

# Sexual Violence Support

Victim Support, Hollyburn Society	778-855-4566
Sexual Assault Response Phone Line, Family Services North Shore	604-924-7676 (24 hour line)
Salal Sexual Violence Support Centre	1-877-392-7583 (24 hour line)
	604-833-8797
Options for Sexual Health, North Vancouver Clinic	Parkgate Health Centre 2nd Floor, 3625 Banff Court, North Vancouver

# Disability Support

Community Living Society	604-523-0303
Community Living BC	604-981-0321
North Shore Disability Resource Centre	604-985-5371
Intellectual Disabilities Society, North & West Vancouver	604-984-9321

# Legal Assistance

Legal Aid BC	604-408-2172 or 1-866-577-2525  Family, criminal, and immigration law guidance for no cost with priority given to low-income households
Access Pro Bono	604-687-3221 or 1-800-663-1919  Provides free legal advice to eligible individuals
Community Legal Assistance Society (CLAS)	604-685-3425 or 1-888-685-6222  Provides legal advice related to human rights, housing, income security and mental health rights
MOSAIC	604-254-9629  Provides support for low income migrants such as legal advice, health, and employment guidance
Native Court Worker and Counselling Association of B.C.	1-877-811-1190  Provides legal and court services to Indigenous people

Community Legal Services Program, North Shore Community Resources	604-982-3314  Provides free legal info, advice, and advocacy services to those facing disputes or legal issues
Residential Tenancy Branch, British Columbia Human Rights Tribunal	1-800-665-8779

# Call for Distress

Community response	
Peer Assisted Care Team (PACT), CMHA North & West Vancouver	1-888-261-7228 (call), or 778-839-1831 (text)  7 days a week, 8am-12:30am  Mental health emergency support in-person or by phone

# Municipality support

Police / Fire / Ambulance	911
Non-emergency RCMP	604-985-1311
Non-emergency West Vancouver Police	604-925-7300
Victim Services	604-969-7540
District of North Vancouver (DNV) Fire and Rescue	604-980-7575
City of North Vancouver Fire Department	604-980-5021

# Provincial or National

9-8-8: Suicide Crisis Helpline	988 (24-hour line)  Phone call and text support for those considering suicide
BC 211	211 (24-hour line)  Free, confidential support and referral to local services
310 Mental Health Support	310-6789 (no area code)  Connects to a BC crisis line, without a wait or busy signal
Health Link BC	811 (24-hour line)  For free, non-emergency confidential info and advice

Indian Residential Schools Survivor Society (IRSSS) Lamathut Crisis Line	1-800-721-0066 (24-hour line)
KUU-US Crisis Line Society Support for Indigenous Adults and Youth	250-723-4050 (adults) 250-723-2040 (youth)
The National Indian Residential School Crisis Line	1-866-925-4419 (24-hour line)  Emotional/crisis support for residential school survivors
Battered Women's Support Services	1-877-392-7583  Monday-Friday: 10am-5pm Wednesdays: 10am-8pm
Youth Against Violence Line	1-800-680-4264 (24-hour line)
Kids Help Phone	1-800-668-6868 (call, 24-hour line) or 686868 (text)
Prideline	1-800-566-1170 (adults) 1-855-956-1777 (youth)  Support for 2SLGBTQI+ individuals
Pflag Canada	1-888-530-6777  Peer support for issues related to gender identity/expression and sexual orientation
BC Hate Crimes	1-855-462-5733  Call to report hate crimes
Crime Stoppers	1-800-222-8477  Call to provide anonymous crime tips
VictimLinkBC	1-800-563-0808 (24-hour line)  Support for victims of crime in 100+ languages
Canadian Human Trafficking Hotline	1-833-900-1010  24/7 confidential and multilingual support for victims/survivors or human trafficking
Canadian Anti-Fraud Centre	1-888-495-8501  For victims of a scam, fraud or cybercrime

## CONTACT US

CMHA North & West Vancouver  
Unit 312 - 2030 Marine Drive  
North Vancouver, B.C.  
V7P 1V7, Canada

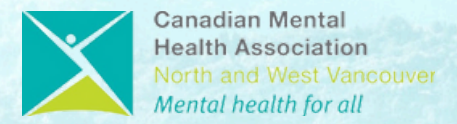
Phone: 604-987-6959  
Fax: 604-980-0336

# NORTH SHORE RESOURCE GUIDE

CONNECTING YOU TO SUPPORT SYSTEMS



[NORTHWESTVANCOUVER.CMHA.BC.CA](http://NORTHWESTVANCOUVER.CMHA.BC.CA)



Last updated September 2024



# Supports for Seniors

<b>Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS)</b>	1-800-277-9914 <i>Retirement pension, monthly financial supplements for those 65+ years old</i>
<b>Seniors One Stop program &amp; Better at Home program, North Shore Community Resources</b>	604-982-3312 (Seniors One Stop) <i>for resource navigation</i> 604-982-3321 (Better at Home) <i>for low cost in-home care</i>
<b>Seniors Outreach &amp; Safehouse, Hollyburn Society</b>	604-968-3721 <i>Housing outreach and short-term transitional housing</i>
<b>Parkgate Society</b>	604-983-6359 <i>Recreation programs, dementia services, resource navigation support</i>
<b>North Shore Neighbourhood House</b>	604-983-6359 <i>Peer support, fitness/recreational classes for all ability levels</i>
<b>Capilano Community Services</b>	604-988-7115 <i>Seniors' hub, volunteer medical driver, short-term health equipment loan program</i>
<b>Silver Harbour</b>	604-980-2474 <i>Recreational programs, legal services, meal program</i>

