 15 – 24 year old Native youth. A safe, fun, and healthy space that is run for and by youth. Youth contribute to our programming. Offers a volunteer program, job search and resume building, discussion groups, movie and video nights, pool and foosball tables, internet, arts & crafts, group outings, some food, positive role models, different prevention workshop's and referrals to other community organizations and resources.

Britannia Teen Centre

1661 Napier Street Vancouver, B.C. V5L 4X4

Tel: 604-604-718-5828 Fax: 604-718-5858

Mon - Thurs: 3:10-5:00pm & 6:00-9:30pm

Fri: 2:10-5:00pm & 6:00-10:00pm

Sat: 6:00-10:00pm

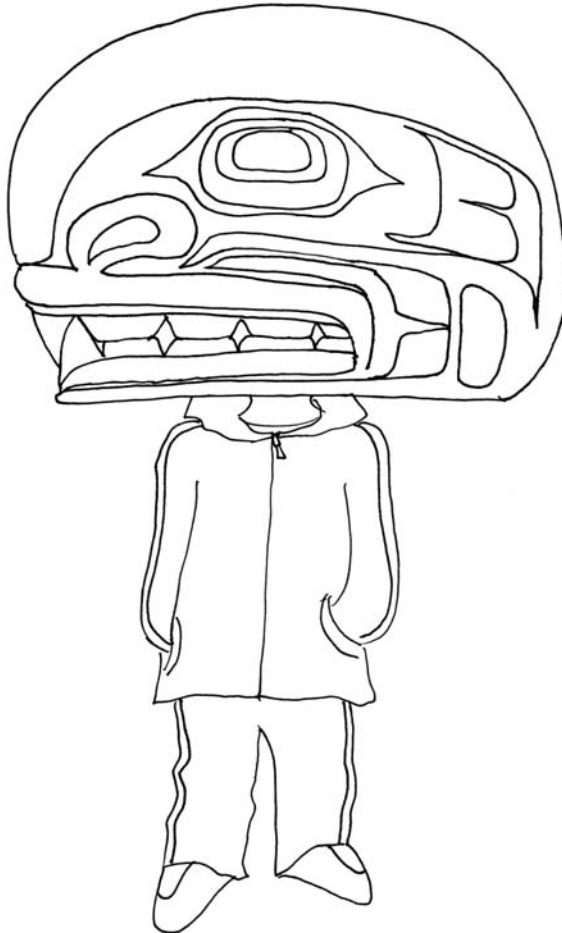
Helping Hands – Empowering Native Youth

Sun (Preteen) - 1:00-5:00pm

Refer to our monthly schedule for more drop-in times.

Website: www.britteen.vcn.bc.ca

A place in the community dedicated to youth. All youth from 13 - 18 years are welcome. Youth, volunteers and youth workers together plan and run programs and activities in the Teen Centre and else where



Education Programs

Aboriginal Tutor-Mentor Program

Urban Native Youth Association
1640 East Hastings Street. Vancouver
Tel: 604-254-7732 Fax: 604-254-7811
Email: aboriginaltutors@unya.bc.ca

Works with V.S.B. staff and Aboriginal post-secondary students to provide tutoring and mentoring to Native youth to help them do well in school, both academically and socially. Parental involvement is strongly encouraged.

School Support Team

Urban Native Youth Association
1640 East Hastings Street, Vancouver
Tel: 604-254-7732 Fax: 604-254-7811
Email: schoolsupport@unya.bc.ca

Works with Vancouver School staff to connect Native youth to community resources, to work with Native youth to help them stay in and do well both socially and academically in school, and to help youth abstain from alcohol and/or drug use. We also host the Young Spirits Summer Daycamp for 12 – 14 year old Native youth. Call for more info.

First Nations School Support Workers

Vancouver School Board
1580 West Broadway Vancouver, B.C. V6J 5K8
Tel: 604-713-5000 Website: <http://www.vsb.bc.ca>

Call your local school for the name and phone number of their FNSSW. Each school in Vancouver has a FNSSW, but schools with lower First Nations enrolment may only have a worker for one day a week.

Eagle’s Nest Preschool Aboriginal Head Start

B.C. Aboriginal Child Care Society

618 East Hastings (Between Princess & Healtey)

Tel: 604-253-3354 Fax: 604-253-3440

Administration hours: 8:00am - 4:00pm Monday - Friday

1st class: 9:00am - 11:30pm, 2nd class: 1:00 - 3:30pm Mon to Fri

Prepares Aboriginal children 3 to 5 year of age for school within a warm, caring, secure environment. Aboriginal culture and traditions are incorporated into the program including language, smudging, arts & crafts, singing, and dancing. Includes nutritionist approved snacks. No cost. They also offer family support and parent programs.

Gathering Place Education Centre

609 Helmcken Street (@Granville)

Tel: 604-257-3849 Fax: 604-257-3851

Provide basic high school courses/ upgrading, GED, computer labs in a safe, supportive and self-paced setting. Call for info and registration.

Downtown East Education Centre

#101 - 105 Powell Street (@ Columbia)

Tel: 604-713-5760 Fax: 604-713-5761

Provide basic high school courses/ upgrading, GED, computer labs in a safe, supportive and self-paced setting. Call for info and registration

Native Education College

285 East 5th Avenue (@ Main St.)

Tel: 604-873-3772 Fax: 604-873-1440

Website: www.necvancouver.org Email: programs@necvancouver.org

Provides educational programs and services to Aboriginal individuals, organizations, and communities. Programs include: Aboriginal Adults Basic Education, The Family Violence Resource Centre, and Working Words: Employment Literacy for Aboriginal Youth, office administration, family and community counselling, tourism, criminal justice issues and trade programs.

Helping Hands – Empowering Native Youth

Hastings Educational Centre

1661 Napier St. (@ Commercial Drive)

Tel: 604-713-5735 Fax: 604-713-5737

Provide basic high school courses/ upgrading, computer labs in a safe, supportive and self-paced setting. Call for info and registration.

Main Street Educational Centre

4th Floor, 333 Terminal Avenue (@ Stations St.)

Tel: 604-713-5731 Fax: 604-713-4473

Provide basic high school courses/ upgrading, GED, computer labs in a safe, supportive and self-paced setting. No free access Call for info and registration.

Tupper Mini-School

419 East 24th Avenue (@ St. George St)

Tel: 604-713-8233 Fax:604-713-8232

8:30AM - 3:30PM Monday-Thurs, 8:30-3:00 Friday

A flexible school program designed to help teen parents finish high school. Childcare is provided. Call for more information, or to register.

Upgrading for Youth & High School Completion (Grades 10-12)

Kiwassa Neighbourhood House & VSB

2425 Oxford St.

Tel: 604-254-5401 Ex. 231

Monday to Thursday (9:00 a.m. - 3:00 p.m.)

For youth between the ages of 16 - 19 wanting to continue their education and interested in learning in an individualized, self paced environment. Phone to find out how you can continue your education.

Roberts Education Centre

1666 Comox Street (Lord Roberts School)

Tel: 604-713-5752 Fax: 604-713-5754

Provide basic high school courses/ upgrading, GED, computer labs in a safe, supportive and self-paced setting. Call for info and registration.

South Hill Educational Centre

6010 Fraser Street (@ 44th)

Tel: 604-713-5770 Fax: 604-713-5769

Provide basic high school courses/ upgrading, GED, computer labs in a safe, supportive and self-paced setting. Call for info and registration.

Adult Basic Education Intermediate Program For Youth

Vancouver Community College

Broadway Youth Resource Centre @ 691 East Broadway

Tel: 604-709-5640 Fax: 604-709-5721

Open to youth aged 15 - 18 who are in need of academic upgrading. Open to any student who has been out of school for at least one year or who has permission from their secondary school principal confirming a need for this program. Offers a grade 10 equivalency for youth in an informal, off-campus setting. Individualized and self-paced instruction in English, Mathematics, Science and Social Science. There is a \$30 application fee and a small monthly fee.

First Nation Alternate Programs

Aries Project

#1 - 1607 E. Hastings (@ Commercial)

Tel: 604-255-1326

Outreach, Britannia (Ages 14 - 19)

595 East Georgia

Tel: 604-689-3211

East Side (Grade 9 & 10)

3433 Commercial Drive

Tel: 604-876-9028

Tumanos (Grade 9, 10)

2600 East Broadway (@ Slocan)

Tel: 604-713-8215

Other V.S.B. Alternate Schools

Call directly, or call the school board for more information on the programs offered. Each of these programs offers unique services.

Vancouver School Board

Tel: 604-713-5000 Fax: 604-713-4495 Website: www.vsb.bc.ca

Eagle High (Grades 8, 9, 10)

2830 Grandview Highway (@Renfrew)

Tel: 604-412-7953

John Oliver Bridge Program (Grade 8)

530 East 41st Ave (@ Fraser St)

Tel: 604-713-8938

Spectrum (Grade 11 & 12)

B2669 North Grandview Highway (@ Slocan) Tel: 604-713-5722

Street Front (Grade 8,9,10)

1001 Cotton Drive (@ Gladstone)

Tel: 604-713-8272

Sunrise Youth Program (Grade 9 & 10)

Tel: 604-713-5800

Templeton Bridge Program (Grade 8)

727 Templeton Drive (@ Adanac)

Tel: 604-255-9344

Tupper Midtown Alternate (Grade 8)

419 East 24th Avenue (@ Carolina)

Tel: 604-713-8233

Probation Alternate Programs

Genesis (North-East) Tel: 604- 660-3473

#201 - 2780 East Broadway

Genesis (South) Tel: 604-660-8175

5550 Fraser St. Vancouver, BC

Genesis (Broadway) Tel: 604-872-7530

329 East Broadway, Vancouver, BC

Post-Secondary Education Information

First Nations Education Coordinator

Langara College

100 West 49th Ave (office B142) Tel: 604-323-5645
Fax: 604-323-5590 Email: gcardinal@langara.bc.ca
Website: www.langara.bc.ca/aboriginalstudies/index.html

Provides college orientation, counselling – educational, personal, and career, advocacy and liaison with band/tribal administrations, sponsoring agencies, community resources, college programs and/or services, assistance with transition into Langara College and/or transfer to other post-secondary institutes upon completion of studies at Langara College.

First Nations Services Coordinator

Douglas College

PO Box 2503, 700 Royal Avenue, New Westminster, BC V3L 5B2
604-527-5565 Fax: 604-527-5095

Assists First Nations Students by providing culturally appropriate services and resources.

Aboriginal Studies Program

Langara College

100 West 49th Avenue Tel: 604-323-5645 Fax: 604-323-5590
Apply online at www.pas.bc.ca Email: geninfo@langara.bc.ca

A two-year university transfer Arts and Science program that is part of the Social Sciences Division. Welcomes all students who have an interest in historic and contemporary Aboriginal issues. Includes Aboriginal Culture, Identity and Community, International Indigenous Perspectives and the Law, Canadian Constitution and Aboriginal People, Aboriginal Urbanization and more.

Institute of Indigenous Government

#200-4355 Mathissi Place, Burnaby BC V5G 4S8

Helping Hands – Empowering Native Youth

Phone: 604.602.9555 Fax: 604.602.3400

Email: iig@all-nations.ca Website: www.indigenous.ca

Offers university level courses in an Indigenous environment. 100 percent of the regular teaching staff is First Nations. They deliver university level courses in Criminology, Political Science, First Nations Studies, Science, Social Work and several other subject areas.

The college blends conventional education with Indigenous culture to create a unique and remarkable learning environment. Call or visit their website for more info and admission requirements.

First Nations House of Learning UBC

1985 West Mall, Vancouver Tel: 604-822-8940

Fax: 604-822-8944 Website: www.longhouse.ubc.ca

The Longhouse is a 'home away from home' for First Nations students attending UBC. They have a child care centre, personal counselling for UBC students, a First Nations resource library, student computer lab (for First Nations students attending UBC only) and a variety of student services, student organizations, and ceremonies.

Carnegie Learning Centre Capilano College

3rd floor 401 Main Street (@ Hastings St) Tel: 604-665-3013

Administration hours: Monday to Friday (9:00am -5:00pm)

Helps people improve their reading, writing, and math skills. Also offers sign language instruction, computer services, and computer tutors. Contact by phone or drop in.

Venture Program

B.C. Institute of Technology (BCIT)

Tel: 604-412-7651 Fax: 604-688-8437

Web: Email: leanne_killer@bcit.ca

BCIT's Venture Program will help you to assess, plan and launch your business venture with the highest probability of success. You will learn how to improve your marketing focus, tighten your strategic plan, attract appropriate financing, minimize risk, build your resource base

Helping Hands – Empowering Native Youth

and develop key contacts. Ultimately, you will leave with a fully operational business plan.

