



**2014**

## **ABBOTSFORD SERVICES & RESOURCE INVENTORY**

Mennonite Central Committee, BC  
33933 Gladys Avenue  
P O Box 2038  
Abbotsford, BC, V2T 3T8

## **NOTE TO USERS**

*The FVRD commissioned this compilation of service agencies as a service to the community. There are a number of excellent organizations that provide services in Abbotsford and this inventory is not necessarily exhaustive. MCC BC recognizes that it is up to the individual service user to judge the quality of service they receive. MCC BC makes no guarantees nor does it endorse the services listed in this inventory. The information contained in this inventory is based on information obtained from a representative of the organization and/or information published on the internet. MCC BC makes no guarantees to the accuracy of the information contained in this inventory.*

*To recommend an organization for inclusion in this inventory, to suggest corrections, to provide comments in general on the usefulness or otherwise of this inventory or to request additional copies of this inventory, please contact:*

*Ron van Wyk at MCC BC – 604.850.6639 or [ronvanwyk@mccbc.ca](mailto:ronvanwyk@mccbc.ca)*

*This inventory has been made possible partly through financial and in-kind support from the Fraser Valley Regional District.*



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## PREVENTION, OUTREACH AND REFERRAL SERVICES

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### ABBOTSFORD FOOD BANK REAL MENTORING

33914 Essendene Avenue, Abbotsford, BC **Web:** [www.abbotsfordfoodbank.com](http://www.abbotsfordfoodbank.com)  
**Phone:** 604.859.5749 **Toll-free:** 877.859.5749

REAL stands for Relationships, Encouragement, Accountability, and Listening support. The food bank matches food bank clients with caring individuals in the community who provide one-on-one relational support approximately twice a month for one year.

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### ABBOTSFORD POLICE DEPARTMENT

2838 Justice Way, Abbotsford, BC V2T 3P5 **Web:** [www.abbypd.ca](http://www.abbypd.ca)  
**Phone:** 604.859.5225

Offers various programs relating to criminal activity, including gang and drug prevention, victim support services, referrals, and crisis response.

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### ABBOTSFORD RESTORATIVE JUSTICE AND ADVOCACY ASSOCIATION

105 – 34194 Marshall Rd Abbotsford, BC **Web:** [www.arjaa.org](http://www.arjaa.org)  
**Phone:** 604.864.4857 **Email:** [office@arjaa.org](mailto:office@arjaa.org)

ARJAA works with the Abbotsford Police Department to handle referrals primarily for first-time young offenders. They implement various programs to help offenders take responsibility for their actions through repairing harm done to victims and other affected parties. They provide assistance, support, referrals.

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### BC CENTRE FOR DISEASE CONTROL SMART SEX RESOURCE

**Web:** <http://smartsexresource.com>  
**Toll-free:** 888.488.7444

Provides information and referral on sexually transmitted infections. The website also provides directions to clinics in Abbotsford that provide free STI testing.

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## BC CHILD CARE RESOURCE & REFERRAL

**Web:** [www.ccr.bc.ca](http://www.ccr.bc.ca)

**Phone:** 604.859.7681 local 766

BC Child Care Resource & Referral offers child care referrals, resources, and support to all child care providers and families across British Columbia.

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## BC COMMUNITY CORRECTIONS ABBOTSFORD COMMUNITY CORRECTIONS OFFICE

2865 Cruikshank Street, Abbotsford, BC

**Web:** <http://www.pssg.gov.bc.ca/corrections/programs/index.htm>

**Phone:** 604.851.7100 **Toll-free:** 1.877.504.4133

BC Community Corrections operates more than 50 community corrections offices across the province. The division manages community work service, and supports offenders to make positive changes in their behaviour and attitudes. This includes programs for social and employment skills. The Abbotsford office manages these services for Abbotsford and Mission.

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## BRITISH COLUMBIA BEREAVEMENT HELPLINE

**Web:** [www.bcbh.ca](http://www.bcbh.ca)

**Phone:** 604.738.9950 **Toll-free:** 877.779.2223 **Email:** [bcbh@telus.net](mailto:bcbh@telus.net)

The helpline provides information, resources, and referral services for bereaved and caregivers.

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## CHILD PORNOGRAPHY/SEXUAL EXPLOITATION HELPLINE

**Web:** <http://www.cybertip.ca>

**Toll-free:** 1.866.658.9022

National, 24 hour cybertip hotline for reporting online sexual exploitation of children.

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## CHILDREN OF THE STREET SOCIETY

**Web:** [www.childrenofthestreet.com](http://www.childrenofthestreet.com)

**Phone:** 604.777.7510 **Toll-free:** 1.877.6611

Provincial and Federal Charity dedicated to preventing the sexual exploitation and human trafficking of children and youth in BC. They operate through education, public awareness, and family support.

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## CRIME STOPPERS HOTLINE

**Web:** <http://www.solvecrime.ca>

**Toll-free:** 1.800.222.8477

Anonymous, 24 hour hotline for those who have information on crimes committed or planned.

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## CRISIS LINE NETWORK OF BC

**Web:** <http://www.crisislines.bc.ca> **Phone:** 1.800.SUICIDE (1.800.784.2433) **Local:** 604.310.6789

This is a group of community-based crisis lines networked to provide province-wide access to local suicide prevention and intervention services. Callers are referred to their local crisis line for additional and ongoing support and information on community resources.

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## DOMESTIC VIOLENCE HELPLINE

**Web:** [www.domesticviolencebc.ca](http://www.domesticviolencebc.ca)

**Toll-free:** 800.563.0808

Also known as VictimLINK, the helpline offers free, confidential help in multiple languages 24 hours a day, 7 days a week.

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## FRASER VALLEY REGIONAL CRISIS LINE

**Web:** <http://www.yourlifecounts.org/crisis-lines/fraser-valley-regional-crisis-line>

**Phone:** 604.820.1166 **Toll-free:** 1.877.820.7444

The Fraser Valley Regional Crisis Line provides 24/7 telephone intervention, emotional support, referrals, and resource information for people living in the Central and Upper Fraser Valley. The service is free, confidential and staffed by trained volunteers.

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## JOHN HOWARD SOCIETY OF THE FRASER VALLEY

1-1653 McKenzie Rd Abbotsford, BC V2S 7P2 **Web:** [www.jhsfv.com](http://www.jhsfv.com)

**Phone:** 604.852.1226 **Toll-free:** 877.640.1122 **Email:** [connie.vince@jhsfmvc.ca](mailto:connie.vince@jhsfmvc.ca)

The John Howard Society operates in direct intervention work with incarcerated individuals and their families. It also offers an employment program for youth age 17-30 who experience barriers to employment. It also offers extensive prison services programs, from counselling to parole support.

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## KIDS HELP PHONE:

**Web:** [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Toll-free:** 1.800.668.6868

Canada-wide, 24 hour phone number that kids can call to access counselors who provide immediate support and referrals. Ages 5-20.

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## LINC SOCIETY (LONG-TERM INMATES NOW IN THE COMMUNITY)

33270-14<sup>th</sup> Street, Mission, BC V2T 5E3 **Web:** [www.lincsociety.bc.ca](http://www.lincsociety.bc.ca)

**Phone:** 604.820.1015 **Cell:** 604.852.5514 **Toll-free:** 1.877.424.4242

L.I.N.C. is a self-help group run by ex-offenders, the only one of its kind in Canada. It is comprised of long-term and/or chronic offenders, parolees, spouses, other family members, friends and community volunteers. Since 1992, L.I.N.C. has aided its members in finding ways to break the cycle of incarceration and create fulfilling, meaningful lives for themselves.

L.I.N.C. encourages its members to develop positive relationships with institutional and community parole officers, utilize existing resources such as Narcotics Anonymous and Alcoholics Anonymous as well as to volunteer time and labour for worthwhile community projects.

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## MCC BC

### HOME IMPROVEMENT: MEN IN RELATIONSHIP

33933 Gladys Ave Abbotsford, BC **Web:** [www.mcc.org/bc/abuse/](http://www.mcc.org/bc/abuse/)

**Phone:** 604.850.6639 or 604.857.0011 **Email:** [endabuse@mccbc.com](mailto:endabuse@mccbc.com)

MCC partners with WINGS ministries to provide a support program for men to learn healthier ways of being in relationship. This peer group meets for 2 ½ hours every week for 12-15 weeks. There is a small weekly fee.

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## MAMELE'AWT COMMUNITY ABORIGINAL CENTRE MENTORING

3277 Gladwin Road, Abbotsford, BC **Web:** <http://start.sd34.bc.ca/aboriginal/>

**Contact:** Peggy Janicki **Email:** [peggy\\_janicki@sd34.bc.ca](mailto:peggy_janicki@sd34.bc.ca) **Phone:** 604.859.1224

The Mamele'awt Community Centre is the Abbotsford School District's Aboriginal program. Students in need of a positive Aboriginal role model can meet with mentors on a weekly basis to receive social and emotional support. Students are referred through the school-based team process.

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## **POSITIVE LIVING FRASER VALLEY SOCIETY SUPPORT GROUPS**

32883 South Fraser Way Abbotsford, BC **Web:** <http://plfv.org>  
**Phone:** 604.845.1101 **Email:** [plfvcentre@plfv.org](mailto:plfvcentre@plfv.org)

Positive Living Fraser Valley supports those with HIV, HCV, TB and all Sexually Transmitted Blood Borne Infections. They work to eliminate the social isolation and stigma experienced by those diagnosed with these infections. Peer support groups aim to provide support, advocacy, prevention and belonging among those living with HIV, those at risk of contracting HIV, and the general public.

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## **PRIDELINE BC**

**Phone Toll-free:** 1.800.566.1170

Prideline BC provides trained volunteers to offer peer support, resource information and referrals for gay, lesbian, bisexual people and their friends. Phone line is available seven days a week from 7:00 pm to 9:00 pm.

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## **RESTORATIVE CHRISTIAN MINISTRIES M2W2**

208 – 2825 Clearbrook Road, Abbotsford, BC V2T 6S3 **Web:** <http://m2w2.com>  
**Phone:** 604.859.3215 **Toll-free:** 1.800.298.1777 **Email:** [info@m2w2.com](mailto:info@m2w2.com)

M-2 (man to man) W-2 (woman to woman) provides assistance to prisoners in all institutions in the Lower Mainland. Trained volunteers act as a community contact and resource. The aim is to provide public safety and accountability, and support for released offenders. The ministry provides a variety of outreach programs, such as prison visitations, circles of support and accountability for sex offenders, and prison release support.

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## **SALVATION ARMY CENTRE OF HOPE OUTREACH PROGRAM**

34081 Gladys Street, Abbotsford, BC V2S 5V2 **Web:** [www.careandshare.ca](http://www.careandshare.ca)  
**Phone:** 604.852.9305 **Email:** [outreachteam@sacascade.ca](mailto:outreachteam@sacascade.ca)

Monday to Friday, Salvation Army staff members go into the community to the homeless camps and to clients living behind buildings or under bridges. The outreach team takes coffee, juice and snacks, and always offers the option of coming into the Centre of Hope for additional help - be it meals, drop in café for breakfast, clothing, foot care, detox, treatment or housing. Housing is always the first issue and staff work to that end. The Outreach Team also looks after family services, interviewing clients or families with a need for basic housing necessities. The centre provides emergency food hampers as well as furniture and clothing for families and individuals in crisis.



Additionally, Salvation Army staff has access to services in Vancouver, including Detox, Treatment, Recovery, Support for those escaping Human Sexual Trafficking, and support for women escaping physical violence.

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## TELECARE CRISIS AND CARING LINE

**Web:** [www.telecarebc.com](http://www.telecarebc.com)

**Phone:** 604.852.9099 **Toll-free:** 888.852.9099

This service offers crisis phone lines and referrals in the Abbotsford area. New volunteers are given 50 hours of training, then 12 to 16 hours of continuing up grades per year. Telecare works from a Christian perspective to give empathetic and compassionate listening, as well as emotional support in a crisis.

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## UNITED WAY BC 211

**Web:** [www.bc211.ca](http://www.bc211.ca)

**Toll-free:** 211

Provides free, confidential, multilingual information and referral for a wide range of social, community, and government services. Services available 24 hour a day, 7 days a week, 365 days a year.

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## YOUTH AGAINST VIOLENCE HELP LINE

**Web:** [www.youthagainstviolence.com](http://www.youthagainstviolence.com)

**Toll-free:** 2800.680.4264 **Text:** 604.836.6381 **Email:** [info@youthagainstviolence.com](mailto:info@youthagainstviolence.com)

BC Help line provides a 24 hour, 7 day a week support worker for youth who are concerned about their own safety or the safety of others. Parents, caregivers, service providers, and others are also welcome to call.

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## YOUTH HELP-LINE

**Web:** <http://www.safekidsbc.ca/helpline.htm>

**Phone:** 604.310.1234

This province-wide, 24/7 phone line is for children and youth up to the age of 19. It is also a hotline for reporting child abuse and neglect and is linked to the Ministry of Children and Family Development.

## FOOD AND CLOTHING (LOW-COST OR FREE)

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### 5 AND 2 MINISTRIES

**Website:** [www.the5and2.ca](http://www.the5and2.ca)

**Contacts:** Ward Draper or Jesse Wegenast **Phone:** 604.613.4432

**Email:** [jesse.wegenast@gmail.com](mailto:jesse.wegenast@gmail.com)

5 and 2 is an independent outreach and support service to the homeless and those in need, with the goal of establishing a positive relationship. Activities include a Wednesday night meal in the parking lot at Jubilee Park at 6:00 pm, plus coffee and snacks Monday (3:30 pm and 9:00 pm), Tuesday and Thursday (11:00 am and 9:00 pm) in the Jubilee Park parking lot. On the 2<sup>nd</sup> Sunday of the month, 5 and 2 hosts a community dinner at Peace Lutheran at 6:00 pm.

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### ABBOTSFORD FOOD BANK

33914 Essendene Avenue, Abbotsford, BC **Web:** [www.abbotsfordfoodbank.com](http://www.abbotsfordfoodbank.com)

**Phone:** 604.859.5749 **Toll-free:** 877.859.5749

The Food Bank provides monthly food hampers to low income families and individuals, as well as those in emergency situations. For ongoing assistance, the food bank requires proof of address, proof of income amount, child tax credit amount when applicable, picture i.d. and medical cards. The food bank is open Monday through Thursday for guests, and the hours for families, seniors, and youth are 9:30 am to noon. Hours are 1:30-3:00 pm for singles and couples.

The Food Bank also offers a free dental clinic for low income Abbotsford residents which can be accessed by appointment only.

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### BIBLES FOR MISSION SOCIETY

2337 West Railway, Abbotsford, BC **Web:** <http://abbythrift.webplus.net/>

**Phone:** 604.854.6682 **Email:** [abbythrift1990@gmail.com](mailto:abbythrift1990@gmail.com)

The society operates a full thrift store capable of providing emergency food and clothing. Hours of operation are Monday to Saturday from 9:30 am to 5:00 pm.

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**CALVIN PRESBYTERIAN CHURCH  
COMMUNITY OUTREACH DINNER**

*2597 Bourquin Cres. East Abbotsford, BC*

**Phone:** 604.859.6902

The church provides a dinner every Tuesday at 6:30 pm. The last meal is served at 8:00 pm. It is closed during July and August.

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**FRASER VALLEY CHRISTIAN CENTRE  
COFFEE HOUSE AND DROP-IN**

*4-31929 Mercantile Way Abbotsford, BC*

**Phone:** 604.504.3033

The Centre offers several food-based outreaches: The Drop-in Fellowship provides sandwiches and coffee on Tuesdays and Thursdays from 1:00 pm – 4:00 pm. The Haven Coffeehouse has dinner and live music on Fridays from 7:00 pm – 9:00 pm. On Sundays, they serve lunch after their church service. Service begins at 11:00 am.

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**GUR SIKH TEMPLE  
COMMUNITY LUNCH**

*33089 South Fraser Way Abbotsford, BC*

**Phone:** 604.859.9004

As a community outreach, the temple offers free South Asian food on a daily basis.

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**HEAVEN ONLY KNOWS FASHIONS**

*2-2630 Bourquin Cres Abbotsford, BC*

**Phone:** 604.852.3611

Offers consignment clothing for women, kids and maternity. Proceeds support M2W2's restorative ministries. Hours of operation are Monday to Saturday from 10:00 am to 4:30 pm.

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**HIDDEN TREASURES**

*2657 West Railway Street, Abbotsford, BC*

**Web:** [www.downtownabbotsford.com/business/hidden-treasures-thrift-store](http://www.downtownabbotsford.com/business/hidden-treasures-thrift-store)

[www.m2w2.com/wp/programs/hidden-treasures](http://www.m2w2.com/wp/programs/hidden-treasures)

**Phone:** 604.855.0221

Offers consignment clothing for women, kids and maternity. Proceeds support M2Ws2 restorative ministries. Hours of operation are Monday to Saturday from 10:00 am to 4:30 pm.

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**L.I.F.E. RECOVERY ASSOCIATION  
LIFE'S SECOND CHANCE THRIFT STORE**

7-31550 South Fraser Way, Abbotsford, BC **Web:** <http://liferecovery.ca/thrift-store/>  
**Phone:** 604.854.5928

This store is owned and operated by the L.I.F.E Recovery Association which also owns and operates a recovery house for women suffering from addiction and substance abuse.

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**LIFELINE OUTREACH SOCIETY  
BLUE BUS PROGRAM**

Montvue Ave @ McDougall Ave Abbotsford, BC **Web:** [www.lifelineoutreach.org](http://www.lifelineoutreach.org)  
**Phone:** 604.728.7551

At 3:30 every second Sunday at the parking lot on Montvue and McDougall, the Blue Bus Program serves hot soup, sandwiches, coffee, juice and dessert. People can also receive a bag of groceries as well as clothing and bedding items.