# Supports for Youth

<b>Foundry North Shore</b>	604-984-5060 <i>Mental health/substance use support, primary care, peer support for youth ages 12-24</i>
<b>Counselling program &amp; PROUD2BE, Family Services North Shore</b>	604-987-0366 <i>Individual counselling and drop-in support groups for youth ages 16-24, LGBTQ2S+ friendly</i>
<b>Youth Outreach, West Vancouver</b>	604-925-7024 <i>Support for youth and caregivers through relationship conflicts, difficulties with school, substance misuse, and/or concerns of violence</i>

<b>Youth Safe House, Hollyburn Society</b>	1-877-789-6884 (24 hour line) 24/7, 7 days a week
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# Farsi-specific supports

<b>Farsi Post-Crisis Growth support group, CMHA NWV &amp; RC YVR</b>	604-988-2931 <i>Resilient strategies for personal &amp; professional growth</i>
<b>IMPACT North Shore</b>	604-988-2931 <i>Newcomer support for housing, employment, parenting, legal assistance</i>
<b>Parenting Support Group for Mothers, North Shore Women's Centre</b>	604-984-6009
<b>Support Group for caregivers of people living with dementia, Alzheimer Society BC</b>	604-449-5002

# Housing Support & Shelter

<b>Outreach Services</b>	
<b>Homelessness Outreach, CMHA North &amp; West Vancouver</b>	778-828-6014
<b>Adult Homelessness Outreach, Lookout Society</b>	604-982-9126 (ext. 0)
<b>North Shore Solutions Navigator Program</b>	604-220-8431 or 604-230-2454
<b>Outreach Services, North Shore Crisis Services Society</b>	(604) 987-0366

# Shelters on the North Shore

<b>North Shore Housing Centre, Lookout Society</b>	604-982-9126 (ext. 0) 705 West 2nd St, North Vancouver 24/7, 7 days a week
<b>Sage Transition House, North Shore Crisis Services Society</b>	604-987-3374 (24 hour Women's Support line) 24/7, 7 days a week

# Rental Assistance

<b>Rental Assistance program, BC Housing</b>	1-800-257-7756
<b>BC Rent Bank</b>	604-877-8453
<b>Rent Bank, Harvest Project</b>	604-983-9488

# Food Banks & Grocery

<b>Quest Food Exchange</b>	604-566-0110 167 1st St East, North Vancouver Monday-Friday: 9am-5:45pm Saturday: 9am-3:45pm 604-987-8138 (ext. 200)
<b>North Shore Food Bank, North Shore Neighbourhood House</b>	225 East 2nd St, North Vancouver Wednesdays: 9am-6pm 604-983-9488
<b>St. Andrew's United Church, in partnership with Harvest Project</b>	1044 St Georges Ave, North Vancouver Tuesdays: 11am-1pm 604-988-7225
<b>North Vancouver Community Food Bank, Salvation Army</b>	105 West 12th St, North Vancouver Monday-Friday: 10am-4pm 604-984-6009
<b>Emergency Food and Toiletries, North Shore Women's Centre</b>	131 2nd St E, North Vancouver Tuesdays: 12pm-2pm

# Clothing & Household

<b>Shelter to Home</b>	778-331-8465
<b>Good Stuff Connection Clothing Program, North Shore Crisis Services Society</b>	604-987-1773
<b>Salvation Army</b>	604-988-7225
<b>BC Technology for Learning Society</b>	604-294-6886 <i>Low-cost computers for low-income individuals</i>
<b>Internet for Good program, Telus</b>	1-888-221-1687 internetforgood@telus.com <i>Low-cost internet for low-income families</i>

# Health & Well-being

<b>Counselling Programs, CMHA North &amp; West Vancouver</b>	604-987-6959 <i>Short-term subsidized counselling in English &amp; Farsi</i>
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<b>Family Services North Shore</b>	604-988-5281 <i>Free/sliding scale counselling</i>
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<b>Pathways Serious Mental Illness (Pathways SMIS)</b>	604-926-0856 <i>For families of loved ones living with a serious mental illness</i>
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<b>North Shore Alcoholics Anonymous</b>	604-434-3933 <i>Support for those struggling with alcohol addiction</i>
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<b>Al-Anon Family Group</b>	1-888-425-266 <i>For families/friends of alcoholics</i>
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<b>North Shore Nar-Anon Family Support Group</b>	778-882-4235 <i>For adults affected by someone else's addiction</i>
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<b>Westcoast Family Centre</b>	604-985-2202 <i>For parents and families with children ages 0-19</i>
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<b>Stepping Stones Concurrent Disorders Service, VCH</b>	604-982-5616 <i>Substance use and mental health support</i>
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<b>Turning Point Recovery Society</b>	604-971-0111 (For women) 604-988-4317 (For men) <i>Bed-based and outreach addiction recovery programs</i>
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<b>Junction North Shore</b>	604-256-8979 1645 Lonsdale Ave <i>Recovery Wellness Community Centre with support groups, recreational activities, and drop-in support</i>
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<b>Primary Care Clinic, Health Connections Clinic</b>	604-984-3777 148 East 15th St, North Vancouver <i>For those with no regular Family Doctor and face complex medical, mental health and addictions, and/or socio-economic needs</i>
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<b>Urgent and Primary Care Centre (UPCC)</b>	604-973-1600 (ext. 3) Suite 200, 2nd Floor, 221 West Esplanade North Vancouver <i>Same-day care for non-life threatening health concerns within 12-24 hrs</i>
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