Aboriginal Programs and Services B.C. Institute of Technology (BCIT)

Tel: 604-432-8474

Fax: 604-431-0724

Web: www.aps.bcit.ca/services.shtml, Email: aboriginalservices@bcit.ca

Offers pre-admission advisory and referral services, orientation, liaison with band/tribal administration, sponsoring agencies, community resources, BCIT programs and services, study skills workshops, community referrals, entrance awards, cultural ceremonies, advocacy, student for a day, mentoring, elder advising, cultural advising, computer and printer access, photocopying and fax. There is also the APS student lounge located in Building SW1, Room 2323 which offers access to phone, microwave, fridge, coffee maker, and snacks. You can also contact 4 advisors, 2 of which are elders.

First Nation Coordinator Emily Carr Institute of Art & Design

Student Services 1399 Johnson Street, Granville Island, BC

Tel: 604-844-3800, Toll Free: 1-800-832-7788, Fax: 604-844-3801

Web: www.eciad.ca

Daily hours: Monday– Friday (7:30am - 12:00 p.m.)

Sat/Sun (8:30 – 11:00 a.m)

First Nations Student Advisor Capilano College

3rd floor, room 327, Birch Building, 2055 Purcell Way, N. Vancouver

Tel: 604-984-1762 or local 1762 Email: pshannon@capcollege.bc.ca

9:00am - 4:30pm Monday - Friday

Offers assistance with course selection and registration, info about college resources, advisor for special programs, liaises with First Nations band education officers and college instructors, and provides consultation regarding personal and educational matters.

Other Programs Offered by Capilano College:

Mount Currie Foundations Program or First Nations Transition

Helping Hands – Empowering Native Youth

Tel: 604-983-7573 (or local 7573)

Aboriginal Financial Management Project

Tel: 604-984-1760 (r local 1760)

Aboriginal Film and Television Program

Tel: 604-986-1911 (or local 7904)

Aboriginal School District Program

Delta School District

4585 Harvest Drive (Mountainview & Clarence Taylor Cr)

Delta, BC V4K 5B4

Tel: 604-940-3876

Assists Aboriginal students to achieve greater success in school. The Aboriginal Support Workers along with Aboriginal community members, are familiar with and sensitive to the values, beliefs and needs of the Aboriginal community from which the student comes. Provides cultural awareness for school personnel, one-to-one counselling, and home/school liaison.

First Nations Centre

Douglas College

Room 4830B - 700 Royal Avenue

Tel: 604-527-5565

Fax: 604-527-5095

Provides First Nations students with info about funding sources including bursaries and scholarships, as well as assisting students with application processes. Sponsors cultural awareness events, in addition to providing support and liaison services.

Canada World Youth

#480 - 319 W Pender St. (@ Hamilton)

Tel: 604-732-5113, Fax: 604-732-9141, 1-877-929-6884

Administration Hours: Monday to Friday (8:30a.m.to 4:30p.m.)

Website: www.cwy-jcm.org

Designs and delivers international educational programs for youth aged 17 - 29 with a focus on volunteer work and community development in a cross-cultural setting. Working in partnership with local organizations, the majority of Canada World Youth programs have a phase in Canada and a phase in one of more than 20 countries in Africa, Asia, Latin America, the Caribbean, and Central and Eastern Europe. Check their website or call for info. There is usually a participation fee and the rest is raised by fundraising.

Simon Fraser University Programs

8888 University Drive, Burnaby

First Nations Student Centre -

Monday to Friday (9:00am - 5:00pm)

Tel: 604-268-6929 Website: www.reg.sfu.c/fnsc

Room 1500 Maggie Benston Centre, student services, traditional events, liaison and advocacy to assist Aboriginal students in meeting their academic and personal goals.

First Nations Academic Advisor

Tel: 604-291-4055

Assists Aboriginal students with academic advice, admissions, program and course selection, career counselling, grade appeals, transcripts, etc. Please call for an appointment and hours for availability.

First Nations Student Association

Tel: 604.268.6879

A student-run organization for all Aboriginal students at the Burnaby campus. Manages the First Nations student common room, which has computers for student use, and hosts and sponsors various events.

First Nations Studies Minor

Offers courses for students wishing to gain expertise in the study of traditional and contemporary issues involving aboriginal peoples of North America and of Canada, in particular. Study includes traditional cultures, languages, and histories of First Nations. Comprises at least 24 credit hours and is to be taken in combination with any major or honors Bachelor's degree program.

Healing Our Spirit

BC Aboriginal HIV/AIDS SOCIETY

Suit 100 – 2425 Quebec St, Vancouver, BC, V5T 4L6

Tel: 604-879-8884, Fax: 604-879-9926, Toll Free: 1-866-745-8884

Web: www.healingourspirit.org

The education program provides holistic and culturally appropriate HIV/AIDS prevention workshops to health professionals, students, communities, youth, incarcerated people, Elders, families and Chiefs and Council. The education program trains speakers living with

Helping Hands – Empowering Native Youth

HIV/AIDS to educate and share their life experiences with Aboriginal communities and organizations.

Katimavik

200-430 Columbia Street New Westminster, B.C. V3L 1B1

Telephone: 604 521-0555 Fax: 604 521-9393

Email: info@katimavik-bcyk.org

Katimavik's mission is to foster the personal, professional and social development of Canadian youth through volunteer involvement in communities from coast to coast. Katimavik is Canada's leading national youth volunteer-service program. For nine months, young people ages 17 to 21 live in groups of 11, in three different communities throughout the country. They work 35 hours a week on volunteer community projects in addition to participating in structured learning activities. Katimavik fosters participants' personal development through community involvement, training and group life.

Justice Institute of British Columbia

Aboriginal Programs and Services

715 McBride Blvd New Westminster, B.C.

Website: aboriginalprograms@jibc.ca

To arrange an appointment, please call 604-528-5522

First Nations, Inuit and Metis students or Aboriginal organizations and communities may access the following student services: career planning, access to funding, scholarships & bursaries and delivering training in your local community

Emergency Shelters

Vancouver Rape Relief and Women’s Shelter

Tel: 604-872-8212; or TTY: 604- 877-0958 (9am to 9pm)
Fax: 604-876-8450 Website: www.rapereliefshelter.bc.ca

Offers emotional support, information and education as well as emergency transition housing for women and children escaping from violence. 24 hours a day, 7 days a week.

Triage Centre

707 Powell St. (@ Heatley) Tel 604-254-3700 Fax 604-254-3747
Website: www.triage.bc.ca

Open 24 hours a day, 7 days a week. A 28 bed emergency shelter for people with serious mental health and/or substance misuse issues. Offers counselling, help finding appropriate housing, and referrals. Length of stay will be determined on a case by case evaluation.

Catholic Charities Men’s Hostel

150 Robson Street Vancouver B.C.
Tel: 604-443-3292
Open every day, (4:00 - 11:30pm) *Including Holidays*

Open dorm style emergency shelter for men in need. Offers showers, TV room, phone access, clean beds and razors. Self-referrals after 8:00pm. You must get a referral from the Ministry of Human Resources.

Union Gospel Mission

616 E. Cordova St. Vancouver, B.C.
Tel: 604-253-3323
Website: www.ugm.ca Email: ugm@ugm.ca

Emergency Men’s shelter, open 7 nights a week from 8:45pm - 6:30am. Provides a clean, safe, and sober environment

Family Drop-ins

Eastside Family Place

1655 Williams St. (@ Commercial) Tel: 604-255-9841
Monday, Wednesday, Friday: 9:00 am to 12:00 noon
Tuesday & Thurs: 9:00am to 2:30pm (Summer: 9:00am to 1:00 pm)

Hastings Family Drop in Centre

3096 East Hastings Street (@ Slocan) Tel: 604-718-6222
Monday – Friday (9:00am - 3:00pm), Sat. (9:00am-1:00pm)
Tot Gym: Tuesday, Friday, Saturday 11:00am - 1:00pm
July & August call for hours of operation.

Kiwassa Family Drop-In

2425 Oxford St. Vancouver, BC Tel: 604-254-5401
Monday to Friday (8:00am – 6:00pm) Saturday (9:00am – 2:00p.m.)

Mount Pleasant Family Centre

2910 St. George Street (@ E 13th Ave) Tel: 604-872-6757
Monday - Thursday 9:30am - 11:30am and 1:00 - 3:00pm

Parent and Tot Class - Riley Park Recreation Centre

#50 East 30th Avenue (@ Quebec St) Tel: 604-257-8545
Monday, Friday (10:45am - 12:15pm) Wednesday (10:30am – 12:00)
Web: www.vancouverparks.ca

Ray-Cam Family Drop in

920 East Hastings St. (@ Campbell St.) Tel: 604-257-6949
Mon – Thurs (9:00am - 10:00pm), Friday (9:00am-11:00am)
Sat (10:00am-5:00pm) Sunday (12:00pm-5:00pm)

Sunrise Family Drop in - Sunrise Community Hall

1931 Windermere Street (@ 4th Ave) Tel: 604-251-2913
Monday, Tuesday, Friday (9:30am - 2:30pm)

Financial Assistance

Ministry of Employment and Income Assistance

B.C. Benefits

Tel: 1-866-866-0800 Website: www.eia.gov.bc.ca

Also known as “income assistance”, “welfare or “Youth Works”. Besides basic support and shelter, additional benefits may be available such as pregnancy or dietary allowance, clothing allowance for confirmed work, a bus pass for some programs and training, free emergency dental, free medical and prescriptions, damage deposits, assistance with grants. In order to be eligible to receive assistance, you must have 3 pieces of identification (A photo ID, a Social Insurance Number, a birth certificate, status card or health card)

If you are under 19, check in with the Adolescent Services Unit at 550 Cambie (660-9376) to get a referral to a local Ministry office. ***Note:** People under 19 years old will need to provide the name and phone number of their parents’ who may be contacted. If you fail to receive income assistance or are cut off, there are organizations that can help you with your appeal:

DERA	Tel: 604-682-0913
DEYAS	Tel: 604-685-6561
Downtown Eastside Women’s Centre	Tel: 604-681-6480
First United Church	Tel: 604-681-8365
Legal Aid	Tel: 604-687-1831
Ray-Cam	Tel: 604-257-6949

Downtown Offices:

#201 - 1023 Davie Street (@ Burrard)	Tel: 604-660-3800
2 nd floor, 1725 Robson Street (@ Denman)	Tel: 604-660-3300
3 rd floor, 1725 Robson Street (@Denman)	Tel: 604-660-3344
180 Main Street (@ Powell)	Tel: 604-660-2941
687 Powell Street	Tel: 604-660-9377
205 Powell Street (@ Main)	Tel: 604-660-2941

You need an appointment, so call ahead.

First Nations Info

The following information is meant for general information only. We do not claim to know all of the answers, but have included basic information about common First Nations practices so that those youth who have little or no knowledge of their culture can read and learn if they so choose.

Smudging

The burning of sweetgrass, sage, or cedar is a purification process where we cleanse ourselves in mind, body and spirit in order to set the tone for our feelings and/or prayers. The smoke is thought to bring a person's prayers up to the Creator. In the spirit of equality and choice, no one is forced to participate, smudging is voluntary.

Pow-wows

A traditional First Nation's celebration or ceremony featuring dance, feasting, and/or a blessing. The pow-wow originated with the Plains First Nations. There are both traditional and competition pow-wows which usually happen during the spring and summer months.

Medicine Wheel

The medicine wheel represents the four directions, the four phases of a person's life – infant, child, adult, and Elder, and the four aspects of a person - mental, physical, emotional, spiritual. It is based on the idea of creating balance within your life by making sure that you are healthy mentally, physically, mentally, and spiritually.

Potlatch

First Nations people of the Northwest Coast potlatch. It is a ceremony and celebration that includes feasting, dancing, singing, and gift giving. A potlatch is usually hosted by a family for a birth, marriage, adoption, memorial, name giving, etc. Many years ago, potlatches could last for a few months during the winter months, but now potlatches usually last one or two days. The person hosting the potlatch is thought to gain prestige with the more gifts that he/she is able to give to the witnesses/guests.

Eagle

Many First Nations believe that the eagle is very sacred because the eagle is the one that flies highest and closest to the Creator. So the eagle's feathers are treated as very sacred as they come from the eagle.

Dream Catcher

To keep a sleeping person safe, a dream catcher is hung above their bed. The dream catcher's web lets the good dreams filter through and float down to the sleeper, while the bad dreams are hopelessly entangled and perish at dawn's first light. The dream catcher is thought to originate with the Anishnabe First Nations.

First Nations

First Nations is a term used to describe "Indians", Metis, and Inuit (Eskimo) people who live in Canada. The term is used as we were the first nations of people to live here.

Clans & Crests

Many First Nations have clans (eagle, raven, killer whale, wolf) or crests (frog, deer) that are groups within a Nation (Tsimshian, Nisga'a, Cree, Mohawk). Crests and clans are used as a way to identify members of a nation for reasons such as: responsibilities to the community, rules of marriage, to identify who your family is, or who your head chief is. On the Northwest Coast most nations follow their mother's clan, so if a child is born to a woman who is an Eagle and a father who is a Wolf, the child will follow the mother and be a member of the Eagle Clan.

