

# **Fraser Valley General Resource Manual**



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## **RESOURCE TABLE BY SERVICES**

		Food Services	Housing Services	Employment Services	Detox	Recovery/ Treatment	Transition Centre	Counselling	Other
ABBY	Abbotsford Community Corrections								X
	Ravens Moon		X					X	
	CLBC		X	X					X
	Abbotsford Works			X					
	Alcoholics Anonymous					X			
	Supportive Housing		X						
	FNHA Health								X
	FNHA Counselling								X
	Kinghaven Treatment Centre			X	X	X			
	Peardonville House					X			
	Joshua House				X	X	X		
	Abbotsford Community Services		X			X		X	
	Cyrus Centre	X	X						X
	Salvation Army Centre of Hope	X	X						X
	Legal Services Society								X
	Victim Services (APD)								X
	SARA for Women		X					X	
	Barb's House					X			
CHWK									
	CLBC			X					X
	Salvation Army	X	X					X	
	Ruth and Naomi's Mission	X	X						X
	Work BC			X					
	Supportive Housing		X						

		Food Services	Housing Services	Employment Services	Detox	Recovery/ Treatment	Transition Centre	Counselling	Other
	Youth Treatment Centre								
	FNHA Health								X
	FNHA Counselling							X	
	Wilma's Transition House						X		
	Joshua House				X	X	X		
	Rosedale Intensive Residential Treatment					X			
	Cyrus Centre	X	X						X
	Riverstone Detox				X	X			
	Legal Services Society								X
	Alcoholics Anonymous					X			
	Pacific Community Resources Society					X			X
	Chilliwack Community Services						X		X
	Teskey Road to Recovery					X		X	X
	Mann Ford Recovery					X			
	Spiritual Quest					X	X		
	Ann Davis Society						X	X	X
	Chilliwack Community Corrections								X
MISS									
	Haven in the Hallow		X						
	Mission Friendship Centre Society	X		X		X			
	Barb's House						X		
	Work BC			X					
	Mission Community Services Society	X	X						
	Alcoholics Anonymous					X			
	FNHA Health								X

	<b>FNHA Counselling</b>								<b>X</b>
		<b>Food Safety</b>	<b>Housing Services</b>	<b>Employment Services</b>	<b>Detox</b>	<b>Recovery/ Treatment</b>	<b>Transition Centre</b>	<b>Counselling</b>	<b>Other</b>
	<b>SARA for Women</b>		<b>X</b>				<b>X</b>		
	<b>Mission Transition House</b>						<b>X</b>		
<b>HOPE &amp; AREA</b>	<b>Hope and Area Transition Society (HATS)</b>		<b>X</b>			<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
	<b>Seabird Recovery Centre</b>				<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	<b>FNHA Health</b>								<b>X</b>
	<b>FNHA Counselling</b>							<b>X</b>	
	<b>Helping Hands Transition House</b>					<b>X</b>	<b>X</b>	<b>X</b>	

## **ACKNOWLEDGMENTS**

I would sincerely like to thank:

Aaron Pete, Native Courtworker, Native Courtworkers and Counselling Association (NCCABC) for his support and guidance on this project. He constantly goes above and beyond what is required in his role to ensure individuals have access to the best possible resources.

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**ABBOTSFORD, BRITISH COLUMBIA**

## ABBOTSFORD COMMUNITY CORRECTIONS



2865 Cruickshank St,  
Abbotsford, BC V2T 5E7  
604 851-7100

### DESCRIPTION

Community Corrections Division probation officers believe offenders have the capacity to change. They use communication skills, problem-solving strategies and risk assessment techniques to help offenders learn better ways of responding to the world around them.

The goal of corrections case management is to reduce reoffending and increase public safety by changing the behavior of offenders who are under court-ordered supervision in the community. Case management uses strategies shown to reduce reoffending through research. Strategies include:

- Balancing supervising and enforcing court orders with assisting offenders to make positive changes in their lives
- Applying the appropriate level of intervention and programming to offenders who are assessed as high risk to reoffend
- Identifying needs that must be addressed to reduce reoffending
- Matching offenders with interventions that account for their personal characteristics and learning styles
- Standardizing and maintaining programs offered to offenders through staff training, quality management, evaluation and peer review

### INFORMATION

More information is available at:

[http://redbookonline.bc211.ca/service/9492781\\_9492781/chilliwack\\_community\\_corrections](http://redbookonline.bc211.ca/service/9492781_9492781/chilliwack_community_corrections)

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/corrections/about-us/divisions/community-corrections>

## RAVEN'S MOON RESOURCE SOCIETY



Jeanette Dillabough (co-executive director)  
Phone: 604-751-4631  
Fax: 604-287-2007  
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Sharon Forbes (Co-Executive Director)  
Phone: 604-855-8322  
Fax: 604-287-2007  
[Sharon@Ravensmoon.Ca](mailto:Sharon@Ravensmoon.Ca)

### DESCRIPTION

Raven's Moon provides affordable, supportive housing that facilitates permanent, positive life changes. We welcome men and women who need help making a significant change in their personal lives.

We celebrate diversity by welcoming clients from all cultures, faiths, and walks of life. Our priority is to address homelessness in Abbotsford by providing an environment with inclusive and individualized support. Whether escaping an abusive relationship, needing time to heal, or maintaining a clean and sober lifestyle, our clients benefit from a safe, stable living environment, counselling, encouragement, and practical assistance. Our "housing first" model of care allows our clients to bring clarity to what is most important to them; to focus on the steps they need to take to find wholeness, wellness, independence, and happiness; and, to always have a home to return to, where they can get the assistance and support they need to continue moving forward.

### PROGRAMS/SERVICES

#### Overview

Our clients are committed to overcoming life's challenges and moving forward along a path of wellness, productivity, and independence. Raven's Moon fosters an empowerment approach, allowing this commitment to flourish. Although many of our residents have a history of addiction, our facilities are not treatment or recovery centers. We provide homes for those who have expressed a desire for positive change in their lives. We also provide services to those whose lives have been impacted by abuse, trauma, mental illness, health issues, and involvement with the criminal justice system.

It is important to emphasize that Raven's Moon takes a completely individualized approach to addressing our clients' needs. We have listened and learned and firmly believe that it is best to allow our residents to take the time they need to make critical life decisions, envision a better future, and create a plan of action that acknowledges their own strengths and weaknesses. We are here to provide a safe place to live, in-house support and assistance, and to create bridges

to appropriate community services. As such, we do not require participation in any particular program and clients may remain with us until they are ready to move on.

### Housing

Included in Raven's Moon's scattered-site housing model are three programs: Sober Living, Low Barrier, and Home-To-Stay. The Sober Living program allows residents to live in a communal environment with staff and peer support. The Low Barrier program allows individuals who are still active in addiction to have a safe place to live as they begin to contemplate their next steps. The Home-To-Stay program provides permanent housing solutions for individuals, couples, and families.

Our houses are located in residential neighborhoods in Abbotsford, British Columbia, along bus routes to provide easy access to schools, work places, shopping, and recreation facilities. Houses are designated for men only or women only. With the exception of every client being provided with their own private and lockable bedroom, residents share a fully furnished home with kitchen, laundry and bathroom facilities, a living room and yard, as well as access to telephone, cable, and Internet. The Home-To-Stay Program offers single living units with no shared accommodations.

While many of our applicants are homeless or at risk of homelessness, and may be facing other challenges, residents must be willing and able to live cooperatively and independently. Raven's Moon staff attends each home on a daily basis to meet one-on-one with residents.

### Counselling, Support & Assistance

Our trained and experienced staff members provide supportive services in many forms. Generally speaking, we focus on physical and mental health, education and employment, financial management, permanent housing, and the life skills necessary for fully independent living.

Depending on each resident's needs, services may include:

- counselling and/or referral to specialists who deal with trauma, abuse, or addiction
- assistance setting up and accompaniment to medical and other health related appointments
- personal planning, setting objectives, and accessing community programs such as employment search or support groups
- assistance applying for employment or government benefits
- assistance applying for social programs such as low-cost housing and medical insurance
- accompaniment to legal appointments
- assistance and support working with child protection services

We accept self-referrals and referrals from other service providers

### INFORMATION

In order to apply for services, please fill out an application form (direct link: <http://www.ravensmoon.ca/images/PDFs/application-for-ravens-moon-resources.pdf>) and attach it in an e-mail addressed to [info@ravensmoon.ca](mailto:info@ravensmoon.ca)

Information taken from: <http://www.ravensmoon.ca/>

## COMMUNITY LIVING BRITISH COLUMBIA (CLBC)



604-660-8124  
Suite 201- 2777 Gladwin Road  
Abbotsford, BC

### DESCRIPTION

Community Living BC, or CLBC, is the provincial crown corporation that funds supports and services to adults with developmental disabilities, as well as individuals who have a diagnosis of Autism Spectrum Disorder (ASD) or Fetal Alcohol Spectrum Disorder and who also have significant difficulty doing things on their own.

CLBC receives funding from the government to provide services to more than 20,000 individuals. It welcomes about 1,000 new eligible individuals for services each year. Because of this ongoing growth, CLBC has careful processes to assess disability-related needs in an equitable way, to help connect people to effective existing supports, and to fund services to as many families as possible within available funding.

### PROGRAMS/SERVICES

#### Connecting to Community Support

Individuals feel more included in their communities, and have a better quality of life, when they are connected and can contribute to their community. CLBC facilitators can help you explore ways to get involved in your community. Sometimes the only relationships people have are with staff who are paid to be in their lives. While the support provided by paid staff is important and often necessary, it is not a substitute for friendships and being a contributing member of community.

It is important to emphasize that Raven's Moon takes a completely individualized approach to addressing our clients' needs. We have listened and learned and firmly believe that it is best to allow our residents to take the time they need to make critical life decisions, envision a better future, and create a plan of action that acknowledges their own strengths and weaknesses. We are here to provide a safe place to live, in-house support and assistance, and to create bridges

to appropriate community services. As such, we do not require participation in any particular program and clients may remain with us until they are ready to move on.

### Employment Services

Employment is an important part of creating lives filled with possibility in welcoming communities. When people request CLBC supports, or change existing supports, a CLBC facilitator will talk about options to help find employment. This could include services through WorkBC. Employment could be the only CLBC support you are requesting, or it could be one part of your plan. The kind and amount of support you receive is based on the need for help in specific areas.

### Community Inclusion Support

Being involved in your community can be an important part of feeling included and enhancing your quality of life. If you are eligible for CLBC supports, or are changing existing supports, a CLBC facilitator will talk about different community inclusion support options. There are four types of community inclusion support:

- Employment
- Skill Development
- Community-based
- Home-based

Community inclusion support could be the only CLBC support you receive, or it could be one part of your plan. The kind and amount of support you receive is based on the need for help in specific areas. Individuals also feel more included in their communities, and have a better quality of life, when their supports include ways they can get involved in and contribute their strengths and interests in their community.

### Residential Supports

Where you live is an important part of your life. CLBC funds a variety of residential supports that allow people to select an option that is a good fit for their current support needs and preferences. If you are eligible for CLBC supports, or are interested in reviewing or changing your current supports, you can talk to a CLBC facilitator about different residential options. Some people live independently in their communities, but need a bit of targeted support throughout the week to develop specific skills and take care of their own home. Others need to have someone available to support them in their home at all times. Residential support might be the only CLBC-funded support you receive or it could be one part of your plan.

### Behavioural Support Service

For some people CLBC supports, getting help to change a behaviour can improve their quality of life and also increase their family's ability to support them. Other times, it is important because without a change, the person, or those around them, might be at risk of harm. Behaviour support addresses behaviours by working with the person and those around them to replace the behaviour with more positive social or communication skills. It focuses on understanding why certain behaviours occur and providing support for the person to learn positive behaviours in their place.

## INFORMATION

Further information can be found at: [www.communitylivingbc.ca](http://www.communitylivingbc.ca)

# ABBOTSFORD WORKS (WORK BC EMPLOYMENT SERVICES CENTRE)



Store front Location:  
#103- 33255 South Fraser Way,  
Abbotsford BC  
604.859.4500

Summit centre  
#203-3500 Townline Road,  
Abbotsford BC  
604.859.7686



## DESCRIPTION

Whether you are an employer looking to fill a position or a job seeker looking to find employment AbbotsfordWORKS provides a wide range of resources and services to meet the varied requirements and specific situations of both parties. AbbotsfordWORKS is built upon a strong foundation of five well established and respected employment service organizations who collaborated to form a strong alliance delivering a full spectrum of high quality services to both job seekers and employers.

### History

The AbbotsfordWORKS project was initiated when a group of trusted, well-established and respected employment service organizations came together to form a strong alliance. As the partnership evolved, each weaving their own unique strengths and experience into the project development, the staff of these organizations collaboratively designed an effective model that would provide clients and employers with high quality services in the Abbotsford community.

On April 1<sup>st</sup>, 2012, the two AbbotsfordWORKS sites, carefully chosen for ease of access, opened their doors to the people of Abbotsford. The AbbotsfordWORKS team, staffed with people from the partner organizations and bringing years of expertise in delivering employment supports, came together to provide a full spectrum of services ranging from one-to-one case management, workshops and fully equipped resource rooms.

## PROGRAMS/SERVICES

AbbotsfordWORKS has two locations to provide a variety of employment supports. Each location provides a number of employment services ranging from self-serve resource rooms to specialized Case Managers. Check out all of our specifically designed workshop series for to see the one right for you. If owning your own business is in your plan, see the Self-Employment Program series.

If you know that you need more than self-serve resources to get a job, you may want to access case management services. During the Initial Needs Assessment eligibility for services will be determined as well as the most appropriate Case Manager for your needs.

### Self Serve Resource Room

Resource room services provide all BC job seekers with easy access to job search information and equipment. Our three resource rooms provide people with:

- Computers with internet access and job website hyperlinks
- Fax machine, telephones, photocopier, printer
- Resource room advisors to support your job search
- Daily job board with industry-targeted postings
- Résumé and cover letter templates
- Resource library, including community resources
- Hot job announcements from local employers
- Monthly job fairs and employer info sessions

### Case Management Services

- Assessments to uncover skills and job options
- One-to-one employment coaching
- Development of a realistic action plan to support you in achieving your employment goals
- Support and follow-up throughout your action plan
- In depth workshops that support career planning and job search

### Resource Room Workshops

Resource room workshops provide information on developing skills and knowledge in areas including resume writing, internet research, computer basics and networking skills. The majority of workshops are held at our storefront location and pre-registration is required to attend.

Community inclusion support could be the only CLBC support you receive, or it could be one part of your plan. The kind and amount of support you receive is based on the need for help in specific areas. Individuals also feel more included in their communities, and have a better quality of life, when their supports include ways they can get involved in and contribute their strengths and interests in their community.

### Case Management Workshops

People who require employment services beyond the services available in the Resource Rooms can access the support of a Case Manager. In conjunction with the one-to-one employment counselling, people may also participate in specifically designed workshop series that support their return to work.