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**MCC ABBOTSFORD EAST THRIFT STORE**

105-34150 South Fraser Way, Abbotsford, BC **Web:** [www.mcc.org](http://www.mcc.org)  
**Phone:** 604.850.2221

This store provides clothing and home furnishings at a nominal cost. In emergency situations these services are available at no cost, upon referral from Social Services or other community-based organization. Hours of operation are Monday to Saturday from 9:30 am to 5:00 pm.

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**MTF DISCOUNT WAREHOUSE**

1-34150 South Fraser Way, Abbotsford, BC  
**Phone:** 604.852.5808

The Warehouse sells clothing, food, groceries and furniture at low prices.

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## **SEVENOAKS ALLIANCE CHURCH LUNCH AT SEVENOAKS**

*2575 Gladwin Rd Abbotsford, BC*  
**Phone:** 604.853.0757 or 604.852.9305

The church partners with the Salvation Army to provide lunch on the first Tuesday of every month from 12:30 to 1:30 pm.

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## **THE SALVATION ARMY CENTRE OF HOPE**

*34081 Gladys Street, Abbotsford, BC* **Web:** [www.careandshare.ca](http://www.careandshare.ca)  
**Phone:** 604.852.9305

The Centre of Hope offers a wide variety of programs and outreach.

**The Redemption Café** is a social hub that connects a number of different programs. People can access breakfast from 9:00 – 11:45 am. The café also hosts games, foot care, haircuts, baking, and other social programs.

**The Meal Centre** provides a nutritious lunch from 12:15 – 1:15 M-F and 12:00-1:00 pm on Saturdays. Free bread and produce are available Monday. On the second Friday of each month at 6:00 pm, the Centre of Hope also hosts an FCC Sponsored Dinner.

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## **THE SALVATION ARMY FAMILY THRIFT STORE**

*34081 Gladys Street, Abbotsford, BC V2S 5V2*  
**Store and pick-up Phone:** 604.852.9305

The Family Thrift Store provides a way for people in the community to purchase clothes, toys, books, and household goods at exceptionally low prices. All proceeds from The Salvation Army Thrifts Stores go directly into the programs and services offered within that community.

Shopping hours are Monday to Saturday from 9:00 am to 5:00 pm. Drop off hours are Monday to Friday from 9:00 am to 4:00 pm and Saturdays from 9:00 am to 3:00 pm.

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## VALUE VILLAGE

31970 South Fraser Way, Abbotsford, BC **Web:** [www.valuevillage.com](http://www.valuevillage.com)  
**Phone:** 604.850.3712

Value Village sells used clothing at lower-than-retail value. It is open Monday through Saturday from 9:00 am to 9:00 pm, and Sundays from 10:00 am to 6:00 pm.

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## VIBRANT ABBOTSFORD ABBOTSFORD HARVEST BOX AND BULK BUYING CLUB

P208 – 33355 Bevan Ave, Abbotsford, BC **Web:** [www.vibrantabbotsford.ca](http://www.vibrantabbotsford.ca)  
**Contact:** Alison Homer **Phone:** 778.880.8516 **Email:** [Alison@vibrantabbotsford.ca](mailto:Alison@vibrantabbotsford.ca)

The Abbotsford Harvest Box and Bulk Buying Club tackles food insecurity by making healthy food more affordable and accessible to Abbotsford residents. Fresh fruits, vegetables, non-perishable foods and household items are purchased at wholesale costs, with savings passed on to participants. Boxes are \$8 for approximately 10 pounds of high quality produce of at least 7 different varieties. Pick-up is on the second and last Thursday of each month. Community kitchens, skills courses and a bi-monthly newsletter are also offered. The program is open to everyone.

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### ABBOTSFORD COMMUNITY SERVICES ABBOTSFORD WORKS EMPLOYMENT PROGRAM

*Storefront: 103-33255 South Fraser Way Abbotsford, BC*

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

**Phone:** 604.859.4500 **Email:** [acs@abbotsfordworks.com](mailto:acs@abbotsfordworks.com)

The main hub of the Works Employment program is at the Storefront on South Fraser Way. The Program also operates in the Historic downtown area, the west end of Abbotsford, and at the main ACS office. The Works Employment Program offers various services, including resume writing help, job search aids, workshops, and other training opportunities. Some clients qualify for wage subsidy programs and/or work experience opportunities. All locations provide these free services, but the different locations also have specialized abilities to help those with specific needs.

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### ABBOTSFORD COMMUNITY SERVICES COMMUNITY ACCESS TO LITERACY AND LEARNING (CALL)

*2430 Montrose Ave Abbotsford, BC* **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)

**Phone:** 604.687.6277 **Email:** [call@abbotsfordcommunityservices.com](mailto:call@abbotsfordcommunityservices.com)

This free program matches volunteer tutors with people who want to improve their basic reading, writing and math skills. CALL is ideal for individuals who may be uncomfortable learning in a group setting or those facing other issues such as a learning disability or immigrant settlement issues. Working one-on-one makes for a more comfortable situation where friendships can form and newcomers can learn more about the Canadian lifestyle.

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### ABBOTSFORD COMMUNITY SERVICES DIVERSITY EDUCATION AND RESOURCES

*2430 Montrose Ave Abbotsford, BC* **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)

**Phone:** 604.859.7681 local 270

This Program provides educational workshops for students, adults, businesses, and organizations on diversity related topics. Staff provide support and referrals to victims of discrimination.

Services available in English and Punjabi at no cost.

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**ABBOTSFORD COMMUNITY SERVICES  
EMPLOYMENT MENTORS PROGRAM**

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.217.0444 **Email:** [mmentoring@abbotsfordcommunityservices.com](mailto:mmentoring@abbotsfordcommunityservices.com)

The Employment Mentors Program's main objective is "Building connections for employment," both from prospective professional mentors in our Abbotsford business community and for newcomers to Canada in the Abbotsford area. Their mission is to work towards a full experience mentorship match that will improve the changes of employment for all new immigrant professionals in their chosen field.

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**ABBOTSFORD COMMUNITY SERVICES  
SKILLS CONNECT PROGRAM FOR NEW IMMIGRANTS**

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.866.0257 **Email:** [skillsconnect@AbbotsfordCommunityServices.com](mailto:skillsconnect@AbbotsfordCommunityServices.com)

The Skills Connect program helps new immigrants assess their credentials, provide career counselling and planning, and upgrade language and other skills.

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**ABBOTSFORD CONTINUING EDUCATION (ACE)**

32622 Marshall Road, Abbotsford, BC V2T 4A2 **Web:** [www.bakerview.sd34.bc.ca](http://www.bakerview.sd34.bc.ca)  
**Phone:** 604.859.7820 **Email:** through website

ACE is an Alternate Education Program and Continuing Education Program uniquely designed to educate students who don't function well in the regular school system. ACE has over 400 students and 16 teachers.

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**ACADEMY OF LEARNING**

103 – 32883 South Fraser Way Abbotsford BC **Web:** [www.academyoflearning.com](http://www.academyoflearning.com)  
**Phone:** 604.855.3315 or 604.855.3365 **Email:** [admissionsabbotsford@telus.net](mailto:admissionsabbotsford@telus.net)

The Academy of Learning specializes in computer and business training, and a variety of technical and medically-oriented programs. Programs include accounting, bookkeeping, business, computer repair, personal support worker, secretary, receptionist and others.



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**AGORA EMPLOYMENT ESSENTIALS  
BRIDGING THE GAP**

103 – 33255 South Fraser Way **Web:** [www.findingyourway.ca](http://www.findingyourway.ca)  
**Phone:** 604.859.7681 **Email:** [Roxannet@abbotsfordworks.com](mailto:Roxannet@abbotsfordworks.com)

Agora Employment Essentials is owned by MCC BC. Bridging the Gap is a program that assists women who have survived violence and abuse to overcome employment barriers that prevent them from making the transitions to sustainable employment. It helps participants deal with issues of violence, abuse and consequences such as financial dependency and low self-esteem. The program is available in Abbotsford and Chilliwack.

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**AGORA EMPLOYMENT ESSENTIALS  
ECOWORKS LANDSCAPE SERVICES, INC.**

31414 Marshall Rd Box 2038 **Web:** [www.findingyourway.ca](http://www.findingyourway.ca)  
**Contact:** James Siebert, Program Manager **Phone:** 604.859.8111 **Cell:** 604.302.5293

Agora Employment Essentials is owned by MCC BC. Ecoworks exists to help young people increase their employability through meaningful work experience and training toward the protection, rehabilitation and enhancement of our natural environment. Ecoworks customizes the training to fit the needs of the group, the partners and the project. Young people learn new skills they'll use in various career paths. Ecoworks crews are fully trained, both in project skills and safety. The program operates in Abbotsford and Langley.

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**AGORA EMPLOYMENT ESSENTIALS  
YOUTH KEEP WORKING (YKW)**

103-33255 South Fraser Way, Abbotsford, BC **Web:** [www.findingyourway.ca](http://www.findingyourway.ca)  
**Contact:** Cherie Lynn **Phone:** 604.859.6796 **Email:** [ykw@mccbc.com](mailto:ykw@mccbc.com)

Youth Keep Working is a 15 week, paid program that includes life and employability skills training, guided work experience at Above the Underground, computer training through projects, first aid certificate, job search, resume and cover letter writing, as well as real life opportunities on a specific community project. Target group includes youth 15-30 years of age who have at least two employment barriers. Eligible individuals can refer themselves or be referred by other agencies, but must already be "case-managed". Participants are paid \$8/hour and receive a \$500 completion bonus. Agora Employment Essentials is owned by MCC BC.

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## BAKERVIEW CENTRE FOR LEARNING

32622 Marshall Rd Abbotsford BC **Web:** <http://bakerview.sd34.bc.ca>  
**Phone:** 604.854.1427

Bakerview Centre for Learning accepts youth and adults who want to complete grade 12 or re-enter a mainstream school. Students must be at least 14 years or older and have completed grade 8. They offer day and evening classes and offer a variety of programs.

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## BUXTON CONSULTING LTD HOMELESS INITIATIVE PROJECT

205-2316 McCallum Rd Abbotsford, BC **Web:** [www.buxtonconsulting.org](http://www.buxtonconsulting.org)  
**Contact:** Tristan Raphael **Phone:** 604.615.3311 **Email:** [tristanr@buxtonconsulting.org](mailto:tristanr@buxtonconsulting.org)

The HIP is a program that provides long term case management to approximately thirty individuals to ensure they have suitable housing and supports to work toward self-sufficiency. A case worker helps these individuals to recognize their strengths and barriers and create a personal plan designed to increase their independence and involvement in the community. Intake and referral also provided

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## CASCADE CULINARY ARTS SCHOOL APPRENTICESHIP PROGRAM AND CHEF TRAINING

35190 DeLair Road, Abbotsford, BC V3G 2E2 **Web:** [www.culinaryartsabbotsford.ca](http://www.culinaryartsabbotsford.ca)  
**Contact:** Robert Ramsden, Services Director **Phone:** 604.556.7000 ext 31

Cascade Culinary Arts School, founded in 1993 by the Salvation Army, trains students to work in the food service industry, which includes not only restaurants, but care facilities, institutions and hospitals. The school was awarded a provincial contract to provide Level One and Level Two Cook's Training Apprenticeship and currently operates Level One on a constant enrollment. Program duration is 12 months, with three month modules available for those who only need to upgrade certain skills. Students spend 40 hours a week on-site, which includes some evenings and weekends. Applicants must be 19 years of age or a Grade 12 graduate and have their Food Safe Level One Certificate.

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## COMMUNITAS SUPPORTIVE CARE SOCIETY COMMUNITY LIVING PROGRAM – EMPLOYMENT SERVICES

103-2776 Bourquin Crescent, Abbotsford, BC

**Phone:** 604.850.6608     **STEP Businesses Phone:** 604.556.7174

**Web:** [www.comunitascare.com](http://www.comunitascare.com)

Employment Services of the Community Living Program provides an opportunity to get real training for real work. The five-month program covers certifications, skills-training, work ethics, job readiness development and job placement opportunities. The goal of the program is to turn employment goals into reality for individuals with developmental disabilities. Referrals to this program are handled through Community Living BC.

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## COMMUNITAS SUPPORTIVE CARE SOCIETY SUPPORT TOWARDS EMPLOYMENT PROGRAM (STEP)

103-2776 Bourquin Crescent, Abbotsford, BC

**Phone:** 604.850.6608     **STEP Businesses Phone:** 604.556.7174

**Web:** [www.comunitascare.com](http://www.comunitascare.com)

STEP provides work adjustment or pre-employment services to people with mental illness living in Abbotsford. The program is specifically designed for people who want to join the workforce, but have difficulty doing so because of their illness. It includes work-related goal planning and the provision of hands-on work experience at various social enterprises including recycling, shredding and janitorial services. Communitas Social Enterprises includes Valley Recycling and ShredMasters. Funding sources include Fraser Health Authority and the enterprise itself. Both programs are by referral only through Abbotsford Mental Health.

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## COMMUNITY FUTURES

Garden Park Towers, 218 – 2825 Clearbrook Rd Abbotsford, BC     **Web:** [www.southfraser.com](http://www.southfraser.com)

**Main Phone:** 604.864.5770

Community Futures South Fraser (CFSF) is part of a network of 269 Community Futures organizations across Canada, all dedicated to local economic development.

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## GET YOUTH WORKING PROGRAM

**Web:** [www.getyouthworking.ca](http://www.getyouthworking.ca)

**Phone:** 877.866.3100

The Get Youth Working Program is funded through the Canada-BC Labour Market Agreement. The Program offers employers a \$2,800 hiring incentive to hire eligible youth 15 to 29 years of age. Additionally, employers may request up to \$1000 to purchase training for the newly hired youth.

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## MAMELE'AWT COMMUNITY ABORIGINAL CENTRE LITERACY INITIATIVE

3277 Gladwin Road, Abbotsford, BC **Web:** <http://start.sd34.bc.ca/aboriginal/>

**Contact:** Rebecca Wyse **Email:** [Rebecca\\_wyse@sd34.bc.ca](mailto:Rebecca_wyse@sd34.bc.ca) **Phone:** 604.859.1224

The Mamele'awt Community Centre is the Abbotsford School District's Aboriginal program. The Literacy initiative provides literacy support to students in grades 1-5 who are not meeting expectations in reading. Schools refer students twice per year in September and December. They are chosen based on need and availability of support staff.

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## SERVICE CANADA CENTRE ABBOTSFORD BRANCH

32525 Simon Avenue, Abbotsford, BC V2T 6T6 **Web:** [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

**Phone:** 800.622.6232 **Automated Info Line:** 800.206.7218

The Service Canada Centre in Abbotsford offers a number of programs and services to help the unemployed in Abbotsford and Mission with their search for work.

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## STO:LO NATION EMPLOYMENT SERVICES

Building 5, 7201 Vedder Rd Chilliwack, BC **Web:** [www.stolonation.bc.ca](http://www.stolonation.bc.ca)

**Phone:** 604.847.3299 **Toll-free:** 1.877.847.3288

Employment services are available to any First Nations person residing in the Stó:lô territory, on or off reserve, including First Nations people residing as far north as Boston Bar. Services include employment and career counselling, job search strategies, job interview preparation, referral services, occupational or vocational training, exploration and placement, employer assistance with employment equity initiatives, as well as career, aptitude, and literacy assessments.

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## TRIANGLE COMMUNITY RESOURCES

33760 Essendene Ave Abbotsford, BC **Web:** [www.trianglresources.com](http://www.trianglresources.com)  
**Phone:** 604.859.0033 **Email:** [riteab@triangleresources.com](mailto:riteab@triangleresources.com)

Triangle Resources is an employment service company that specializes in working with people who have experienced mild to extreme barriers in finding and keeping employment. It operates out of the Abbotsford Community Services Abbotsford Works division.

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## VALLEY PERSONNEL AND WORK CENTRE TEMPORARY SERVICES

#101-2469 Pauline Street, Abbotsford, BC V2S 3S1  
**Web:** [www.valleypersonnel.com](http://www.valleypersonnel.com) and [www.workbc.ca](http://www.workbc.ca)  
**Phone:** 604.504.0644 or 604.859.6511

Valley Personnel and Work Centre Temporary Services provide temporary staffing of construction labourers and trades, forklift and lift truck operators, warehouse workers, concrete finishers and general labourers. They also employ and offer experienced temporary staff for a variety of positions in Office Services, including accountants, administrative assistants, bookkeepers, clerical stenographers, customer service representatives, data entry clerks and receptionists.

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## WORK BC ABBOTSFORD WORKS

**Storefront:** 103-33255 S. Fraser Way Abbotsford, BC **Web:** [www.abbotsfordworks.com](http://www.abbotsfordworks.com)  
**Main Phone:** 604.859.4500

Abbotsford Works is Work BC's umbrella organization that works through approved agencies, including Abbotsford Community Services, Agora Employment Essentials, Bowman Employment Services, Triangle Community Resources, Communitas, and Community Futures.

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## WORK BC BC LABOUR MARKET PROGRAMS

**Web:** [www.workbc.ca](http://www.workbc.ca)  
**Phone:** 250.952.6914 **Toll-free:** 877.952.6914 **Email:** [workbcinformation@gov.bc.ca](mailto:workbcinformation@gov.bc.ca)

Work BC offers numerous employment programs dealing with a variety of particular needs, from Aboriginal to youth to older persons. Online chat available M-F from 8:30 – 4:30. Work BC website also offers job searches.