Status Indian

If a person is registered with the Department of Indian Affairs (DIA) as an Indian, they are a status Indian. DIA has many rules that say who is or isn't an Indian regardless of how much "Indian blood" they might have. According to DIA, a person who is not registered is a "non-status Indian".

Longhouse

Longhouses are found on the Northwest Coast and among the Mohawk people. They were used to house large extended families (parents, children, aunts, uncles, cousins, grandparents) of about 40 – 60 people. Each person had a responsibility to the others to keep them fed, safe, and within cultural rules or guidelines. Longhouses are now mostly used for potlatches, feasts, and community events.

Teepee

Teepees were used mainly by the Plains First Nations people as they were mostly hunters and gatherers who needed light weight and portable housing which could be moved with them when they traveled to find food. Teepees are now mostly used for camping out at pow-wows or other cultural events.

Free or Cheap Clothing, Food, Laundry & Showers

Aboriginal Mother's Centre Society

2019 Dundas St. (@ Wall) Vancouver, B.C.

Tel: 604-253-6262 Fax: 604-253-6263

Email: info@amcs.ca

Monday - Friday (9:00 a.m. -5:00 p.m.)

Offers free hot lunch and dinner for Aboriginal mothers in need and their families. Lunch is at noon and dinner is at 4:00pm, Monday to Friday. A clothing room operated by volunteers, which is open around the same time as the meals are served.

The Food Store

179 East Hastings St. (near Main) Vancouver, B.C.

Monday to Friday (9:00am - 4:00pm) *except from 12 – 1pm*

Sells low cost groceries to low-income residents.

The Gathering Place

609 Helmcken St. (@ Granville) Vancouver, B.C.

Monday to Saturday (10:00am - 8:00pm)

Encourages youth to seniors to overcome the age gap to form a sense of community. Includes laundry, showers, day storage, donations room, volunteers being paid in food stamps to use in their cafeteria, and a non-profit cafeteria. Breakfast \$2.75, Coffee \$0.50; Lunch \$2.75; Soup \$0.75; Dinner \$3.75. \$1.00 yearly membership is required.

Carnegie Community Centre - Cafeteria

401 Main Street (@ Hastings) Vancouver, B.C.

Tel: 604-665-2220

Breakfast: 7 days a week, (9:00am- 11:00 am) \$1.75

Lunch 12:00 Noon – 4:00pm: \$1.75, Dinner 5:30pm – 8:30pm: \$3.00

Helping Hands – Empowering Native Youth

The Sandwich Project

Christ Church Cathedral

220 - 666 Burrard St (@ Burrard Skytrain)

Tel: 604-682-3848 Fax: 604-682-8377

Monday to Friday (10:00 - 11:30am), Thursday(10:00am – 11:30am)

Provides free sandwiches, coffee, and anything else that has been donated to people in need from September 20 to May only.

Evelyne Saller Centre

320 Alexander Street (@ Gore) Vancouver, B.C.

Tel: 604-665-3075

Weekdays: 9:00am to 11:00pm or Weekends: 10:00am - 10:00pm

Meals between 10:00 am - 5:00pm for \$2. Free laundry and showers, recreation programs inside and outside the center. This resource is adult oriented. However, youth are welcome during the day only.

Dug Out

59 Powell Street (@ Carroll) Vancouver, B.C.

Tel: 604-685-5239

Drop-in social centre for all ages. Features a reading room with TV and games. There is a coffee and soup line 7:15 am Monday to Saturday, and 8:15 am Sundays and holidays. Drop-in hours are 8:30 am to 10 pm Monday to Saturday, and 10 am to 10 pm Sundays and holidays.

Mission Possible Compassionate Ministries

Society - Church of the Nazarene

543 Powell Street (@ Jackson)

Tel: 604 - 253 - 4469 Fax: 604 - 253 - 0418

Tuesday – Friday 1:00 - 3:30pm drop-in centre with coffee, tea, snacks and job board; Tuesday 1:30 - 2:30pm Clothing room; 7:30pm Tuesday Bible Study; 1:00pm Wednesday free meal; 10:00am Thursday SPCA brings in dog and cat food to give out. Supplies are limited; Thursday 1:30 - 2:30pm a 12 step program called Circle of Hope is held; 7:30pm Friday Christian service, followed by a meal at 8:00pm; Sundays @ 1:30 - 2:30pm a Christian service is held. Breakfast; 9:00am 50 meals are served, 10:00am 50 more meals are served.

Downtown Eastside Women’s Centre

302 Columbia St. (@ Cordova) Tel: 604-681-8480

Weekdays: Noon - 5:00pm or Weekends: 10:00am - 5:00pm

Website: www.dewc.ca

Offers free showers, laundry, personal hygiene products, clothing, telephones, and computers. Lunch everyday from 12:30 - 1:45pm. And usually dinners for those attending specific programs. See the Counselling and Support sections in this manual for more info.

Food Bank - Greater Vancouver Food Bank Society

Tel: 604-876-3601

Website: www.foodbank.bc.ca

Call first and you will be directed to the nearest of 17 locations. You must register and then go to the same depot each week. You can not go to more than one depot per week. You need to bring identification for yourself and each member of your family that you are receiving food for. You get a 3 day supply of food per person per week. You must be at least 16 years of age. Not open during cheque issue week.

First United Church

320 East Hastings (@ Gore)

Tel: 604-681-8365

Free Clothing Room: 9:00am Mon & Fri or 12:30pm Wed; Coffee and sandwiches 9:30am Mon – Fri; Morning Soup Time: 8:30am Mon – Fri.

Salvation Army Community & Family Services

3213 Fraser Street (at 16th Ave.)

Tel: 604-872-7676

9:00am to 3:30pm Monday – Friday

For families with children. You must make an appointment and bring ID for yourself and each of your children to receive free food or clothing vouchers. Maximum of two clothing vouchers per year. Breakfast: 9:00 -10:30am Mon & Fri or 9:30 - 11:00am Wed; Christian 12 Step Program: 11:00am Wed; Women’s support group 11:00am Thursday.

Helping Hands – Empowering Native Youth

Franciscan Sisters of Atonement

385 East Cordova Street (@ Gore)

Tel: 604-685-9987

Free soup and sandwiches at 3:30pm Mon, Tues, Thur, Fri and 2:00pm Sun; Men's clothing room 9 - 11:00am Mon-Thurs. Parents with children can get emergency groceries. You must call ahead and bring I.D. Pick up time is 1:00pm.

Gordon Neighbourhood House

1019 Broughton St. (@ Nelson)

Tel: 604-683-2554

9:00am - 9:00pm Monday – Thursday,

9:00am - 4:30pm Friday – Saturday.

Lunch 12:15pm Tues & Thurs; Provides lunches for \$5.00

Hang-Ups Thrift Stores

1852 Commercial

Provides inexpensive clothing, furniture & household goods.

Harbour Light

119 East Cordova Street (@Main)

Tel: 604-646-6800

Soup line: 11:00am Mon - Fri or 5:00pm Mon, Wed, Fri, Sat, Sun

Salvation Army Thrift Store

261 East 12th Avenue (@ Main)

Tel: 604-874-4721

9:30am -5:30pm Monday - Saturday

Clothing, small appliances, toys, games, furniture etc. at cheap prices.

Quest Outreach Society

Tel: 604-602-0186

Fax: 604-682-3494

1217 East Georgia, Vancouver, BC

Catered meals from Monday to Friday at Vancouver Native Health.

Union Gospel Mission

616 E Cordova St (@ Princess)

Tel: 604-253-3323

Helping Hands – Empowering Native Youth

Free bread, produce, etc. when available 2:00 & 7:00pm Mon to Fri or 7:30pm Sat; Chapel service 1:45 & 7:00pm and 7:30 Mon–Sun; Free clothing & dinner at 6:00pm available at drop-in centers (Men at 607 E. Hastings - 2:30pm Tuesday, women at 601 E. Hastings during drop-in hours).

Union Gospel Mission Thrift Store

671 E. Hastings St. Tel: 604-254-8721 Fax: 604-254-8377
Monday to Friday (9:00am - 4:30pm)

10776 King George HWY, Surrey, BC Tel: 604-583-0069
9:00am - 4:30pm Tuesday - Saturday

Value Village 1820 East Hastings St. (near Commercial)
Provides new & used furniture, clothing, household goods, and shoes at cheap prices.

Blue Bus

Lifeline Outreach Society

609 Helmcken St. (@ Seymour) Vancouver
Website: www.lifelineoutreach.org
Tel: 604-728-7551

A mobile food bank and soup kitchen every Monday night in the 1000 block of Seymour Street. Includes hot soup, sandwiches, coffee, juice, dessert, and possibly groceries and clothing.

British Columbia Persons With AIDS Society

2nd floor - 1107 Seymour St. (@ Helmcken) Vancouver
Toll Free: 1-800-994-2437 Tel: 604-646-5323 Fax: 604-893-2251
Email: support@bcpwa.org Website: www.bcpwa.org
10:00am - 4:00pm

Members only. No cost. You will need a doctor to verify your HIV status. Lounge offers free coffee and juice, an indoor smoking room, movies/music, shoulder massages, and phone. The peer run store offers free clothing, household goods, bedding, small appliances and more. The Complimentary Health Fund offers reimbursements for the cost of services and products for HIV/AIDS related symptoms not subsidized by other resources. Be sure to check eligibility criteria.

Breakfast Club

Kiwassa Neighbourhood House

2425 Oxford St. (@ Nanaimo)

Tel: 604254-5401

Mon to Fri (8:00 - 8:45am) (Summer & holidays 9:00 -9:45am)

Offers a nutritious meal of cereal and toast, pancakes, eggs, or french toast. All you can eat. Just pay what you can! Note: a child must accompany an adult.

Clothing Exchange

Kiwassa Neighbourhood House

2425 Oxford St. (@ Nanaimo)

Tel: 604254-5401

Every second Monday: free clothing for families from 1:00 - 3:00pm.
Wednesday afternoons: Cooking Fun for Families. 9:30am -1:00pm, community members can, preserve, and cook food. A nutritionist facilitates the sessions. Childcare is provided. Enjoy the cultural community dinners and entertainment. Register at front desk in advance. Space is limited. The cost is only \$2 per adult and \$1 per child or pay what you can. Dinner starts at 6:30pm.

Healthcare & Clinics

If you are under the age of 19, you have the right to receive health care services without involving or informing your parent or guardian as long as you can understand the potential benefits and risks of health care.

Medical Walk-in Clinic

Vancouver Native Health Society

449 East Hastings Street Vancouver, B.C.

Tel: 604-255-9766 Fax: 604-254-5750

Mon to Thur (9:30am - 8:15pm); or Fri to Sun (9:30am - 4:30pm)

Administration hours: Monday – Friday (8:30am - 4:30pm)

Provides free, non-judgmental healthcare to residents of the Downtown Eastside. Offers addiction treatment, HIV/AIDS care, methadone maintenance, health education, nursing care, sexually transmitted disease & blood testing, infection disease screening, and immunization. No cost and you don't need medical coverage. Only excepting First Nation's, People with HIV/AIDS, or youth under 19 years of age.

First Nations Patient Advocate

B.C. Women's Health Centre

Room E300A, SHY - 4500 Oak Street (@ 29th & Heather) Vancouver

Tel: 604-875-3440 Fax: 604-875-2041

Monday to Friday (8:00am - 4:30pm)

Helps to ensure that First Nations patients at BC Children's Hospital, BC Women's Hospital and Health Centre, and Sunny Hill Health Centre for Children receive the info and support they need. Also helps with communications between patients and hospital staff, gives out toiletries and donated clothing. Contact them directly, ask a hospital nurse or social worker, or through the patient's Band office. No cost.

Aboriginal Women's Health

B.C. Women's Health Centre

Room E300A – 4500 Oak Street (@ 29th and Heather) Vancouver

Tel: 604-875-2348, 604-877-3700 Fax: 604-875-2401

Monday to Friday (7:00am - 4:30pm)

Helping Hands – Empowering Native Youth

Supports Aboriginal women wishing to improve their health by using workshops and materials designed for them. Helps Aboriginal communities to be able to provide what it is needed to meet their own women's health care needs. Teaches medical professional on-site to increase their sensitivity to Aboriginal needs. Also conducts annual joint training with nurses in female health care areas. No cost.

Chee Mamuk

Aboriginal Program STD/AIDS Control - BC Centre for Disease Control

655 West 12th Ave. Vancouver, B.C.
Tel: 604-660-1673 Website: www.bccdc.org

Cultu2:30 – 4:30 rally appropriate on-site community based HIV/AIDS, Hepatitis and sexually transmitted disease education and training to Aboriginal communities, organizations, and professionals within BC. Info, building skills, and helping participants explore their lives and lifestyles to encourage spiritual, mental, emotional, and physical health.