## INFORMATION

Further information can be obtained from: <https://www.abbotsfordworks.com/en/>

# ALCOHOLICS ANONYMOUS – BC/YUKON AA AREA 79 BRITISH COLUMBIA



Unit 4- 32465 South Fraser Way  
Abbotsford, BC, V2t 0C7  
[info@abbotsfordaa.org](mailto:info@abbotsfordaa.org)  
604.615.2911 (24 hour phone)

## DESCRIPTION

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

## PROGRAMS/SERVICES

A.A. members share their experience with anyone seeking help with a drinking problem; they give person-to-person service or “sponsorship” to the alcoholic coming to A.A. from any source.

The A.A. program, set forth in our Twelve Steps, offers the alcoholic a way to develop a satisfying life without alcohol.

This program is discussed at A.A. group meetings.

- Open speaker meetings — open to alcoholics and non-alcoholics (Attendance at an open A.A. meeting is the best way to learn what A.A. is, what it does, and what it does not do.) At speaker meetings, A.A. members “tell their stories.” They describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of Alcoholics Anonymous.
- Open discussion meetings — one member speaks briefly about his or her drinking experience, and then leads a discussion on A.A. recovery or any drinking-related problem anyone brings up (Closed meetings are for A.A.s or anyone who may have a drinking problem.)
- Closed discussion meetings — conducted just as open discussions are, but for alcoholics or prospective A.A.s only.
- Step meetings (usually closed) — discussion of one of the Twelve Steps.
- A.A. members also take meetings into correctional and treatment facilities.

- A.A. members may be asked to conduct the informational meetings about A.A. as a part of A.S.A.P. (Alcohol Safety Action Project) and D.W.I. (Driving While Intoxicated) programs. These meetings about A.A. are not regular A.A. group meetings

## INFORMATION

### Meetings Times & Location

Meetings are held multiple times daily. Everyone is welcome to attend open meetings, whereas closed meetings are reserved for anyone with a desire to stop drinking. Meeting times and locations can be found at: <http://abbotsfordaa.org/wp-content/uploads/2018/12/Mini-Meeting-List-Winter-2018.pdf>. Please contact 604-615-2911 prior to attending a meeting to ensure the list is up to date.

<p>Sunday</p> <p>DIRECTORY LEGEND  O = Open (Anyone welcome)  C = Closed (Anyone with a desire to stop drinking)  WA = Wheelchair Access  NC = need clearance  M = Men Only W = Women Only</p>	<p>6:40 am Attitude Adjustment (O)  Alano Club-2584 Cyril Street  9:30 am LIBerTy Group (O)  Gay/Lesbian Fellowship-All Welcome Alano Club – 2584 Cyril Street  Phone: Kristina 778-344-0895  12:00 Noon Daily Reflections (O)  Alano Club – 2584 Cyril Street  6:30 pm Sunday Night Serenity (O)  Level Ground Mennonite Church 31216 King Rd  Phone Mike J 778-779-3487</p>
<p>Monday</p>	<p>6:40 am Attitude Adjustment (O)  Alano Club -2584 Cyril Street  12:00 Noon Daily Reflections (O)  Alano Club -2584 Cyril Street  5:30 pm As Bill Sees It (O)  Alano Club, 2584 Cyril Street  Phone: Attila F 604-854-5194  7:00 pm Monday Back to Basics (O)  Immanuel Fellowship, 2950 Blue Jay St Phone: Kerry D 604-226-6075  8:00 pm AAction Big Book Study (C/WA)  Calvin Presbyterian Church  33911 Hazelwood Avenue, Hwy 11  Phone Marlene 604-855-1594  8:00 pm Monday Night Beginners O/WA  Gladwin Heights United Church 3474 Gladwin Road</p>

Tuesday	<p>6:40 am Attitude Adjustment (O)  Alano Club -2584 Cyril Street  12:00 Noon Daily Reflections (O)  Alano Club - 2584 Cyril Street  2:00 pm 12 X 12 Step Group (O, WA)  Abbotsford Social Activities Assn. 33889 Essendene Avenue  Phone: Attila 604-854-5194  7:00 pm Friends in Need (O/WA)  ARHCC Hospital, 32900 Marshall St Learning Centre, Room #3C  7:30 pm Happy Hour (O) Women Only  Unit 1B-2760 Emerson, Upper Level  8:00 pm Clearbrook Group (O)  Alano Club, 2584 Cyril Street  Phone Michael J 604-802-3133  8:00 pm Sober Punjabi Group  Level Ground Mennonite Church 31216 King Rd (next to Kinghaven)  Phone: Ranjit N 1- 604-300-5313</p>
Wednesday	<p>6:40 am Attitude Adjustment (O)  Alano Club -2584 Cyril Street  7:00 am Breakfast Club (O/WA) Note: Breakfast at 6:30 am  Roseland Restaurant  33550 South Fraser Way  12:00 Noon Daily Reflections (O)  Alano Club -2584 Cyril Street  12:00 Noon Women of Promise (WA) C = Closed, Women Only  Seven Oaks Alliance Church  2575 Gladwin Road Community Room (at back of church facing school)  5:30 pm As Bill Sees It (O)  Alano Club, 2584 Cyril Street  Phone: Attila F 604-854-5194  8:00 pm Wednesday Night Discussion (O/WA) Peace Lutheran Church  2029 Ware Street  8:00 pm Red Road Group (O)  2788 Sumas Road  Phone: Mike C 778-808-1760  8:00 pm Abby Punjabi Speaking Mtg (O)  Unit 1B, 2760 Emerson, Upper Level Phone: Gurdeep M 604-614-5406  8:00 pm Old Fashioned AA Group O/WA  Abbotsford Seniors Assn, 2631 Cyril Street Phone: Edmund G 604-308-3933</p>

Thursday	6:40 am Attitude Adjustment (O) Alano Club -2584 Cyril Street 12:00 Noon Daily Reflections (O) Alano Club - 2584 Cyril Street 7:30 pm Lucky People (O) Unit 1B, 2760 Emerson, Upper Level Phone Wendy B 604-852-3812 7:30 pm Lego (O/WA) Salvation Army Café 34081 Gladys Ave 8:00 pm Matsqui Village Group (O/WA) Matsqui Community Hall 5783 Wallace St, Matsqui Village 8:00 pm Freedom From Bondage (O/WA) Legacy Building, Exhibition Park 32470 Haida Drive, Gate 1 (Off Trethewey Street)
Friday	6:40 am Attitude Adjustment (O) Alano Club-2584 Cyril Street 12:00 Noon Daily Reflections (O) Alano Club – 2584 Cyril Street 5:30 pm As Bill Sees It (O) Alano Club – 2584 Cyril Street Phone: Attila F 604-854-5194 8:00 pm Friday Night Big Book (O) Unit 1B, 2760 Emerson, Upper Level Phone: Dave 1- 778-809-1725 8:00 pm Friday Night (C, M) Alano Club-2584 Cyril Street Phone: Bryon 778-878-1737
Saturday	6:40 am Attitude Adjustment (O) Alano Club-2584 Cyril Street 12:00 Noon Daily Reflections (O) Alano Club – 2584 Cyril Street 6:30 pm Made A Decision (O) Alano Club – 2584 Cyril Street Phone: Tracy 604-621-6466 7:30 pm Living Sober Indo Cdn (O) Unit 1B, 2760 Emerson Upper Level Phone Harpreet J 778-245-4287

Further information regarding Alcoholics Anonymous can be found at:

[https://www.aa.org/pages/en\\_US/information-on-alcoholics-anonymous](https://www.aa.org/pages/en_US/information-on-alcoholics-anonymous)  
<https://www.bcyukonaa.org/aboutaa/forprofessionals.php>  
<https://abbotsfordaa.org/index.php/home/>

## ABBOTSFORD SUPPORTIVE HOUSING



Community relations:  
[communityrelations@bchousing.org](mailto:communityrelations@bchousing.org)

### DESCRIPTION

BC Housing, Fraser Health, the City of Chilliwack, community agencies and local residents recognize the urgent need for more affordable housing in Chilliwack. In response, BC Housing purchased two properties in Chilliwack to develop the sites for permanent modular housing with 24/7 supports. For the first site at 45944 Yale Road, construction is underway off-site, with delivery of modular units anticipated for Fall 2018, and occupancy early 2019. A second site at 45000 block of Trethewey Avenue is in proposal.

Residents will be provided meals and have access to life and employment skills training, and get the health and wellness support services to help them overcome challenges to maintaining their housing.

Both housing sites would be operated by RainCity Housing, an experienced and professional supportive housing operator. Their responsibilities would include property management, operations management and tenant selection, in collaboration with BC Housing and community partners. Once people move in, staff would remain on-site 24/7 to support tenants. Fraser Health would deploy an Intensive Case Management team to be available daily to assist tenants on both sites who are facing complex challenges related to health, substance use, mental health, poverty, and education.

### PROGRAMS/SERVICES

#### What is Supportive Housing

Supportive housing provides vulnerable people with access to a safe, secure and affordable home. Services provided are tailored for each tenant to help them towards their goals. Overall, supportive housing has a positive effect on tenants' housing stability, employment capabilities, mental and physical health. Providing vulnerable people with safe homes is also more cost effective than the hidden costs associated with homelessness (e.g. use of emergency health). Supportive housing can lead to a reduction in street homelessness and a healthier, more inclusive, and liveable community. When tenants are ready to move onto independent housing, staff can help tenants to view apartments, and liaise with landlords to support stable tenancies.

#### Project Details

Status: Yale: approved; Trethewey: approved

Phase: Yale: under construction; Trethewey: in development

Date of Completion: Yale: Spring 2019; Trethewey: Summer 2019

### Tenant Selection Process

Together, BC Housing, RainCity Housing and other community partners will undertake a thoughtful and thorough assessment process to select tenants. All applicants will be required to complete and submit a Supportive Housing Registration application form. From there, BC Housing will utilize the Vulnerability Assessment Tool (VAT) to identify people who would most benefit from supportive housing. This tool is based on a number of indicators (e.g. survival skills, basic and health needs, social behaviours, mental health) and determines the supports required for each individual to maintain stable housing.

### INFORMATION

To determine eligibility, please visit:

<https://programfinder.bchousing.org/programfinder/faces/start>

Further information regarding the supportive housing listed above can be found at:

<https://www.bchousing.org/partner-services/public-engagement/projects/chilliwack-supportive-housing?fbclid=IwAR0OToEc-Fd1zbwKDM9RsiZB0fjaW2bAmLUpX0NzD-1acQUTCMPyH2kzhx8>

### Supportive Housing Registration Service in the Lower Mainland

The Supportive Housing Registration Service provides a single point of access for supportive housing funded through BC Housing. Applicants only have to register once, rather than registering with multiple housing providers. To apply for these developments, please complete an application form for the Supportive Housing Registration Service which is available from any BC Housing office, or download the form:

[www.bchousing.org/housing-assistance/housing-with-support/supportive-housing](http://www.bchousing.org/housing-assistance/housing-with-support/supportive-housing).

#### Mission

7755 Grand St, Mission BC  
Cell: 604-433-2218

In person/by mail: 101-4555 Kingsway, Burnaby BC. V5H 4V8  
Office Hours: Monday-Friday 8:30am-4:30pm  
Number of Units: 44

If you have any questions surrounding the supportive housing listed above, please e-mail: [communityrelations@bchousing.org](mailto:communityrelations@bchousing.org)

# FIRST NATIONS HEALTH AUTHORITY – HEALTH



First Nations Health Authority  
Health through wellness

## DESCRIPTION

The First Nations Health Authority (FNHA) is the first province-wide health authority of its kind in Canada. First Nation Health Authorities vision is to transform the health and well-being of BC's First Nations and Aboriginal people by dramatically changing healthcare for the better. First Nations Health Authority provides coverage to those Aboriginal people with a status card/number. This means that they are registered with a specific First Nations community.

## PROGRAMS/SERVICES

### Dental

- Diagnostic services (e.g. examinations or x-rays)
- Preventive services (e.g. cleanings)
- Restorative services (e.g. fillings)
- Endodontic services (e.g. root canals)
- Periodontal services (e.g. deep cleanings)
- Prosthodontic services (e.g. removable dentures)
- Oral surgery services (e.g. removal of teeth)
- Orthodontic services (e.g. braces)
- Adjunctive services (e.g. general anesthetics or sedation)

The FNHA Health Benefits program has no limit on how many times an individual may see a dentist per year. The number of services required may vary for each person based on their individual needs.

### Medical Supplies and Equipment

- Audiology (Hearing Aids and Supplies)
- Bathing and Toileting Aids
- Cushions and Protectors
- Environmental Aids (Dressing and Feeding)
- Lifting and Transfer Aids
- Low Vision Aids
- Miscellaneous Supplies and Equipment
- Mobility Aids (Walking Aids, Wheelchairs)

### Medical Transportation

Medical transportation benefits are provided to assist clients in accessing medically required health services at the nearest appropriate health professional or health facility. The most economical and efficient means of transportation is to be used, taking into account the urgency of the situation and the medical condition being addressed

## Mental Health – Crisis Intervention (Short Term)

Information provided below.

### MSP – BC Medical Service Plan (CareCard)

The provincial Ministry of Health administers the BC Medical Services Plan, which ensures that all eligible BC residents have access to medically essential care. All residents in BC must apply for a BC Medical Services Health Card to receive health services within BC.

The FNHA manages the MSP program for clients residing in BC. Forms are available from local community band offices and/ or the FNHA Health Benefits program office. Once the application is received, verified, and approved, the cost of the premium is paid directly by the FNHA Health Benefits program.

### Pharmacy

The FNHA Health Benefits program provides eligible clients specified drugs, including certain prescription drugs, over-the-counter (OTC) drugs, proprietary medicines, and extemporaneous products. All drugs approved for coverage by the FNHA Health Benefits program are listed on the NIHB Drug Benefit List. Drugs that are not on the Drug Benefit List may be approved for coverage on a case-by-case basis when an exceptional need is demonstrated. These requests must go through the Drug Exception Center and are forwarded by the pharmacy.

### Vision Care

- Eligible FNHA client accesses licensed prescriber for an examination and obtains a prescription.
- Client takes prescription to licensed vision care provider, such as an optician or an optometrist.
- If the provider is registered with FNHA, they complete and forward the request, assessment, and prescription to FNHA Health Benefits for prior approval.
- If the provider is not registered with FNHA the client may apply for reimbursement (up to the FNHA benefit amount) but must provide payment first.  
The FNHA Health Benefits program reviews request and determines eligibility based on program guidelines.
- The FNHA Health Benefits program responds to the provider confirming benefits.
- The provider then fabricates, fits, and dispenses the vision care item to the client.
- Provider completes and the client signs the approval, which becomes the invoice; the provider forwards the signed invoice to FNHA for payment.

The FNHA Health Benefits program funds routine eye exams every 24 months for adults between the ages of 19-64.

## FIRST NATIONS HEALTH AUTHORITY – COUNSELLING



First Nations Health Authority  
Health through wellness

### DESCRIPTION

First Nations Health Benefits (FNHB) provides coverage to Aboriginal peoples to access mental health providers, including counselors, social workers, and psychologists. FNHB covers three mental health programs: Short Term Crisis Intervention, Indian Residential School Resolution Health Support Program, and the Missing and Murdered Indigenous Women and Girls – Health Support Services.