### ABBOTSFORD COMMUNITY SERVICES YOUTH RESOURCE CENTRE

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.yrc.ca](http://www.yrc.ca)

**Phone:** 604.870.4972 **Email:** [infoyrc@abbotsfordcommunityservices.com](mailto:infoyrc@abbotsfordcommunityservices.com)

The Youth Resource Centre (YRC) offers services to youth from 12 to 18 years of age through a variety of programs. Services include individual and family support, parenting and life skills classes, crisis intervention, outreach support and justice support and supervision. Programs also include mentoring and housing.

### ABBOTSFORD YOUTH COMMISSION

32315 South Fraser Way, Abbotsford, BC **Web:** [www.abbyouth.com](http://www.abbyouth.com)

**Call:** 604.854.8785 **Email:** [info@abbyouth.com](mailto:info@abbyouth.com)

The Abbotsford Youth Commission identifies, promotes, improves and increases programs and services for youth ages 12 to 18. The commission offers advocacy, workshops, leadership training, volunteer experiences, a Youth Council, referral guides for Youth Workers and Parents, and a Resource Library. Programs include:

**Drop-in Centres:** Located at the Abbotsford Recreation Centre and the Matsqui Recreation Centre. They provide a safe place for youth to hang out and include concession, video games, and more.

**Just for Girls:** A 10 week program in fall or winter for grade 7 girls. It's designed to help girls safely navigate through adolescence while maintaining their dignity and self-esteem.

**Drop-in Sports:** The AYC sponsors free basketball, hockey, and open gym. See website for details.

**Girls Nite Out:** A non-competitive, social recreation program for girls ages 12-16. Over 8 weeks each girl spends time with a group of girls and has the opportunity to try many different activities such as self defence, Tae-Box, AquaFit, nutritious cooking, etc.

**Guys Alive:** A preventative program for grade seven boys. Main objective is to provide a safe place where boys can make some good friends and become acquainted with positive male role models. There are a total of 10 sessions, with each session taking place over the lunch hour. The program is run by the coordinator and trained facilitators.

**Guys Nite:** An 8-week recreational program designed for 12-16 year old boys. Program runs once a week and takes place at different recreational locations in Abbotsford.

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## CYRUS CENTRE

2616 Ware Street, Abbotsford, BC V2S 3E5 **Web:** [www.cyruscentre.com](http://www.cyruscentre.com)

**Contact:** Les Talvio, Director **Phone :** 604.859.5773 **Email :** [admin@cyruscentre.com](mailto:admin@cyruscentre.com)

Cyrus Centre provides services to youth and families through two primary programs: The Starting Point Resource Centre and The Roofs 4 Youth Initiative.

The Starting Point Resource Centre provides basic needs for youth while building long-standing relationships. The Centre offers showers, laundry, meals, education and employment counselling, and more. The Centre also offers a support worker who will work towards family reconciliation whenever possible and safe.

Roofs 4 Youth works through the entire spectrum of homelessness, from emergency shelter to semi-independent transition housing. Roofs 4 Youth includes a housing advocate worker who assists with landlord and tenant issues and offers housing workshops.

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## D-TALKS HELPLINE

**Phone:** 604.658.1221 or 604.779.4301 **Toll-free:** 866.658.1221

An information line for youth on detox issues. It also provides referral and booking for inpatient detox.

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## FRASER HEALTH AUTHORITY ADOLESCENT CRISIS RESPONSE PROGRAM

32900 Marshall Rd Abbotsford, BC **Web:** [www.fraserhealth.ca](http://www.fraserhealth.ca)

**Phone:** 604.557.2095 **Email:** [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

The Abbotsford Hospital provides mental health assessment, short-term crisis intervention, resource and referral coordination, and up to six follow-up sessions for youth age 6-18 who are in acute crisis. Also provides child crisis assessments on a limited, non-urgent basis. Referral required.

Hours: Monday – Friday, 10:00 am – 11:00 pm; Saturday-Sunday, noon – 11:00 pm

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## FRASER VALLEY YOUTH SOCIETY

**Web:** [www.fraseryouth.com](http://www.fraseryouth.com)

**Phone:** 604.853.3367 **Email:** [info.fvys@gmail.com](mailto:info.fvys@gmail.com)

FVYS is a support group for gay, lesbian, bi-sexual, transgendered, transsexual or for individuals questioning their sexual orientation. The society provides a safe environment where youth can be themselves, talk about issues and learn more about their orientation. FVYS offer drop-ins on Tuesday (Mission), Wednesday (Chilliwack) and Thursday (Abbotsford) each week from 6-9 pm. Check the website for locations.

The society does not offer counselors, but will refer to programs within the community. There are also activities, guest speakers at our weekly drop-ins and various events throughout the year.

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## MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT ABBOTSFORD YOUTH TEAM

2828 Cruikshank, Abbotsford, BC **Web:** [www.mcf.gov.bc.ca](http://www.mcf.gov.bc.ca)

**Phone:** 604.870.5880

The Ministry of Children and Family Development serves all communities in 5 regions across the province. Abbotsford is part of the Fraser Region, where the Abbotsford Youth Team works with youth in MCFD care up to their 19<sup>th</sup> birthday, as well as street youth. MCFD works in partnership with numerous community organizations who offer a wide variety of support programs and services for children and youth.

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## WOMEN'S RESOURCE SOCIETY OF THE FRASER VALLEY CHILDREN WHO WITNESS ABUSE PROGRAM (CWWA) FOR YOUTH

Suite 103 34314 Marshall Rd Abbotsford, BC **Web:** [www.wrsfv.ca](http://www.wrsfv.ca)

**Phone:** 604.855.3363 **Email:** [AbbyCWWA@wrsfv.ca](mailto:AbbyCWWA@wrsfv.ca)

For over thirty years the Women's Resource Society of the Fraser Valley has been offering counselling services to support women, youth and children to rebuild their lives following experiences of abuse or trauma. Children Who Witness Abuse (CWWA) provides individual and group counselling for youth and children that breaks the inter-generational cycle of abuse by building self esteem and teaching non-violent ways of resolving conflict. We provide a safe and supportive environment for youth to share their thoughts and feelings while helping them to understand that abuse is never their fault.



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## YOUTH IN BC

**Web:** <http://www.youthinbc.com>

**Phone:** 604.872.3311 **Email:** [youthinbc@crisiscentre.bc.ca](mailto:youthinbc@crisiscentre.bc.ca)

Provides 24 hour crisis centre services for youth, online crisis intervention and suicide prevention for young people ages 29 and under. Website is 24 hours, live chat from 12:00 pm – 1:00 am daily.

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## YOUTH UNLIMITED

2760 Emerson Street, Abbotsford, BC **Web:** [www.youthunlimited.com](http://www.youthunlimited.com)

**Contact:** Jacquie MacPherson **Phone:** 604.852.2725 **Safe Ride Phone:** 604.835.1579

Youth Unlimited provides services aimed at youth ages 13-19 in Abbotsford and the surrounding area. Also known as C-21, it is a drop-in centre with a pool table, big screen TV, video games, basketball, street hockey, as well as programs and services. It has a shower and at-risk youth can also have meals on Wednesdays. The drop-in also operates a Safe Ride program for teens who are stuck at night or in an unsafe environment. Hours are Monday to Friday, 9:00 am – 4:30 pm.

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## VIBRANT ABBOTSFORD BANKING ON YOUTH

P208 – 33355 Bevan Ave, Abbotsford, BC **Web:** [www.vibrantabbotsford.ca](http://www.vibrantabbotsford.ca)

**Contact:** Alison Homer **Phone:** 778.880.8516 **Email:** [Alison@vibrantabbotsford.ca](mailto:Alison@vibrantabbotsford.ca)

The Banking on Youth project delivers free Money Skills workshops to youth aged 12-25 years to help them build the knowledge, skills and confidence required to become economically self-sufficient. Youth gain resources, means and choices that promote competent financial decisions that can equip them against poverty. Workshops are delivered via local youth-serving agencies and programs, as well as to the general public. Topics include banking, budgeting, consumerism and credit. Courses are free of charge.

## SUPPORT PROGRAMS FOR WOMEN AND CHILDREN

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### ABBOTSFORD COMMUNITY SERVICES ABUSE COUNSELLING AND SUPPORT SERVICES

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)

**Phone:** 604.859.7681 local 766

The program's goal is to promote the well-being of individuals whose lives have been impacted by childhood sexual abuse by providing education, information, support and counselling. Program provides individual counselling, support groups, education and referral services to child, youth, non-offending parents/guardians and adult survivors of childhood sexual abuse. Referrals are from Ministry for Children and Families, Mental Health Professionals, School Personnel, Community Agencies and General Public.

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### ABBOTSFORD COMMUNITY SERVICES POSTPARTUM DEPRESSION SERVICES

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)

**Phone:** 604.859.7681 local 288

This program helps women normalize the difficult feelings experienced during pregnancy and after the birth or adoption of a child. It provides them and their families with easily accessible local resources. Weekly support groups are led by trained facilitators.

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### BIG BROTHER AND SISTER ABBOTSFORD, MISSION, CHILLIWAK, AND MAPLE RIDGE

2445 West Railway Street, Abbotsford, BC **Web:** [www.mentoringworks.ca](http://www.mentoringworks.ca)

**Phone:** 604.852.3331 **Email:** [info@mentoringworks.ca](mailto:info@mentoringworks.ca)

Provides volunteer mentors who enhance and support the well being of young people, primarily those from single parent families. Programs include in-school and group mentoring in addition to individual mentoring.

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## ELIZABETH FRY SOCIETY OF GREATER VANCOUVER (EFRY)

31399 Livingstone Ave Abbotsford, BC V3L 3X1 **Web:** [www.elizabethfry.com](http://www.elizabethfry.com)  
**Phone:** 604.520.1166 **Toll-free:** 888.879.1169 **Email:** [info@elizabethfry.com](mailto:info@elizabethfry.com)

EFry offers support for criminalized and marginalized women, girls, and children. It operates over two dozen programs addressing the needs of women, youth and their families across the spectrum of justice system involvement – from those at risk to those making the transition back to independent living.

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## HOPE FOR WOMEN PREGNANCY CENTRE

232700 George Ferguson Way, Abbotsford, BC **Web:** [www.hopeforwomen.ca](http://www.hopeforwomen.ca)  
**Phone:** 604.853.0303 **Text:** "HOPE" to 212121 **Email:** [hopeforwomen@telus.net](mailto:hopeforwomen@telus.net)

This pregnancy centre is not a medical facility. It offers peer counseling from trained volunteers for those dealing with an unexpected or crisis pregnancy. The Centre can offer free pregnancy tests and information on various pregnancy options.

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## MCC BC END ABUSE PROGRAM AND WHEN LOVE HURTS

33933 Gladys Ave Abbotsford, BC **Web:** [www.mcc.org/bc/abuse/](http://www.mcc.org/bc/abuse/)  
**Phone:** 604.850.6639 or 604.857.0011 **Email:** [endabuse@mccbc.com](mailto:endabuse@mccbc.com)

The MCC End Abuse Program responds to people experiencing abuse in relationships by offering support groups, training for facilitators and education and awareness about abuse prevention. *When Love Hurts* is a free, 10-week support group for abused women. Trained counsellors lead the group and confidentiality is assured. They also have abuse prevention programs for men.

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## THE OPEN DOOR SOCIETY SUPPORT FOR SINGLE MOTHERS

Bakerview Church, 2285 Clearbrook Rd Abbotsford, BC **Web:** <http://singlemomsopendoor.com>  
**Phone:** 604.859.4711

The Open Door Society provides a break from the demands of parenting through the provision of free, licensed child minding. Mothers and children enjoy a nutritious meal and access to groceries, clothing, and other necessities when available. The meeting offers workshops in areas such as parenting, careers, and finances.

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**WOMEN'S RESOURCE SOCIETY OF THE FRASER VALLEY  
COUNSELLING PROGRAMS: CHILDREN WHO WITNESS ABUSE PROGRAM (CWWA)  
AND STOPPING THE VIOLENCE (STV)**

*Suite 103 34314 Marshall Rd Abbotsford, BC* **Web:** [www.wrsfv.ca](http://www.wrsfv.ca)  
**Phone:** 604.855.3363 **Email:** [AbbyCWWA@wrsfv.ca](mailto:AbbyCWWA@wrsfv.ca)

For over thirty years the Women's Resource Society of the Fraser Valley has been offering counselling services to support women, youth and children to rebuild their lives following experiences of abuse or trauma. Children Who Witness Abuse (CWWA) provides individual and group counselling for children and youth that breaks the inter-generational cycle of abuse by building self esteem and teaching non-violent ways of resolving conflict. We provide a safe and supportive environment for children and youth to share their thoughts and feelings while helping them to understand that abuse is never their fault.

Stopping the Violence (STV) is for any woman who has experienced violence or abuse in her life, currently or in the past, from family members, partners, acquaintances or strangers. STV counselling offers individual and group counselling. Each woman and her counsellor decide on what kind of support and intervention would be most helpful.

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**WOMEN'S RESOURCE SOCIETY OF THE FRASER VALLEY  
WOMEN'S OUTREACH SERVICES AND MULTI-CULTURAL SERVICES**

*Suite 103 34314 Marshall Rd Abbotsford, BC* **Web:** <http://www.wrsfv.ca>  
**Phone:** 604.855.3363 **Email:** [AbbotsfordSTV@wrsfv.ca](mailto:AbbotsfordSTV@wrsfv.ca)

Outreach for Women offers free individual counselling, advocacy, information, outreach services, referrals and support groups for women who have experienced or are experiencing abuse in their relationships. The Society also offers shelter, housing and counselling (see housing inventory). The Abbotsford WRSFV also has Punjabi-speaking counsellors and outreach workers available.

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**WOMEN'S RESOURCE SOCIETY OF THE FRASER VALLEY  
THE WARM ZONE DROP-IN**

*33264 Old Yale Rd Abbotsford, BC* **Web:** [www.wrsfv.ca](http://www.wrsfv.ca)  
**Warm Zone Phone:** 604.746.3301  
**Contacts:** Dorothy Henneveld, Executive Director **Phone:** 604.820.8455 **Fax:** 604.820.8495  
Warm Zone Acting Coordinator, Sarah MacIsaac **Email:** [admin@wrsfv.ca](mailto:admin@wrsfv.ca); [wz@wrsfv.ca](mailto:wz@wrsfv.ca)

The Warm-Zone drop-in is designed for the full social inclusion of street engaged women in Abbotsford and Mission. The Warm Zone Drop-In Centre has full bathroom and laundry facilities, personal lockers, safety, counselling, outreach and referrals to appropriate programs and services as required, including harm reduction supplies. We anticipate nurse practitioner support two half days a week, and also have a STOP HIV/Hep C outreach worker available to women. The Warm Zone serves dinner between 4:00 and 6:00 pm on Mondays and Wednesdays. Unstructured meals and food are available all the other days. The Warm Zone is open Monday through Friday 9 am to 8 pm, except statutory holidays.

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## **YOUR PREGNANCY OPTIONS**

301 32920 Ventura Ave Abbotsford, BC **Web:** [www.yourpregnancyoptions.ca](http://www.yourpregnancyoptions.ca)  
**Phone:** 604.856.9151 **Email:** [info@yourpregnancyoptions.ca](mailto:info@yourpregnancyoptions.ca)

Your Pregnancy Options is operated by an independent, nonprofit, nondenominational society committed to providing information, education, support, and practical assistance to women with crisis pregnancies. A staff of trained volunteers deals in a sensitive and nonjudgmental way with all who seek help, regardless of race, nationality, religious belief or marital status. The center is open Monday through Thursday, from 10:00 am – 5:00 pm.

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## **VANCOUVER RAPE RELIEF LINE**

PO Box 21562, 1424 Commercial Dr. Vancouver, BC V5L 5G2 **Web:** [www.rapereliefshelter.bc.ca](http://www.rapereliefshelter.bc.ca)  
**Phone:** 604.872.8212 or 604.877.0958 **Email:** [info@rapereliefshelter.bc.ca](mailto:info@rapereliefshelter.bc.ca)

Provides free and confidential support, information, advocacy and referral services to women and children who have experienced sexual violence.

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### ABBOTSFORD COMMUNITY SERVICES ABBY DADS

2420 Montrose Ave Abbotsford, BC **Web:** [www.abbydads.ca](http://www.abbydads.ca)

**Contact:** Jeff Mclean **Phone:** 604.850.7303 **Email:** [jeff.mclean@abbotsfordcommunityservices.com](mailto:jeff.mclean@abbotsfordcommunityservices.com)

**Facebook:** Jeff AbbyDads

Abby Dads provides activities, support and programs for Abbotsford dads, including Monday Night Floor Hockey, Dad and Kids Saturday breakfast, Monday night play groups, educational upgrading, anger awareness training, and more. Services also include South Asian Dads and Kids at Play group.

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### ABBOTSFORD COMMUNITY SERVICES CHILD CARE RESOURCE AND REFERRAL

105 – 32885 Ventura Ave Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)

**Phone:** 604.850.7934

This program links families and childcare providers by offering free consultation, support, access to professional help, and referral services. It also supports childcare providers and parents through education, application process assistance, consulting, networking, and more. Services include a toy lending library.

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### ABBOTSFORD COMMUNITY SERVICES FAMILY CENTRE

33780 Laurel St Abbotsford, BC (Old Courthouse Building)

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

**Phone:** 604.859.7681 local 266 **Email:** [info@abbotsfordcommunityservices.com](mailto:info@abbotsfordcommunityservices.com)

The Family Centre is a place that fosters the strength and well-being of individuals, families and our community as a whole. It welcomes all members of the community and includes programs such as drop-in meeting spaces, perinatal support, and parenting education. It also hosts the Best for Babies pregnancy support drop in program.