Broadway Youth Resource Centre (BYRC)

691 East Broadway Vancouver, B.C. Tel: 604-709-5720
Monday 2:30 - 5:00pm to see a doctor
Thursday 2:30 - 5:00pm to see a nurse
Serves youth under the age of 25.

Commercial Drive Youth Clinic

Suit 200, 1651 Commercial Drive Tel: 604-253-3575
Mondays (2:30 – 5:30 p.m.) Tuesdays & Thursdays (2:30-5:30 p.m.)

Evergreen Youth Clinic

3425 Crowley Dr (1 block south of Joyce Skytrain) Vancouver
Tel: 604-872-2511
Tuesdays (3:30 - 6:00pm) or Fridays (2:00 - 4:30pm)

Downtown Community Health Clinic

569 Powell St. Tel: 604-255-3151
Seven days a week 8:30am - 8:30pm

It's best to go in the mornings, as it gets busier later in the day.

Health Clinic Drop-In Kiwassa Neighbourhood House

Tuesdays (1:30 - 3:00pm) or Wednesday (3:00 - 4:00pm) to see a nurse from the North Health Unit who is available to answer your questions.

Downtown Health Clinic - TB Services Aboriginals Outreach Program (TB Nurses)

C/o Downtown Health Clinic 569 Powell St.

Tel: 604-255-3151 Fax: 604-255-0314

Monday to Friday (8:30am - 12:00pm)

Provides TB education, screening, and prevention information to people at risk for contracting TB, including health care workers. Call or drop-in to the Downtown Health Clinic or Vancouver Native Health Society Medical Walk-in Clinic for more information or services.

Pine Free Clinic

1985 West 4th Ave (3 blocks west of Burrard) Tel: 604-736-2391

Mon, Tues, Thurs, Fri (9:00am – Noon) and (2:00 - 5:00pm)

Weds (9:00am – Noon) and (4:30 - 7:30pm); or Saturdays (1:00 - 4:00pm)

Clinic for youth 25 and under. However, they will see people over 25 who don't have BC medical insurance in the mornings and all day Wednesday. It is best to come early, as they get busy later in the day.

Positive Outlook Program & Drop-in Centre

Vancouver Native Health Society

441 East Hastings Street

Tel: 604-254-9937 Fax: 604-254-9948

9:00am - 3:30pm 7 days a week

Homecare visits by Health Care Support Workers and doctors, drug & alcohol counselling for those with HIV/AIDS, food bank Tuesdays from Noon - 1:00pm (except cheque issue week). A limited number of housing subsidies are available. HIV Support Group 4:00 - 6:00pm Wednesdays

Vancouver Women’s Health Collective

#1 – 175 East 15th Avenue

Tel: 604-736-5262

Mon (10:00am - 1:00pm) and Tues (2:00 - 5:00pm); or Wed (10:00am - 1:00pm and 6:30 - 8:30pm); or Thurs (10:00am - 1:00pm)

A women’s only place that offers info on women’s health issues, a library, videos and a directory of practitioners and therapists, including women’s evaluations them. Photocopies cost 15 cents per page (if you can afford it). They also hold free workshops on topics such as body image, natural birth, etc. Drop-in or call the info line.

PARC Library

Aids Vancouver

Tel: 604-893-2248 Web: www.aidsvancouver.org

Monday to Friday (9:00am - 5:00pm)

Over 3,500 books, 600 videos, and 70 journal, magazine & newsletters. Includes AIDS awareness, positive living, care giving - professional & lay person, partners, family & friends, testing for HIV, treatments, alternative & complementary therapies, nutrition, death & dying, prevention & education, legal & ethical issues, workplace issues, epidemiology & statistics, Aboriginal peoples, women, and youth.

Knight Street Youth Clinic

6405 Knight Street (@ E 49th Ave) Tel: 604-301-2227

Mondays (2:00 - 4:30pm) or Thursdays (5:30 - 8:00pm)

Offers free, relevant, confidential, community-based services for youth ages 13 to 25 in a comfortable, youth-friendly environment. These health services include physical and mental health assessment, interventions, treatment and follow-up for sexually transmitted diseases, birth control, pregnancy diagnosis, immunizations, health education, counselling and referrals.

Youth-CO AIDS Society

Suite 205 - 1104 Hornby St.

Tel: 604-688-1441 Fax: 604-688-4932

Toll Free: 1-877-YOUTHCO (968-8426)

Confidential support cell phone: 778-838-3856

Website: www.youthco.org Email: info@youthco.org

Works with youth ages 15 - 29 to address HIV, Hepatitis C, and related issues. Provides prevention education and support to youth living with or affected by HIV and/or Hepatitis C. Offers sexual health and harm reduction info, volunteer opportunities, referrals, advocacy, and group and individual support.

HIV/AIDS Treatment Information Program British Columbia Persons with AIDS Society

1107 Seymour Street

Tel: 604-893-2243

Email: treatment@bcpwa.org

Website: www.bcpwa.org

Mon, Tues, Wed, Thurs, Fri; (10:00 – 4:00, Thurs; 5:00pm – 9:00pm)

Includes the ABC's of HIV Treatment & Care, Treatment Info Program which provides up-to-date info on treatments and therapies for HIV disease, and outreach programs such as Question & Answer Sessions, Train-the-trainer Workshop, and Community Forums, and a bi-monthly magazine called "Living Positive" with treatment info. You must be a member to access the services. Call or visit the website for an application. No cost. You will need a doctor to verify your HIV status.

Three Bridges Clinic

Formerly Downtown South Community Health Centre

1293 Hornby St. (@ Davie)

Tel: 604-736-9844

Phone hours Monday to Friday (8:30am - 4:30pm)

Clinic Hours Monday to Friday (8:30am - 8:00pm)

Provides free, confidential services including: medical problems, birth control, pregnancy testing and counselling, diagnosis and treatment of STDs, treatment of scabies / lice, Hepatitis B shots, flu shots, and help with personal problems. Phone for drop-in hours. Free for residents of BC.

Needle Exchange Program

DEYAS

221 Main Street (@ Hastings St.) Tel: 604-685-6561
8:30am - 8:00pm Seven days a week

Drop in anytime, or stop by 'The Van' which is easy to recognize, and can be flagged over if you need to exchange a needle or anything else. Offers free needles for IV (intravenous) drug users to help fight the spread of AIDS, hepatitis, etc. Referrals for AIDS testing, alcohol and drug treatment, and youth workers. The Van drives around the Downtown, Mount Pleasant and Main Street areas evenings. Ask a driver for Van routes.

Positive Women's Network

1107 Seymour St. (@ Helmcken)
Tel: 604-893-2200 or 604-681-2122 Fax: 604-893-2256
Drop in hours: Monday to Friday (11:30am - 3:30pm)

Offers crisis and one to one counselling, education, support, Aboriginal programs, lunch, clothing exchange, referrals and outings. Call or drop in for more info.

Pride Health Services

Now Operating out of Three Bridges Clinic

1293 Hornby Street (@ Davie) Tel: 604-633-4220
Thursdays (3:00 - 6:00pm)

Provides safe, non-judgmental services for the lesbian, gay, bisexual and trans-gendered people. Doctor, nurse, and community counsellor available on a drop-in basis. All services are free to residents of BC.

Helpline

Aids Vancouver

Tel: 604-893-2222 Email: helpline@aidsvancouver.org
Monday to Friday (10:00am - 5:00pm)

Volunteers can discuss a variety of topics, including: ways people get HIV, safer sex, testing for HIV, support for people living with or affected by HIV/AIDS, how to find a doctor, other AIDS organizations, etc.

Boulevard Youth Clinic

2110 West 43rd Avenue (@ West Boulevard) Tel: 604-261-6366
Tuesdays (2:30 - 5:00pm)

Burnaby Youth Clinic

#15 - 250 Willingdon Avenue, Burnaby Tel: 604-293-1764
Monday, Tuesday, Thursday (2:00 - 5:00pm)

Provides STD testing/screening, STD treatment, HIV testing/screening, pregnancy testing, and birth control.

New Westminster Youth Clinic

38 Begbie St, New Westminster Tel: 605-329-1875
Tuesdays (2:30 - 6:00pm) or Thursdays (4:00 - 8:00pm)
Services for people 21 and under.

Health Action Network

#202 - 5262 Rumble Street, Burnaby (@ Royal Oak St.)
Tel: 604-435-0512, Website: www.hans.org, Email: hans@hans.org
Office hours: Monday to Friday (9:00am - 5:00pm)

Information resource center including books, articles, video and audio tapes on a wide range of health topics.

First Nations Breast Cancer Society

Box 75 Room D311 - 4500 Oak Street (@ 29th and Heather)
Tel: 604 - 875 - 3677 Fax: 604 - 875 - 2445
Monday to Friday (8:30am - 2:30pm)

Offers breast cancer info and support to First Nations women, a Breast Self-Examination Instructor to train Aboriginal women on a one-to-one basis how to perform an exam and how to teach other women. Healing circles are offered twice a month. Call or drop-in for more information.

BC Centre for Disease Control STD Clinic

665 West 12th Ave (Heather St. Entrance) Tel: 604-660-6161

Helping Hands – Empowering Native Youth

Website: www.bccdc.org Email: admininfo@bccdc.ca
Mon, Fr (8:30am-7:30pm) ; or Tues, Wed, Thur (8:30am - 4:00pm);
or Sat (9:30am - 1:00pm)

STD counselling, testing, and treatment, hepatitis B vaccine, HIV testing, and HIV pre & post test counselling. Appointment or drop in.

Access Office AIDS Vancouver

1107 Seymour Street (@ Helmcken) Tel: 604-893-2270
Help line: 604-893-2270 Website: www.aidsvancouver.org
Monday to Friday (11:00am - 4:00pm)

Helps you get connected with Aids Vancouver services, includes PARC library, women's groups, Gay Way, a helpline, grocery program, case management, outreach, and counselling. Drop in or call for more info.

Canadian Diabetes Association

Diabetes Information and Support Centre (DISC)

#360 - 1385 West 8th Avenue (@ Hemlock) Tel: 604-732-4636
Mon – Fri(10:00am - 3:00pm) ; or Admin Mon – Fri (8:30am - 4:30pm)

An info and referral resource. Drop into their library, or if you are a member, you can borrow books and videos. There are many trained volunteers and staff around to answer your questions.

AIDS / STD Outreach Nurses

1065 Seymour Street (@ Nelson) from noon - 2:30pm Tues - Thurs
Tel: 604-660-6776 Fax: 604-660-1818
59 W. Pender Street from Monday to Friday 8:30am - 4:00pm
Tel: 604-669-9181 Fax: 604-660-1818
1170 Bute Street from Monday to Friday (11:00am - 6:30pm)
Tel: 604-660-7949 Fax: 604-660-7036

Offers info, testing, and treatment about sexual health, STD's and HIV, vaccinations for Hepatitis, flu, pneumonia, basic first aid, a needle exchange, or referrals. Free and confidential. First come, first served.

Gayway

913 Davie St. (@ Hornby) Tel: 604-682-3900
Website: www.gayway.ca Email: gayway@telus.net

Helping Hands – Empowering Native Youth

Monday – Friday(10:00am - 5:00pm) or Saturday(1:30 - 5:00pm)

A gay men’s resource that promotes health using a wellness model that incorporates the social, sexual, physical, mental/emotional, spiritual aspects of each of us and our communities. They use an asset-based approach that focuses on creating opportunities to come together and share experiences, skills and resources. Includes peer counselling, facilitated discussion and support groups, educational resources, and health promotion campaigns.

First Nations and Inuit Health Branch Health Canada

#510 - 757 West Hastings Street (@ Howe) Tel: 604-666-3331

Website: www.hc-sc.gc.ca/fnihb-dgspni/fnihb/regions.htm

Monday to Friday (8:30am - 4:00pm)

Helps Aboriginal people getting their B.C. Medical Services Card (Care Card), and other required health services. Drop in.

Poison Control Centre

Emergency Toll Free: 1-800-567-8911 (24 hours)

604-682-2344 (local 2126) for non-emergency or 604-682-5050

Oak Tree Clinic

BC Women’s Health Centre- Women & Family HIV Centre

4500 Oak Street (@ 29th and Heather) Tel: 604-875-2212 (24 hours)

Fax: 604-875-3063 Website: www.oaktreeclinic.bc.ca

Reception hours: Monday to Friday (8:30am - 4:30pm)

Mondays and Fridays are for emergency appointments only.

Provides specialized HIV care for infected women, pregnant women, partners, children and youth, and support services for affected families. Call for an appointment. You will be asked for some basic info about your medical history when you call. Offers nutritional snacks and limited childcare during clinic hours.