### PROGRAMS/SERVICES

- Short Term Crisis Intervention provides coverage for mental health counselling for crisis situations when there are no other mental health services available or being provided. Counselling may be to stabilize an individual's condition, minimize potential trauma from an acute life event, and if appropriate, transition someone to other mental health supports. Members who are living on reserve should contact their band office to find out if mental health crisis intervention services are offered directly in their community.
- Indian Residential School Resolution Health Support Program offers individual and family counselling services. This program is open to all former IRS students and their families. Counselling is provided to safely address the broad spectrum of mental wellness issues and trauma in relation to the impact caused by IRS.
- Missing and Murdered Indigenous Women and Girls – Health Support Services is open to all survivors, family members and loved ones

### INFORMATION

Below is a list of mental health providers in Abbotsford that are registered under the FNHA:

Provider Name	Designation	Telehealth	Telephone
Nicole Allen	CCC		604-217-1513
Inderjit Aujla	RCC	Yes	604-615-9472
Kristi Breugem	RSW		604-850-2511
Peggy Brown	RCC		604-850-3774

<b>Provider Name</b>	<b>Designation</b>	<b>Telehealth</b>	<b>Telephone</b>
Sandra Dykstra	RCC		604-835-8575
Maureen French	RCC		604-302-5487
Susan Goldsmith	Psychologist		604-504-5444
Chipo McNichols	Psychologist		778-823-0865
Irene Peterson	RSW		604-859-1462
Cristina Rennie	RCC		604-859-7474
Charlaine Robinson	RCC		604-807-9759

first nations health authority- Contact



Medical Claims

Toll Free: 1.800.317.7878  
Fax: 1.888.299.9222

Dental Claims

Toll Free: 1.888.321.5003  
Fax: 604.666.5815

General Questions, Including Pharmacy

Toll Free: 1.855.550.5454  
Email: [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)

In-person Inquiries

1166 Alberni Street (near Thurlow Street)  
Room 701, Vancouver BC

Short Term Crisis Intervention Mental Health Counselling

Fax: (604) 666-6458

Indian Residential School Resolution Health Support Program (IRS RHSP)

Fax: (604) 658-2833

Indian Residential School Survivors Society Support Line

1.866.925.4419 (Open 24-hours a day, 7 days a week)

Indian and Residential School Mental Health Support Program

Toll-Free: 1.877.477.0775 Fax: 1.604.666.6458

# KINGHAVEN TREATMENT CENTRE



31250 King Road, Abbotsford BC, V2T 6C2  
Office Phone: (604) 864-0039  
Fax: (604) 864-9420

## DESCRIPTION

Mission Statement: “to provide a community that transforms lives one-by-one”

Residents have the opportunity to address their problematic substance use through education, group therapy, life skills development and an employment readiness program.

## PROGRAMS/SERVICES

### Intensive Treatment Program

Kinghaven is a 70-day intensive residential treatment program dealing with problematic substance use issues that follows a Harm Reduction Model of addiction treatment. The program is comprised of four phases:

- Orientation;
- Program Development;
- Group Therapy;
- Transitional and Aftercare Planning.

Throughout the program clients have the opportunity to participate in education sessions on: keys to recovery; emotional regulation; living your values; stress management; grief and loss; communication; models of recovery; spirituality; trauma and recovery; overcoming stigma; mental health; creativity; as well as family dynamics. They will participate in therapeutic house duties; complete tracking sheets that monitor their participation in a number of aspects of our program including: group, what they learned each day, daily exercise, daily centering practices, change plan goals and positive emotional practices. They have the opportunity to attend in-house AA meetings; SMART Recovery meetings, as well as Focus Groups on Self-Esteem, Co-Dependency, Art Therapy and Relapse Prevention/Aftercare Planning. Opportunities to do volunteer work in the Abbotsford community is encouraged as are our exercise programs through soccer, softball, the exercise room, and the walking club. Clients will be randomly screened for substance abuse during their engagement in our programs. Most importantly, all clients have the opportunity to create a Transitional and Aftercare Plan which, if they choose to follow, will support them in creating a productive life free of substance misuse.

### Riverstone Detoxification Program

Fraser Health Riverstone Home/Mobile detox program in partnership with Kinghaven utilizes short term access to recovery or STAR beds for the purpose of low to moderate detox for clients living in their catchment area within the Fraser Valley region. Access to these beds is available only through the Riverstone office. Please call 604-703-6986 for admission information.

### Employment Readiness Program

This 5 week Employment Readiness Program is designed to accommodate those clients wishing to improve their employability following treatment and is an integral part of our 70-day Intensive Treatment Program. Admission to this part of the program is contingent on the client's engagement in the first five weeks of the Intensive Treatment Program. The program consists of multiple interventions that will support the clients as they transition from residential treatment to community attachment, education or training programs, social service community connections and/or housing supports. Reintegration into the community as productive, employable citizens should be the goal of those enrolled in this part of our program.

Residents will be provided with the following interventions and/or workshops to support them in achieving their employment goal:

- Intensive Group Therapy (including Trauma and Grief and Loss)
- Expressive Art Therapy
- Life Management Series (S.O.B.E.R Skills)
- Mindfulness Exercises
- Literacy Teaching (Reading, Writing and Comprehension)
- Goal Setting and Electronic Vision/Dream Boards
- Values Inventory
- WorkBC – Case Manager itinerant services and supports
- Career Decision Making
- Career / Vocational Assessment
- Personality Assessment
- Labour Market Information
- Effective Job Search Strategies
- Preparing a job ready resume
- Bus ticket program: provided by the United Way of the Fraser Valley
- Guest Speaker: The BC Centre for Abilities – Opportunities Funds
- The Do's and Don'ts of disclosing a disability to a potential employer
- Criminal Record and Employment
- Job Maintenance
- Occupational Skills Training
- Fitness and Mobility
- Running Club
- Nature Walking Club
- Aboriginal Teaching
- Industry Training Authority – ITA provides iterate services to residence seeking information on how to enter into trades training

### INFORMATION

Further information can be found at: <https://kinghaven.ca>

## PEARDONVILLE HOUSE



825 Peardonville Road  
Abbotsford BC, V4X 2L8  
Phone: 604.856.3966, Fax: 604.856.3120  
[intake@peardonvillehouse.ca](mailto:intake@peardonvillehouse.ca)

### DESCRIPTION

Since our beginning in 1987, Peardonville House Treatment Centre has provided addiction services to over 5000 women and children. Our continuing commitment is to provide assistance to women who desire to break free of the negative consequences of addiction and become fully functioning members of their families and communities, while offering professional, compassionate childcare for their children.

Peardonville House Treatment Centre is located in a beautiful, rural area of Abbotsford. It was founded in 1987 as an adult women's treatment facility to serve the ever-increasing demand of services for women in addiction. In 1990, at the request of the provincial government, the "Moms and Kids" program was launched to allow women struggling with addiction to bring their under-school-age children to treatment with them and have them share in the residential recovery experience.

### PROGRAMS/SERVICES

#### Intensive Treatment Program

A 10-week treatment program designed for women who want to stop the cycle of substance misuse in their life. The program includes Life Management Skills, Art Therapy, Sewing, Meditation, Yoga, Exercise, Relapse Prevention, Treatment Planning, access to trauma counselling post-treatment, personality testing, pre-employment workshops and more. This program is appropriate for women who are seeking an intense program of recovery, which includes group facilitation, group therapy and individual counseling support.

#### Mom's and Tots

Women with children are expected to participate fully in the Peardonville House Intensive Residential program. Clients have the opportunity to bring their under-school-age children to treatment with them to share the family recovery experience. Mothers and children have specialized living quarters which enables them to live together as a single-family unit. Mothers have access to professional daycare while they are in programming. However, the Mother is respected as the primary caregiver and is responsible for the safety and care of her children at all times.

### Mollie's Place

Located on the same grounds as Peardonville House, Mollie's Place is a specialized residential program designed for women who are seeking a safe haven from substance misuse but are not yet ready for an intense residential treatment program. Mollie's residents are encouraged to participate in a modified treatment program at their own pace until they are ready to move over to the intensive program or go back home. Clients meet regularly with the Mollie's House Coordinator and decide together when they feel ready to begin the intensive program. The goal of Mollie's Place is to empower women to overcome barriers, meet their basic needs and teach life skills that will enable them to transition successfully either to the intensive program or back to their homes in the community.

## INFORMATION

### Suitability

The ideal candidate for admission to our 70-day, intensive residential program, is an adult female totally committed to transforming her life from dependence on mood altering substances to one of long-term, healthy and productive recovery.

Those women most suitable for admission to our stabilization and transitional living program, Mollie's House, are women who may have a need for a longer period of time to adjust to and become anchored in the recovery process. These residents, should they choose, will be afforded the opportunity to transition into the more intensive Peardonville House program.

### Application for Services

Because Peardonville House is part of a continuum of care, we do not accept self-referrals. All clients must be referred by a professional who is working with them prior to treatment and will continue to work with them afterwards. All referrals for singles must be submitted to the Residential Coordination Team at [MHSUResidential.Service@fraserhealth.ca](mailto:MHSUResidential.Service@fraserhealth.ca). Please see below for options:

- If a client is connected to services under the Fraser Health Authority (such as a substance use counsellor) their referring agent can access the Substance Use Referral Form on our website, complete it with their client and submit it to the Residential Coordination Team at [MHSUResidential.Service@fraserhealth.ca](mailto:MHSUResidential.Service@fraserhealth.ca).
- If a client is connected to services from a different Health Authority, the referring agent can access the Substance Use referral form on our website, complete it with their client and submit it to the Residential Coordination Team at [MHSUResidential.Service@fraserhealth.ca](mailto:MHSUResidential.Service@fraserhealth.ca)
- If a client is not connected to any services or is in the hospital or detox, they can contact the Centralized Access team @ 1-866-624-6478 who will then assist with the referral process.
- Please note that there are additional medical pages and assessments required by Peardonville prior to admission

Further information can be found at: <https://peardonvillehouse.ca>



P.O. Box 272, Abbotsford, BC, V2T 6Z6  
Fax: 604.850.2777  
Richard: 778.241.1499  
Angie: 778.241.1599  
[joshuahouse@shaw.ca](mailto:joshuahouse@shaw.ca)

## DESCRIPTION

We currently have 3 men's recovery homes and 2 Aftercare homes - in and around the city of Abbotsford, B.C. Each home is able to accommodate up to 10 men. Aftercare can accommodate 5 men on a permanent basis.

## PROGRAMS/SERVICES

All our houses have rules that you and I have to follow. Rules about chores and responsibilities around homes. They all must attend a local Church and seek membership, small church groups once a week, two other recovery related meetings such as N.A or A.A or bible studies, etc. These are all very important to recovery. They also have a wonderful opportunity to get professional counseling from Licensed Group of Christian Counselors, which in some cases the Ministry has covered the costs of.

We, at Joshua House are committed in helping those in need, as God has instructed us to do. Our program is built around a safe and drug-free environment in a Christian home. The Program costs for each man is \$30.90 per day. Everything is included with exception of personal hygiene items such as, razors, toothbrushes, combs, shaving cream, deodorant, etc.

- The opportunity to live by Biblical principles
- Daily bible studies, teachings and prayer
- A 12-step program of Celebrate Recovery
- Other programs such as: Boundaries, A Spiritual Journey, a Blessed Life, Creation Series, Relapse Prevention and many more.
- Life skills such as:
  - (House hold Chores like cooking, cleaning & maintaining a home)
  - Personal hygiene such as laundry
  - One-on-one counseling with Christian Licensed counselors
  - Accountability to God, to others and to the self
  - Re-integration into the community
  - How to "give back" to the community by volunteering

We offer on the job training with local construction and landscape companies.

### The Creek

Our newest addition to our Ministry is The Creek. Nestled in Chilliwack, up in the mountains alongside a running Creek, amongst beautiful pine trees on 32 acres - is Joshua House The Creek. We can house up to 45 men (6 per cabin) in 8 cabins. There is a gym, meeting building and even our own worship center. A church retreat feel to the entire place. A fire pit, two baptism ponds, ball field - even a garden for fresh veggies.

The "Junior Level" is at The Creek. This is mainly where we are "hands on". Men come to us from various stages of their recovery. Some come directly from the streets - they are detoxing. Some come from other "recovery houses". Some are court-ordered to our homes and some come from other treatment centers. There is a time of assessment to see how they are doing and what they need. The usual stay is 30 to 60 days. What could be better? Being away from the hustle and bustle of living in the city to totally getting away from all that to being a part of The Creek and focusing on yourself, and getting well from your addictions.

### Middle Houses

The two "Middle Houses" are just that. They are pretty grounded in their programs and have a support team in place; they are now members of a Church. Their stay here is dependent on a few things. They may stay as long as they would like providing they are doing well with their participation in the program while in residence. However, they may not work full-time from these houses. If they want to do this, they must apply to move to an Aftercare home. All work is subject to approval, by Leadership, and based on participation and attitude in the House. These homes are located in Abbotsford.

Our Senior location is focused on transitioning back into society like starting school or working. These men have come through the program and are actively moving forward with their lives and with the tools of recovery. Re-integration of sorts. Some men decide from this home it's time to get back with loved ones family or just a new start.

### Aftercare Homes

The "Aftercare homes" are the full-time working or attending schooling houses. They are learning independent living while being dependent on God and their support. They may stay as long they need to however they must stay clean and involved in the community and Church.

## INFORMATION

Further information on Joshua House may be found at: <https://www.yahwehsavesrecovery.ca>

# ABBOTSFORD COMMUNITY SERVICES



2420 Montrose Avenue  
Abbotsford BC, V2S 3S9  
Phone: 604.859.7681, Fax: 604.859.6334  
[info@abbotsfordcommunityservices.com](mailto:info@abbotsfordcommunityservices.com)

## DESCRIPTION

Registered in 1969, Abbotsford Community Services is a non-profit, multi-service, multi-funded community based social service agency. Our mission is to foster community well-being and social justice through positive action and leadership. Each year thousands come through our doors looking for help through one or more of our 90 programs: from newborn babies to seniors; women escaping violence to people struggling with addictions; and newcomers in Canada to people with disabilities.

## PROGRAMS/SERVICES

### Addiction and Mental Health Services

#### Abbotsford Addiction Centre

The Abbotsford Addiction Centre provides therapists with Masters Degrees at a free Alcohol and Drug Outpatient Program, with a Multicultural and Seniors Addictions component. We serve both youth and adults using and those affected by substance misuse. We provide the following services:

- Individual, couple, family counselling.
- Recovery Groups for men and women.
- Substance Affected Group.
- Referrals to other services.
- Prevention activities in the community.

In order to access our services attendance at an orientation session is required. There is a waitlist for individual counselling however new clients can usually join a group right away.

#### Foundry

[Foundry Abbotsford](#) is a place where any youth or parent in our community can find easy access to the help they need, when they need it. It is an integrated youth and family initiative that will transform how mental health and substance use services are delivered in Abbotsford; providing early intervention to support young peoples' wellbeing.

## Opioid Agonist Therapy (OAT) Centre

Have opioids created problems in your life? If so, visit the Abbotsford Opioid Agonist Therapy (OAT) Centre for methadone and suboxone treatment options. We offer a safe space where you can get help from a physician or support worker for substance use and/or addiction.