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**ABBOTSFORD COMMUNITY SERVICES  
NEW BEGINNINGS**

2420 Montrose Ave Abbotsford, BC **Web:** [www.abbynewbeginnings.ca](http://www.abbynewbeginnings.ca)  
**Phone:** 604.850.7303

New Beginnings offers education-based programs for young parents and their children aged 0-3 years. It provides, parenting classes, community education, and individualized help.

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**ABBOTSFORD EARLY CHILDHOOD COMMITTEE**

208 – 33355 Bevan Ave **Web:** [www.abbyearlyyears.com](http://www.abbyearlyyears.com)  
**Phone:** 778.880.0513 **Email:** [earlyyears@uwfv.bc.ca](mailto:earlyyears@uwfv.bc.ca)

The AECC is a group of dedicated individuals and organizations passionate about enhancing supports and resources for children up to age 6 and their families.

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**ABBOTSFORD FOOD BANK  
ALL PLAY KIDS SPORTS**

33914 Essendene Avenue, Abbotsford, BC **Web:** [www.abbotsfordfoodbank.com](http://www.abbotsfordfoodbank.com)  
**Contact:** Heidi Gill **Phone:** 604.859.5749 local 31 **Email:** [Heidi.gill@abbotsfordcommunityservices.com](mailto:Heidi.gill@abbotsfordcommunityservices.com)

The Food Bank helps to connect kids from families who utilize the Food Bank with camps and sports programs. One particular partnership is in connection with Athletes in Action and Northview Church to provide scholarships to attend a summer soccer camp.

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**ABBOTSFORD FOOD BANK  
BACKPACK PROGRAM**

33914 Essendene Avenue, Abbotsford, BC **Web:** [www.abbotsfordfoodbank.com](http://www.abbotsfordfoodbank.com)  
**Phone:** 604.859.5749 **Email:** [afb@abbotsfordcommunityservices.com](mailto:afb@abbotsfordcommunityservices.com)

Volunteers from Northview Community Church, Hill City Church, and Ross Road Community Church fill more than 150 backpacks each week for weekend meals for school students who typically do not have enough to eat over the weekends. Referral for the program is through teachers from the elementary schools.

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**ABBOTSFORD FOOD BANK  
CHRISTMAS BUREAU**

33914 Essendene Avenue, Abbotsford, BC **Web:** [www.abbotsfordfoodbank.com](http://www.abbotsfordfoodbank.com)  
**Phone:** 604.859.5749 **Email:** [Heidi.gill@abbotsfordcommunityservices.com](mailto:Heidi.gill@abbotsfordcommunityservices.com)

The food bank manages a Christmas program where families and seniors in need can be matched with businesses, groups, or individuals who want to sponsor these needs during the Christmas season.

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**ABBOTSFORD PARKS, RECREATION & CULTURE**

32315 South Fraser Way Abbotsford, BC **Web:** [www.abbotsford.ca/parksrecreationandculture/](http://www.abbotsford.ca/parksrecreationandculture/)  
**Phone:** 604.853.2281

The City of Abbotsford sponsors a wide variety of family-friendly programs through its Parks, Recreation & Culture department. Services range from pre-kindergarten readiness to community gardens. See program guide online for details.

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**ABBOTSFORD SCHOOL DISTRICT  
STRONG START PROGRAM**

**Web:** <http://www.sd34.bc.ca/programs/early-learning-strongstarts-readyssetlearn/strongstart>  
**Phone:** 604.859.4891

StrongStart is a free, drop-in, early learning program for preschool aged children accompanied by a parent or caregiver. There are 12 StrongStart centres in Abbotsford School District. See website for updated information and school calendar.

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**AUTISM BEHAVIOUR CONSULTING**

35791 Graystone Dr Abbotsford, BC **Web:** [www.autismconsulting.ca](http://www.autismconsulting.ca)  
**Phone:** 604.855.7192 **Email:** [robyn@autismconsulting.ca](mailto:robyn@autismconsulting.ca)

Autism Behaviour Consulting is a resource for children and their families affected by Autism Spectrum Disorder. We offer a range of services to families in the Fraser Valley (Langley to Hope).



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## CARES COUNSELLING CENTRE

103-2790 Gladwin Road, Abbotsford, BC **Web:** [www.cares.ca](http://www.cares.ca)

**Phone:** 604.853.8916 **Email:** [cares.info@gmail.com](mailto:cares.info@gmail.com)

Cares Counselling Centre provides professional counselling to individuals and families at an affordable cost. The counsellors, both male and female, are certified therapists who have at least a Masters in counselling. Each therapist, as well as the two or three interns working at the centre, is professionally supervised. The counselling centre works with children, youth and adults struggling with a wide variety of issues including addiction, depression, sexual abuse and other mental health or life challenges. The counselling centre is a division of CARES, a registered charity.

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## CASCADE CHRISTIAN COUNSELLING

207-33119 South Fraser Way, Abbotsford BC **Web:** [www.cascadechristiancounselling.com](http://www.cascadechristiancounselling.com)

**Phone:** 604.854.5413 **Email:** [info@cascadechristiancounselling.com](mailto:info@cascadechristiancounselling.com)

Cascade Christian Counselling is a non-profit organization committed to providing counselling regardless of financial position. Clients may choose if they do or do not want personal faith included in counselling sessions.

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## CLEARBROOK COUNSELLING CENTRE

B15 - 32112 South Fraser Way, Abbotsford, BC **Web:** [www.clearbrookcounselling.ca](http://www.clearbrookcounselling.ca)

**Phone:** 604.859.6822

The Clearbrook Counselling Centre provides professional counselling from either a Christian or secular perspective. The service is offered on a sliding scale based on financial need, generally running at \$65 per one-hour session. They also provide services to children, with a counsellor trained in child psychology and play therapy. Services do not include drug and alcohol treatment. All counsellors are Registered Clinical Counsellors with a Masters Degree. The Clearbrook Counselling Centre works with individuals and families throughout the Fraser Valley.

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## COLUMBIA COUNSELLING ASSOCIATES

208 – 2276 Clearbrook Rd Abbotsford, BC **Web:** [www.columbiacounselling.ca](http://www.columbiacounselling.ca)

**Phone:** 604.852.2557

Columbia Counselling Associates is an offshoot of Columbia Counselling Group, which served Abbotsford and surrounding communities from 1984-2007. They offer individual, group, family, teen, marriage, and children's counselling.

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**COMMUNITAS SUPPORTIVE CARE SOCIETY  
CHOICE AND CONNECTIONS**

103-2776 Bourqin Cres Abbotsford, BC **Web:** [www.communitascare.com](http://www.communitascare.com)  
**Phone:** 604.850.6608 **Toll-free:** 800.622.5455 **Email:** [info@communitascare.com](mailto:info@communitascare.com)

Choices and Connections is a leisure, recreation and activity program for people who have developmental disabilities. Individuals develop friendships with their peers and also make a positive contribution to their community through volunteer opportunities.

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**COMMUNITAS SUPPORTIVE CARE SOCIETY  
MATTHEW'S HOUSE**

103-2776 Bourqin Cres Abbotsford, BC **Web:** [www.mattshouse.ca](http://www.mattshouse.ca)  
**Phone:** 604.850.6608 **Toll-free:** 800.622.5455 **Email:** [info@mattshouse.ca](mailto:info@mattshouse.ca)

Matthew's House is a respite care home that is dedicated to caring for children who live with complex healthcare needs. The House provides overnight guest suites for families so they can stay close while taking rest from intensive caregiving.

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**COMMUNITAS SUPPORTIVE CARE SOCIETY  
RESPITE SERVICES**

103-2776 Bourqin Cres Abbotsford, BC **Web:** [www.communitascare.com](http://www.communitascare.com)  
**Phone:** 604.850.6608 **Toll-free:** 800.622.5455 **Email:** [info@communitascare.com](mailto:info@communitascare.com)

The Children and Adult Respite Care Programs offered by Communitas support primary caregivers of adults and children with developmental disabilities. Referrals to the respite program are obtained through Community Living BC and Ministry for Children and Family Development. Applications to become a respite caregiver are obtained through Communitas.

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**EMPOWERED BY HORSES  
LEADERSHIP CENTRE FOR GIRLS**

29592 Galahad Cres Abbotsford, BC **Web:** [www.empoweredbyhorses.com](http://www.empoweredbyhorses.com)  
**Phone:** 604.809.3494 **Email:** [info@empoweredbyhorses.com](mailto:info@empoweredbyhorses.com)

Empowered by Horses offers leadership programs with horses to inspire girls to discover their true potential and lead lives with compassion and courage. Services are mostly for girls ages 10-13, but the centre also offers family communication camps and custom programs that can involve women or boys.

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**FRASER VALLEY ABORIGINAL CHILDREN AND FAMILY SERVICES SOCIETY**

210-2276 Clearbrook Rd Abbotsford, BC **Web:** [www.fvacfss.ca](http://www.fvacfss.ca)  
**Phone:** 604.855.3328 **Toll-free:** 855.855.3324

FVACFSS provides culturally appropriate and holistic services through prevention, community development and child welfare programs to Aboriginal children, youth and their families residing on and off reserve throughout the Fraser Valley. Programs cover child welfare, alternative care, family prevention services and cultural programs.

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### FRASER VALLEY CHILD DEVELOPMENT CENTRE

102-32885 Ventura Avenue, Abbotsford, BC **Web:** [www.fvcdc.org](http://www.fvcdc.org)  
**Contact:** Wendy Bruzzese, Director of Family Services **Email:** [wbruzzese@fvcdc.org](mailto:wbruzzese@fvcdc.org)  
**Phone:** 604.852.2686 **Toll-free:** 877.820.8760

The Fraser Valley Child Development Centre serves families in Abbotsford, Mission, Agassiz, Chilliwack, Hope, the Fraser Canyon, and surrounding communities. The centre provides a range of services to children whose development is delayed or who are at risk. A team of professionals provide therapy, education and support to children and their families.

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### HAND IN HAND CHILD CARE SOCIETY

3071 Babich Street, Abbotsford, BC **Web:** [www.handinhand.ca](http://www.handinhand.ca)  
**Phone:** 604.859.1843

Hand in Hand Child Care Society is a non-profit organization that offers affordable school-age range of childcare options and preschools for families in the community. The programs operate on-site at several elementary schools in Abbotsford. They provide before and after school care for kids ages 5-12, offering flexible childcare as parents require it.

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### LIGHTHOUSE OF GRACE ASSOCIATION PARENT MENTORSHIP PROGRAM

**Web:** <http://gracewilliamson.wix.com/lighthouseofgrace>  
**Phone:** 604.614.9510 **Email:** [lighthouseofgrace@telus.net](mailto:lighthouseofgrace@telus.net)

This Parent Mentorship Program is a positive relationship-based program designed to support and encourage parents seeking to improve their lives.

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### SUCCESS BY 6

**Web:** [www.successby6bc.ca/your-community/eastern-fraser-valley](http://www.successby6bc.ca/your-community/eastern-fraser-valley)  
**Phone:** 778.880.8508 **Email:** [denise@uwfv.bc.ca](mailto:denise@uwfv.bc.ca)

Success By 6 operates as a partnership between the Ministry of Children and Family Development, United Way, BC credit unions, and Aboriginal community leaders. It strengthens community through engaging citizens in building child and family-friendly communities, primarily through funding programs.

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### THE SALVATION ARMY CENTRE OF HOPE CHRISTMAS PROGRAMS

34081 Gladys Avenue, Abbotsford, BC **Web:** [www.careandshare.ca](http://www.careandshare.ca)

**Phone:** 604.852.9305

**Contact:** Roy Leathem, Activities Director **Email:** [rleathem@sacascade.ca](mailto:rleathem@sacascade.ca)

**The Angel Tree Program** is an effort to ensure that no child is left without gifts at Christmas time. The tree is on site at Seven Oaks Mall, and those wishing to support a child take a tag from the tree and purchase the suggested gift item on the card and deliver it unwrapped back to the tree. Salvation Army staff and volunteers ensure that the gifts get to the intended recipient. For registration dates or more information contact Roy Leathem at The Centre of Hope

**Adopt a Family:** The Salvation Army oversees and facilitates individuals and businesses to sponsor a family in need for the Christmas season.

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### THE SALVATION ARMY CENTRE OF HOPE SEND A KID TO CAMP

34081 Gladys Avenue, Abbotsford, BC **Web:** [www.careandshare.ca](http://www.careandshare.ca)

**Phone:** 604.852.9305

**Contact:** Roy Leathem, Activities Director **Email:** [rleathem@sacascade.ca](mailto:rleathem@sacascade.ca)

Each Summer The Salvation Army sponsors dozens of community children to go to Camp Sunrise on the Sunshine Coast for a week of great food, fun, friendships and activities. For many, a week at is a life-changing experience that equips them with valuable life skills.

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## UPPER FRASER VALLEY DEVELOPMENTAL PRESCHOOL

*Rotary House, 3154 Clearbrook Rd Abbotsford, BC*

**Web:** <http://upperfraservalleypreschool.homestead.com>

**Phone:** 604.859.1436 **Email:** [ufvdpreschool@hotmail.com](mailto:ufvdpreschool@hotmail.com)

The preschool is a registered nonprofit and partner with United Way. The school focuses on the education and developmental needs of children ages 30 months to 6 years.

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## VIBRANT ABBOTSFORD LIVING WAGE FRASER VALLEY

*P208 – 33355 Bevan Ave, Abbotsford, BC* **Web:** [www.vibrantabbotsford.ca](http://www.vibrantabbotsford.ca)

**Contact:** Alison Homer **Phone:** 778.880.8516 **Email:** [Alison@vibrantabbotsford.ca](mailto:Alison@vibrantabbotsford.ca)

Living Wage Fraser Valley recognizes that people who work full-time should not have to live in poverty. Engaging municipalities, business, community agencies and the general public, the project aims to reduce poverty amongst working individuals in the Fraser Valley. Living Wage Fraser Valley supports local businesses to become Living Wage employers, providing formal Living Wage certification and recognizing them as socially conscious local businesses.

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### ABBOTSFORD COMMUNITY SERVICES MEAL PROGRAMS

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Contact:** Nancy Deba **Phone:** 604.870.3764  
**Email:** [mealsonwheels@abbotsfordcommunityservices.com](mailto:mealsonwheels@abbotsfordcommunityservices.com)

ACS operates two meal programs directed specifically towards seniors: Lunch with the Bunch and Meals on Wheels. Lunch with the Bunch is held every Monday from 10:00 am to 1:00 pm. The program includes activities, guest speakers, and companionship. Volunteers are available for transportation.

Meals on Wheels provides fresh, nutritious, affordable meals in freezer-friendly packaging. They are oven and microwave safe. Special requests are available. Meals delivered Monday through Friday.

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### ABBOTSFORD COMMUNITY SERVICES MEDICAL SERVICES TRANSPORTATION

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Contact:** Karen Kenny **Phone:** 604.870.3776  
**Email:** [karen.kenny@abbotsfordcommunityservices.com](mailto:karen.kenny@abbotsfordcommunityservices.com)

ACS Senior Services Coordinator can arrange transportation to medical appointments outside of the Abbotsford area within the Lower Fraser Valley and Vancouver. Fee for service. Please call a minimum of 5 working days before your scheduled appointment.

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### ABBOTSFORD COMMUNITY SERVICES SENIOR SERVICES INCOME TAX, COMPUTER CLASSES, RESOURCES AND REFERRALS

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Contact:** Christina Ragneborg **Phone:** 604.859.7681 or 604.870.3763

ACS provides income tax preparation for seniors on a donation basis. They provide computer literacy classes with a professional instructor. The senior services program also provides a centre where seniors can access additional programs and services to help maintain their independence and well-being.

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## **ABBOTSFORD PEER SUPPORT FOR SENIORS**

2499 McMillan Road, Abbotsford, BC V2S 7R3

**Phone:** 604.850.0011 **Email:** [apss.seniors@telus.net](mailto:apss.seniors@telus.net)

APSS offers two support programs for seniors: Good Morning and Peer Support. Good Morning trained volunteers call clients between 8:00 am and 10:00 am to see how they are doing and give helpful reminders to take their medications, etc. The Good Morning Program helps seniors maintain their independence and physical/mental well being.

Peer Support trains seniors for one-on-one relationships that offer listening, emotional support, guidance, empathy and information. Peer Support helps seniors cope with the loss of loved ones, isolation, loneliness, or depression.

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## **ABBOTSFORD SOCIAL ACTIVITY ASSOCIATION MAIN HALL, DROP-IN AND SENIORS HEALTH AWARENESS**

*Main Hall: 33889 Essendene Avenue, Abbotsford, BC V2S 2H6*

*Drop-In Centre: 2631 Cyril Street, Abbotsford, BC V2S 2G4*

**Web:** [www.abbotsfordseniorsassoc.com](http://www.abbotsfordseniorsassoc.com)

**Main Hall Phone:** 604.853.5151 **Drop-in Centre Phone:** 604.853.4014

The Main Hall provides facilities and activities for seniors of all ages, including a gentle, low-cost fitness program with blood pressure/weight monitoring and refreshments on Tuesdays and Thursday mornings.

The Drop-in Centre hosts various social activities and meetings.

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## **ALZHEIMER SOCIETY OF BC ABBOTSFORD RESOURCE CENTRE**

#214-2825 Clearbrook Road, Garden Park Tower, Abbotsford, BC Web: [www.alzheimerbc.org](http://www.alzheimerbc.org)

Contact: Jude Weir Phone: 604.859.3889 Email: [jweir@alzheimerbc.org](mailto:jweir@alzheimerbc.org)

The Abbotsford Resource Centre provides education, information, and support to caregivers and people with dementia. Drop-in days are Tuesdays, Thursdays, and Fridays from 10:00 am to 4:00 pm. All other days are by appointment. The resource centre offers a library, support and referrals to other services.