Vancouver Friends For Life Society
The Diamond Centre For Living

1459 Barclay Street (@ Nicola) Tel: 604-682-5992 Fax: 604-682-3592
Monday to Friday (9:00am - 9:00pm) ; or Saturday (9:00am - 5:00pm)
;or Sunday (Noon - 8:00pm)

Offers support to people 19 and older with life-threatening illnesses as well as their families, friends, and caregivers. Provides emotional and spiritual support in a safe and confidential atmosphere. More than 50 free programs and services that focus on wellness: group support, one-to-one counselling, social support, workshops, art therapy, massage, yoga, and library. Call or drop in. Membership required. Call or print out and application from their website.

Hospitals

Mt. St. Joseph's Hospital

3080 Prince Edward Street (@ Kingsway)

Tel: emergency 604-877-8320 or general 604-874-1141

St. Paul's Hospital

1081 Burrard Street (@ Davie)

Tel: emergency 604-806-8016 or general 604-682-8016

UBC Hospital

2211 Westbrook Mall

Tel: emergency 604-822-7222 or general 604-822-7121

Vancouver Hospital

920 West 10th Avenue (@ Laurel St.)

Tel: emergency 604-875-4995 or general 604-875-4111

Burnaby Hospital

3935 Kincaid Street (@ Boundary)

Tel: emergency 604-431-4789 or general 604-434-4211

Vancouver General Hospital

899 West 12th Avenue

Tel: 604-875-4111

Chilliwack General Hospital

45600 Menholm Road, Chilliwack

Tel: 604-795-4141

Richmond Hospital

7000 Westminster Highway, Richmond Tel: 604-278-9711

Identification

“Indian” Status Card

Department of Indian and Northern Affairs

Suite 600, 6th floor, 1138 Melville St. Tel: 604-666-2059
Fax: 604-775-7149 Website: www.ainc-inac.gc.ca/index_e.html
Monday, Wednesday and Friday (9:00am - 4:00pm)

You must be a “registered Indian” to receive a status card. You must bring your birth certificate and another piece of ID. If you are under 19, a parent, guardian or a social worker will have to apply for you. You will also need to bring a 1” x 1” photo of yourself, and you can not be wearing a hat, headband, or dark glasses in your photo. You should receive your card in about one week.

First Nations and Inuit Health Branch Health Canada

#701, 1166 Alberni St. Tel: 604-666-3331
Website: www.hc-sc.gc.ca/fnihb-dgspni/fnihb/regions.htm
Monday to Friday (8:30am - 4:00pm)
Helps Aboriginal people getting their B.C. Medical Services Card (Care Card), and other needed health services. Phone to see what type of identification and/or information you need to bring with you to apply for your medical card. Drop in anytime.

Birth Certificate

Vital Statistics

#250 - 605 Robson Street (@ Seymour) Tel: 604-660-2937
Toll free: 1-800-663-8328 Website: www.vs.gov.bc.ca
Monday to Friday 8:30am - 4:30pm

You must know your mother’s maiden name and where both of your parents were born (if they are both listed on your birth certificate). If you were not born in British Columbia, you will have to get a form from this office and send it away to the province where you were born. The cost is \$27. In B.C. it will take 5-7 business days, plus mailing time.

BC ID Card

Driver Services Centre

2750 Commercial Drive (@ 11th Ave) Tel: 604-661-2255 or

#254 - 800 Hornby Street (@ Robson Square)

Monday to Friday 8:30a.m.-4:30 p.m.

You will need your birth certificate and another piece of ID such as a bankcard, your SIN or Carecard or something with your signature on it. Cost is \$35. You will receive your BC identification in about two weeks.

Driver's License

Driver Services Centre

2750 Commercial Drive (@ 11th Ave) or #254 - 800 Hornby Street

Website: www.icbc.com

Inquiries: 1-800-950-1498 or Road Test Bookings: 604-661-2255

Monday to Friday (8:30am - 4:30pm)

You must be at least 16 years old. If you are under 19, your parent or guardian has to sign for you. You must bring a birth certificate and another piece of ID. The cost for the learners' license' is \$35.

Canadian Passport

Department of Foreign Affairs

#200 - 757 W Hastings Street (@ Granville)

Tel: 1-800-567-6868 Website: www.ppt.gc.ca

Monday – Friday (7:30am - 4:30pm)

You must fill out the form, show your birth certificate, have a passport photo taken, and get a doctor, lawyer, or other eligible professional to sign the back of the photo and your application to show that the photo is really you. It costs \$60 and takes about a week to receive.

Social Insurance Number (SIN Card)

Human Resources Development Canada

#310 - 757 West Hastings Street (@ Sinclair Centre)

Tel: 604-681-8253 or General Inquiries: 1-800-206-7218

2nd Floor, 460 Nanaimo Street (@ Hastings) Tel: 604-251-6167

If you are at least 12 years old and a Canadian citizen, just take your birth certificate to any Employment and Immigration office and fill out the form. There is no cost, but a replacement card will cost you \$10.

Legal Services

Vancouver Aboriginal Community Policing Centre

Unit 100-1726 East Hastings (@Commercial)
Tel: 604-678-3790

The Coordinator will play a vital role in delivering a community-based liaison service between the Vancouver Police Department and Aboriginal community and will work closely with its volunteers, Neighborhood Police Officer and Board of Directors.

Vancouver Aboriginal Transformative Justice

Suit: 107, 1607 East Hastings St. (@ Commercial)
Tel: 604-251-7200 Fax: 604-251-7201
Monday to Friday (9:00am – 5:00pm)

An alternative to the mainstream justice system. The circle is used to find alternative ways to resolve justice related issues. For youth, adults, people that have been convicted of minor crimes, call for more info.

Native Youth Courtworker

Native Courtworker & Counselling Association of B.C.

50 Powell Street (@ Columbia) Tel: 604 - 687 - 0281
Monday – Friday (8:30am - 4:30pm) Closed 13:30

Provides support to Native youth who are in trouble with the law. Offers legal, youth and family, and referral services including A & D, family, and sexual abuse counselling, and info about your rights and responsibilities regarding your legal matter. Call or drop-in.

MPA Court Services

Mental Patient's Association

Provincial Court 222 Main Street (@ Cordova)
Tel: 604 - 660 - 4292 Fax: 604 - 688 - 6074

Court workers give assistance during the court process to clients with a mental disability who are charged with a criminal offence.

Legal Aide

Legal Services Society

#425, 510 Burrard St. Vancouver, BC

Tel: 604-601-6206 fax: 604-681-2719

Mon, Thurs, Fri (8:30am - 4:30pm) or Wed (8:30am - 12:00pm)

Legal Aid is a free service for people with low incomes. They provide assistance on criminal, family, and some immigration matters. ***Note:** if you are under 18 and are charged under the Young Offenders Act, you are entitled to a lawyer and the court will appoint one for you.

Provincial Adult Criminal Court

222 Main Street (@ Cordova)

Tel: 604-660-4200

Monday to Friday (9:00a - 4:00pm)

If you want to know about an upcoming case, make sure you have the criminal charge and the full name of the person charged. They can give you the date, time, and the place of the trial over the phone. If you are inquiring about the charges that are going to be laid against someone, ask for the prosecutor in “charge approval”. Provides info on bail conditions, as well as the scheduling of upcoming trials.

Ombudsman for Youth

756 Fort St. Victoria

Web: www.ombudsman.bc.ca

Toll Free: 1-800-567-3247 Fax: 250-387-0198

Monday to Friday (8:30am - 4:30pm)

Call to speak to an intake worker. Investigates complaints about unfair practices in the Provincial government, hospitals, universities, colleges, public schools, etc. ***Note:** The Ombudsman is unable to deal with complaints against the Federal government, such as Employment Insurance.

Mosaic Paralegal Project

#2nd floor - 1720 Grant Street (@ Commercial Drive)

Tel: 604-254-9626 Fax: 604-254-3932

Website: www.mosaicbc.com Email: mosaic@mosaicbc.com

Provides summary advice, legal representation, and referrals to immigrants and refugees, concerning a variety of issues such as immigration, family, welfare, housing or employment.

Law Students Legal Advice Program (LSLAP)

University of British Columbia

Tel: 604-822-5791

Monday to Friday (9:00am - 4:00pm)

Student-operated, lawyer supervised program that provides advice and support on legal problems you might be having. They do not give advice over the phone or provide legal advice in the matters of personal injury, traffic, family law, or Supreme Court. Phone for an appointment.

Neighbourhood Houses

Offer many programs for children, youth, adults/families, and seniors. There are many recreational, fun, and educational programs available.

Cedar Cottage Neighbourhood House

4065 Victoria Drive (@ 25th Ave.)

Tel: 604-874-4231

Collingwood Neighbourhood House

5288 Joyce Street (near Joyce Skytrain)

Tel: 604-435-0323

Frog Hollow Neighbourhood House

2131 Renfrew St. (@ 5th Ave)

Tel: 604-251-1225

Gordon Neighbourhood House

1019 Broughton St. (@ Nelson)

Tel: 604-683-2554

Kitsilano Neighbourhood House

2325 West 7th Avenue (@ Vine)

Tel: 604-736-3588

Kiwassa Neighbourhood House

2425 Oxford St. (@ Nanaimo)

Tel: 604-254-5401

Mt. Pleasant Neighbourhood House

800 East Broadway (east of Fraser)

Tel: 604-879-8208

South Vancouver Neighbourhood House

6470 Victoria Drive (49th Ave)

Tel: 604-324-6212

Parent Support Programs

Sheway - Vancouver Native Health, YWCA Crabtree Corner, Vancouver Richmond Health Board

533 East Hastings, Vancouver Tel: 604-216-1699

Drop-in hours Monday to Friday (11:30am - 3:30pm)

Offers outreach services to pregnant women, young moms, and their children in the Vancouver area. Includes assistance with getting housing, nutrition counselling, benefits for you and your child, A & D counselling, as well as free baby food (when available), and juice and milk coupons. Daily hot lunches and access to food bags are also provided. During drop in hours, they offer various workshops in the centre such as caring for your baby's teeth, how to play with your baby, how to massage your baby etc. Call for more info.

Aboriginal Mother's Centre Society

2019 Dundas St. Tel: 604-253-6262 Fax: 604-253-6263

Website: www.amcs.ca Email: amc@amcs.ca

Monday – Thursday (10:00am - 6:30pm), Friday (10:00am – 5:00pm)

Open to Aboriginal women & their children. Fathers are welcome to come with the mothers only. They run 12 week Traditional Parenting Skills program. Three more programs will start in late 2004: Nobody's Perfect, Ready or Not, and Reading Raven. See the A & D, support, and free/cheap sections for more program info.

Eagle's Nest Preschool Aboriginal Head Start B.C. Aboriginal Child Care Society

618 East Hastings (@ Healtey)

Tel: 604-253-3354 Fax: 604-253-3440

Administration hours: Monday to Friday 10:00am – 5:00pm

1st class: 10:00am – 5:00pm; 9:00am - 12:00pm, 2nd class: 12:00 - 3:00pm

Prepares Aboriginal children 2½ to 5 years old for school within a warm, caring, secure environment (they only have 2 spaces for children 2 ½). Aboriginal culture and traditions are incorporated including arts &

Helping Hands – Empowering Native Youth

crafts, language, smudging, singing, and dancing. Includes snacks. No cost. They also offer family support and parent programs.

Aboriginal Parent Support Circle

Parent Support Services of BC (Formerly BC Parents in Crisis Society)
#201 - 1155 West Pender Street (between Bute & Melville)
Tel: 604-669-1616 Fax: 604-669-1639
Email: office@parentsupportbc.ca

A safe, confidential, and non-judgmental meeting place for Aboriginal parents to share, support, and learn from each other. Provide emotional and educational support to parents and caregivers of Aboriginal children. Weekly circle meetings are led by trained Aboriginal volunteer facilitators. Subsidies are available for child care and transportation if/when needed. Phone or check out their website info about their other parenting programs.

Burnaby Family Life Institute

#17 - 250 Willingdon Avenue, Burnaby (@ Eton)
Tel: 604-659-2200, Toll free: 1-800-665-6880, Fax: 604-299-9731
Website: www.burnabyfamilylife.org, Email: info@burnabyfamilylife.org

Offers many free and 'by donation' support programs for young parents. Includes family drop-ins, anger management for parents, father's parenting program, nobody's perfect, parenting teens: survival tips, parenting for single parents, positive parenting for toddlers and pre-schoolers, boundaries - setting limits, systematic training for effective parenting, groups for women survivors of childhood sexual abuse, pre- and post-natal support services, and parent child mother goose.