Are You:

- Worried about how much you are using opioids?
- Pregnant and unsure what to do about opioid use?
- Considering methadone/suboxone and want more information?
- Currently on methadone/suboxone and want to transfer to a new clinic or receive more support?
- Struggling with necessities such as employment or housing because of opiate use or taking methadone?
- Considering tapering off of methadone and want information or support?

We are here to help you make positive changes. Our confidential services are available at no cost.

Our opioid agonist treatment centre is a safe space that provides methadone and suboxone treatment. We offer specialized physician support with:

- Assessment
- Withdrawal management
- Suboxone or methadone induction and stabilization
- Support worker assistance with:
- Referrals to other community services and primary care physicians
- Accessing shelters or housing

## Housing

### Hearthstone Place

Opening its doors on March 1<sup>st</sup>, 2017, Hearthstone Place is a low-barrier housing initiative that supports men and women who are homeless or at risk of homelessness. Unlike a temporary emergency shelter bed, this program provides a stable home for an optimal period of between 18 to 24 months. The focus during this time period is on addressing personal barriers, which may include addiction and/or mental health, with the ultimate goal of reintegration into the community and market housing.

### Supportive Housing

The Supportive Housing project is a partnership between the City of Abbotsford, the Provincial Government and Abbotsford Community Services (ACS). Through our many collaborative community partnerships we provide both basic in-house support 24/7 as well as referrals for community programming and support which may include: connection to outreach workers, mental health workers, social workers, counselors, nurses and other skilled professionals to address the specific needs of our tenants. Our goal is to help transition those who are homeless or at risk of being homeless off of the streets and into a long term stable independent housing.

This model follows a “housing first” strategy, which has been empirically proven, at both the local and international levels, that people are more likely to seek services and take steps towards personal stability if they have a home. Residents are not required to be clean and sober to live here, but they are expected to follow clearly defined rules with regard to their personal conduct, both inside and outside the building. The residents of our building are those who want to rebuild their lives, and are accountable for working towards those goals.

#### Services for Residents:

- Addiction services
- Life skills and anger management training
- Health and community support referrals
- Food security through a community kitchen
- Access to physical and mental health services
- Access to employment and education services
- Access to various group programs
- Assistance in obtaining identification and medical cards
- Money skills program to help with budgeting and debt management

#### Homeless Prevention Program

The Homeless Prevention Program is an initiative aimed at providing individuals in identified at-risk groups facing homelessness with portable rent supplements and support services to help them access rental housing in the private (non-subsidized) housing market. The rent supplements and support services help recipient’s access rental housing in the private (non-subsidized) housing market and community-based services.

The Homeless Prevention Program operates, in many instances, as an enhancement to the existing Homeless Outreach Program / Aboriginal Homeless Outreach Programs and targets individuals at transition points that put them at greater risk of homelessness. This enhancement, the Homeless Prevention Program (HPP), includes additional rental supplements and supports that specifically target people leaving the corrections and hospital systems, women who have experienced violence or are at risk of violence, youth (including those leaving the care system), and people of Aboriginal descent.

#### Services:

If you are eligible and approved, the rent supplement can assist with:

- Your rent
- Your damage deposit
- Storage for your belongings as you wait to move into a new home
- Ensuring access to utilities (for example, heat and water)
- Moving expenses

#### INFORMATION

For further information and additional programs/services offered, please visit:

<https://www.abbotsfordcommunityservices.com/programs>

## CYRUS CENTRE - ABBOTSFORD



SERVICES FOR  
YOUTH & FAMILIES



2616 Ware Street  
Abbotsford B.C., V2S 3E1  
604.859.5773  
[admin@cyruscentre.com](mailto:admin@cyruscentre.com)

### DESCRIPTION

WE ARE: a community-based response to community needs, working with the diverse communities to bring about creative solutions.

- WE ARE: dedicated to vulnerable and homeless youth. We are called to offer programs and services to guide and equip youth for success and enhance their quality of life. Our services are designed to meet individual needs.
- WE ARE: welcoming to everyone; we work to establish a non-threatening, non-judgemental and supportive environment. We love every youth who walks through our doors, indiscriminately and unconditionally, regardless of where they have been and where they are at today.
- WE ARE: always there; Cyrus Centre strives to be a ministry of “being there”. We are available for service 24 hours a day, 365 days a year.
- WE ARE: about relationships with youth, families, landlords, supporters, and the community.
- 

### PROGRAMS/SERVICES

#### Youth Emergency Housing Program

Every night, there are homeless and vulnerable youth on Fraser Valley streets. Most of them have run away from an abusive home, were abandoned by their parents, have no money and no safe place to go. Cyrus Centre provides homeless youth, 18 and under, with a temporary, safe place to stay while working toward a long-term solution. Open referrals, 7 days a week.

When they arrive, youth are often scared, sick, hungry and tired. Our first priority is to meet their basic needs:

- Medical attention
- Meals
- A safe place to sleep

- A warm shower
- Clean clothing

There is no fee to stay at our shelters. All are welcome, provided they are not a danger to themselves or others. When youth get settled in, a Youth & Family Worker will sit down with them, find out why they are here, how we can best assist and together develop a plan of care. Our goal is to see families restored but that's not always possible at least for the immediate so we help guide youth away from their immediate crisis and towards a safer and healthier environment. Youth may also be referred to our long-term supportive housing program, Babich House, which allows us to provide them with a continuum of care in an environment that feels like home.

#### Extreme Weather Shelter

Sometimes when youth aren't ready to access services but the weather turns for the worst and they need a warm, dry place to be they will come inside Cyrus Centre where we will provide for their immediate safety. Cyrus Centre provides a shelter and a warming centre for youth and young adults aged 12-24 during extreme weather;

- Bedding
- A safe place to sleep
- A warm shower
- Warm clothes
- Breakfast
- Referrals

#### Babich House (The Home Project)

Babich House in Abbotsford provides semi-independent housing for youth, aged 16 – 18, who require a supportive and nurturing living environment. House Parents focus on empowering and equipping youth with experience, knowledge, and relationships which encourage success. We believe that, with support, nurturing, respect, tolerance and love, each individual will be empowered and equipped to make positive and lasting changes.

Youth dedicated to exiting the streets and improving their lives, thrive when they can live, work and learn together. Cyrus Centre's Babich House is extremely successful at helping youth rebuild their lives. Often, youth who are referred to Babich House have the least amount of life skills and are not ready to live independently.

Without families to help them, they lack basic skills such as budgeting, cooking, cleaning and goal setting. Many have been through repetitive cycles where they try to leave the streets, but they get overwhelmed or taken advantage of, and end up back on the streets, more desperate than before.

When youth apply to move in, they know it isn't a free ride. They also know that they need structure, guidance and time to practice new life skills and behaviours in a safe, supportive and loving home. They are invested in making the big changes that will keep them off the streets for good, and the staff at Cyrus Centre support them every step of the way. In addition to guidance, structure and support, they receive:

- A private furnished room
- 24-hour support from Babich House

- Help learning to clean and take care of household chores
- Help with decision-making, money management, time management, communication skills and conflict resolution
- Support maintaining employment and/attending school
- Help sticking to schedules (reminders of appointments and assignments)

Many of our youth have lived with violence or the threat of violence for much of their young lives. Feeling safe is a right we all have but one these youth may not have enjoyed. Babich House is a safe place, it is “home”. Harassment, violence, discrimination, bullying, property damage, possessing weapons and the abuse and possession of alcohol and drugs are not permitted. We provide a safe, secure and healthy place to live and learn. It’s a place where youth can deal with the past and develop confidence to move forward.

### Drop-in Resource Centre

Youth drop-in for many reasons; some need a meal, some need to find a way home; others need help to fill out forms so they can get ID, financial support or a job. They all need a safe place to be, and experience love and acceptance.

At our Resource Centre, Youth Workers provide an array of “as-needed” services to youth. Youth who have been out of the home, or on the streets for a long time are often resistant to accessing structured support programs, or even to use our Resource Centre at all. It takes a big first step for them to come inside. Quite often, coming in for a meal is the first step for youth to exit the streets. The Resource Centre is where they can check things out and see if they feel safe coming to us for help.

We build trust by responding to one basic need at a time, as asked. We take a “let’s see what we can do” approach rather than saying, “We don’t do that here.” Whatever their reason for coming in, at Cyrus Centre, youth will always find compassion, acceptance, love and support.

At the Resource Centre, youth can get:

- Showers
- Laundry
- Meals (lunch, dinner & snacks)
- Access to a Youth Worker for support and personal planning
- Referrals to other social services and community supports
- Advocacy
- Employment assistance and referrals to job centres and training programs
- Help returning to home community
- Mediation and family reunification
- Access to clothing
- Assistance with housing search
- Use of our telephone and mailing address
- Help navigating the court system
- Life skills training
- Connection to mental health and addictions support

### Youth Foodbank

Our Foodbanks for youth are satellite locations of the Abbotsford & Chilliwack Foodbanks, providing bi-weekly hampers to youth in need. In addition to food, youth are provided with healthy recipes which can be made from hamper ingredients, referrals to life skills training and other supports as required. Supported by the Abbotsford Food Bank & Chilliwack Community Food Bank.

### The Breakfast Club

The Breakfast Club is a program for youth and young adults who are about to, or have recently aged out of adolescent supports and programs. The Breakfast Club happens every Monday, Tuesday, and Thursday from 10:00am-12:00pm. The program provides individuals aged 18-24 transitioning from adolescence to adulthood with continuous support and access to resources.

Many youth who have experienced homelessness or the risk of becoming homeless rely on social services throughout their adolescents to provide them with their basic needs. However, when these individuals turn 19 they no longer have access to these services and it is up to them to find new resources or find a way to be successful without the support of social services. This time of transition can be overwhelming, disruptive and even harmful to their progress and development. Many youth must leave foster or group homes they've been living in for many years and need to suddenly become financially, physically and emotionally capable of caring for themselves.

Many of these individuals experience a loss of community and support. They often feel scared and alone. If they continue to access social services they have to start working with people they have no previous relationship with and are asked to cut off relationships with social workers, youth workers, foster parents, etc., that they have spent years building trust with. The transition from adolescence and adulthood is met with many more responsibilities and pressures that these individuals had not previously had to deal with and many of them must face these challenges without the support of family, or the people they once considered family.

The purpose of The Breakfast Club is to offer young adults aged 18-24 the opportunity to build new relationships, networks and communities. The program will equip them with the essential skills and resources they need to be successful on their own and be contributing members of society. Youth who are 18 years old and still connect with youth services will be better equipped through the program to smoothly transition to adult services. The program will allow them to transition to adulthood without experiencing the shock and loss many youth feel when they are cut off from youth services. Adolescents over the age of 19 who have experienced the sense of loss and stumbled on their journey to adulthood will have the opportunity to come back to a familiar space, back to people they recognize and be connected on a regular basis to critical resources. In the program they will be able to redevelop a sense of community that they may have lost along the way.

### INFORMATION

For more information on Cyrus Centre, please visit: <https://www.cyruscentre.com/>

# THE SALVATION ARMY



Centre of hope  
34081 Gladys Avenue, Abbotsford BC, V2S 2E8  
604.852.9305 ext. 139



Cascade Community Church  
35190 Delair Road, Abbotsford BC, V3G 2E2  
604.556.7000

## DESCRIPTION

At our location on Gladys Avenue in Abbotsford, British Columbia, we are hard at work endeavouring to help the poor, the homeless, the addicted, the hungry, the lonely, and the forgotten – people who are experiencing challenges with the basic necessities of daily living in our city.

We make it our concern to feed them, care for them, and help them find the path to wholeness. As you explore our various ministries through these pages, you will discover what we do and why we are so passionate about our work.

## PROGRAMS/SERVICES

### Emergency Shelter

The Shelter within The Centre of Hope on Gladys Avenue has rooms for both men and women which are conveniently situated around a comfortable, common area. Up to twenty six beds are available each night of the year. In \*Extreme Weather, we can accommodate an additional 20 – 30 individuals.

In addition to being a safe, clean and warm place to sleep, the Shelter provides a nutritious supper, breakfast, showers, and laundry facilities. In an effort to facilitate ease of the registration process, we provide client intake 24 hours a day, and seven days a week.

The local Salvation Army, in partnership with BC Housing, offers a model of support and advocacy while maintaining an Emergency Shelter. On staff are the Shelter Supervisor, Shelter staff, two Case Workers, an Activities Coordinator, a Psychiatric Nurse, and an LPN.

Immediate needs that can be met include: hot showers, meals, clothing and furniture needs, laundry facilities, secure storage of belongings, medical attention and referral if necessary.

### Outreach and Family Services

The Salvation Army Outreach Team is committed to creating life transforming opportunities. Poverty, homelessness, addictions and mental health challenges are harsh realities for many in our community.

From our office or under the overpasses, our Outreach Team comes alongside those living in difficult circumstances, offering hope and the support necessary to equip individuals to overcome the challenges that stand in their way. Services include: meals, emergency shelter, showers, laundry facilities, drug and alcohol treatment referrals, housing search, outreach and caseworker support, and harm reduction supplies.

### Redemption Café

Redemption Café is a social hub connecting of a wide variety of programs offered at The Salvation Army's Centre of Hope. Salvation Army volunteers make sure the coffee is always on and a listening ear is always available. Open from 8:30. to 11:00 a.m., Monday to Friday, the Café provides breakfast free of charge in a safe, clean environment.

Clients have opportunity to sign up to meet with case planners, Nursing, Outreach or family services.

On Mondays we have a certified mental health counsellor from 9am to 12pm and Thursdays we have an Income Assistance worker who assists people with any issues pertaining to the Ministry of Social Development.

For members who live outdoors or in substandard accommodations, the Café provides facilities for laundry and showers. The Café is also a place to relax and make some new friends.

### The Meal Centre

The Meal Centre provides 300 nutritious meals per day seven days a week to anyone that is hungry.

People attend the Meal Centre for a variety of reasons.

- They are homeless and hungry;
- They are lonely and isolated;
- Some are families or singles who can't afford food;
- Some are seniors who just don't want to sit in their apartments all by themselves;
- Others have struggles and just need to be around people – just to be with someone.

We employ professional cooks at the Meal Centre. There are usually about 6-7 volunteers every day who help with sorting, cooking, and clean-up.

Our program for feeding the hungry is strongly supported by local businesses that donate so much of the food, and it is heavily dependent on the volunteers who willingly sacrifice their time. Each morning, our driver volunteers report to various businesses in town to collect surplus baked goods, produce, and broken cases.

### INFORMATION

For further information, please visit <http://www.centreofhope.net/contact/>

## LEGAL SERVICES SOCIETY



General inquiries: 604.408.2172  
Rob Dhanu and Uphar Dhaliwal, Barristers & Solicitors  
2459 Pauline Street, Abbotsford, BC V2S 3S1  
604.852.2141

### DESCRIPTION

We have a range of free services that may help you. We give priority to people with low incomes, but many services are available to all British Columbians. We offer:

### PROGRAMS/SERVICES

Information provided by:

- our free publications;
- the MyLawBC website;
- the Aboriginal Legal Aid in BC website;
- the Family Law in British Columbia website;
- intake assistants;
- community partners and, in some communities, legal information outreach workers and Aboriginal community legal workers.