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## BETTER MEALS

5742 Beresford St Burnaby, BC V5J 1J1 **Web:** [www.bettermeals.ca](http://www.bettermeals.ca)  
**Phone:** 604.299.1877 **Toll-free:** 1.888.838.1888 **Email:** [sam@bettermeals.ca](mailto:sam@bettermeals.ca)

The Better Meals program provides frozen meals for seniors delivered directly to the residence. The company services the area from Squamish to Hope. There is a minimum \$25 order. Individual meals range from \$2.75 to \$6.00. Better Meals operates Monday through Friday, from 8:30 am to 4:00 pm.

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## CLEARBROOK GOLDEN AGE SOCIETY GARDEN PARK TOWER

Suite 101 - 2825 Clearbrook Road, Abbotsford, BC V2T 6S3 **Web:** [www.gardenparktower.ca](http://www.gardenparktower.ca)  
**Phone:** 604.853.5532 **Fax:** 604.853.5502 **Email:** [office@gardenparktower.ca](mailto:office@gardenparktower.ca)

The Clearbrook Golden Age Society owns and operates a multi-purpose facility at Garden Park Tower (which includes (a) residential accommodations for retired or semi-retired persons, (b) the Clearbrook Community Centre which provides cultural, recreational, education and spiritual activities, and (c) space for those who provide goods and services to the community with a special focus on seniors. The Society advocates for and provides services to seniors by in keeping with traditional Judeo-Christian principles.

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## COMMUNITAS SUPPORTIVE CARE SOCIETY VALHAVEN REST HOME

4212 Balmoral St. Abbotsford, BC **Web:** [www.comunitascare.com](http://www.comunitascare.com)  
**Phone:** 604.856.2812 **Email:** [office@CommunitasCare.com](mailto:office@CommunitasCare.com)

Valhaven is a single-storey home that offers residential care from a faith-based background. It includes 26 beds. The home is located in a rural environment.

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## COTTAGE-WORTHINGTON PAVILION

33457 Cottage Lane Rd. Abbotsford, BC **Web:** [www.fraserhealth.ca](http://www.fraserhealth.ca)  
**Phone:** 604.556.5000 **Email:** [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

This residential care site is operated by Fraser Health. It includes 119 beds, 118 of which are publicly subsidized. It includes 1 respite bed. Multicultural staff and language interpretation available.



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**FRASER HEALTH**  
**DAY PROGRAMS FOR OLDER ADULTS**

**Cottage-Worthington Pavilion:** 33457 Cottage Lane, Abbotsford, BC

**Maplewood House:** 1919 Jackson St, Abbotsford, BC

**General Info:** 1.855.412.211 **Cottage Phone:** 604.556.5000 **Maplewood Phone:** 604.556.5000

The Day Programs provide personal assistance, supervision, therapeutic health, and social activities in a group setting. Most programs are connected to existing care facilities, although some are located in community facilities. Day Programs in Abbotsford operate through the Cottage-Worthington Pavilion and Maplewood House.

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**FRASER HEALTH**  
**SPECIALIZED SENIORS CLINIC**

*Abbotsford Regional Hospital*

**Phone:** 604.851-4775

Seniors 65 years or older with multiple health issues can access this specialized health care team. They provide complete geriatric assessments, medication reviews, and client and family education.

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**MAPLEWOOD SENIORS CARE SOCIETY**  
**MAPLEWOOD HOUSE**

1919 Jackson St, Abbotsford, BC **Web:** [www.maplewood.bc.ca](http://www.maplewood.bc.ca)

**Phone:** 604.556.5000 **Email:** [admin@maplewood.bc.ca](mailto:admin@maplewood.bc.ca)

Maplewood House is a publicly-funded, 76 bed residence, including a 23 bed special care unit. The House also hosts an adult day program. Services include wide-ranging professional physical care and pastoral services.

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**MAPLEWOOD SENIORS CARE SOCIETY**  
**MSA MANOR**

2501 Gladwin Rd Abbotsford, BC **Web:** [www.maplewood.bc.ca](http://www.maplewood.bc.ca)

**Phone:** 604.853.5831 **Email:** [admin@maplewood.bc.ca](mailto:admin@maplewood.bc.ca)

MSA Manor provides residential care and is operated by the Maplewood Seniors Society. MSA Manor has been in operation since 1973. Services are the same wide-ranging care as the Maplewood House, with the exception of the 23 bed special care unit.

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**MENNO PLACE**

32945 Marshall Rd Abbotsford, BC **Web:** [www.mennoplace.ca](http://www.mennoplace.ca)

**Phone:** 604.859.7631 **Email:** [info@mennoplace.ca](mailto:info@mennoplace.ca)

Menno Place provides services in a Christian environment with Mennonite values. The services consist of independent living, assisted living, and full residential home care in Menno Home and Hospital.

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### **PARKINSON SOCIETY OF BRITISH COLUMBIA ABBOTSFORD PARKINSON'S SELF-HELP SUPPORT GROUP**

**Web:** [www.parkinson.bc.ca/Parkinson-Support-Groups-in-BC#/Abbotsford](http://www.parkinson.bc.ca/Parkinson-Support-Groups-in-BC#/Abbotsford)

**Contact:** Carolyn Khran **Phone:** 604.853.3772

Support Group meetings are held on the first Monday of every month at the Matsqui Recreation Centre, 3106 Clearbrook Road, Abbotsford, BC.

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### **SENIORS HEALTHY AGING RESOURCE ENVIRONMENT SOCIETY (SHARES) FRIENDLY VISITOR PROGRAM**

2420 Montrose Ave Abbotsford, BC

**Contact:** Christina Ragneborg, President **Phone:** 604.854.1733

**Email:** [healthyagingabbotsford@gmail.com](mailto:healthyagingabbotsford@gmail.com)

Shares was established in 1984 and has been the parent organization of different programs for seniors in the city. Currently, SHARES runs the friendly visitor program. It is similar to peer support but more focused on relationships and dealing with social isolation.

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### **SHERWOOD CRESCENT MANOR**

32073 Sherwood Cres Abbotsford, BC **Web:** <http://tcgcare.com/sherwood.html>

**Phone:** 604.853.7854 **Email:** [sherwoodcrescentmanor@telus.net](mailto:sherwoodcrescentmanor@telus.net)

Sherwood Crescent Manor offers residential care to 54 clients. Services offered include convalescent, respite, and residential care. The Manor works in collaboration with Fraser Health Authority.

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### **TABOR HOME SOCIETY TABOR VILLAGE**

31944 Sunrise Cres. Abbotsford, BC **Web:** [www.taborhome.org](http://www.taborhome.org)

**Phone:** 604.859.8715

**Email:** [info.home@taborhome.org](mailto:info.home@taborhome.org); [info.manor@taborhome.org](mailto:info.manor@taborhome.org); [info.court@taborhome.org](mailto:info.court@taborhome.org)

Tabor Village offers a number of housing options in a Christian environment, including independent living at Tabor Manor, assisted living at Tabor Court, and complex care at Tabor Home. Tabor Court has a mix of private and Fraser Health Authority-funded suites. At Tabor Home, residential services are filled through the Fraser Health Authority and include 24 hour nursing, alzheimers special care, and spiritual care.

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### **THE SALVATION ARMY CENTRE OF HOPE ADULT DAY PROGRAM**

34081 Gladys Avenue, Abbotsford, BC **Web:** [www.careandshare.ca](http://www.careandshare.ca)

**Phone:** 604.852.9305

**Contact:** Angela McClelland **Email:** [amcclelland@sacascade.ca](mailto:amcclelland@sacascade.ca)

The Adult Day Program is a program designed to support seniors who are isolated and have little to no support systems or resources in order to enable and equip them to live as independently as possible. In an atmosphere of community, program participants take part in different activities, crafts, education and exercise sessions with others. A day away also provides some amount of respite for a caregiver should there be one involved. The program currently operates on Wednesdays at The Centre of Hope.

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### **VALLEY ALERT LIFELINE SOCIETY**

**Web:** [www.valleyalertlifeline.ca](http://www.valleyalertlifeline.ca)

**Phone:** 604.854.5991 **Toll-free:** 1.888.969.1818

Valley Alert Lifeline is a non-profit organization that supplies personal emergency response service linking seniors and other individuals to 24 hour emergency help, 365 days a year. The main office is in Abbotsford, but the organization serves the entire Fraser Valley.

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### **WE CARE HOME HEALTH SERVICE**

32660 George Ferguson Way, Abbotsford BC **Web:** [www.wecare.ca](http://www.wecare.ca)

**Phone:** 604.864.9682 **Toll-free :** 844.495.2280

We Care is a private company offering personalized in-home health care available 24 hours throughout the Fraser Valley. Services include professional nursing, personal and companion care, transportation, shopping, family respite, homemaking, housekeeping, infant and child care. Fee for service. Office hours are 8am to 5pm Monday to Friday.

## SUPPORT PROGRAMS FOR IMMIGRANTS AND MULTICULTURAL COMMUNITIES

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### ABBOTSFORD COMMUNITY SERVICES LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.859.7681 local 216

This ESL program is offered at no cost for adult immigrants 17 or older who are also at a literacy level of 7. An application and English assessment are required. Free child minding is offered at several locations. Call for nearest location and for times.

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### ABBOTSFORD COMMUNITY SERVICES ENHANCING HARMONY ITFAK PROGRAM

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.859.7681 local 278

Offers a respectful relationship counselling program to men focused on preventing family violence. Offers intake, assessment, and weekly group counselling to men on probation. Crisis response and support is also made available for victims.

Service in: Punjabi, Hindi, Urdu, and English

No Cost, but requires a Community Corrections Referral

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### ABBOTSFORD COMMUNITY SERVICES HOST PROGRAM

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.217.3055

The Host program is a friendship program that brings new immigrants together with Canadian adults (and/or their families) to help them learn about Canadian culture, Abbotsford, and practice their English.

Service in English , No Cost

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### ABBOTSFORD COMMUNITY SERVICES IMMIGRANT SETTLEMENT PROGRAM

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)

**Phone:** 604.859.7681 local 235

This program offers immigrant and refugee newcomers information about BC society, guidance and support on personal and family adjustment issues, and connects them with to the broader community.

Service is available in Arabic, Swahili, Mandarin, Cantonese, Bosnian, Serbo-Croatian, Albanian, Turkish, Macedonian, Russian, Punjabi, Hindi, Urdu, Spanish, Korean, Japanese, Vietnamese, Farsi, German, Afghani, Taiwanese, and Pashto.

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### **ABBOTSFORD COMMUNITY SERVICES MAP PROGRAM**

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.859.7681

This umbrella program provides extensive resources for the Abbotsford multicultural community. It includes a Punjabi Mothers and Grandmothers ESL education, an immigrant youth and young adult program, and immigrant family connections services.

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### **ABBOTSFORD COMMUNITY SERVICES SETTLEMENT WORKERS IN SCHOOLS**

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.859.7681 local 235

This program offers settlement support between home and school for newcomer students and their families. Information, orientation sessions, and workshops are also offered.

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### **ABBOTSFORD COMMUNITY SERVICES SOUTH ASIAN COMMUNITY RESOURCE OFFICE (SACRO)**

#5-32700 George Ferguson Way, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.859.7544 ext. 227

SACRO provides outreach, support and referrals for South Asian youth and families. Services offered in Punjabi and English.

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### **ABBOTSFORD COMMUNITY SERVICES TRANSLATION AND INTERPRETATION**

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.870.3769

Interpretation and translation services are provided in over 35 languages, providing specialized services in legal, medical, agricultural, and technical terminology.

Service in English and Punjabi; Cost: On a per job basis

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### **MAMELE'AWT COMMUNITY ABORIGINAL CENTER CULTURAL PRESENTATIONS**

3277 Gladwin Rd Abbotsford, BC **Web:** <http://start.sd34.bc.ca/aboriginal/>  
**Phone:** 604.859.1224 **Email:** [rebecca\\_wyse@sd34.bc.ca](mailto:rebecca_wyse@sd34.bc.ca)

The Mamele'awt Community Aboriginal Center is the Abbotsford School District's Aboriginal program. The center provides cultural presentations for classroom use that increase both awareness of Aboriginal culture and the cultural pride of Aboriginal students.

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### **MENNONITE CENTRAL COMMITTEE ABORIGINAL NEIGHBOURS PROGRAM**

**Web:** <http://mcccanada.ca/learn/more/aboriginal-neighbours>  
**Contact:** Darryl Klassen **Phone:** 604.850.6639 **Email:** [abneighbours@mccbc.com](mailto:abneighbours@mccbc.com)

This program serves to foster respectful relations and understanding between Aboriginal and non-Aboriginal peoples. The program creates opportunities for dialogue, education for churches, service opportunities, and places service workers in aboriginal communities.

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### **WOMEN'S RESOURCE SOCIETY OF THE FRASER VALLEY WOMEN'S MULTI-CULTURAL SERVICES**

Suite 103 34314 Marshall Rd Abbotsford, BC **Web:** <http://www.wrsfv.ca>  
**Phone:** 604.855.3363 **Email:** [AbbotsfordSTV@wrsfv.ca](mailto:AbbotsfordSTV@wrsfv.ca)

Multi-cultural outreach for women offers free individual counselling, advocacy, information, outreach services, referrals and support groups for women who have experienced or are experiencing abuse in their relationships. The Society also offers shelter, housing, and counselling (see housing inventory as well as support programs for women and children). The Abbotsford WRSFV office has Punjabi-speaking counsellors and outreach workers available.

### ABBOTSFORD CHILD AND YOUTH MENTAL HEALTH

2828 Cruickshank St. Abbotsford, BC  
**Phone:** 604.870.5880

This organization offers psycho-social assessments, education, and counselling in a non-judgemental environment. Support, group counselling, and education are also available for parents, friends, and caregivers. Programs include photo therapy, art therapy, meal support, and support for eating disorders, anxiety, OCD, and more.

### BC PARTNERS FOR MENTAL HEALTH AND ADDICTION INFORMATION

**Phone:** 604.669.7600 **Toll-free:** 1.800.661.2121  
**Website:** [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

**This is not a crisis line.** The service provides information and referrals for mental health or addiction issues for all ages. The group is a collection of seven leading mental health and addictions non-profit agencies. Hours of operation are Mon.-Fri. 9:00am to 4:00pm. Services in many languages available on the website.

### BC SCHIZOPHRENIA SOCIETY – ABBOTSFORD BRANCH SUPPORT GROUP

18 – 33655 Essendene Ave (facing Pauline St) Abbotsford, BC **Web:** [www.bcscs.org](http://www.bcscs.org)  
**Phone:** 604.859.0105 **Email:** [abbotsford@bcscs.org](mailto:abbotsford@bcscs.org)

The support group is for individuals diagnosed with mental disorders (Schizophrenia, Bipolar Disorder, Clinical Depression etc.), as well as their families and friends. These programs are focused on diagnosis/treatment options, programs for supportive children, parents and friends, and mental illness awareness. Services can be customized for specific client needs. Meetings are held the last Tuesday of the month at 7:00 pm, at the address provided. Social events are also held regularly, and a small library is available to the general public.

Office hours are Monday, Tuesday, Thursday, 9AM-1PM

### BURNABY CENTRE FOR MENTAL HEALTH AND ADDICTION (100 BEDS)

3405 Willingdon Ave. Bldg 28, Burnaby, BC V5G 3H4  
**Phone:** 604.675.3950

This facility provides services to people throughout the province who have mental health, physical health, substance use and behavioural issues. It is the first concurrent disorder treatment facility of its kind in British Columbia and serves clients who have been unable to benefit from existing programs. It is also integrated with community-based substance use and mental health services. The 100-bed facility includes a 30-bed stabilization unit and 70-bed treatment unit. The centre staffs doctors, psychiatrists, counsellors, nurses and security.

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### **COMMUNITAS SUPPORTIVE CARE SOCIETY PEER SUPPORT PROGRAM OR WRAP (WELLNESS RECOVERY ACTION PLAN)**

#103-2776 Bourquin Crescent West, Abbotsford, BC **Web:** [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)  
**Phone:** 604.850.6608

Peer Support Services supports people with a mental illness. WRAP is a 6-8 week workshop facilitated by people who also have mental illnesses, and are well on the road to recovery. Facilitators have been trained to assist individuals in creating their own action plan for wellness and recovery. The peer Support Program matches participants with a Peer Support Worker who will come alongside and assist with the journey of recovery. Individuals must be a client of Fraser Mental Health.

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### **CREATIVE CENTRE SOCIETY ABBY HOUSE**

2676 Gladys Avenue, Abbotsford, BC **Web:** [www.creativecentresociety.org](http://www.creativecentresociety.org)  
**Contact:** Jennifer Ridgeway, Executive Director **Phone:** 604.850.1168 **Clubhouse:** 604.850.1235  
**Email:** [creativecentresociety@yahoo.com](mailto:creativecentresociety@yahoo.com)

The Creative Centre Society operates two clubhouses and independent residential living apartments or SILs for consumers of mental health services. The Abby House provides psychosocial rehabilitative services to help clients function actively and independently. This house offers three programs which focus on work training, education, leisure, and life skills, with an emphasis on restoring each individual's stability, competence, self-esteem, and hope for the future.

There is also an evening program from 4:00 pm to 11:00 pm for young adults 19 to 31 years of age.

Referrals can be made by a physician, psychiatrist, or mental health case worker.

Hours of operation are Monday to Friday from 9:00 am to 4:00 pm.