“Nobody’s Perfect” Parenting Program

Kiwassa Neighbourhood House
2425 Oxford St. Tel: 604-254-5401 ext. 227

This 6 -8 week education and support program for parents of children aged 0-5 years provides an opportunity for parents to improve parenting skills, share experiences, learn new ways of dealing with challenges, discussion groups, share info, and give mutual support. There are Cantonese-speaking, First Nations, and English-speaking parents groups. Childcare and transportation (if needed) are provided as well as refreshments. They also have a Mother Goose - Toddler

Helping Hands – Empowering Native Youth

Group and Infant Group. Also see the free/cheap, and life skills/pre-employment programs sections of this manual.

Healthy Connections – You and Your Baby Family Services of Greater Vancouver

202 - 1193 Kingsway (Corner of Inverness & Kingsway)
Tel: 604-874-2938 extension 162

A therapeutic program that assists pregnant women to work through trauma-related issues that can interfere with their ability to parent their children. The program is a prenatal program designed to begin as early in the pregnancy as possible and to continue postnatal for up to three years. Includes a peer support group, peer leadership training, individualized treatment for pregnant women, and professionally trained therapists. No cost. You can refer yourself or have a professional like a social worker or a mental health worker refer you.

Tupper Young Parent Services

419 East 24th Avenue (@ St. George St)
Tel: 604-713-8233 Email: enquire@ywcavan.org

A flexible school program designed to help teen parents finish high school. You can start at any time during the year. Subsidies are available. Call for more information.

Newborn Hotline

Tel: 604-737-3737
7 days a week: 8:30am - 5:00pm

Parents can phone the community health nurse with any questions about their babies who are newborn up to 2 years old.

Vancouver Family Preservation Services

Vancouver: 604-875-6277 Burnaby/New West: 604-525-9144
Fraser South: 604-583-6011

Assists parents in finding ways to meet the needs of their children (birth to age 12). Services include individual counselling and support, support and education groups, developing a healthy relationship with your children, coaching and modeling positive parenting techniques, introduction to community resources, goal setting, and advocacy.

Infant Development Program of BC

Tel: 604-822-4014, 604-822-4015

Website: www.idpofbc.ca Email: infantdv@interchange.ubc.ca

Monday to Friday (9:00am - 5:00pm)

Specialized programs that focus on infants and children who have a developmental delay or who are at risk for delayed development for established, biological and/or psychosocial reasons. Offers assistance, support, home visits, education and more.

Crabtree Corner

YWCA

533 East Hastings St.

Tel: 604-216-1650

Provides emergency short-term child care and support programs for single mothers including Parent Action Group, Nobody's Perfect, Single Mothers' Weekly Support Groups, Single Mothers' Food Bank Run, CIBC Wood Gundy Saturday Family Outreach, Harm Reduction Housing, a Community Kitchen providing breakfast for parents accessing daycare or groups, and Lunch for females, and children.

YWCA Child Care Centers:

3839 Caroline

Tel: 604-879-1121

Fax: 604-879-1182

Provides child care for infants and toddlers of teenage mothers who are continuing their education through the Tupper Young Parent Services. Open to other teen moms and other parents in the community.

Citygate

1192 Quebec St.

Tel/Fax: 604-687-1150

Provides child care for children aged 3 to 5, specializing in integrating special needs children in the centre.

Leslie Diamond

535 Hornby St.

Tel: 604-895-5816

Fax: 604-684-9171

Provides care for infants and toddlers aged 6 weeks to 3 years.

Single Mother Services – YWCA

535 Hornby Street (@ Dunsmuir)

Tel: 604-895-5789

Email: enquire@ywcavan.org

Offers support programs all over Greater Vancouver, "Single Moms' Hotsheet" - an information bulletin published throughout the year, an annual summer picnic, special support at Christmas, family housing, Single Mothers' Days, and workshops.

Thresholds Residential Program

Aunt Leah's Independent Life Skills Society

4810 Boundary Road, Burnaby (@ Cardiff near Moscrop)

Tel: 604-433-1204, Fax: 604-433-0504, Website: www.auntleahs.org

A supportive housing program for women who want a helping hand in obtaining independence. Offers a safe and affordable self contained furnished suite for 6 - 9 months, a Support Worker who assists with life skills development, pre-natal and post-natal education, advocacy, basic support, and a resource room. Includes job and life skills training, workshops on tenancy rights, banking, interview skills and resume development, health and nutrition, support with income assistance meetings and requirements, and assistance with time management, budgeting, obtaining I.D., housing information and referral.

Pre-Employment/Life Skills Training

Aboriginal Community Career Employment Services Society (ACCESS)

Suite 110 – 1607 East Hastings Street
Tel: 604-251-7955 Fax:604-251-7954
Web: www.buildingfuturestoday.com

ACCESS delivers an assortment of training, counselling, support and financial services designed to help members of the urban Aboriginal community overcome employment barriers that may stand in the way of success and self-sufficiency.

Bladerunners

56 West Hastings Vancouver
Tel: 604-688-9116
Email: bladerunners@buildingfuturestoday.com

A program for street involved youth/adults aged 19 - 30. They place the youth at entry level construction jobs with pay of \$11.00 per hour minimum. Their goal is to develop jobs in construction for youth. All participants receive a week of health and safety training prior to job placement. This includes training in level 1 First Aid, and WHMIS. Call for more info or to find out when they are conducting interviews.

CHOICES

Helping Spirit Lodge

3965 Dumfries St. Tel: 604-872-6649 Fax: 604-873-4402
Email: helping_spirit@telus.net Website: www.helpingspiritlodge.org

Accepts 16 Aboriginal women survivors of abuse, and recipients or dependents of recipients under the BC Benefits (income assistance). Includes education, healing and self improvement topics such as personal management skills, job search skills, and career planning. Also offers certificate programs: food safe, first aid, women's self defence, CPR, first host, and WHMIS. There is an application/interview process. Call for information and schedules.

First Nations Employment Society

#101 - 440 Cambie Street (@ Pender St.) Tel: 604-605-8901
Fax: 604-605-8902 Email: florenced@fnes.com
Monday to Friday (8:30am - 4:30pm)

First Nations employment and job assistance, youth, and business development. This resource was established to serve all working-aged Aboriginal people. Clientele can drop in to use this resource. No cost.

YWCA Focus at Work

602 - 1281 West Georgia St. Tel: 604-688-4666
Fax: 604-688-3774 Email: focus@ywcavan.org
Monday to Friday (8:30am - 4:00pm)

A 3 week job search workshop, 7 week self direction employment search with support. Daycare and Transportation if eligible. For woman only.

Vancouver East Resource Employment Centre Family Services of Greater Vancouver

300 – 1638 E Broadway (½ a block west of Commercial)
Tel: 604-434-0367 Fax: 604-434-7031
Monday – Thursday (9:00am - 5:30m) or Friday (9:00am - 3:00pm)

A free service available to all residents of the Greater Vancouver area who are eligible to work in Canada. Offers a drop-in resource room with info on careers, training, job search skills, and labor market trends, updated job postings, daily newspapers, computers for job search, resume formatting, free photocopying, local faxing and phone calls for job search, Resource Room Advisors onsite to provide friendly, supportive assistance, Employment Counsellors by appointment for Case Management and expert help with Skills Development Employment Benefit applications.

Community Kitchen

Aunt Leah's Independent Life Skills Society

Tel: 604-264-7238 ex:223

7405 Royal Oak, Burnaby

Fridays(11:00am - 4:00pm) *45 weeks a year*

For youth aged 15 - 24. Covers aspects of cooking, including kitchen and food safety, reading food labels and recipes, measuring food, using common kitchen tools and machinery, understanding common cooking words, and how to make simple, cost-effective, and nutritious meals. Participants will be provided with a cooking handbook to take home that covers the basics of cooking and provides some easy recipes.

The Restaurant Training Program

Aunt Leah's Independent Life Skills Society

An 18-week program available to youth ages 15-18. Students must commit to eight hours per week. Incorporates four hours of classroom and four hours of experiential learning. Classroom training is held on Tuesday nights. Participants acquire personal management skills and other employment-related life skills. Wednesday or Thursday evenings, students receive actual "hands on" training at one of three Community Meal locations. Website: www.auntleahs.org

Barista Training

Aunt Leah's Independent Life Skills Society

A free, 19-week program for youth aged 15 - 18. Students must commit to eight hours of instruction each week (two evenings a week). Offers both classroom learning and hands-on training. Training includes general coffee service procedures, specialty coffee production, how to use coffee bar equipment, customer service skills. Students receive certification in Superhost, Foodsafe, ILFY (Independent Living for Youth), and LL Brown Independent Thinking Skills. Website: www.auntleahs.org

I.L.F.Y Independent Living For Youth Aunt Leah's Independent Skills Society

A one day workshop designed to teach youth the basic skills towards living successfully on their own. Topics include; housing options, landlord/tenancy guide, budgeting money, food management, time management, housekeeping tips, identification/government bonuses /banking, personal health & well-being. Upon completion of a multiple-choice quiz, youth will be presented with a certificate of achievement. Website: www.auntleahs.org

Career Zone **YWCA Vancouver**

1260 Granville St. Tel: 604-605-4666
Fax: 604-605-7188 Email: careerzone@ywcavan.org
Monday to Thursday (10:00am - 5:00pm ; or Friday (10:00am - 4:00pm)

A drop-in employment centre for job seekers aged 15-30. Offers career exploration, employment counselling, resource library, phone and fax, computers w/internet, and free workshops on job search topics. Case management services, call for appointment

Gastown Vocational Services

Suite 250 - 220 Cambie Street (@ Water St.)
Tel: 604-683-6047 Fax: 604-683-5099
Monday to Friday (8:30am - 5:00pm)

Provide vocational assessment and vocational assistance, for clients 16 - 65 who have a diagnosed mental illness. Their goal is to provide clients with training and back-to-work rehabilitation.

Job Start

2120 Commercial Drive (@ 5th Ave) Vancouver
Tel: 604-254-5111

A 13 week pre-employment program for men and women 19 and older with a focus on career research and attaining employment. Includes resume and cover letter development, upgrading/GED (if you have not completed high school) and a 1 or 2 week practicum. There is an application and interview process. Drop by to fill out an application.

New Chapter Employment Resource Centre

2106 Commercial Drive (@ 5th Ave) Tel: 604-254-3353

Fax: 604-254-3312 Email: newchapter@telus.net

Monday to Friday (9:00am - 4:30pm)

Open to those who are unemployed and eligible to work in Canada. Provides free access to computers with internet, a local phone, message centre, fax, limited photocopying, job board, want ads, HRDC postings, application assistance for employment, student loan, and college, case management. You need to register for the workshops and make an appointment for case management. All other services are available on a drop-in, first come, first served basis.

Tradeworks Training Society

87 East Pender. Tel: 604-253-9355

Monday to Friday (8:00am - 4:00 pm)

Provides free skills training and employment programs for people who want to change their lives. Courses in computer refurbishing, carpentry, and women's home improvement. They also run The Job Shop, a program designed help participants to develop and strengthen their employability skills. Includes working in a series of temporary work placements while seeking permanent employment. Also MoreSports provides positive recreation activities and work/volunteer experiences for parents and youth. You must apply and have an interview.

Community Assistance Program

Gordon House Youth S.E.A.R.C.H.

Tel: 604-687-8868

Hours: Mon – Fri 1(0:00am-4:00pm); or Administration(8:00am-4:00pm)

A 15 week pre-employment program for ages 15 – 30. Includes workshops, one-to-one counselling and work/volunteer experience. The youth will also be certified in First Aid/CPR and WHMIS. You must be a recipient of British Columbia Employment and Assistance (income assistance) or are likely to come into that program. Referrals are accepted from Employment Consultants, MCFD Social Workers, Probation Officers, and other community agencies. Youth are welcome to come in and check them out anytime. The program starts on the first Monday of every month so any time is a good time to call and schedule an interview.

Skills Link Program

Gordon House Youth S.E.A.R.C.H.

1401 Comox Street

Tel: 604-687-8868

Fax: 604-689-9675

Email: youthsearch@telus.net

Interviews Mon – Fri(10am - 2:00pm); or Program: Mon – Fri(10am - 4:00pm) ;or Administration (8am - 4:00pm)

A four month employment program for people 15 - 30. Youth can be referred through an HRSDC Case Management Centre or they can walk in anytime and check out the program. Participants will be granted financial support at \$8.00/hour for a maximum of 30 hours per week. During the first 2 months, youth participate in group-based employability skills and receive certificate training. Month 3 and 4 are used to participate in work experience placements that are monitored by the Youth S.E.A.R.Ch employment counsellors.

Women’s’ Resource Centre

UBC Robson Square 800 Robson St.

Tel: 604-822-8585 Fax: 604-822-3415

Website: www.lifeandcareerubc.ca

Offers career counselling and vocational testing. There is a cost for these. Financial subsidies are available for some programs.