Advice from:

- duty counsel lawyers (find out more), or
- family advice lawyers.

Representation (find out more) if you qualify and have:

- serious family problems;
- child protection matters;
- criminal law issues; or
- some immigration, mental health, and prison law issues.

### How to Apply for Legal Aid

You can apply for a legal aid lawyer to help you with a family, criminal or immigration problem.

To apply for a legal aid lawyer or to get legal information or advice, you can:

- call our call centre,

- come into a legal aid location, or
- come into a courthouse location

### Applying by Phone

If your area doesn't have a legal aid location or if you can't get to the office, you can apply for legal representation over the phone by calling our province-wide call centre.

Please have all of your financial and court information handy when you phone (see below). You will need to provide proof of the financial information you give by fax or by dropping it off later at the closest office.

### Applying in Person

To apply for a legal aid lawyer to represent you, it's a good idea to phone your local legal aid location or check the LSS website to find out the office hours.

Please bring all of your financial and court information handy when you come in (see below).

You'll need to bring proof of your income with you. Proof of income can include one or more of the following:

- two recent pay stubs,
- a recent welfare stub, or
- a recent income tax return or bank records (if you're self-employed or seasonally employed)

You'll also need to bring:

- proof of the value of your assets
- any papers you have about your case — such as court orders or papers related to your criminal charge.

To take your application, a staff person will ask you for complete and true information about:

- your legal problem,
- income,
- savings, and
- assets.

If you don't have all the documents we need, we will tell you what to do next.

## INFORMATION

For more information, please visit: <https://lss.bc.ca/> and <https://www.ddlaw.ca/>

# ABBOTSFORD POLICE DEPARTMENT - VICTIM SERVICES



APD



Abbotsford Police Department  
2838 Justice Way  
Abbotsford BC V2T 3P5  
Phone: 604.864.4757  
Fax: 604.864.4756  
victimservices@abbypd.ca

## DESCRIPTION

The purpose of Victim Services is to lessen the trauma associated with being the victim of crime or trauma, and to try to prevent re-victimization. Empowerment of the individual through emotional support, information, practical assistance and appropriate referrals is the cornerstone of the program's effectiveness. As much as possible clients are encouraged to exercise choice as they proceed through the Criminal Justice System and to determine the source and degree of assistance they wish to receive.

## PROGRAMS/SERVICES

### Emotional Support

- provide a listening ear and opportunities for the victim to vent
- validate feelings
- provide information on common reactions and their normalcy in response to a traumatic event
- assist in assembling a support network
- reassure the victim that they are not alone
- provide ongoing support as required by the individual

### Information and Preparation

- On common reactions an individual may experience as a result of crime or trauma and suggestions on how to care for the physical and emotional health of one's self and family in coping with the impact
- File updates including charges, bail conditions, court updates, etc
- Police information on common police procedures and practices
- Court information to aid in understanding of the criminal justice system, and their role within the system
- Court orientation to prepare the victim/witness for court attendance by either arranging a tour of the court facility or showing a video on being a witness
- Legal information on matters regarding restraining orders, civil court orders
- Post sentencing information on parole hearings and how to apply for Victim Notification services
- Brochures on a variety of subject matters in relation to crime or trauma

### Assistance with Completion of Forms

Crime Victim Assistance Program (CVAP) is a financial benefits program to assist victims, immediate family members, and witnesses who have been physically or psychologically injured as a result of a serious crime.

A Victim Impact Statement (VIS) is a written description of how a crime has affected the individual. Information in a Victim Impact Statement is valuable to Crown counsel and to the Judge as it assists them in fully understanding how the crime affects the individual.

### Referrals

Your experience may leave you with feelings of anger, loss, grief or depression. If you require more specialized assistance, Victim Services can assist by referring you to the available, appropriate agencies. This may include referrals to the following:

- Counselling agencies
- Legal Services
- Drug and alcohol treatment programs

### Court Services

You may be required to testify if your situation proceeds to court. Victim Services can address your concerns by:

- Providing you with information on the court process
- Explaining your role and rights as a witness
- Providing court orientation and accompaniment to court
- Explaining the corrections process

### Crisis Response / Attendance on Scene

Crisis Response / Attendance on Scene to assist victims and witnesses, at the request of Police, who have been traumatized as a result of:

- Sudden death or suicide
- Murder or attempted murder
- Sexual assault
- Spousal assault or child abuse
- Robbery
- Break and enter
- Threatening or harassment
- Kidnapping or abduction
- Motor vehicle accident

### INFORMATION

More information is available at: <http://www.abbypd.ca/victim-services>



Abbotsford  
203 – 2825 Clearbrook Road, Abbotsford, BC  
Mail: PO Box 3044, Mission, BC V2V 4J3  
Tel: 604.855.3363 Fax: 604.855.9583  
[abbotsfordadmin@saraforwomen.ca](mailto:abbotsfordadmin@saraforwomen.ca)

### DESCRIPTION

We are a feminist non-profit society providing safe refuge and community-based resources for women in Mission and Abbotsford. We promote and support women's efforts to achieve domestic, political, and social equality.

#### Mission Statement

We provide support, acceptance, resources, and action for women.

#### Vision Statement

Our vision is community with equality where all women are respected, valued, and empowered.

#### Philosophy Statement

Women have the right to political, economic, and social equality.

- Women who have experienced violence and other forms of abuse are essential allies in the work of program development, public education, and social change.
- Women and children have the right to live free from violence and other forms of abuse.
- Women have the right to reproductive choice.
- Women's experiences, voices, and wisdom are unique and vital resources to society.
- Women are oppressed because they are women. Additionally, they experience racism and other forms of oppression based on ethnicity, class, culture, sexual orientation, spirituality, age, ability, as well as on physical and psychological characteristics.
- Women's empowerment and liberation is strengthened by solidarity among women.

### PROGRAMS/SERVICES

#### Sara's Housing

Are you a woman in Mission or Abbotsford, BC who is safe for the moment, but want to escape abuse? SARA can help.

### Transition Houses

There are houses in Mission and Abbotsford with a total of 22 beds for women/children who are in crisis, escaping violence, or who are at great risk of being homeless.

SARA's Abbotsford and Mission transition houses are safe, supportive emergency shelters that welcome women—alone or with children—and provide food, toiletries, and shelter for up to 30 days. SARA's Abbotsford and Mission transition houses provide confidential environments, where women can gather legal and income-assistance information and explore crisis counselling options, with help from trained, professional staff.

Mission  
24-hour access  
Tel: 604.826.7800 Fax: 604.826.0520  
[MTH@saraforwomen.ca](mailto:MTH@saraforwomen.ca)

Abbotsford  
24-hour access  
Tel: 604.852.6008 Fax: 604.852.6542  
[ATH@saraforwomen.ca](mailto:ATH@saraforwomen.ca)

### The Warm Zone

This Abbotsford emergency facility is a drop-in centre for women who find themselves on the street. The Warm Zone helps women who are living and working on the streets report “bad dates” and develop personal safety plans.

During the winter of 2018-2019, the Warm Zone is open from 8pm-8am any time the temperature is below zero. There are 10 sleeping mats, and they are first come, first served. Bans do not apply during the Extreme Weather Shelter.

During the winter of 2017 – 2018 (December – March), Warm Zone opened its doors for overnight stays for the first time in the Society's history, providing shelter for 683 women.

Here they have access to several necessities and services:

- full bathroom, laundry facilities, and lockers
- some clothing and personal-care items
- harm reduction supplies
- internet and telephone (including long distance)
- kitchen stocked with drinks and snacks and a hot meal each Monday, served at 4:00pm
- support workers and advocacy to medical and legal services
- Open Monday through Friday 9:00am – 10:00pm • Saturday 9:00am – 4:00pm • Closed Sundays & statutory holidays

33264 Old Yale Road, Abbotsford, BC  
Tel: 604.746.3301  
Hours: Monday to Friday 9:00 a.m. – 10:00 p.m.  
Saturday 9:00 a.m. – 4:00 p.m.  
[warmzone@saraforwomen.ca](mailto:warmzone@saraforwomen.ca)

### Outreach/Counselling Services/Programs

- Women's Support
- PEACE (Prevention, Education, Advocacy, Counselling, and Empowerment)
- Multi-cultural
- Caregiver + Grandparent Support

### Christine Lamb Residence

Vulnerable women and children in the Fraser Valley can live safe and stable lives and have access to counselling, outreach supports, and many unique programs at this 41-unit, supported second-stage housing program in Abbotsford.

### Santa Rosa Place Residence

Santa Rosa Place is a home for women and their children from Mission or Abbotsford. Thirteen self-contained units make up this second-stage transitional housing program located in downtown Mission. Women who live at Santa Rosa Place are alcohol and drug-free.

### Penny's Place

Penny's Place in Abbotsford is a first-stage housing program that is home to six women who may be active in an addiction, experiencing mental health concerns, and/or be street engaged. Each resident has her own room with a locking door and shares common areas of the house. Substance use, smoking, or guests are not allowed in this home.

## Counselling and Support

There are offices in Mission and Abbotsford that are places where women can come for support and access to a variety of programs and services. Outreach, counselling, and referral are delivered one-on-one or in group sessions for women and their children.

### Stopping the Violence Counselling (STV)

Stopping the Violence counselling is for any woman who has experienced violence, abuse, and/or trauma in her life. Some of the women seeking STV counselling services may have experienced:

- a single recent incident of physical or sexual violence
- prolonged physical, psychological, emotional, sexual, verbal or financial abuse
- long-term effects of childhood abuse.

### Women's Support Groups:

Groups provide psycho-education and support to women who have experienced various forms of trauma and/or abuse in relationships. Women have the opportunity to:

- network and connect with other women
- have a greater understanding of the complexities of their experiences
- shift responsibility for the abuse to the abuser

- understand the societal context for violence against women
- discover personal strengths
- experience empowerment

Individual counselling and group counselling are provided at no cost for women

Abbotsford: abbotsfordSTV@saraforwomen.ca

Mission: MissionSTV@saraforwomen.ca

### Outreach Programs

SARA's Outreach program in the Abbotsford and Mission area provides free and confidential support to women (and their dependent children) who have experienced, or are at risk of, abuse, threats or violence. It is available to women of all ethnic backgrounds who need information, advocacy, support, or accompaniment to access community and/or government agencies.

SARA may support women with:

- Emotional and practical support
- Walk in Crisis Support
- Aboriginal Women's Support
- Referral Support to other agencies
- Individual or group support in both English and Punjabi language
- Punjabi Speaking staff-bridging language barriers
- Pregnancy Outreach
- Parenting Support/Information
- Support in securing safe housing (Transition and BC Housing)
- Legal Advocacy and Accompaniment (support with family law issues/applying for Legal Aid, and support in accessing victim services)
- Support with applying for Financial Assistance (Income Assistance, Rental Assistance and Child Care Subsidy)
- Support with case conferences with Ministry of Children and Families Development
- Public education and presentations
- Job Skill & Re-entering the work field (access support)

### INFORMATION

For more information, please visit: <http://saraforwomen.ca>

## BARB'S HOUSE

(778) 344- 5327 (Intake)  
(604) 820- 9224 (Administration)  
(604) 820-9254  
[blhall1949@yahoo.ca](mailto:blhall1949@yahoo.ca)

### DESCRIPTION

Barb's house runs second- and third-stage homes for 33 men, 19 years of age and older who have completed an addiction program and are getting on with their lives. For second-stage housing, potential residents must be clean and sober. Second-stage housing is per diem; minimum stay is three months. For third-stage housing, potential residents must have been clean and sober for three months or longer, and working, attending school, on disability, or on social assistance. Cost for third-stage is \$500 per month, counting all utilities (internet included); residents provide their own food. Accepts self-referrals. Office hours are 10 am to 6 pm Monday to Friday; intake until 11 pm seven days a week

### INFORMATION

[http://redbookonline.bc211.ca/organization/9491162/barbs second and third stage transitiona  
l housing](http://redbookonline.bc211.ca/organization/9491162/barbs_second_and_third_stage_transitiona_l_housing)

**CHILLIWACK, BRITISH COLUMBIA**

# COMMUNITY LIVING BRITISH COLUMBIA (CLBC)- CHILLIWACK



604.847.2500  
Toll free: 1.888.702.5795  
#240B 6640 Vedder Road  
Chilliwack, BC  
V2R 0J2

## DESCRIPTION

Community Living BC, or CLBC, is the provincial crown corporation that funds supports and services to adults with developmental disabilities, as well as individuals who have a diagnosis of Autism Spectrum Disorder (ASD) or Fetal Alcohol Spectrum Disorder and who also have significant difficulty doing things on their own. The law that describes our role is the Community Living Authority Act.

CLBC was created in 2005 when individuals and families came together with government to create a separate agency to meet their unique needs. CLBC works with individuals, families, service providers, community and government partners to help people to have lives filled with possibilities in welcoming communities.

## PROGRAMS/SERVICES

- Connecting to Community Supports
- Employment services
- Community Inclusion Support
  - Employment:
  - Skill Development;
    - Community-based
    - Home-based
- Residential Supports
  - Supported Living
  - Shared Living
  - Staffed Residential
- Behavioral Support Service
- Respite for Families
- Provincial Assessment Centre
- Other Government Supports

## INFORMATION

Further information can be found at: [www.communitylivingbc.ca](http://www.communitylivingbc.ca)



Care & Share Centre  
45746 Yale Road  
Chilliwack, BC  
Phone: 604.792.0001  
Fax: 604.792.0316  
[careandshareba@shaw.ca](mailto:careandshareba@shaw.ca)  
Phone: 604.702.9879  
[safireside@shaw.ca](mailto:safireside@shaw.ca)

Emergency Shelter: 604.792.4486

Fireside Counselling and Addiction Services  
46420 Brooks Avenue  
Chilliwack, BC

## DESCRIPTION

The Salvation Army in Chilliwack began in 1924 and today encompasses two ministry centers: the Chilliwack Community Church and the Care & Share Centre. Captains Matthew and Fiona Kean are the senior pastors of the Church and the Care & Share Centre. Chilliwack Community Church provides for the spiritual needs of our community.

The Care & Share Centre is where we operate all of our social services programs. Some of these include the Food Bank, a homeless shelter, a Soup Kitchen, a Thrift Store and recycling warehouse, and the Homeless Outreach program.

The Salvation Army in Chilliwack is a member of the Chilliwack Chamber of Commerce, the Canadian Association of Food Banks, and the Chilliwack Ministerial Association. All of our ministries are offered to all persons in need regardless of race, creed, gender, status or age.

### History

The Salvation Army is the largest non-governmental direct provider of social services in Canada. There are over 320 corps (churches) and over 120 social service institutions of various kinds. It strives to give hope and support to vulnerable people today and every day in 400 communities across Canada and 115 countries around the world.

## PROGRAMS/SERVICES

### Emergency Shelter

Is available by referral through the Care & Share Centre, or other community agencies. Daytime programs and access to the case workers are available for all guests. Support staff and case planners are also available to connect clients with more permanent housing, health services, and other supports. Guests receive three meals a day, a hot shower, clean linen and complimentary toiletries. To contact The Emergency Shelter please call: 604-792-4486

### Fireside Counselling

Fireside is a well-respected and frequently visited counselling office in Chilliwack, BC. The director is Dr. Don Fritz (PhD) psychotherapist. We welcome people of all ages and all backgrounds. Dr. Fritz is well qualified to help you improve your life.