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### **DEMENTIA HELPLINE BC**

**Phone:** 604.681.8651 1.800.936.6033 *Monday-Friday 9:00 Am – 4:00 Pm*

The Dementia Helpline is a province-wide support and information service for anyone with questions about dementia, including people with dementia, their caregivers, family and friends. The Helpline assists individuals in building the confidence to maintain quality of life when facing dementia. Confidential information and support are provided by a caring and informed staff.



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**FRASER HEALTH AUTHORITY  
ABBOTSFORD MENTAL HEALTH CENTRE**

32700 George Ferguson Way, Abbotsford, BC **Web:** [www.fraserhealth.ca](http://www.fraserhealth.ca)  
**Phone:** 604.870.7800 **Email:** [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

The multidisciplinary team at the Abbotsford Mental Health Centre includes counsellors, social workers, nurses, occupational therapists, health care workers, doctors and psychiatrists. Individual or group counselling and education are provided. The centre provides four main areas of service: community mental health care programs, community residential program, an eating disorder program, and geriatric psychiatry services.

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**KELTY RESOURCE CENTER**

**Web:** [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)  
**Phone:** 1.800.665.1822 *Monday - Thursday 9:30 am – 5:00 pm*  
**Email:** [keltycentre@bcmhs.bc.ca](mailto:keltycentre@bcmhs.bc.ca)

The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC.

They offer:

- Information and resources on a wide range of mental health and substance use issues affecting children and youth
- Options for support and treatment in BC
- Help navigating the mental health system
- Peer support from youth and parent peer support workers, who all have lived experienced with mental health challenges, either themselves or in their families.
- Resources and support for individuals of any age with an eating disorder or a disordered eating concern
- Free education events for parents, as well as school and health professionals, including the Pinwheel Education Series.

Information, help, and peer support are provided by staff, parent and youth peer support workers who work at the Kelty Centre through a partnership with The F.O.R.C.E. Society for Kids' Mental Health (Parents in Residence and Youth in Residence), and an Eating Disorders Peer Support Worker.

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**LIVING ROOM MOOD DISORDERS SUPPORT GROUP  
HIGHLAND COMMUNITY CHURCH**

35270 Delair Rd. Abbotsford, BC  
**Phone:** 604.853.5043 (Brenda)

This is a faith-based support group and is available for people with mood disorders. The group meets the 1st and 3rd Friday of the month from 1-3pm from September to June. Anyone is welcome.

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**MOOD DISORDERS ASSOCIATION BC  
ABBOTSFORD SUPPORT GROUP**

2420 Montrose Avenue, Abbotsford, BC  
**Contact:** Christine **Phone:** 604.854.9404 **Email:** [mda\\_abb@shaw.ca](mailto:mda_abb@shaw.ca)

This support group meets at Abbotsford Community Services. The group is open to those who have mood disorders such as depression, manic depression, anxiety and panic attacks. Friends and family members are also welcome to attend. The group meets the first and third Thursdays of every month from 7:00 pm to 9:00 pm.

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**SOCIETY FOR KIDS' MENTAL HEALTH  
THE F.O.R.C.E.**

PO Box 91696 West Vancouver, BC **Web:** [www.forcesociety.com](http://www.forcesociety.com)  
**Phone:** 604.878.3400 **Email:** [theforce@forcesociety.com](mailto:theforce@forcesociety.com)

The society helps parents and caregivers understand and navigate the multiple systems for Child and Youth Mental Health, such as what to expect at the child's school, dual diagnosis guide, or what to expect of your family physician. They provide support and mentorship, tools and resources, education and training.

## SUPPORT PROGRAMS FOR INDIVIDUALS WITH A MENTAL OR PHYSICAL DISABILITY, DEVELOPMENTAL DISABILITY, ACQUIRED BRAIN INJURY OR SPECIAL NEEDS

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### ABBOTSFORD BLIND AND VISUALLY IMPAIRED SOCIETY

**Contact:** Mae Atkins, president **Phone:** 604.626.0643 **Email:** Bruce Brewer - [va7beb@shaw.ca](mailto:va7beb@shaw.ca)

The group meets on the first and third Wednesday of every month at Chances Casino in Abbotsford (30385 Peardonville Road). A representative for the Canadian Council of the Blind attends every meeting and helps members with various issues, including legal matters. The first meeting of the month is usually dedicated to discussing issues relevant to the visually impaired, and the second meeting of the month is social.

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### ABBOTSFORD COMMUNITY SERVICES DISCOVERY PROGRAM

2420 Montrose Avenue, Abbotsford, BC

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

**Phone for referral:** 604.870.8725

ACS works with Inclusion BC to provide several programs for people with developmental disabilities. Inclusion BC handles all referrals to ACS programs. The discovery program works on skill building, recreation, and community participation for adults 19 years and older.

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### ABBOTSFORD COMMUNITY SERVICES EMPLOYING PEOPLE IN COMMUNITY (EPIC)

2420 Montrose Avenue, Abbotsford, BC

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

**Phone for referral:** 604.859.7681 local 283

ACS works with Community Living BC to provide several programs for people with developmental disabilities. CLBC handles all referrals to ACS programs. EPIC provides employment services, career exploration, education, training, and work experience for adults.

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### ABBOTSFORD COMMUNITY SERVICES STAR CLUB

2420 Montrose Avenue, Abbotsford, BC

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

**Phone for referral:** 604.859.2919

ACS works with Community Living BC to provide several programs for people with developmental disabilities. CLBC handles all referrals to ACS programs. The STAR club provides respite for families of children and teens with special needs. The program has a 2:1 staff ratio and operates recreational activities for youth 6-12 and teens 13-19 years of age.

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**ABBOTSFORD COMMUNITY SERVICES  
FOCUS ON FRIENDS**

2420 Montrose Avenue, Abbotsford, BC

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

**Phone for referral:** 604.859.7681 local 282

ACS works with Community Living BC to provide several programs for people with developmental disabilities. CLBC handles all referrals to ACS programs. Focus on Friends provides social and recreational options for adults in their older years.

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**ABBOTSFORD POLICE DEPARTMENT  
RESIDENTS WITH DISABILITIES SUPPORT SERVICE**

2838 Justice Way, Abbotsford, BC V2T 3P5 **Web:** [www.apd.ca](http://www.apd.ca)

**Phone:** 604.859.5225 **Fax:** 604.859.4812

Residents with disabilities, or their families, can voluntarily fill out a questionnaire and return it by mail or drop it off at the Abbotsford Police Department. Forms can also be registered over the phone. Purpose is to ensure that 911 Dispatchers and emergency response personnel are aware, in advance, of any information a resident feels they would need to know about people with disabilities in the household in the event of an emergency.

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**ABORIGINAL SUPPORTED CHILD DEVELOPMENT (ASCDP)**

Provincial Office: 551 Chatham St Victoria, BC **Web:** <http://ascdp.bc.ca>

**Phone:** 604.824.3200 **Email:** [advisor.ascdp@bcaafc.com](mailto:advisor.ascdp@bcaafc.com)

ASCDP assists families and child care providers caring for children with extra needs. They help in planning for individual and/or groups of children to ensure their inclusion in day to day activities. ASCD services are provided in home and/or community environments such as preschool, child care programs, after school care programs, Aboriginal Head Start programs, etc.

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## BC ABORIGINAL NETWORK ON DISABILITY SOCIETY (BCANDS)

1179 Kosapsum Cres Victoria, BC V9A 7K7 **Web:** [www.bcands.bc.ca](http://www.bcands.bc.ca)  
**Phone:** 250.381.7303 **Toll-free:** 888.815.5511 **Email:** [bcands@bcands.bc.ca](mailto:bcands@bcands.bc.ca)

BCANDS is a provincial, not for profit charitable society. It provides a variety of support services and resources to eligible Aboriginal individuals with disabilities and those associated with the disabled.

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## BETHESDA CHRISTIAN ASSOCIATION

105-2975 Gladwin Road Abbotsford, BC **Web:** [www.bethesdabc.com](http://www.bethesdabc.com)  
**Phone:** 604.850.6604 **Email:** [Life@BethesdaBC.com](mailto:Life@BethesdaBC.com)

Bethesda offers a wide variety of services to support people with developmental disabilities and their families. Referrals are through Community Living BC. Services include extensive family support, residential homes, and day service options. Day service includes therapeutic and leisure opportunities. Bethesda is committed to a regular review of quality of life in line with their standards of Christian compassion.

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## COMMUNITY LIVING BC

Suite 201-2777 Gladwin Rd **Web:** [www.communitylivingbc.ca](http://www.communitylivingbc.ca)  
**Phone:** 604.870.5900 **Toll-free:** 800.618.1119 **Email:** [abbotsford@communitylivingbc.ca](mailto:abbotsford@communitylivingbc.ca)

CLBC is a provincial crown agency mandated under the Community Living Authority Act. It delivers supports and services to adults with developmental disabilities and their families.

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## COMMUNITAS SUPPORTIVE CARE SOCIETY ACQUIRED BRAIN INJURY DROP-IN

#102-2776 Bourquin Crescent West, Abbotsford, BC **Web:** [www.communitascare.com](http://www.communitascare.com)  
**Phone:** 604.850.6608 ext. 355 **Phone2:** 778.808.4988

This drop-in program provides a safe, supportive social environment for individuals who have an acquired brain injury, which includes recreational activities and community outings. The drop-in is open Wednesdays from 4:00 pm to 7:00 pm and 1:00 pm to 4:00 pm on Fridays. Clients may also have access to home share opportunities.

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## COMMUNITAS SUPPORTIVE CARE SOCIETY COMMUNITY LIVING PROGRAM

103-2776 Bourquin Cres Abbotsford, BC **Web:** [www.communitascare.com](http://www.communitascare.com)  
**Phone:** 604.850.6608 **Toll-free:** 800.622.5455 **Email:** [info@communitascare.com](mailto:info@communitascare.com)

The Community Living Program supports adults with a developmental disability who are living independently. Individuals acquire life skills and fulfill personal development goals. Referrals to the program are provided through Community Living BC.

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## COMMUNITAS SUPPORTIVE CARE SOCIETY DEVELOPMENTAL DISABILITIES SERVICES

#103, 2776 Bourquin Crescent, Abbotsford, BC **Web:** [www.communitascare.com](http://www.communitascare.com)  
**Phone:** 604.850.6608 **Toll-free:** 1.800.622.5455

Communitas offers extensive support programs for people with developmental disabilities and their families. Services include full-time residential, home share options, employment services, respite, support for community living, and recreational programs. Programs require referral through Community Living BC (CLBC).

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## DISABILITY ALLIANCE BC

204 – 456 West Broadway Vancouver, BC **Web:** [www.disabilityalliancebc.org](http://www.disabilityalliancebc.org)  
**Administration:** 604.875.0188 **Email:** [feedback@disabilityalliancebc.org](mailto:feedback@disabilityalliancebc.org)  
**Advocacy Access:** 604.872.1278 (by appointment) **Advocacy Access Toll free:** 1.800.663.1278

Disability Alliance BC champions issues impacting the lives of people with disabilities through our direct services, community partnerships, advocacy, research and publications. Through our Advocacy Access Program, we assist people with disabilities to apply for and appeal the denial of provincial and federal benefits. We also help clients to obtain the health goods and services attached to disability benefits.

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## FRASER VALLEY BRAIN INJURY ASSOCIATION PROGRAMS AND SERVICES

#201-2890 Garden Street, Abbotsford, BC **Web:** [www.fvbia.org](http://www.fvbia.org)  
**Phone:** 604.557.1913 **Toll-free:** 1.866.557.1913 **Email:** [info@fvbia.org](mailto:info@fvbia.org)

The Fraser Valley Brain Injury Association offers drop-in centres, case management services, education and networking groups, prevention advocacy, and health and wellness activities. They also offer a Young at Arts Summer Camp for children affected by acquired brain injury. FVBIA also supports various art and photography groups throughout the Fraser Valley.

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## **H.O.M.E. SOCIETY BC**

31581 South Fraser Way Abbotsford, BC **Web:** [www.fvbia.org](http://www.fvbia.org)

**Phone:** 604.852.7888

HOMES (Healthy Opportunities for Meaningful Experience Society) currently supports nearly seventy individuals in the Fraser Valley. HOMES supports individuals in traditional shared homes of four persons, individual homes with one or two persons, and they have many Supported Family Care homes. They operate in a philosophy of Gentle Teaching, which puts aside the traditional models of control, compliance and building independence for a philosophy of gentleness, companionship, caring, and building inter-dependence and community.

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## **INCLUSION BC**

227 6<sup>th</sup> Street New Westminister, BC V3L 3A5 **Web:** [www.inclusionbc.org](http://www.inclusionbc.org)

**Phone:** 604.777.9100 **Toll-free:** 800.618.1119

Formerly BC Association for Community Living, Inclusion BC is a provincial non-profit organization dedicated to promoting the participation of people with developmental disabilities in all aspects of community life. This includes advocacy, education and training, networking, systems change, and public awareness.

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## **MSA SOCIETY FOR COMMUNITY LIVING**

2391 Crescent Way, Abbotsford, BC **Web:** [www.msasociety.com](http://www.msasociety.com)

**Phone:** 604.852.6800

MSA Society is committed to providing full community participation and access for people with developmental disabilities. They provide home sharing, residential services, day services, and family support. Referrals are through Inclusion BC. Contact information varies with each program.

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## **PACIFIC DEVELOPMENTAL PATHWAYS DAY SERVICES**

32865 Ventura Ave Abbotsford, BC **Web :** [www.pacificpathways.ca](http://www.pacificpathways.ca)

**Phone:** 604.839.3602

Pacific Developmental Pathways provides a range of residential and non-residential services in the Fraser Valley. In Abbotsford, the company provides only day services for individuals with a developmental disability. Referrals are through Inclusion BC.

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**ABBOTSFORD FOOD BANK  
DENTAL CLINIC**

33914 Essendene Avenue, Abbotsford, BC **Web:** [www.abbotsfordfoodbank.com](http://www.abbotsfordfoodbank.com)  
**Phone:** 604.859.5749 ex 24 **Email:** [afb dental@abbotsfordcommunityservices.com](mailto:afb dental@abbotsfordcommunityservices.com)

The Food Bank offers a free dental clinic for Abbotsford residents with low income and little or no dental coverage. It is serviced by local dentists, certified dental assistants, and hygienists who volunteer their time and services. This dental clinic can be accessed through contacting Lala, Dental Clinic Administrator.

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**ABBOTSFORD HOSPICE SOCIETY**

33134 Marshall Road, Abbotsford, BC V2S 1K4 **Web:** [www.abbotsfordhospice.org](http://www.abbotsfordhospice.org)  
**Phone:** 604.852.2456 **Email:** [info@abbotsfordhospice.org](mailto:info@abbotsfordhospice.org)

The Abbotsford Hospice Society (AHS) is a support and resource centre for those living with a terminal illness or grieving the loss of someone significant. Dedicated professionals and volunteers provide emotional, spiritual and practical support to adults, teens and children who are anticipating a death, facing their own death or grieving the loss of someone significant. Services are free.

AHS provides one-on-one support and group support. One-on-one includes home palliative care, vigil services, home care, residential support, emergency room support, and more. Group support includes a caregiver support group that covers changing roles, communication, grief and loss, planning, self care and emotion/stress management.

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**ABBOTSFORD OPTIONS FOR SEXUAL HEALTH CLINIC**

104-34194 Marshall Rd, Abbotsford, BC **Web:** <https://www.optionsforsexualhealth.org/>  
**Phone:** 604.731.4252 **Toll-free:** 1.800.SEX.SENSE

The clinic is a drop-in clinic that offers services from 7:00 pm – 9:00 pm on Wednesday nights. Staffed by doctors, nurses, and trained volunteers, the clinic provides counselling, referrals, pregnancy testing, health screening, and education. Also includes call-in sex information number.



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## ABBOTSFORD VILLAGE MEDICAL CLINIC

302-2050 Sumas Way Abbotsford, BC

**Phone:** 604.504.7145

Medical Clinic Hours: Monday – Friday, 9:00 am – 8:00 pm. Saturdays, Sundays, and Holidays: 9:00 am – 5:00 pm.

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## ABBOTSFORD YOUTH HEALTH CENTRE

103 - 1945 McCallum Rd Abbotsford, BC **Web:** [www.ayhc.ca](http://www.ayhc.ca)

**Phone:** 604.756.3392

Ages: 12 – 24. Hours: Tuesdays, 4:00 pm – 7:00 pm.

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## BAKerview MEDICAL CLINIC

14-33324 South Fraser Way Abbotsford, BC

**Phone:** 604.853.9853

Hours: Monday – Friday, 5:30 pm – 9:00 pm. Saturdays, Sundays, and Holidays: 9:00 am – 9:00 pm.

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## BC HEALTH GUIDE BC NURSE LINE

**Web:** [www.bchealthguide.org](http://www.bchealthguide.org)

**Phone Toll-free:** 866.215.4700

BC Nurse Line provides access to help 24 hours, 7 days a week. It is a free information line staffed by trained registered nurses who can answer questions.

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## CEREBRAL PALSY ASSOCIATION OF BC

330 – 409 Granville St Vancouver, BC **Web:** <http://bccerebralpalsy.com>

**Phone:** 604.408.9484 **Toll-free:** 800.663.0004 **Email:** [info@bccerebralpalsy.com](mailto:info@bccerebralpalsy.com)

The Cerebral Palsy Association is committed to making a *Life Without Limits* for people with disabilities. They provide information, support and guidance to children, families and adults living with CP in BC.