Take Charge Program

Kiwassa Neighbourhood House

2425 Oxford Street (@ Nanaimo) Tel: 604-254-5401 ext. 206 or 207

A Youth Intervention Program for youth aged 18 to 24, who are out of school and/or unemployed or underemployed that live in East Vancouver or who have attended one of the following schools: Templeton, Britannia, or Vancouver Technical. The three main components are: Lifeskills, Community Development, and Career Exploration. The youth run a project in the community focusing on community safety and crime prevention. The program runs for 31 weeks. There is a weekly training allowance.

New Start

1691 East Pender (@ Commercial)

Tel: 604-215-4344

Fax: 604-215-4340

Email: ns_veees@telus.net

Helping Hands – Empowering Native Youth

Monday to Friday (9:00am - 4:00pm)

A 13 week pre-employment bridging program for women 19 and older that have experienced abuse in the past or present. To be eligible for the program, women must be on Income Assistance and have a minimum grade 8 education. Offers preparation for GED, self management, assertiveness, workshops on parenting skills, and job search training, computer skills, First Aid/CPR, Superhost, and self defense, and a 3 week job placement. Offers a weekly transit and daycare allowance. You can refer yourself or have a community agency refer you.

Street Youth Job Action

Family Services of Greater Vancouver

1134 Burrard Street, Vancouver BC V6Z 1Y7

Phone: 604.633.1472 Fax: 604.633.1473

Monday – Friday (8:00 am – 4:00 pm)

Dedicated to helping street youth help themselves by creating flexible, temporary and part-time employment for street-involved youth aged 24 and under. Employment is provided on a first-come-first-served, (9:15am wait list is started) and work-today-paid-today basis.

Pregnancy Services

Planned Parenthood Association of B.C.

#201 - 1001 West Broadway (@ Spruce) Tel: 604-731-4252
Toll Free: 1-800-739-7367 Website: www.optionsforsexualhealth.org

Provides birth control, pap exams, STD testing, breast examinations,, info, counsellors (registered nurses or trained volunteers), a nurse, and a doctor. Make sure you have your health Care Card or Care Card number with you. If you don't have provincial health coverage (from any province) you'll have to pay for services.

Pregnancy Options Service

Tel: 604-875-316 or Toll free: 1-888-875-3163 or Fax: 604-875-3274
Website: www.prochoiceactionnetwork-canada.org

Telephone counselling for women with unplanned pregnancies. Provides confidential counselling, referral, support and info on abortion services. They are non-judgemental and supportive of all options.

Everywoman's Health Centre

210 – 2525 Commercial Dr. Tel: 604-322-6692
Monday to Friday 9:30am - 4:00pm

Provides “no pressure” decision making counselling, abortions, and pre and post-abortion counselling. If you choose to have an abortion, birth control, pap tests, STD screening, and treatment are available afterwards. Call for an appointment: doctor or self-referral.

Facts of Life Line

Planned Parenthood Association of BC

Toll Free: 1-800-739-7367 or 604-731-7803 (Vancouver)
Monday – Friday (9:00am - 9:00pm) or Saturday (10:00am - 2:00pm)

A confidential phone line staffed by registered nurses and trained volunteers. They are available to answer your questions about birth control, STDs & HIV, pregnancy options, sexual and/or gender identity or anything to do with sexuality or reproductive health. If they don't know the answer, they'll refer you to resources in your community.

Healthiest Babies Possible – Evergreen Clinic

Vancouver Coastal Health Authority

3425 Crowley Drive (near Joyce Skytrain)

Tel: 604-877-4673

Monday to Friday (9:00am - 5:00pm)

A prenatal outreach program supporting pregnant women living in Vancouver. Offers nutrition and prenatal lifestyle counselling, opportunities to meet other pregnant moms, labour and delivery info, prenatal vitamins, breastfeeding info, milk, juice, vegetable and egg coupons, referrals, advocacy, education around smoking, alcohol, and drug concerns, and dental health services for pregnant moms unable to access dental care. Some services are offered up until your child is 1 year old and they also run drop-in groups for moms and children. Call to find out more. Services are free and you can refer yourself. There is the Learning Lodge for Parents and Babies which meets every 2nd Thursday of the month from 10:30am - 12:30pm at the Aboriginal Friendship Centre: 1607 E. Hastings St. (@ Commercial).



Don't Quit

When things go wrong as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit -
Rest if you must, but don't you quit.
Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar.
So, stick to the fight when you're hardest hit -
It's when things go wrong that you musn't quit.

Anonymous

Safehouses

Walden Safehouse

Family Services of Greater Vancouver

Tel: 604-877-1234 Toll Free: 1-877-609-2200

A voluntary program that offers a safe, comfortable place for youth ages 16 - 18 who are homeless. Length of stay is 7 days. Intakes are done 24 hours a day, 7 days a week.

Powell Place

Tel: 604-606-0403 or 604-606-0406 Fax: 604-606-0309

Open 24 hours a day, 7 days a week

Safe shelter for women 19 and older. You can refer yourself. There are 2 people per room, kitchen facilities for you to cook for yourself, and referrals to community and health services. Maximum stay is 30 days.

Saint Elizabeth

Tel: 604-0412

A 32 bed emergency shelter for women 19 years and older and their children. Includes kitchen facilities for you to make your own breakfast. Lunch and dinner are provided. 30 day stay. Self referral okay

Burnaby Safe House

Christian Advocacy Society

Tel: 604-525-0999 Fax: 604-525-2634

Esau House

St. Leonard's youth family Services Society

Tel: 604-438-8710 Fax: 604-438-8710

Support Services

Family Reunification Program

United Native Nations (UNN)

Suit: 200, 678 East Hastings

Toll Free: 1-800-555-9756 (main office)

Tel: 604-688-1821 Fax: 604-688-1823

Maintains a registry of Aboriginal Adoption Circle members and assists them with the search for and reunion of biological families. Assists members in recognizing their rights under the Indian Act of 1985. The program works to stop the practice of removing children from ancestral homes, families, and communities. Phone for more info.

Native Court Worker & Counselling Association

50 Powell Street (@ Carroll)

Tel: 604-687-0281

Assists Aboriginal people with the police or courts by providing legal options, translation and interpretation, and referrals (legal aid, A & D treatment, debt and family counselling, A & D counselling, and Aboriginal Restorative Justice Programs). Assists individuals to prepare for court, accompany them to court, and speak on their behalf, if appropriate.

Family Support Program

Vancouver Aboriginal Child & Family Services (VACFSS)

4th floor - 210 West Broadway (3 blocks east of Cambie)

Tel: 604-872-6723 Fax: 604-872-5274

Monday – Friday (8:30am - 4:30pm)

Services to both parents and children. Offers assistance with home management, parenting skills, communications skills, home safety and short-term and long-term counselling. Accepts self-referrals and referrals from the Ministry for Children and Families, schools, Bands, Tribal Councils, and community agencies. No cost.

Vancouver Aboriginal Child and Family Service Society

745 Clark drive, Vancouver, BC, V5L 3J3

Tel: 604-872-6723, Fax: 604-872-5274, Toll Free: 1-877-982-2377

Email: info@vacfss.com

Web: www.vacfss.com

We are an Aboriginal non-profit society providing services to Aboriginal children and families living off-reserve in the Greater Vancouver area. Our vision is a balanced and harmonious Aboriginal community through holistic service delivery that culturally and spiritually strengthens Aboriginal families. We honour the traditions and wisdom inherent in the Aboriginal community. We strive to create a stronger community through partnership with other service providers and connecting with community resources.

Broadway Youth Resource Centre (BYRC)

Pacific Coast Resources Society

691 E. Broadway (@ Fraser)

Tel: 604-707-5720

Monday, Tuesday, Thursday (1:00 p.m. - 7:00pm); Wednesdays (3:00 p.m.- 7:00 p.m.); Friday (1:00 p.m. - 6:00pm)

For youth aged 12 - 24 and their families, serving the Midtown area. Offers an Aboriginal Youth Worker; resource room; snacks; computers, printer, fax and phone; drop-in health clinics; youth addictions counsellor; employment program, job listings; youth housing registry and assistance; Vietnamese Youth Workers; volunteer program; Youth Advisory Group; celebrations; counselling for youth/families, fun activities and workshops, etc, Theatre, Other programs are available through Ministry for Children and Family Development referral only.

SHRA Youth Project

#306 - 1212 West Broadway (@ Oak)

Tel: 604 - 733 - 6186 Fax: 604 - 730 - 1015

Monday to Friday (9:30am - 4:30pm)

Email: kinex@telus.net

Website: www.selfhelpresource.bc.ca

A project committed to fostering the development of youth circles and other supportive projects for youth. They have developed a series of facilitation skills workshops and will customize a workshop to suit your needs, so you can start and run your own group(s). Call for more info.

Vancouver Youth Services

550 Cambie St. (@ Dunsmuir)

Tel: 604-660-9376

8:30am - 4:30pm Monday - Friday

Serves street-involved youth through protection services, residential programs, independent living programs, counselling, repatriation, and access to emergency shelter and food. mental health and drug counsellors, referrals for counselling treatment and income assistance services. Facilitates the Reconnect program, which aims to reconnect missing youth and provide support to concerned parties.

BOYS “R” US

1292 Hornby Street (near Davie)

Tel: 604-633-4200

Tuesday, Wednesday, and Thursday (7:00 - 9:00pm)

A drop-in centre and support program for male sex trade workers. A safe confidential place to hang out. Offers outreach and referrals to other appropriate agencies from subjects such as health care and counselling to social services. All ages are welcome.

Operation Go Home

Toll free: 1-800-668-4663

24 hours - 7 days a week

Assists youth to return home/ reunite with their families. Their mandate is to assist 16 - 19 year olds, but they are willing to try to assist any youth needing help by providing transportation to your parents /guardian’s residence. Phone and let them know your situation.

P.A.C.E.

Prostitution Alternative Counselling & Education

Suit: 416, 119 west Pender, V6B 1S5

Tel: 604-872-7651 or Cell: 604-341-6110, 604-786-5437

Monday to Thursday (10:00am - 5:00pm)

Offers non-judgmental alternatives, counseling, education, advocacy and empowerment to those in, susceptible to and exiting the survival sex trade. Offers peer support, referrals, one-on-one assistance with education and employment and skills training programs.

Information Services Vancouver

Toll Free: 1-800-563-0808 Website: www.communityinfo.bc.ca

An information and referral services that can link you to community, social, and government agencies across BC. Free and confidential.

Street Youth Services Outreach (SYS)

Family Services of Greater Vancouver

1065 Seymour St. (@ Helmcken)

Tel: 604-633-1472 Fax: 604-669-6671

Three outreach workers offer referrals, advocacy, info, education, crisis intervention, outreach to youth in the sex trade, and collaboration with service providers. Referrals: self, other agencies, or social worker.

KidStart Mentoring Program

Pacific Legal Education Association (PLEA)

Head Office: 3894 Commercial Street

KidStart Ages 6 to 12: 604-708-2609 Fax: 604-871-0408

KidStart Teens: 604-708-2606 Website: www.plea.bc.ca

A volunteer mentoring program for troubled children & youth who are at risk of criminal involvement. Mentors serve as consistent role models who encourage their participation in recreational activities and provide opportunities to experience success and achievement. Referrals from probation officers. Referrals for the under 12 program (6-12) are accepted from parents, teachers, school counsellors, social workers, probation officers, and other child care professionals.

Elizabeth Fry Society of Greater Vancouver

4th Floor – 402 East Columbia St, New Westminster (@ Sherbrooke)

Tel: 604-520-1166 Website: www.elizabethfry.com

Programs for women at risk - who are homeless, in prison or coming from prison, or struggling with addiction; programs for youth at risk in the community and the youth detention center; counselling programs for families; community programs for people charged with offences or before the courts, and information on community resources.

DARE Attendance Program

Pacific Legal Education Association

Head Office: 3894 Commercial St. Website: www.plea.bc.ca

Youth Justice Supervisor: 604-708-2607 Fax: 604-871-0408

PLEA Intake: 604-708-2630 (for referral form)

Referrals accepted from probation officers, who must first call the Youth Justice Supervisor to ensure the program is suitable. This is a program for high-risk/high need, sentenced youth; providing the court with an alternative to custody. This four month placement provides a highly structured and individualized daily program, 7 days a week. Clients also receive support for up to 2 months to help their transition to home or independent living.

POP – Prison Outreach Program

British Columbia Persons with AIDS Society

1107 Seymour St., 2nd Floor Tel: 604-893-2283 Fax: 604-893-2251

POPline: 604-527-8605 they accept collect calls

Email: pop@bcpwa.org Website: www.bcpwa.org

Offers support and info to inmates from 10:00am - 10:00pm Mon-Fri and 4:00 - 10:00pm Sat-Sun. Volunteers visit inmates monthly in federal & provincial corrections centres to offer support, counselling, training workshops, and peer counselling to inmates and corrections staff on issues involving harm reduction, self-care, and treatment info.