### Personal Counselling

Issues regarding anxiety, depression, and stress are very common. Dr. Fritz is well equipped to provide you with solutions. Suicidal thoughts and self-harm are serious issues that require a qualified counselor such as Dr. Fritz. Chemical and behavioral addictions are hard to overcome. Dr. Fritz has years of experience helping clients move beyond and cope with difficult addictions. Personal development is harmed in the face of self-destructive behaviors. This is all too common in our society! Dr. Fritz will help you halt self-destruction in its path. We treat other issues including paranoia, eating disorders, attachment disorders, loneliness, self-esteem, grief, and anger-management.

### Family Counselling

Family Counselling can help with diverse issues from divorce and separation, pre-marital, sibling relationships, parent/child relationships to family feuds. Adoption counselling is highly important to help an adoption family work on nurturing adopted children to make them feel secure in family circles.

### Couples Counselling

Research has shown that people who are in healthy relationships have more enriched lives and live longer. However, in our current culture, breakdown is frequent! Therefore, it is important to come for quality counselling and spend time building a strong healthy relationship. We will work hard to help you find successful solutions to issues of communication, forgiveness, financial, sexual, spiritual, and philosophical worldviews.

Our 'fee for service' is on a donation (tax receipt) basis and on a sliding scale which matches the client's financial ability, insurance, or EAP. No person in need of counselling should refuse help due to financial issues.

### Care & Share Centre (Food Bank)

The Salvation Army Community Food Bank is a member of [The Food Banks British Columbia](#) (FBBC) and affiliated member of the [Canadian Association of Food Banks](#), and is the only authorized Food Bank in the Chilliwack area.

Clients who wish to receive assistance need to make an appointment to see an Intake Worker, and also are required to bring in the following information:

- photo identification
- birth certificate
- medical card
- proof of source of income
- rent confirmation

Food Bank Hours: Monday to Friday from 9:30 am to 12:00 pm and 1:00 pm to 3:00 pm.

### INFORMATION

Further Information can be found at: <https://www.salvationarmychilliwack.ca> and <https://www.firesidecounselling.com>

# RUTH AND NAOMI'S MISSION



46130 Margaret Avenue  
Chilliwack BC, V2P 2G5  
Office: 604.795.2322  
[info@ruthandnaomis.ca](mailto:info@ruthandnaomis.ca)

## DESCRIPTION

Ruth and Naomi's Mission is not a charity that simply meets people's needs. We are a supportive network of caring professional staff and energized volunteers who daily engage with those who experience poverty, homelessness and addiction and join with these friends on a journey of self-discovery and personal transformation.

### Our History

The roots of Ruth & Naomi's Mission dates back to 2000 when a couple began to distribute home-made sandwiches in-and-around the area of Five Corners in downtown Chilliwack. The need soon outgrew the resources and over the years, various store-front locations were secured to offer drop-in connections with coffee, sandwiches and soup. In 2005, a Board of Directors was formed and a registered not-for-profit society was created.

In 2010, a vacated dry-cleaning business was purchased on Margaret Avenue and used as a site for evening suppers and emergency shelter. Later, the building was replaced and by 2012, new and expanded services and residential addiction recovery programs were developed in partnership with the City of Chilliwack, BC Housing and the broader community while still maintaining the heart and values of the original founders.

## PROGRAMS/SERVICES

### Weekly Drop in

The Drop-In is open 9:30am-11:30am Monday through Friday (excluding Stat holidays). Coffee is always on! Coffee is .25 cents with all proceeds going to Samaritan's Purse Operation Christmas Child As well, there is laundry, shower and emergency food hamper services available.

### Wearhouse

The Wearhouse, our clothing distribution center, is open 9:30am-11:30am Monday through Friday (excluding Stat holidays). Because of the generosity of our community, gently used and clean clothing is available to members of our community without charge.

### Community Dinner

The Community Dinner is open to the general public at 7:00pm Monday through Saturday. This is a great time of connection, caring and community engagement as we eat and share together.

#### Extreme Weather Shelter

Between November 1 and March 31, RAN Mission opens up 26 shelter beds in partnership with BC Housing when the weather dips to 0 degrees or colder or other extreme weather conditions exist. The safe-stay shelter is low barrier and provides for the safety and comfort of those who come. Breakfast, showers and limited laundry services are available.

#### INFORMATION

Further Information about Ruth and Naomi's Mission can be found at: <https://ranmission.ca>

## WORK BC SERVICES CENTRE



GT Hiring Solutions  
46151 Yale Road. Chilliwack, BC  
604.795.9675  
chilliwack@gthiringsolutions.ca

Office hours:  
Monday-Wednesday (8:30am-5:00pm)  
Thursday: 8:30am-3:00pm  
Friday 8:30am-4:30pm  
Closed Saturday & Sunday

### DESCRIPTION

GT Hiring Solutions (2005) Inc. is a privately-owned company headquartered in BC. Our mission is to partner with government, industry and community service providers to develop and deliver innovative client-focused employment programs and services. Our experienced and professional staff are passionate about helping individuals to find employment and achieve their potential.

GT Hiring Solutions began delivering employment programs in British Columbia in 1995. Over the years, these programs, which have been accessed by more than 50,000 individuals, have included:

- BC Employment Program
- Jobs Placement Program
- Training for Jobs Program
- Empowered to Work Project
- Aboriginal Careers in Tourism
- Tourism Careers for Youth
- Journeys
- At Risk Youth
- Job Options - Older Worker Program

Since April 2012, GT Hiring Solutions has been administering WorkBC Employment Services Centres in Victoria, Saanich, Nanaimo, Burnaby and Chilliwack. We administer these

Employment Service Centres (ESCs) on behalf of the Provincial Government and in partnership with more than 50 community service providers.

## PROGRAMS /SERVICES

The Chilliwack WorkBC Employment Services Centre (ESC) serves as a one-stop employment services shop. Whether you are looking for work, interested in changing jobs, enrolled in an apprenticeship program, receiving Provincial Income Assistance, receiving Federal Employment Insurance, or just interested in what's happening in the local labour market, you've come to the right place. Once you've have registered with us and have received your GT pass-card and online login code, the following resources will be available to you:

### Job Board

The Job Board provides online access to current job postings. As long as you have your login code, you can access the Job Board from anywhere with internet access. The Job Board is easy to use and is updated in real time. Because job postings are sorted by occupation and by industry, you can navigate quickly to jobs that might be of interest to you.

### Online Resources

In addition to the Job Board and workshop information, you can access a range of other online resources such as labour market information, résumé templates, job search tip sheets, skills assessment tools, and links to training institutions, specialized service providers, government agencies, and community agencies.

### Resource Centre

In the Resource Centre you will find computers, printers, photocopiers, scanners, labour market information, workshop schedules, and self-assessment tools. Our helpful staff will be available to answer any questions you might have.

### Workshop Calendar

We offer a wide range of employment related workshops. If you're registered, you can use your login to check out our current workshop schedule.

## INFORMATION

Further Information can be obtained from: <https://gthiringsolutions.ca/en/Chilliwack>

# CHILLIWACK SUPPORTIVE HOUSING



Community Relations  
[communityrelations@bchousing.org](mailto:communityrelations@bchousing.org)

## DESCRIPTION

BC Housing, Fraser Health, the City of Chilliwack, community agencies and local residents recognize the urgent need for more affordable housing in Chilliwack. In response, BC Housing purchased two properties in Chilliwack to develop the sites for permanent modular housing with 24/7 supports. For the first site at 45944 Yale Road, construction is underway off-site, with delivery of modular units anticipated for Fall 2018, and occupancy early 2019. A second site at 45000 block of Trethewey Avenue is in proposal.

Residents will be provided meals and have access to life and employment skills training, and get the health and wellness support services to help them overcome challenges to maintaining their housing.

Both housing sites would be operated by RainCity Housing, an experienced and professional supportive housing operator. Their responsibilities would include property management, operations management and tenant selection, in collaboration with BC Housing and community partners. Once people move in, staff would remain on-site 24/7 to support tenants. Fraser Health would deploy an Intensive Case Management team to be available daily to assist tenants on both sites who are facing complex challenges related to health, substance use, mental

## PROGRAMS/SERVICES

### What is Supportive Housing

Supportive housing provides vulnerable people with access to a safe, secure and affordable home. Services provided are tailored for each tenant to help them towards their goals. Overall, supportive housing has a positive effect on tenants' housing stability, employment capabilities, mental and physical health. Providing vulnerable people with safe homes is also more cost effective than the hidden costs associated with homelessness (e.g. use of emergency health). Supportive housing can lead to a reduction in street homelessness and a healthier, more inclusive, and liveable community. When tenants are ready to move onto independent housing, staff can help tenants to view apartments, and liaise with landlords to support stable tenancies.

### Project Details

Status: Yale: approved; Trethewey: approved

Phase: Yale: under construction; Trethewey: in development

Date of Completion: Yale: Spring 2019; Trethewey: Summer 2019

### Tenant Selection Process

Together, BC Housing, RainCity Housing and other community partners will undertake a thoughtful and thorough assessment process to select tenants. All applicants will be required to complete and submit a Supportive Housing Registration application form. From there, BC Housing will utilize the Vulnerability Assessment Tool (VAT) to identify people who would most benefit from supportive housing. This tool is based on a number of indicators (e.g. survival skills, basic and health needs, social behaviours, mental health) and determines the supports required for each individual to maintain stable housing.

### INFORMATION

To determine eligibility, please visit:

<https://programfinder.bchousing.org/programfinder/faces/start>

Further information regarding the supportive housing listed above can be found at:

<https://www.bchousing.org/partner-services/public-engagement/projects/chilliwack-supportive-housing?fbclid=IwAR0OToEc-Fd1zbwKDm9RsiZB0fjaW2bAmLUpX0NzD-1acQUTCMPyH2kzhx8>

# CHILLIWACK YOUTH TREATMENT CENTRE



Community relations:  
[communityrelations@bchousing.org](mailto:communityrelations@bchousing.org)

## DESCRIPTION

BC Housing has submitted an application to the City of Chilliwack, to rezone the property at 45456 Yale Road in Chilliwack. The proposed development is for a 20-bed recovery facility for youth aged 13 to 18 years old, funded through Fraser Health and operated by Pacific Community Resources Society.

The development would provide licensed care for the treatment and recovery of teenagers with drug and alcohol addictions in the Fraser Health region. The program will be created with input from youth with lived experience and their parents, and would include comprehensive assessment, treatment and recovery for up to six months for a maximum of 20 youth at one time. The team-based approach will include residential addictions workers, clinical counsellors, nurses and a recreation lead. They will work with youth to develop individualized growth plans to address their addiction and mental health, while developing the skills necessary to maintain wellness. Staff at the centre will also work with community-based teams to ensure youth are well supported prior to treatment, and upon their return to the community.

The property requires rezoning from Tourist Commercial to R9 Supportive Housing, and an Official Community Plan amendment from Thoroughfare Commercial to Comprehensive Development Area. Our goal is to open the new development in early 2020.

## INFORMATION

Further information regarding the supportive housing listed above can be found at:  
<https://www.bchousing.org/partner-services/public-engagement/projects/chilliwack-youth-treatment-centre>

If you have any questions surrounding the supportive housing listed above, please e-mail:  
[communityrelations@bchousing.org](mailto:communityrelations@bchousing.org)

# FIRST NATIONS HEALTH AUTHORITY – HEALTH



## DESCRIPTION

The First Nations Health Authority (FNHA) is the first province-wide health authority of its kind in Canada. First Nation Health Authorities vision is to transform the health and well-being of BC's First Nations and Aboriginal people by dramatically changing healthcare for the better. First Nations Health Authority provides coverage to those Aboriginal people with a status card/number. This means that they are registered with a specific First Nations community.

## PROGRAMS/SERVICES

### Dental

- Diagnostic services (e.g. examinations or x-rays)
- Preventive services (e.g. cleanings)
- Restorative services (e.g. fillings)
- Endodontic services (e.g. root canals)
- Periodontal services (e.g. deep cleanings)
- Prosthodontic services (e.g. removable dentures)
- Oral surgery services (e.g. removal of teeth)
- Orthodontic services (e.g. braces)
- Adjunctive services (e.g. general anesthetics or sedation)

The FNHA Health Benefits program has no limit on how many times an individual may see a dentist per year. The number of services required may vary for each person based on their individual needs.

### Medical Supplies and Equipment

- Audiology (Hearing Aids and Supplies)
- Bathing and Toileting Aids
- Cushions and Protectors
- Environmental Aids (Dressing and Feeding)
- Lifting and Transfer Aids
- Low Vision Aids
- Miscellaneous Supplies and Equipment
- Mobility Aids (Walking Aids, Wheelchairs)

### Medical Transportation

Medical transportation benefits are provided to assist clients in accessing medically required health services at the nearest appropriate health professional or health facility. The most economical and efficient means of transportation is to be used, taking into account the urgency of the situation and the medical condition being addressed

### Mental Health – Crisis Intervention (Short Term)

Information provided below.

### MSP – BC Medical Service Plan (CareCard)

The provincial Ministry of Health administers the BC Medical Services Plan, which ensures that all eligible BC residents have access to medically essential care. All residents in BC must apply for a BC Medical Services Health Card to receive health services within BC.

The FNHA manages the MSP program for clients residing in BC. Forms are available from local community band offices and/ or the FNHA Health Benefits program office. Once the application is received, verified, and approved, the cost of the premium is paid directly by the FNHA Health Benefits program.

### Pharmacy

The FNHA Health Benefits program provides eligible clients specified drugs, including certain prescription drugs, over-the-counter (OTC) drugs, proprietary medicines, and extemporaneous products. All drugs approved for coverage by the FNHA Health Benefits program are listed on the NIHB Drug Benefit List. Drugs that are not on the Drug Benefit List may be approved for coverage on a case-by-case basis when an exceptional need is demonstrated. These requests must go through the Drug Exception Center and are forwarded by the pharmacy.

### Vision Care

- Eligible FNHA client accesses licensed prescriber for an examination and obtains a prescription.
- Client takes prescription to licensed vision care provider, such as an optician or an optometrist.
- If the provider is registered with FNHA, they complete and forward the request, assessment, and prescription to FNHA Health Benefits for prior approval.
- If the provider is not registered with FNHA the client may apply for reimbursement (up to the FNHA benefit amount) but must provide payment first.  
The FNHA Health Benefits program reviews request and determines eligibility based on program guidelines.
- The FNHA Health Benefits program responds to the provider confirming benefits.
- The provider then fabricates, fits, and dispenses the vision care item to the client.
- Provider completes and the client signs the approval, which becomes the invoice; the provider forwards the signed invoice to FNHA for payment.

The FNHA Health Benefits program funds routine eye exams every 24 months for adults between the ages of 19-64.

# FIRST NATIONS HEALTH AUTHORITY – COUNSELLING



## DESCRIPTION

First Nations Health Benefits (FNHB) provides coverage to Aboriginal peoples to access mental health providers, including counselors, social workers, and psychologists. FNHB covers three mental health programs: Short Term Crisis Intervention, Indian Residential School Resolution Health Support Program, and the Missing and Murdered Indigenous Women and Girls – Health Support Services.