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## EMBRACE NURSE PRACTITIONER

**Phone:** 604.746.5419 **Fax:** 604.746.7399

The EMBRACE NP service will see a half time nurse practitioner provide support and primary care services to survivors of sexual or physical violence within the community of Abbotsford. The position represents a collaboration between Fraser Health, Women's Resource Society of the Fraser Valley, Abbotsford Division of Family Practice, Surrey Division of Family Practice, and 5 and 2 Ministries. The anticipated launch date for the service is January 1, 2015.

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## FRASER HEALTH ABBOTSFORD HEALTH UNIT

34194 Marshall Road, Abbotsford, BC **Web:** [www.fraserhealth.ca](http://www.fraserhealth.ca)  
**Phone:** 604.864.3400 **Email:** [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

The Abbotsford Health Unit provides a variety of public health services including vaccinations, dental care, support for new moms, pregnancy outreach, multicultural services, HIV/AIDS support, disease prevention, home health care and child development expertise.

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## FRASER HEALTH ABBOTSFORD REGIONAL HOSPITAL AND CANCER CENTRE

32900 Marshall Road, Abbotsford, BC V2S 0C2 **Web:** [www.fraserhealth.ca](http://www.fraserhealth.ca)  
**Phone:** 604.851.4700

The Abbotsford Regional Hospital and Cancer Centre is a publicly funded, 300 bed acute care hospital. As a regional hospital, it serves residents of Abbotsford as well as other communities in the eastern Fraser Valley. The hospital offers several enhanced programs, including a cancer treatment centre that is part of the provincial network operated by the BC Cancer Agency. The cancer centre provides specialized diagnosis and treatment services to Fraser Valley residents who previously had to drive to Surrey. The hospital also provides MRI services, general surgery and all inpatient and outpatient surgical services, including vascular, nuclear medicine, a full renal dialysis program; specialized obstetrics and nursery care, paediatric services, special adult medical services and a six-bed adolescent mental health treatment centre.

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**FRASER HEALTH  
ABBOTSFORD HEALTH PROTECTION**

2776 Bourquin Crescent, Abbotsford, BC **Web:** [www.fraserhealth.ca](http://www.fraserhealth.ca)  
**Phone:** 604.870.7900 **Email:** [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

Ensures the safety of food, public water supply, air and residences through: public health inspection of drinking water, recreation facilities, and food establishments. Also inspects and regulates tobacco vendors to ensure that minors are not obtaining tobacco products.

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**FRASER HEALTH  
MOBILE HEALTH UNIT**

Abbotsford, BC **Web:** [www.fraserhealth.ca](http://www.fraserhealth.ca)  
**Phone:** 604.514.6106 **Email:** [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

The mobile unit provides an at home oxygen program, medication management, and substance use services – including withdrawal management.

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**HEALTHLINKBC  
BC NURSE LINE**

**Web:** [www.healthlinkbc.ca](http://www.healthlinkbc.ca)  
**Phone:** 811

Dial 811 to speak with a nurse any time of the day or night. On weekdays, you can speak with a dietician about nutrition and healthy eating. At night, you can talk with pharmacists about medication questions.

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**HIV & AIDS INFORMATION LINE**

**Web:** <http://avi.org/information>  
**Phone:** 250.384.2366 **Toll-free:** 1.800.665.2437

This line connects to a resource office in Victoria where a health care professional is available to answer questions Monday to Friday from 9:00 am to 5:00 pm.

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**MINISTRY OF SOCIAL DEVELOPMENT**

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## BC'S HEALTHY KIDS PROGRAM

**Web:** [www.sd.gov.bc.ca/pulbicat/bcea/HealthyKids.htm](http://www.sd.gov.bc.ca/pulbicat/bcea/HealthyKids.htm)

**Phone Toll free:** 866.866.0800 (Press 4 and then 2)

The BC's Healthy Kids Program helps low income families with the costs of basic dental care and prescription eyewear for their children under 19 years of age who receive MSP assistance through the Ministry of Health Services.

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## THE SALVATION ARMY CENTRE OF HOPE NURSING SUPPORT

34081 Gladys Avenue, Abbotsford, BC **Web:** [www.careandshare.ca](http://www.careandshare.ca)

**Phone:** 604.852.9305

**Contact:** Angela McClelland **Email:** [amcclelland@sacascade.ca](mailto:amcclelland@sacascade.ca)

The Centre of Hope staffs both an LPN and RPN that clients can access Mondays through Friday. Nurses assess whether clients need medical care, monitor blood pressure, oversee a foot clinic, and offer medication support. If willing, clients are taken to a doctor.

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## THE CENTRE FOR EPILEPSY AND SEIZURE EDUCATION

32868 Ventura Avenue, Abbotsford, BC V2S 6J3

**Phone:** 604.853.7399 **Toll-free:** 1.888.973.4987 **Email:** [info@epilepsy.cc](mailto:info@epilepsy.cc)

Serves Abbotsford and Mission by providing educational programs, materials and services for individuals or families with a member who suffers from epilepsy or seizures.

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## UNIVERSITY OF THE FRASER VALLEY FAST CLUB

33844 King Rd Abbotsford, BC **Web:** [www.ufv.ca/kpe/fastclub](http://www.ufv.ca/kpe/fastclub)

**Contact:** Alison Pritchard, program director **Email:** [Alison.pritchardorr@ufv.ca](mailto:Alison.pritchardorr@ufv.ca)

This is a physical exercise and skills program run by kinesiologists at UFV for kids with Fetal Alcohol Spectrum Disorder or FASD. Program is funded by the Victoria Foundation set up by the BC Ministry of Children and Family Development.

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## WE CARE HOME HEALTH SERVICES

32660 George Ferguson Way Abbotsford, BC **Web :** [www.wecare.ca](http://www.wecare.ca)

**Phone:** 844.495.2280 **Email:** [Debbie.shields@wecare.ca](mailto:Debbie.shields@wecare.ca)

We Care Home Health provides services and support for people who can no longer live independently without assistance. They also provide support for caregivers.

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### ABBOTSFORD ALANO CLUB SOCIETY

2584 Cyril Street, Abbotsford, BC **Web:** [www.abbotsfordaa.org](http://www.abbotsfordaa.org)

**Phone:** 604.859.1601

This is a social club for people who are alcohol and drug free. It is open from 6:30 am to 10:00 pm Monday to Friday, and 7:00 am – 3:00 pm on Saturdays and Sundays. Alano also provides 12-step meeting information.

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### ABBOTSFORD COMMUNITY SERVICES ABBOTSFORD ADDICTIONS CENTRE

202 – 31943 South Fraser Way **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)

**Phone:** 604.850.5106

This is an outpatient, community-based alcohol and drug counselling program for youth and adults. Services include individual, couple, family and group counselling for drug and alcohol issues. ACS offers education and assistance in the development of community prevention activities, and offers a multicultural and seniors component. Services are available in French, Punjabi, Hindi, and Urdu.

Hours: 8:30-4:30 Mon. to Friday.

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### ABBOTSFORD HEALTH CENTRE

33634 Busby Rd Abbotsford, BC

**Phone:** 604.870.9925 **Toll-free:** 1.866.870.9925

Provides medically managed withdrawal and counselling for addiction to opiate-classed drugs, with or without coexisting addictions. Also provides services to those requiring methadone for pain management. This is a confidential, fee-for-service program.

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### ALANON/ALATEEN CENTRAL SERVICES

**Web:** [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

**Phone:** 604.425-2666 to locate meetings in BC.

This is a fellowship of relatives and friends of alcoholics who meet for mutual help and support in dealing with the effects of alcoholism.

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## ALCOHOL AND DRUG INFORMATION AND REFERRAL LINE

**Phone:** 604.660.9382 **Toll-free (BC):** 800.663.1441

Addiction support workers respond to enquiries on all aspects of alcohol and drug use and abuse. They provide information on, and referral to, a variety of resources including needle exchanges, counselling services, detox centres, residential treatment centres and self-help groups.

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## ALCOHOLICS ANONYMOUS ABBOTSFORD INTERGROUP

17 – 1961 Eagle Street, Abbotsford, BC **Web:** [www.abbotsfordintergroup-aa.org](http://www.abbotsfordintergroup-aa.org)  
**Phone (24 hours):** 604.850.0811

AA is a mutual help fellowship of alcoholics that is non-discriminatory service. The only requirement is the will to quit drinking. Meeting times and locations are available by calling the contact number or visiting the website. There are at least five meetings every day in various locations in Abbotsford, including treatment and correctional facilities.

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## ASSOCIATION OF BC FIRST NATIONS ADDICTIONS SERVICES

**Website:** [www.firstnationstreatment.org](http://www.firstnationstreatment.org)

The Association (ABCFNTP) is an inter-agency network of residential/outpatient addictions programs operated by First Nations in the province of B.C. Currently, the Association has a membership of 10 programs located both in rural and urban settings

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## BC PARTNERS FOR MENTAL HEALTH AND ADDICTION INFORMATION

**Phone:** 604.669.7600 **Toll-free:** 1.800.661.2121

**Website:** [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

**This is not a crisis line.** The service provides information and referrals for mental health or addiction issues for all ages. The group is a collection of seven leading mental health and addictions non-profit agencies. Hours of operation are Mon.-Fri. 9:00am to 4:00pm. Services in many languages available on the website.

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**BC RESPONSIBLE AND PROBLEM GAMBLING PROGRAM  
HELP LINE**

**Web:** <http://www.bcresponsiblegambling.ca>

**Phone:** 250.387.5311 **Toll-free:** 1.888.795.6111 **Email:** [info@bcresponsiblegambling.ca](mailto:info@bcresponsiblegambling.ca)

Free and confidential help from trained professionals who help work out ways to reduce the problems associated with gambling. The help line also provides information and referrals. Services are available across BC.

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**BC TEEN CHALLENGE  
ABBOTSFORD WOMEN'S CENTRE**

**Web:** [www.bcteenchallenge.com](http://www.bcteenchallenge.com)

**Phone:** 604.575.3930 **Toll-free:** 1.888.575.3930

Teen Challenge is a one-year, Christian-based residential rehabilitation program for drug addicts, alcoholics, gang members, victims of abuse, or any other life-controlling problem. The women's ages range from 18-35. The Centre is located on ten acres of land in SE Abbotsford. Women have a variety of recreational activities to choose from.

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**BC TEEN CHALLENGE  
CHILLIWACK MEN'S CENTRE**

4166 Eckert Street, Yarrow, BC **Web:** [www.bcteenchallenge.com](http://www.bcteenchallenge.com)

**Phone:** 604.575.3930 **Toll-free:** 888.575.3930

Teen Challenge is a one-year, Christian-based residential rehabilitation program for drug addicts, alcoholics, gang members, victims of abuse, dysfunctional families, or any other life-controlling problem such as gambling, pornography and so forth. Target group for the men's campus is males between the ages of 19-45. The program provides spiritual, academic and vocational training, in order to equip individuals to return to society as responsible citizens.

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**BURNABY CENTRE FOR MENTAL HEALTH AND ADDICTION (100 BEDS)**

3405 Willingdon Ave. Bldg 28, Burnaby, BC V5G 3H4

**Phone:** 604.675.3950

This facility provides services to people throughout the province who have mental health, physical health, substance use and behavioural issues. It is the first concurrent disorder treatment facility of its kind in British Columbia and serves clients who have been unable to benefit from existing programs. It is also integrated with community-based substance use and mental health services. The



100-bed facility includes a 30-bed stabilization unit and 70-bed treatment unit. The centre staffs doctors, psychiatrists, counsellors, nurses and security.

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## CRYSTAL METH BC

**Website:** [www.crystalmethbc.ca](http://www.crystalmethbc.ca)

The website is an information and central resource database. The aim of the society is to reduce the spread of crystal meth use in all BC communities through education and outreach support. It is run by volunteers for parents, educators, families and youth.

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## FRASER HEALTH ADDICTION SERVICES CREEKSIDE MANAGEMENT CENTRE

13740-94A Street, Surrey, BC **Web:** [www.fraserhealth.ca](http://www.fraserhealth.ca)

**Phone:** 604.587.3755 **Daytox Phone:** 604.585.5610 **Email:** [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

The Creekside Withdrawal Management Centre includes 24 adult and 6 dedicated youth beds. The program provides a safe, medically supervised and supportive environment for men, women and youth wanting to withdraw from the physical and psychological effects of the substances they have been misusing. The centre also includes space for a Daytox Program for individuals who do not require intensive residential services.

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## GAMBLERS ANONYMOUS LOWER MAINLAND

**Web:** [www.vancouverga.com](http://www.vancouverga.com)

**Phone:** 604.878.6535

*Gamblers Anonymous offers a 12 step program and support meetings in Abbotsford.*

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## IMPACT SUBSTANCE YOUTH SERVICES

33228 Walsh Avenue, Abbotsford, BC [www.impactabby.com](http://www.impactabby.com)

**Phone:** 604.853.1766 **Email:** [impactasap@telus.net](mailto:impactasap@telus.net)

Impact serves youth under age 24 who have been affected by problematic substance use and their families. It offers individual, family, and group counselling; alcohol and drug information, education, and referrals; social and recreational activities; and school-based prevention groups and education. Self-referrals welcome. Intake can be booked by phone, on a drop-in basis, or through the orientation session at 4 pm Mondays (excluding holidays). Serves the FHA region, primarily Abbotsford and Mission. Funded by FHA.

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**KINGHAVEN & PEARDONVILLE HOUSE SOCIETY  
KINGHAVEN TREATMENT CENTRE**

31250 King Road, Abbotsford, BC **Web:** [www.kinghaven.ca](http://www.kinghaven.ca)

**Phone:** 604.864.0039 **Email:** [intake@kinghaven.ca](mailto:intake@kinghaven.ca)

Kinghaven is a residential treatment facility for men ages 19 and over who are chemically dependent or have a concurrent disorder. Services include screening and assessment, individual, family and group counselling and life skills training. The treatment centre also includes the Valley House – a stabilization and transitional living residence program where men can stay for up to one year. The facility also includes the George Schmidt Centre – a second-stage housing facility for adult men. Referral required.

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**KINGHAVEN & PEARDONVILLE HOUSE SOCIETY  
PEARDONVILLE HOUSE**

825 Peardonville Road, Abbotsford, BC V4X 2L8 **Web:** [www.peardonvillehouse.ca](http://www.peardonvillehouse.ca)

**Phone:** 604.856.3966 **Email:** [intake@peardonvillehouse.ca](mailto:intake@peardonvillehouse.ca)

Located in a rural setting, Peardonville House offers a 10 week residential treatment program for women. It also includes a Mom & Kids program where women have the opportunity to bring their under school-aged children with them to the program. The Peardonville facility also includes Mollie's Place, a facility for women who want a safe haven but are not yet ready for an intensive residential program. Mollie's Place participants use a modified treatment program.

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**L.I.F.E. RECOVERY ASSOCIATION  
LIFE RECOVERY HOME**

Abbotsford, BC **Web:** [www.liferecovery.ca](http://www.liferecovery.ca)

**Phone:** 604.855.4440 **Email:** [admin@liferecovery.ca](mailto:admin@liferecovery.ca)

LIFE Recovery Home is a non-profit women's residential recovery program. It offers a 12 step program and support meetings. The faith-based home has capacity for up to 18 women.

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**NAR-ANON CARING AND SHARING FAMILY GROUP**

103-2790 Gladwin Road, Abbotsford, BC **Web:** [www.nar-anon.org](http://www.nar-anon.org)

**Phone:** 604.859.0867

This is a support group for relatives and friends of people with a drug dependency. Follows a 12-step program and meets Thursdays at 7:30 pm.

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## **NARCOTICS ANONYMOUS BC REGION**

*PO Box 1695, Station A, Vancouver, BC V6C 2P7* **Web:** [www.bcrna.ca](http://www.bcrna.ca)  
**Phone:** 604.873.1018

Narcotics Anonymous offers a 12 step program for all addicts of different cultures and languages. See website or phone number to find times and locations of local meetings.

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## **PORTAGE PROGRAM FOR DRUG DEPENDENCIES THE CROSSING AT KEREMEOS**

**Web:** [www.centralcityfoundation.ca/Crossing/](http://www.centralcityfoundation.ca/Crossing/)  
**Contact:** Lianne Radmore **Phone :** 604.613.1811 or 604.701.4046  
**Email:** [lianne.radmore@fraserhealth.ca](mailto:lianne.radmore@fraserhealth.ca)

The Crossing at Keremeos is a long-term treatment centre for youth challenged by addiction. It provides treatment for up to 42 youth, aged 14-18, who live on site for between six months to a year, depending on their needs. The treatment program features daily group therapy and regular recreation and sports activities to promote physical health and well-being. Residents will also be able to complete their high school education and receive vocational counselling.

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## **THREE VOICES OF HEALING SOCIETY**

*Box 325 Invermere BC V0A 1K0* **Web:** <http://healingisajourney.com>  
**Contact:** Amanda Roberts **Email:** [admin@healingisajourney.com](mailto:admin@healingisajourney.com)

Three Voices of Healing is an addiction treatment program that promotes holistic healing for First Nations people. Services include both residential and after care programs. Their Wellness Centre is located in Invermere but takes patients from all over BC.

### ABBOTSFORD COMMUNITY SERVICES ADVOCACY CENTRE

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Phone:** 604.859.7681 local 207

The centre provides information, advice, referrals and representation on a variety of issues including income assistance, housing and residential tenancy, employment insurance and standards and Canada Pension Plan applications and appeals. Meetings are generally by appointment only. Drop-ins based on availability. Office hours are 8:30 – 4:00 pm Monday to Friday.