Mental Patients' Association

#202 - 1675 West 4th Ave. Tel: 604-738-2811 Fax: 604-738-4132

Website: www.vmpa-society.org , Email: info@vmpa-society.org

Programs for current and former mental patients including a Court Services Program, the Community Resource Centre, the Mental Health Empowerment Advocacy Program and both the Hospital Wide Advocacy Program and the Individual Advocacy Program at Riverview Hospital as well as many residence programs. Phone for more info.

Support Groups

British Columbia Persons with AIDS Society

2nd floor - 1107 Seymour St. (@ Helmcken)

Toll Free: 1-800-994-2437 Tel: 604-646-5323 Fax: 604-893-2251

Email: support@bcpwa.org Website: www.bcpwa.org

10:00am - 4:00pm

Body Positive – a drop-in support group; Average Joe’s evening social activity for positive individuals, a supportive alternative to the bar/club scene; NA & AA – two weekly groups hosted by peers; free spiritual and healing retreats. You must be a member. Call or visit their website for an application. No age limits. No cost. You will need a doctor to verify your HIV status.

Gay Lesbian, Bi-Sexual, Trans-gendered Service Option - FSGV

1616 West 7th Avenue (@ Fir)

Tel: 604-873-2938 Fax: 604-733-7009 Web: www.fsgv.ca

Hours; Monday to Friday (9am –12:00 p.m.and 1:00 – 4:00pm)

n-take Worker: Monday – Friday (9am - 12pm or 1:00 – 4:00pm)

Provides counselling for lesbians, gay men, bisexuals and trans-gendered people, and their partners and families. Counselling is provided by a team of “out” gay and lesbian therapists. Service Options is a choice of LGBT people who would prefer to consult with a gay or lesbian therapist. Professional, sensitive, affordable (on a sliding scale based on annual income), accessible and safe. Self referral.

Transition & Short-term Housing

The Lodge - Helping Spirit Lodge

Tel: 604-872-6649 Fax: 604-873-4402

Website: www.helpingspiritlodge.org

A safe transition home for abused and battered women (19 and over) and children. Offers education awareness about family violence prevention, legal referrals and support for your children, referrals to treatment and counsellors, on-going support, and follow-up care with an outreach worker. Housing is provided for a maximum of 30 days.

Spirit Way - Helping Spirit Lodge

3965 Dumfries

Tel: 604-872-6649 Fax: 604-873-4402 Web: helpingspiritlodge.org

A second-stage supportive housing program for women with children who have suffered domestic violence and abuse and have already experienced the initial crisis stage of intervention and prevention. This is a long term holistic residential program. Housing is provided for a maximum of 18 months. Have to be in care of the ministry

Circle of Eagles Lodge Society

1470 East Broadway, Vancouver, BC, V5N 1V6

Tel: 604-874-9610 or 604-872-9301(residence)

Halfway house for First Nations men 19 years and older from correctional institutions or courts that helps them in re-entering the community. Length of stay is different for each individual. They offer A&D Counsellors (on site) as well as various cultural activities such as going to sweat lodges and a pipe ceremony once a month.

Elizabeth Fry Society of Greater Vancouver

Tel: 604-540-1985 or Tel: 604-520-1166

A halfway house for women 19 and older who are presently in conflict with the law. Call ahead to see if there is space. There is often a

Helping Hands – Empowering Native Youth

waiting list to get into this program. Must have a referral form either a probation officer or a bail supervisor.

Covenant House Vancouver

Tel: 604-685-7474 Crisis Shelter

Tel: 604-685-5437 Community Support Services

Website: www.covenanthousebc.org

Residential Crisis Centre. Provides 24-hour crisis intervention, emergency and transitional shelter, food, counselling for street youth aged 16 - 24. Includes job search, computers, life skills, supportive counselling, and medical and social service referrals. They also operate a shelter program called Rights of Passage that is available to street-involved youth who are working and/or in school with supported housing for 6 - 24 months.

Sage Transition House

North Shore Crisis Services Society

Tel: 604-987-3374 (24 hour support line)

Administration line: 604-987-8325

Fax: 604-987-5396

An emergency shelter for women 19 and older and their children who are leaving violence for a stay up to 30 days. They offer support, advocacy, and referrals to appropriate community agencies. They offer gift certificates for the Good Stuff Connection thrift store. Also operates the 24-hour support line which women may call for a variety of reasons.

Kate Booth House

Administration: 604-872-0772 Fax: 604-872-7775

24 Hour Crisis Line: 604-872-7774

Crisis transition home for abused women 19 and older and their children. Maximum stay of 30 days. They offer counselling, liaison and advocacy with legal and housing services, and referrals to multicultural counsellors. Women can refer themselves.

PLEA Vancouver Respite Program

3894 Commercial St. Tel: 604-871-0450

Fax: 604-871-0408

Website: www.plea.bc.ca

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Short stay residential placements available for youth on a conditional Court Order (bail order or sentencing order). Maximum 30 day stay for youth that need a safe place to live while identifying other appropriate arrangements. Referrals are accepted from probation officers.

YWCA Munroe House

Tel: 604-734-5722 Fax: 604-734-0741 Website: www.ywcavan.org
Monday to Friday (9:00am - 5:00pm)

A second stage transition house for women and their children who have experienced violence in their intimate relationship. Up to 9 months stay. Provides emotional support, advocacy, court accompaniment to residence and former residence, individual and/or group support to resident and non-resident children who have witnessed abuse. The house is for adult women, but they are flexible on this. If you have been abused by your parents or partner and you are a youth, they may consider you. However, you must be ready to live semi-independently.

Victim Services

Crown Counsel Victim/ Witness Services

5th floor – 222 Main St. (@ Cordova)
Tel: 604-660-5052 Toll Free: 1-800-901-9609

Provides free, confidential info, referral, and support services for victims of crimes involving serious physical or emotional harm – or family members, in cases involving a death. We can guide you through legal language, the confusing experiences, and help prepare you for court.

Vancouver Police Victim Services

2120 Cambie St., Vancouver, BC V5Z 4N6
Information Desk: 604-717-2737
Monday – Friday (9:00am - 9:00pm) or Sat and Sun (1:00 - 5:00pm)

Our services include emotional support, general criminal justice information as well as case specific updates, practical assistance and support, accompaniment to police, crown counsel or court appointments when appropriate, and referrals to appropriate community agencies. Assistance with Victim Impact Statements and Crime Victim Assistance forms is also available.

Criminal Injury Compensation Program

Tel: 604-660-3888

If you've been physically injured as a result of a crime, you may be entitled for counselling or financial award. You need a case number from the police.

VictimLINK

Tel: 1-800-563-0808 24 hours, 7 days a week
TTY (for the deaf and hard of hearing) 604-875-0885

A 24 hour, multilingual, province-wide service for victims of family and sexual violence, and all other crimes. Provides info and referrals to all victims of crime, and crisis support to victims of family and sexual violence, including sexual assault, violence in relationships, Elder abuse, and adult survivors of physical or sexual abuse.

Volunteering

Many Native and non-Native community organizations are open to hosting volunteers to help them. You can gain great experience to put on your resume, to use in your daily life, or to pass on to others. If you are interested in volunteering, find an organization that you think is interesting then give them a call or drop by to see if they have any volunteering opportunities for you. Some volunteer positions require that you complete a criminal record check or take some training. If you are interested in volunteering for UNYA please contact, unyainfo@unya.bc.ca for more information about our volunteering opportunities or visit our website.

Kiwassa Neighbourhood House

2425 Oxford St. (@ Nanaimo)

Tel: 604-254-5401

Kiwassa is looking for volunteers to help with translations, or office duties; to assist at special events, in the breakfast club program, or in the Children's, Youth, Seniors' or Family Programs. We are also looking for class four drivers. If you can spare a few hours a week, please contact us.

Civic Youth Strategy - Social Planning Department

#100-515 West 10th Avenue Tel: 604-871-6212

Website: www.vancouveryouth.ca Email: talk@vancouveryouth.ca

Call for more information or meeting times. This is a committee of 8 – 10 youth and city staff who meet to talk about events, problems and the concerns of youth all over Vancouver. They can help to ensure that you have a voice and can provide youth with some special opportunities.

Volunteer Vancouver

#301 - 3102 Main Street (@ 17th Ave) Tel: 604-875-9144

Fax: 604-875-0710 Website: <http://www.volunteervancouver.ca>

Monday to Friday (9:00am - 5:00pm)

Odds “N” Ends

S.P.C.A - Society for the Prevention Of Cruelty To Animals
1205 East 7th Avenue (@ Clark) Tel: 604-879-7721
S.P.C.A. Emergency Animal Hospital Tel: 604-879-7343

Youthink Publishing Inc.

2nd floor, 1275 W 6th Ave. Website: www.youthink.ca
Tel: 604-732-6397 Fax: 604-732-6390
Monday to Friday (9:00am - 5:00pm)

A monthly magazine that is distributed throughout high schools in Greater Vancouver. It is written entirely by high-school students. In Youthink, students showcase their accomplishments, ideas and school events. Regular writers may be able to interview musicians, actors, athletes, review concerts, plays and openings as well as photograph major concerts. If Youthink is distributed in your school you can send in your work and enter contests for cool prizes. If your school is not involved, talk to your teacher or principal.

Over- eaters Anonymous Tel: 604-878-4575

Sexaholics Anonymous (SA) Tel: 604-290-9643

Sex Addicts Anonymous (SA) Tel: 604-290-9544

Sexual Recovery Anonymous Tel: 604-584-2626

Employment Insurance

#310 - 757 West Hastings Street (@ Sinclair Centre); or 125 East 10th Avenue (@ Quebec); or 460 Nanaimo Street (@ Hastings)
Tel: 604-682-5400 or 1-800-206-7218
Monday to Friday (8:30am - 4:30pm)

If you have a social insurance number and were laid off after 26 weeks of work, and have been off of work for at least seven days, you may be eligible for EI. Call or drop by for more info.

Income Tax Office - Revenue Canada Taxation

1166 Pender Street (btwn Glen Dr. & Vernon Dr.)

Tel: 1-800-959-8281 or 604-689-8681 Website: www.cra.gc.ca

Monday to Friday (8:15am - 5:00pm)

Provides general tax information and assistance in filing personal tax returns.

Information Services Vancouver

Tel: 604-875-6381 TTY: 604-875-0885

Provides information and referrals on community and social services.

Medical Services Plan

Tel: 604-683-7151 for registration and cost enquiries

Website: www.healthservices.gov.bc.ca/msp

Monday to Friday (8:30am - 4:30Ppm)

Transit (Bus) Information or Complaints

Customer Info: 604-953-3333 or Customer Comments: 604-953-3040

Website: www.translink.bc.ca

You can pick up bus schedules at all libraries in the Vancouver area.

Vancouver Public Library

350 West Georgia Street (@ Homer)

Tel: 604-331-3603

Website: www.vpl.ca

Mon–Thurs (10am-9:00pm); Fri-Sat(10am-6:00pm) ; or Sun (1 - 5:00pm)

You need a piece of identification to get a library card and a letter with your address like a bill or anything that states that you are living in Vancouver.

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My Native Name is Kwesahey and my English name is Thomas Watts. I am 22 years old and from Ahousesht and Tseshahst, which are in the Nuu-Chah-Nulth Nation on Vancouver Island, British Columbia. I have lived in Vancouver for the last six years, since I was 16 years old and I have participated in many youth conferences, presentations, and journeys. When I first moved to Vancouver, I volunteered at Healing Our Spirit, an HIV/AIDS awareness organization, where I facilitated HIV/AIDS and Safer Sex Presentations to youth around B.C. & in Alberta. While I was volunteering at Healing Our Spirit, I was also asked to be a co-presenter with a friend to facilitate new workshops. We created a group called the Condom Boys which raised HIV/AIDS awareness to youth of all ages. When I turned 18, I participated in a walk across Canada called "The Youth Suicide Prevention Walk" to raise awareness for youth suicide prevention. The walk across Canada was a four year commitment and represented the four directions and colours of the medicine wheel. In 2003 we walked for the Red race; in 2004 we walked for the Yellow race; and in 2005 we walked for the Black race. In 2006, our last year we walked for the White race, to complete a full circle. We raised awareness on youth suicide to countless communities across Canada and made public presentations to all types of media. Throughout the journey, I had several sources of inspiration for the walk: my late Aunty Rose who passed away from suicide, other family members who had attempted suicide, and all the people of Canada who encouraged to complete the walk. I took part in three of the four walks, the 1st, 2nd and 4th.

The 3rd walk I stayed behind to be apart of my son's Isaiah Watts. My future goals are to complete my General Education Diploma and to go on to post-secondary to attain my Bachelor of Arts and Master degree in Psychology. I would like to assist Aboriginal youth by helping to make a difference in their lives. Oh yeah, and I also want to be the first Aboriginal Prime Minister of Canada!

-Kwesahey updated this edition of the Helping Hands Manual.

Urban Native Youth Association

“Training the Leaders of Tomorrow”



2007