## PROGRAMS/SERVICES

- Short Term Crisis Intervention provides coverage for mental health counselling for crisis situations when there are no other mental health services available or being provided. Counselling may be to stabilize an individual's condition, minimize potential trauma from an acute life event, and if appropriate, transition someone to other mental health supports. Members who are living on reserve should contact their band office to find out if mental health crisis intervention services are offered directly in their community.
- Indian Residential School Resolution Health Support Program offers individual and family counselling services. This program is open to all former IRS students and their families. Counselling is provided to safely address the broad spectrum of mental wellness issues and trauma in relation to the impact caused by IRS.
- Missing and Murdered Indigenous Women and Girls – Health Support Services is open to all survivors, family members and loved ones

## INFORMATION

Below is a list of mental health providers in Chilliwack that are registered under the FNHA

Provider Name	Designation	Telephone	Telehealth
Deanna Becker	RCC	604-316-5894	
Bohang Benedix	RCC	778-223-3648	
Devan Christian	RCC	778-908-5317	Yes
Carey Christiansen	RCC	604-824-4545	
Laura Commodore	RCC	604-819-0365	
Steven Esau	RCC	604-819-2988	
Alanaise Goodwill	Psychologist	604-316-1976	
Joan Goosen	RCC	604-791-0551	
Pauline Kesteven	RCC	604-795-7284	Yes
Leila Lanteigne	RCC	604-798-5483	Yes

<b>Provider Name</b>	<b>Designation</b>	<b>Telephone</b>	<b>Telehealth</b>
Terresa Mckenzie	RSW	604-819-9828	Yes
Carey Penner	Psychologist	604-799-8868	
Dawn Percher	RCC	604-799-1691	
Shannon Petovello	RCC	604-220-6572	
Amanda Sarich	CCC	604-378-4522	
Windy Solla	RSW	604-402-4011	
Janit Doyle	RSW	604-819-1526	

# FIRST NATIONS HEALTH AUTHORITY- CONTACT



First Nations Health Authority  
Health through wellness

## Medical Claims

Toll Free: 1.800.317.7878  
Fax: 1.888.299.9222

## Dental Claims

Toll Free: 1.888.321.5003  
Fax: 604.666.5815

## General Questions, Including Pharmacy

Toll Free: 1.855.550.5454  
Email: [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)

## In-person Inquiries

1166 Alberni Street (near Thurlow Street)  
Room 701, Vancouver BC

## Short Term Crisis Intervention Mental Health Counselling

Fax: (604) 666-6458

## Indian Residential School Resolution Health Support Program (IRS RHSP)

Fax: (604) 658-2833

## Indian Residential School Survivors Society Support Line

1.866.925.4419 (Open 24-hours a day, 7 days a week)

## Indian and Residential School Mental Health Support Program

Toll-Free: 1.877.477.0775 Fax: 1.604.666.6458

# ALCOHOLICS ANONYMOUS – CHILLIWACK – DISTRICT 45



(Agassiz, Boston Bar Chilliwack, Cultus Lake Harrison Hot Springs,  
Harrison Mills, Hope, Rosedale, Spuzzum, Yarrow)

604-819-2644

46035 Victoria Ave, Chilliwack East off Young Rd, North of Five Corners

## DESCRIPTION

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

## PROGRAMS/SERVICES

A.A. members share their experience with anyone seeking help with a drinking problem; they give person-to-person service or “sponsorship” to the alcoholic coming to A.A. from any source.

The A.A. program, set forth in our Twelve Steps, offers the alcoholic a way to develop a satisfying life without alcohol.

This program is discussed at A.A. group meetings.

- Open speaker meetings — open to alcoholics and non-alcoholics (Attendance at an open A.A. meeting is the best way to learn what A.A. is, what it does, and what it does not do.) At speaker meetings, A.A. members “tell their stories.” They describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of Alcoholics Anonymous.
- Open discussion meetings — one member speaks briefly about his or her drinking experience, and then leads a discussion on A.A. recovery or any drinking-related problem anyone brings up (Closed meetings are for A.A.s or anyone who may have a drinking problem.)
- Closed discussion meetings — conducted just as open discussions are, but for alcoholics or prospective A.A.s only.
- Step meetings (usually closed) — discussion of one of the Twelve Steps.
- A.A. members also take meetings into correctional and treatment facilities.
- A.A. members may be asked to conduct the informational meetings about A.A. as a part of A.S.A.P. (Alcohol Safety Action Project) and D.W.I. (Driving While Intoxicated) programs. These meetings about A.A. are not regular A.A. group meetings

## INFORMATION

### Meetings Times & Location

Meetings are held multiple times daily. Everyone is welcome to attend open meetings, whereas closed meetings are reserved for anyone with a desire to stop drinking.

[https://docs.wixstatic.com/ugd/e2cb4c\\_804bcd2b6fbd4362a107ce16b6fdbcb0d.pdf](https://docs.wixstatic.com/ugd/e2cb4c_804bcd2b6fbd4362a107ce16b6fdbcb0d.pdf)  
<https://www.chilliwackaa.com>

<p>Sunday</p> <p>Meeting Directory December, 2018 604-819-2644 www.chilliwackaa.com Open meetings – O Closed Meetings – C Wheelchair Accessible – WA Women Only – WO Men Only – MO Any Errors, Omissions or Changes Please contact Tracy G (604) 997-6505</p>	<p>7:30AM EARLY BIRD (O, WA) ~Alano Club* Daily 9:00AM HOPE BREAKFAST MEETING Bkfst Available from 9:00AM 7:30AM MONDAY EARLY BIRD (O, WA) ~Alano Club Daily TUESDAY 7:30AM EARLY BIRD (O, WA) ~Alano Club* Daily</p> <hr/> <p>Bkfst Available from 10:00AM Homers Restaurant 46090 Yale Rd 2:00PM ACCEPTANCE IS THE KEY 9190 Nowell St. (WO, O)</p> <p>AGASSIZ 7:00PM NEW BEGINNERS BIG BOOK (O) Chinese Alliance Church 9210 Williams St. Corner of First &amp; Williams 7:00PM CULTUS LAKE GROUP (O) Cultus Lake Memorial Church Sunnyside &amp; Fir, CULTUS LAKE 19974 Silverview Rd HOPE 11:00AM CHILLIWACK BREAKFAST MEETING (O, WA) ~Alano Club 7:00PM SEABIRD ISLAND Community Hall Seabird Reserve, (O, WA) 7:00PM Y ARROW BIG BOOK Community Hall 4670 Community St, (O) 8:00PM TAMIHI MEN'S CLOSED St. John's Anglican Church 46078 Higginson Rd (C, MO) YARROW 7:30PM TWELVE STEPS to FREEDOM ~Alano Club</p>
<p>Monday</p>	<p>7:30AM Monday EARLY BIRD (O, WA) ~Alano Club Daily 12 NOON NEW NOONER (O, WA) Mon, Tues, Wed, Fr, Sat ~Alano Club 5:30PM Sto:lo Nation/Sacred Tree (O) #10 – 7201 Vedder Rd Chilliwack</p>

	<p>7:30PM OUR PRIMARY PURPOSE (O, WA) Sardis Community Church 45625 South Sumas, Sardis Main Floor, Fireside Room</p> <p>8:00PM TAMIHI MEN'S CLOSED St. John's Anglican Church 46078 Higginson Rd (C, MO)</p> <p>8:00PM HARMONY GROUP (O, WA) Christ Lutheran Church 9460 Charles St (at Yale Rd)</p> <p>8:00PM HOPE MONDAY GROUP (O) United Church Hall 310 Queen St, Hope</p>
Tuesday	<p>7:30AM EARLY BIRD (O, WA) ~Alano Club* Daily</p> <p>12 NOON (O, WA) Mon, Tues, Wed, Thurs, Fri - Alano Club</p> <p>7:00PM NEW BEGINNERS BIG BOOK (O) Chinese Alliance Church 9210 Williams St. Corner of First &amp; Williams</p> <p>7:00PM CULTUS LAKE GROUP (O) Cultus Lake Memorial Church Sunnyside &amp; Fir,</p>
Wednesday	<p>7:30AM EARLY BIRD (O, WA) ~Alano Club* Daily</p> <p>12 NOON NEW NOONER (O, WA) Mon, Tues, Wed, Fr, Sat</p> <p>8:00PM ROSEDALE GROUP United Church Hall 51351 Yale Rd, (O) Rosedale</p> <p>8:00PM STEPS AND TRADITIONS (C)</p>
Thursday	<p>7:30AM EARLY BIRD (O, WA) ~Alano Club* Daily</p> <p>12 NOON MEN'S (O) ~Alano Club* (Downstairs)</p> <p>12 NOON LADIES CLOSED (C, WA, and WO) ~Alano Club* – (Upstairs)</p> <p>7:00PM SISTERS IN SERENITY (C, WO) St. Thomas Anglican Church 46048 Gore Ave (Corner First &amp; Young) Enter from parking lot off First Ave</p> <p>7:30PM CHILLIWACK HOSPITAL MEETING (O, WA) Chilliwack Hospital Cafeteria 45600 Menholm Rd Enter through Emergency Doors</p>
Friday	<p>7:30AM EARLY BIRD (O, WA) ~Alano Club* Daily</p> <p>12 NOON NEW NOONER (O, WA) Mon, Tues, Wed, Fr, Sat ~Alano Club*</p> <p>7:00PM FRIDAY NITE BIG BOOK (O)</p>

	<p>413 Wallace St (Above CIBC) Hope</p> <p>7:30PM FRIDAY GRAPEVINE (O, WA) ~Alano Club*</p> <p>7:30PM FRASER CANYON (O, WA) 47724 Old Boston Bar Road Boston Bar</p> <p>9:00PM FRIDAY PODIUM GROUP (O) Chilliwack United Church 45835 Spadina Entrance off Yale across from Save-On</p>
Saturday	<p>7:30AM EARLY BIRD (O, WA) ~Alano Club* Daily</p> <p>12 NOON NEW NOONER (O, WA) Mon, Tues, Wed, Fr, Sat ~Alano Club*</p> <p>7:30PM SATURDAY NIGHT LIVE (O, WA) ~Alano Club*</p>

# SASET (STÓ:LŌ ABORIGINAL SKILLS AND EMPLOYMENT TRAINING)



## DESCRIPTION

The Aboriginal Human Resource Development Strategy (AHRDS) was a strategy of the federal government of Canada designed to help improve the employment opportunities of Aboriginal peoples and enable them to fully participate in the Canadian economy.

Stó:lō Nation signed a Contribution Agreement with the Human Resources and Skills Development (HRSD) Canada and the Employment Insurance Commission (EIC) as “Host Agency” tasked to deliver programs to assist Aboriginal people obtain and maintain employment. SNHRD’s Service delivery is provided to the Aboriginal/Inuit peoples residing from Surrey to Boston Bar and four First Nation communities at the Head of the Lakes under the operational name of Stó:Lō Nation Human Resource and Development .

In 2009 the program moved into a “Successor Strategy” phase of development from the original agreement changing program priorities. The AHRDA program will undergo a name change to Aboriginal Skills & Employment Training (ASET). SNHRD will be transitioning its operational identity from SNHRD to Stó:Lō Aboriginal Skills & Employment Training (SASET) to reflect the new service delivery agreement, the change is to take effect on October 1, 2010, the service agreement catchment area will remain the same as described above.

SASET clientele include employment and skills training services to all First Nations and Inuit people residing in the SASET catchment area, regardless of whether they reside on reserve or off-reserve or in an urban community and regardless of their place of origin and status under the Indian Act.

To ensure that funding proposals for all eligible clients, projects, goods and services contracts over \$50,000 are assessed and selected in an open, impartial and fair manner, Stó:Lō Nation created the Stó:Lō Aboriginal Skills & Employment Training Advisory Committee (SASETAC).

SASET will build upon the success of SNHRD programs and services and adopt the new ASSETS model with its three guiding principles:

- Demand-driven
- Partnerships
- Accountability

SNHRD has been moving towards this model over the past several years, and has undertaken extensive planning to understand and adopt the new ASETS model in the manner that best reflects the needs of the clients and communities in the service area.

Program Mandate/Vision/Mission/Values/Goals and Objectives:

The SASET department is mandated by Aboriginal Skills & Employment Training Canada (ASETC) to implement the ASET Agreement for First Nations and Inuit people located in the Fraser Valley catchment area.

The SASET Vision aspires to assist all First Nations and Inuit persons in our service area to reach their full educational and employment potential.

The SASET Mission is to increase First Nation and Inuit participation in employment and training opportunities to create a sustainable future of self-governing citizens.

SASET is dedicated to advancing its Vision and Mission based on the principle values of:

- Cultural appropriateness
- Fairness and equity
- Respect
- Integrity
- Accountability
- Inclusion
- Professionalism

Which are embodied in the work SASET does to reach our Goals & Objectives.

The SASET Goal is to create quality training and access to employment opportunities for First Nations and Inuit persons residing in our service area through a process of identifying client need and addressing those needs through effective program delivery.

SASET strives to fulfill the following Objectives:

- Provide quality intake, assessment and referral services,
- Assist each client in the development of a realistic action plan,
- Provide access to quality programming that will ensure client movement along the employability continuum to eventually reach their goals,
- Facilitate the development of effective partnerships and relationships with multiple stakeholders in Aboriginal employment and training.

SASET will operate with an increased reliance on industry demand for workers through the use of its Labour Market Demand Driven Model, which combines labour market information generated through statistical analysis, and consultations with local employers, communities and clients to understand the demands for local labour. SASET has also developed an Employer Engagement Model to identify employment opportunities with local First Nations, Joint Ventures, and employers located within and adjacent to the communities.

As an organization, SASET will provide the management and administrative functions for the delivery of employment assistance services in the area. SASET will utilize community-based agencies to deliver the services to the clients throughout the region.

SASET will have eight points of service and will provide at least the minimum levels of services to First Nations and Inuit people. Clientele are welcome to attend any of the EAS offices in the SASET catchment area. EAS locations conduct outreach to the First Nations and related organizations within their core service areas.

## PROGRAMS/SERVICES

### Employer-Focused Programs

SASET annually, in November, has a call for proposals for the following categories to support communities and businesses in employment, and training opportunities that result in the labour market connections for individuals to obtain full-time employment outcomes. Proposals deadline is at the beginning of February when reviews and commitments for the next fiscal year commencing April 1<sup>st</sup> funding allotments are being put in place for programming. SASET also welcomes proposals year round and will be taken into consideration based on meeting funding criteria and availability of funding.

#### 1. Labour Market Initiative

Funding for employers and communities for needs assessments to improve their capacity for dealing with local human resource requirements and implementing labour force adjustments for the unemployed or those facing a loss of employment. For more information please click on Labour Market Initiative.

#### 2. Targeted Wage Subsidy

Employer wage subsidy program to hire a full time position, leading to permanent employment. To provide an employment opportunity for an unemployed participant who requires assistance to overcome existing or anticipated labour market barriers. This opportunity may lead to continued employment with the sponsor. For more information please click on Targeted Wage Subsidy.