### ABBOTSFORD COMMUNITY SERVICES SPECIALIZED VICTIM ASSISTANCE

2420 Montrose Avenue, Abbotsford, BC **Web:** [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)  
**Contact:** Lukvinder Aujla **Phone:** 604.859.7681 local 274, 275 or 305

Provides justice related information and support to victims of crime (including relationship violence and sexual assault). Information about the legal process is given, visits to Crown Counsel can be arranged, and court tours prior to court appearance can be done. Referrals to relevant support groups or private counseling can also be made.

Service in Punjabi, Hindi, or English is available.

No Cost

### BRYDGE LINE

**Phone Toll-free:** 1.866.458.5500

A province-wide, 24/7, free emergency telephone service. Call to speak with a lawyer if arrested, detained, or under active investigation by the police or another law enforcement agency for a criminal offence (if you have not yet been charged).

### CLICKLAW

**Web:** [www.clicklaw.bc.ca](http://www.clicklaw.bc.ca)

This website provides free legal information and education

for British Columbia.

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## DIAL-A-LAW BC

**Phone Toll-free:** 1.800.565.5297

Call to access general info (not legal advice) from lawyers on common legal issues. Inquire about practical information on laws, legal rights/responsibilities, and about BC's legal system in general.

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## LAW STUDENTS' LEGAL ADVICE PROGRAM (LSLAP)

**Mailing Address:** UBC LSLAP, Faculty of Law, 1822 East Mall Vancouver, BC V6T 1Z1

**Web:** [www.lslap.bc.ca](http://www.lslap.bc.ca)

**Phone:** 604.822.5791

LSLAP is a non-profit society run by law students at the University of British Columbia. They provide free legal advice and representation to clients who would otherwise be unable to afford legal assistance. Clinics are located throughout the Lower Mainland. The UBC Law School is not affiliated with the program; address is mailing only.

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## LEGAL SERVICES SOCIETY LAWLINE

**Toll-free:** 1.866.577.2525

Lawline is for free legal information or advice from a family lawyer on common legal issues, the legal system, and advice on how to resolve an issue outside of court. Service is offered in 30 languages for individuals who are considered low income yet do not qualify for legal aid.

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## LEGAL SERVICES SOCIETY LEGAL AID INTAKE

2459 Pauline St Abbotsford, BC **Web:** [www.lss.bc.ca](http://www.lss.bc.ca)

**Phone:** 604.852.2141 **Toll-free:** 866.577.2525

The Legal Services Society provides legal aid and information services for low-income British Columbians. Office hours are Monday – Friday from 9:00 am – 4:00 pm.

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## NATIVE COURT WORKER AND COUNSELLING ASSOCIATION OF BC

207 – 1999 Marine Dr Vancouver, BC **Web:** [www.nccabc.ca](http://www.nccabc.ca)

**Phone:** 604.985.5355 **Email:** [nccabc@nccabc.net](mailto:nccabc@nccabc.net)

Offers court worker services to Aboriginals who are in conflict with the law including those having difficulty with substance misuse or problem gambling.

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## **PRISONER'S LEGAL SERVICES**

201-33241 Walsh Avenue, Abbotsford, BC  
**Phone:** 604.853.8712

Prisoner's Legal Services provides services to prisoners in BC, or to parolees pertaining to parole difficulties. Services apply to transfer, segregation, disciplinary charges, parole matters, and sentence calculations. Referrals must be made from the legal aid call centre (1.888.839.8889). Hours of service are 9:00 am – 11:00 am; 1:00 pm – 3:00 pm Monday-Wednesday and Friday.

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## **PRO BONO LAW CLINIC**

2459 Pauline Street Abbotsford, BC **Web:** [www.accessjustice.ca](http://www.accessjustice.ca)  
**Toll-free:** 1.877.762.6664

The Pro Bono Law Clinic offers free legal assistance from lawyers on Wednesdays 10:00 am to 12:00 pm at Abbotsford Community Services. The clinic provides an initial half hour appointment with a lawyer, follow-up appointments, step-by-step advice to dispute resolution or trial, and lawyers in most areas of the law. Lawyers do not appear in court, but can assist in court preparation.

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## **SERVICE BC**

**Phone Toll-free:** 800.663.7867

This provincial service connects to all Legal Aid Offices and agents in the province.

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## **SUPPORT CENTRE FOR AGRICULTURAL WORKERS**

**Phone:** 604.859.5044

An information and support service for Seasonal Agricultural Workers. Individuals can call in to learn about general labour rights, legal working conditions, as well as health and safety regulations. Information on how to prepare documents for Canadian income tax returns, CPP, parental benefits, Employment Insurance, and Workers Compensation are also available. The support centre also offers translation services, and can assist in accessing health cards. This service is administrated by the Agricultural Workers Alliance.

Service in English and Spanish; No Cost

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## **THE SALVATION ARMY CENTRE OF HOPE CORRECTIONAL AND JUSTICE SERVICES**

45742 Yale Rd, Chilliwack, BC **Web:** [www.careandshare.ca](http://www.careandshare.ca)  
**Phone:** 604.792.8581 **Email:** [sacjs@shawbiz.ca](mailto:sacjs@shawbiz.ca)

The office is in Chilliwack, but staff offer support services (including chaplaincy) to men and women at 8 correctional facilities in Agassiz, Chilliwack, Abbotsford and Mission. Individuals with charges before the Court (possibly remand) can utilize the services of The Salvation Army Chaplain. Wayne Newman is the Coordinator for Chaplaincy and Rick MacAhonic is the Chaplain and can be reached at [RMacAhonic@belkinhouse.ca](mailto:RMacAhonic@belkinhouse.ca) or at 604 694 6647.

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## **WOMEN'S RESOURCE SOCIETY OF THE FRASER VALLEY LEGAL BOOTH**

**Web:** <http://www.wrsfv.ca/>  
**Phone:** 604.855.3363 **Email:** [AbbotsfordOutreach@wrsfv.ca](mailto:AbbotsfordOutreach@wrsfv.ca)

Women's Resource Society of the Fraser Valley offers a monthly legal booth. The booth offers legal advice, information, referrals, and assistance with completing legal documents related to issues of family violence for women accessing services at Women's Resource Society of the Fraser Valley.

### BC TRANSIT CENTRAL FRASER VALLEY TRANSIT SYSTEM

*PO Box 156 Abbotsford, BC V2T 6Z5* **Web:** [www.busonline.ca/regions/cfv](http://www.busonline.ca/regions/cfv)  
**Phone:** 604.854.3232

Funding for the transit system is cost shared among the City of Abbotsford, the District of Mission, and BC Transit.

### BC TRANSIT HANDYDART

*1225 Riverside Rd Abbotsford, BC*  
**Web:** [www.busonline.ca/regions/one/accessible/handydart.cfm](http://www.busonline.ca/regions/one/accessible/handydart.cfm)  
**Phone:** 604.855.0080

handyDART is a transportation service for individuals who have a disability that is sufficiently severe that they are unable to use conventional transit service without assistance. Individuals in need of this service must be registered with the handyDART office before they can use the service.

Service is provided to and from accessible building entrances. Users may book regular or one-time trips for various purposes. This door-to-door service is accessed through a central booking system which needs to be called several hours in advance of when it is required.

### GREYHOUND BUS SERVICE ABBOTSFORD DEPOT

*2033 Abbotsford Way, Abbotsford, BC* **Web:** [www.greyhound.ca](http://www.greyhound.ca)  
**Phone:** 604.853.1691

Greyhound Canada offers bus service to Vancouver and the rest of the continent. Stations or depots are located in Chilliwack, Abbotsford and Hope. Hours of operation are subject to change. Please call to verify hours before making travel arrangements.

### ICBC ABBOTSFORD DRIVER'S SERVICE CENTRE

*1-33498 Bevan Avenue, Abbotsford, BC*  
**Phone:** 604.870.5703



Provides driver licensing and road tests. Open 8:30 am to 5:30 pm Monday to Friday.

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**YOUTH UNLIMITED  
SAFE RIDE PROGRAM**

2760 Emerson Street, Abbotsford, BC **Web:** [www.youthunlimited.com](http://www.youthunlimited.com)

**Phone:** 604.835.1579 **Email:** [saferide@youthunlimited.com](mailto:saferide@youthunlimited.com)

Safe Ride vans pick up young people and get them home safely. Young people ages 10 – 19 who simply need a safe ride home for any reason (lost, stranded, beaten, under the influence, etc.) can call for a ride.

### Prevention/Referral

Abbotsford Food Bank REAL Mentoring  
 Abbotsford Police Department  
 Abbotsford Restorative Justice Advocacy Association  
 BC Centre for Disease Control Smart Sex Resource  
 BC Childcare Resource & Referral  
 BC Community Corrections  
 British Columbia Bereavement Helpline  
 Child Pornography/Sexual Exploitation Helpline  
 Children of the Street Society  
 Crime Stoppers Hotline  
 Crisis Line Network of BC  
 Domestic Violence BC Helpline  
 Fraser Valley Regional Crisis Line  
 John Howard Society of the FV  
 Kids Help Phone  
 LINC Society  
 MCC BC Men in Relationship program  
 Mamele'awt CAC Mentoring  
 Positive Living Fraser Valley Support Groups  
 Prideline BC  
 Restorative Christian Ministries M2W2  
 Salvation Army Center of Hope Outreach  
 Telecare Crisis and Caring Line  
 United Way BC 211  
 Youth Against Violence Help Line  
 Youth Help Line

### Food/Clothing

5 & 2 Ministries  
 Abbotsford Food Bank  
 Bibles for Mission Society  
 Calvin Presbyterian Community Outreach Dinner  
 Fraser Valley Christian Centre Coffee House & Drop-in  
 Gur Sikh Temple  
 Heaven Only Knows Fashions  
 Hidden Treasures  
 LIFE Recovery Second Chance Thrift  
 Lifeline Blue Bus Program  
 MCC Thrift Store  
 MTF Discount Warehouse  
 Sevenoaks Alliance Lunch  
 The Salvation Army Centre of Hope  
 The Salvation Army Thrift Store  
 Value Village  
 Vibrant Abbotsford Harvest Box & Bulk Buying

### Employment Services

ACS Abbotsford Works Employment Program  
 ACS Community Access to Literacy and Learning  
 ACS Diversity Education and Resources

ACS Employment Mentors Program  
 ACS Skills Connect for Immigrants  
 Abbotsford Continuing Education  
 Academy of Learning  
 Agora Employment Bridging the Gap  
 Agora Employment Ecoworks  
 Agora Employment Youth Keep Working  
 Bakerview Centre for Learning  
 Buxton Consulting Homeless Initiative Project  
 Cascade Culinary Arts School  
 Communitas Community Living Program  
 Communitas STEP Program  
 Community Futures  
 Get Youth Working Program  
 Mamele'awt Centre Literacy Initiative  
 Service Canada Abbotsford Branch  
 Sto:lo Nation Employment Services  
 Triangle Community Resources  
 Valley Personnel and Work Centre Temp Services  
 Work BC Abbotsford Works  
 Work BC Labour Market Programs

### Youth

ACS Youth Resource Centre  
 Abbotsford Youth Commission  
 Cyrus Centre  
 D-Talks Helpline  
 Fraser Health Crisis Response Program  
 Fraser Valley Youth Society  
 MCFD Youth Team  
 WRSV Youth Team  
 WRSV CWWA for Youth  
 Youth in BC  
 Youth Unlimited  
 Vibrant Abbotsford Banking on Youth

### Women and Children

ACS Abuse Counselling and Support Services  
 ACS Post Partum Depression Services  
 Big Brother and Sister  
 Elizabeth Fry Society  
 Hope for Women Pregnancy Centre  
 MCC BC End Abuse and When Love Hurts  
 The Open Door Society  
 WRSFV Children Who Witness Abuse & STV  
 WRSFV Women's Outreach & Multicultural Services  
 WRSFV Warm Zone Drop-in  
 Your Pregnancy Options  
 Vancouver Rape Relief Line

## **Families**

ACS Abby Dads  
ACS Childcare Resource and Referral  
ACS Family Centre  
ACS New Beginnings  
Abbotsford Early Childhood Committee  
Abbotsford Food Bank - All Play Kids Sports  
AFB Backpack Program  
AFB Christmas Bureau  
Abbotsford Parks, Recreation & Culture  
Abbotsford School District Strong Start  
Autism Behavior Consulting  
Cares Counselling Centre  
Cascade Christian Counselling  
Clearbrook Counselling Centre  
Colombia Counselling Associates  
Communitas Choice & Connections  
Communitas Matthew's House  
Communitas Respite Services  
Empowered by Horses Leadership Centre  
Fraser Valley Aboriginal Children and Family Services  
Fraser Valley Child Development Centre  
Hand in Hand Child Care Society  
Lighthouse of Grace Parent Mentorship  
Success by 6  
The Salvation Army Christmas Programs  
The Salvation Army Send a Kid to Camp  
Upper Fraser Valley Developmental Preschool  
Vibrant Abbotsford Living Wage Fraser Valley

## **Seniors**

ACS Meal Programs  
ACS Medical Services Transportation  
ACS Senior Services  
Abbotsford Peer Support for Seniors  
Abbotsford Social Activity Association  
Alzheimer Society of BC Abbotsford Resource Centre  
Better Meals  
Clearbrook Golden Age Society Garden Park Tower  
Communitas Valhaven Rest Home  
Cottage-Worthington Pavilion  
Fraser Health Day Programs  
Fraser Health Specialized Senior's Clinic  
Maplewood Seniors Care, Maplewood House  
Maplewood Seniors Care, MSA Manor  
Menno Place  
Parkinson Society of BC Self-Help Support Group  
Senior Healthy Aging Resource Environment Society  
Sherwood Crescent Manor  
Tabor Home Society  
The Salvation Army Adult Day Program  
Valley Alert Lifeline Society  
We Care Home Health Service

## **Support Programs for Immigrants and Multicultural Communities**

ACS Language Instruction Services  
ACS ITFAK Program  
ACS Host Program  
ACS Immigrant Settlement Program  
ACS MAP Program  
ACS Settlement Workers in Schools  
ABC South Asian Community Resource Office  
ACS Translation and Interpretation  
Mamele'awt CAC Cultural Presentations  
MCC Aboriginal Neighbours Program  
WRSV Women's Multicultural Services

## **Mental Health Services**

Abbotsford Child and Youth Mental Health  
BC Partners for Mental Health and Addiction  
BC Schizophrenia Society Abbotsford Support Group  
Burnaby Centre for Mental Health and Addiction  
Communitas Wellness Recovery Action Plan  
Creative Centre Abby House  
Dementia Helpline BC  
Fraser Health Abbotsford Mental Health Centre  
Kelty Resource Center  
Living Room Mood Disorders Support Group  
Mood Disorders Association BC  
Society for Kids' Mental Health

## **Mental/Physical Disability/Special Needs**

Abbotsford Blind and Visually Impaired Society  
ACS Discovery  
ACS EPIC  
ACS STAR  
ACS Focus on Friends Program  
Abbotsford Police Department Disabilities Support  
Aboriginal Supported Child Development  
BC Aboriginal Network on Disability Society  
Bethesda Christian Association  
Community Living BC  
Communitas ABI Drop-in  
Communitas Community Living Program  
Communitas Developmental Disabilities Services  
Disability Alliance BC  
Fraser Valley Brain Injury Association  
HOME Society BC  
Inclusion BC  
MSA Society for Community Living  
Pacific Developmental Pathways

## **Health Services**

Abbotsford Food Bank Dental Clinic  
Abbotsford Hospice Society  
Abbotsford Options for Sexual Health Clinic  
Abbotsford Village Medical Clinic  
Abbotsford Youth Health Centre

Bakerview Medical Clinic  
BC Health Guide Line  
Cerebral Palsy Association of BC  
EMBRACE Nurse Practitioner  
Fraser Health Abbotsford Unit  
Fraser Health Regional Hospital  
Fraser Health Abbotsford Health Protection  
Fraser Health Mobile Unit  
Healthlink BC Nurse line  
HIV/AIDS information line  
Ministry of Social Development BC Healthy Kids  
The Salvation Army Nursing Support  
The Center for Epilepsy and Seizure Education  
UFV FAST Club  
We Care Home Health Services

#### **Addiction Services**

Abbotsford Alano Club Society  
ACS Addictions Centre  
Abbotsford Health Centre  
Alanon/Alateen Services  
Alcohol and Drug Information & Referral Line  
Association of BC First Nations Addictions Services  
BC Partners for Mental Health and Addiction  
BC Responsible and Problem Gambling Help Line  
BC Teen Challenge Abbotsford Women's Centre  
BC Teen Challenge Chilliwack Men's Centre  
Burnaby Centre for Mental Health and Addiction  
Crystal Meth BC  
Fraser Health Addiction Services Creekside  
Gamblers Anonymous Lower Mainland  
Impact Substance Youth Services  
Kingshaven Treatment Centre  
Kingshaven/Peardonville House

LIFE Recovery Home  
Nar-Anon Family Groups  
Narcotics Anonymous  
Portage Program The Crossing at Keremeos  
Three Voices of Healing Society

#### **Legal Advocacy and Financial Services**

ACS Advocacy Centre  
ACS Specialized Victim Assistance  
Brydge Line  
Clicklaw  
Dial-a-Law BC  
Legal Services Society Lawline  
Law Students' Legal Advice Program  
Legal Services Society Lawline  
Legal Services Society Legal Aid Intake  
Native Court Worker & Counselling Assoc. BC  
Prisoner's Legal Services  
Pro Bono Law Clinic  
Service BC  
Support Center for Agricultural Workers  
The Salvation Army Correctional & Justice Services  
WRSFV Legal Booth

#### **Transportation Services**

BC Transit Central FV System  
BC Transit Handydart  
Greyhound Bus Service  
ICBC Abbotsford Centre  
Youth Unlimited Safe Ride Program