#### 3. Workplace Based Training

To encourage employers to train employees who are at risk of layoff, or to improve employability by enabling them to access a broader range of occupations OR employees who require language, literacy or numeric training through contributions for training costs. For more information please click on Workplace Based Training.

### Skill Development & Training Programs

#### 4. Direct Course Purchase

Funding for participants (tuition, materials, living allowance and other costs) to attend institutional training for various vocational training programs. For more information please click on Direct Course Purchase.

### Targeted Programs

#### 5. Student Employment Placement

Employer wage subsidy program to hire secondary and post-secondary students for temporary employment. Program focuses on providing work experience and developmental learning for in-school youth.

#### 6. Youth Initiative

SASET provides programs to assist unemployed youth (15 – 30) by providing training/work experience opportunities that lead to continued or future employment.

#### Goals of Youth Projects:

- Participants will develop knowledge, skills and attitudes when combined with training and work experience that will assist them in career development
- To assist students to prepare for future entry into the labour market
- Participants will gain confidence and tools to assist them in their job search

#### INFORMATION

For more information, please visit: <http://saset.ca/programs/>

#### Hours and Locations

Chilliwack BC 5B-7201 Vedder Rd, Chilliwack, BC 8:00 – 4:00pm	Skwah 615 Wellington Ave, Chilliwack, BC 9:00 – 3:00pm
Cheam 52161 Victor Drive, Rosedale, BC 9:00 – 3:30pm	Soowahlie 4172 Soowahlie Rd, Cultus Lake, BC 9:00 – 3:30pm
Shxw'owhamel 55700A St.Elmo Rd, Hope, BC 9:00 – 3:00pm	Chawathil 4 – 60814 Hwy 7, Hope, BC 9:00 – 3:00pm
Matsqui 31989 Harris Rd, Matsqui, BC 9:00 – 3:00pm	Sumas 3092 Sumas Mtn Rd, Abbotsford, BC 9:00 – 3:00pm
Agassiz Sts'ailes EAS 4690 Salish Way, Agassiz, BC 8:00 – 4:00pm	Seabird Island Agassiz 2895 Chowat Rd, Agassiz, BC 8:00 – 4:00pm
Hope BC Tzeachten Lands Office 29-6014 Vedder Rd, Chilliwack, BC 9:00 – 3:00pm	

## PACIFIC COMMUNITY RESOURCES SOCIETY – CHILLIWACK



### Pacific Community Resources Society



Chilliwack Addictions and Prevention Services  
45921 Hocking Avenue  
Chilliwack BC V2P 1B5  
604-795-5994  
<http://pcrs.ca/services/>

#### DESCRIPTION

Chilliwack Addictions and Prevention Services (CAPS) is a non-judgmental program that works with participants to find the right service to meet their needs.

#### PROGRAMS/SERVICES

##### Chilliwack Addictions and Prevention Services

The program offers a range of options, depending on the need of the participant, including:

- Individual and group counselling for adults and youth affected by alcohol and drugs
- Secondary prevention and early intervention programming for people who are misusing drugs
- Substance affected counselling for people that are not using drugs or alcohol, but instead are affected by the use of someone they care about
- Referrals to other programs such as in-patient treatment at Fraser Health approved facilities
- Alcohol and drug information
- Outreach services

#### INFORMATION

##### Who is Eligible?

Individuals who wish to change their relationship with alcohol and/or drugs. We have adult counselling options for people 19 and up, as well as counselling for youth ages 12 through 24.

##### How to Apply

Adults seeking service are encouraged to call our main line at 604-795-5994 to complete an over-the-phone or in-person intake screener. This is followed by a group and individual orientation every Tuesday at 2 p.m. as well as the first Wednesday of every month at 5 p.m. Youth, please contact our main line at 604-795-5994 to be set up directly with an appropriate counsellor

## WILMA'S TRANSITION HOUSE (XOLHEMET SOCIETY)



*Xolhemet Society*  
P.O. Box 2025 Sardis Station Main  
Chilliwack, BC  
V2R 1A5  
Phone: 604.824.0939  
Fax: 604.824.0937.

### DESCRIPTION

The Xolhemet Society is a non-profit organization dedicated solely to providing services to battered women and their children, and to provide education and support.

#### History

The Xolhemet Society was formed in 1988 by our founder and one of our original board members Wilma Mussel, who started a committee to form a transition house. The Xolhemet Society Transition House was officially opened in 1991 in the community of Chilliwack. The Xolhemet society has been a part of our community for over 25 years helping hundreds of women and children annually from all across British Columbia with safe shelter and support services when fleeing domestic violence. Our second stage housing program officially opened in 1996 and from there the organization has been built into what it is today with multiple successful programs that we run in our community including our Homeless Prevention Program and our Outreach Program. Just over 3 years ago we re-named our Transition House to "Wilma's Transition House" from the "Xolhemet Transition House" after our original founder. Wilma sat on the board of the Xolhemet Society for 21 years. Wilma Mussell Born: August 13, 1924 Passed: July 31, 2009

### PROGRAMS/SERVICES

#### Transition House

Wilma's Transition House offers safe and temporary housing, support and advocacy for women and their children. Our transition house operates a seven-bedroom facility, offering a free, temporary safe haven for women and their children who are victims of family violence. Please call 1-604-858-0468 if you or someone you know is in need of our services. Our first stage housing facility is staffed 24 hours a day 7 days a week

- Access to our kitchen and laundry facility
- Fully furnished bedrooms and shared bathrooms
- Use of indoor and outdoor play areas
- Access to clothing donations

- Staffed 24 hours a day
- One on one and group support through on-site support workers
- Legal advocacy and court accompaniment
- Referrals
- Transportation for service-related appointments
- Maximum length of stay is 30 days

### Second Stage House

Wilma's Transition House second stage housing program is a housing complex for women and their children who have made the decision to break away from family violence and accept a more healthy, positive and violent-free lifestyle. We are here to assist and support change, our housing complex consists of 5 furnished self-contained apartments. There are mandatory programs for the women to participate in and structured learning and play groups for the children.

- Free laundry facilities
- Outdoor children's play areas
- Mandatory Programs
- One on one counseling available
- Complex is fenced and has a monitored entrance and controlled exit
- 6 month commitment with the possibility of an extension if requested
- Resident selection is by transition house, other agency or self-referral

### INFORMATION

Transition House  
1-604-858-0468 or 1-888-558-0468 for a 24 hour line

Executive Director  
Kathleen  
[Kathleen.mosa@xolhemetsociety.org](mailto:Kathleen.mosa@xolhemetsociety.org)  
1-604-824-0939

Homeless Prevention Program  
Erin  
[erin.mosa@xolhemetsociety.org](mailto:erin.mosa@xolhemetsociety.org)  
1-604-824-0939

Outreach Program  
Lisa  
[lisa.mccoy@xolhemetsociety.org](mailto:lisa.mccoy@xolhemetsociety.org)  
1-604-824-0939

Further information can be found at: <http://www.xolhemetsociety.org>

# CHILLIWACK COMMUNITY SERVICES



45938 Wellington Avenue, Chilliwack, BC V2P 2C7  
tel 604.792.4267  
fax 604.792.6575  
ccsinfo@comserv.bc.ca

## DESCRIPTION

- Chilliwack Community Services (CCS) is a registered charitable society, governed by the BC Societies Act and its own constitution and bylaws.
- Chilliwack Community Services provides a wide range of programs that reach out to all people from “twinkle to twilight”, living within Chilliwack and surrounding neighborhoods.
- There is no cost for service unless specifically noted. Confidentiality is assured.
- As a long-standing member of the community, CCS has played a leading role in contributing to strategic social service planning for the area. It has solid relationships with virtually all not-for-profit organizations, service clubs, church groups and community resources. At the regional/provincial level, CCS is a contributing member of several social service networks and associations.

## PROGRAMS/SERVICES

### Youth Services

We are committed to walking alongside of youth, assisting them to achieve their personal dreams and preparing them to become successful adults who contribute to the community.

Some youth do not have all of their basic needs met, such as adequate food, basic shelter, and guaranteed safety. Some struggle in school or with difficult family relationships, while others face social isolation. These are the youth from our community we aim to connect with and support.

#### Outreach

- Support to vulnerable youth and their families, including "street" youth.

## Support

- Providing youth with an opportunity to address areas of stress, anger, self-esteem, anger management and other youth related counselling matters

## Community Recreation

- Recreation activities and support programs for community, and youth involved in the justice system

## Transitional Housing

- Safe, affordable transitional housing for youth who are homeless or at risk of homelessness

## Family Literacy

It's never too late to learn! Whether you are just starting to think about returning to school and aren't sure of where to start, or you know your path and want to register in upgrading courses, CCS can support you in your learning. In partnership with the University of the Fraser Valley, CCS has adult and family learning programs to suit your learning needs. With free childcare, breakfast, snacks and a supportive, encouraging atmosphere, we can help you take the next step toward your learning goals.

If you are an adult who would like to:

- Work towards your Adult Dogwood (Grade 12)
- Upgrade your English and Math skills
- Be able to help your children with their homework
- Improve communication and computer skills
- Prepare to do University programs or further upgrading
- Get back into a school setting after being out of school for a while
- Improve your workplace skills
- Focus on lifelong learning and goal setting

## Our Programs

- Free Preschool and Infant/Toddler care on site
- Provide nutritious breakfast and snack
- Include personal development and parenting education
- Go from September – June three mornings a week (8:30 – 12:00)
- Have free tutors available for 1-1 or small group learning
- Provide a fun, safe, supportive learning environment
- Provide free upgrading in English and/or math with UFV instructor

## INFORMATION

More information available at: <http://www.comserv.bc.ca>



P.O. Box 272, Abbotsford, BC, V2T 6Z6  
Fax: 604.850.2777  
Richard: 778.241.1499  
Angie: 778.241.1599  
[joshuahouse@shaw.ca](mailto:joshuahouse@shaw.ca)

## DESCRIPTION

We currently have 3 men's recovery homes and 2 Aftercare homes - in and around the city of Abbotsford, B.C. Each home is able to accommodate up to 10 men. Aftercare can accommodate 5 men on a permanent basis.

## PROGRAMS/SERVICES

All our houses have rules that you and I have to follow. Rules about chores and responsibilities around homes. They all must attend a local Church and seek membership, small church groups once a week, two other recovery related meetings such as N.A or A.A or bible studies, etc. These are all very important to recovery. They also have a wonderful opportunity to get professional counseling from Licensed Group of Christian Counselors, which in some cases the Ministry has covered the costs of.

We, at Joshua House are committed in helping those in need, as God has instructed us to do. Our program is built around a safe and drug-free environment in a Christian home. The Program costs for each man is \$30.90 per day. Everything is included with exception of personal hygiene items such as, razors, toothbrushes, combs, shaving cream, deodorant, etc.

- The opportunity to live by Biblical principles
- Daily bible studies, teachings and prayer
- A 12-step program of Celebrate Recovery
- Other programs such as: Boundaries, A Spiritual Journey, a Blessed Life, Creation Series, Relapse Prevention and many more.
- Life skills such as:
  - (House hold Chores like cooking, cleaning & maintaining a home)
  - Personal hygiene such as laundry
  - One-on-one counseling with Christian Licensed counselors
  - Accountability to God, to others and to the self
  - Re-integration into the community

- How to "give back" to the community by volunteering

We offer on the job training with local construction and landscape companies.

### The Creek

Our newest addition to our Ministry is The Creek. Nestled in Chilliwack, up in the mountains alongside a running Creek, amongst beautiful pine trees on 32 acres - is Joshua House The Creek. We can house up to 45 men (6 per cabin) in 8 cabins. There is a gym, meeting building and even our own worship center. A church retreat feel to the entire place. A fire pit, two baptism ponds, ball field - even a garden for fresh veggies.

The "Junior Level" is at The Creek. This is mainly where we are "hands on". Men come to us from various stages of their recovery. Some come directly from the streets - they are detoxing. Some come from other "recovery houses". Some are court-ordered to our homes and some come from other treatment centers. There is a time of assessment to see how they are doing and what they need. The usual stay is 30 to 60 days. What could be better? Being away from the hustle and bustle of living in the city to totally getting away from all that to being a part of The Creek and focusing on yourself, and getting well from your addictions.

### Middle Houses

The two "Middle Houses" are just that. They are pretty grounded in their programs and have a support team in place; they are now members of a Church. Their stay here is dependent on a few things. They may stay as long as they would like providing they are doing well with their participation in the program while in residence. However, they may not work full-time from these houses. If they want to do this, they must apply to move to an Aftercare home. All work is subject to approval, by Leadership, and based on participation and attitude in the House. These homes are located in Abbotsford.

Our Senior location is focused on transitioning back into society like starting school or working. These men have come through the program and are actively moving forward with their lives and with the tools of recovery. Re-integration of sorts. Some men decide from this home it's time to get back with loved ones family or just a new start.

### Aftercare Homes

The "Aftercare homes" are the full-time working or attending schooling houses. They are learning independent living while being dependent on God and their support. They may stay as long they need to however they must stay clean and involved in the community and Church.

## INFORMATION

Further information on Joshua House may be found at: <https://www.yahwehsavesrecovery.ca>



SERVICES FOR  
YOUTH & FAMILIES



45845 Wellington avenue  
Chilliwack B.C.  
V2P 2W1  
604.795.5773  
[admin@cyruscentre.com](mailto:admin@cyruscentre.com)

## DESCRIPTION

WE ARE: a community-based response to community needs, working with the diverse communities to bring about creative solutions.

- WE ARE: dedicated to vulnerable and homeless youth. We are called to offer programs and services to guide and equip youth for success and enhance their quality of life. Our services are designed to meet individual needs.
- WE ARE: welcoming to everyone; we work to establish a non-threatening, non-judgemental and supportive environment. We love every youth who walks through our doors, indiscriminately and unconditionally, regardless of where they have been and where they are at today.
- WE ARE: always there; Cyrus Centre strives to be a ministry of “being there”. We are available for service 24 hours a day, 365 days a year.
- WE ARE: about relationships with youth, families, landlords, supporters, and the community.
- 

## PROGRAMS/SERVICES

### Youth Emergency Housing Program

Every night, there are homeless and vulnerable youth on Fraser Valley streets. Most of them have run away from an abusive home, were abandoned by their parents, have no money and no safe place to go. Cyrus Centre provides homeless youth, 18 and under, with a temporary, safe place to stay while working toward a long-term solution. Open referrals, 7 days a week.

When they arrive, youth are often scared, sick, hungry and tired. Our first priority is to meet their basic needs:

- Medical attention
- Meals
- A safe place to sleep
- A warm shower
- Clean clothing

There is no fee to stay at our shelters. All are welcome, provided they are not a danger to themselves or others. When youth get settled in, a Youth & Family Worker will sit down with them, find out why they are here, how we can best assist and together develop a plan of care. Our goal is to see families restored but that's not always possible at least for the immediate so we help guide youth away from their immediate crisis and towards a safer and healthier environment. Youth may also be referred to our long-term supportive housing program, Babich House, which allows us to provide them with a continuum of care in an environment that feels like home.

#### Extreme Weather Shelter

Sometimes when youth aren't ready to access services but the weather turns for the worst and they need a warm, dry place to be they will come inside Cyrus Centre where we will provide for their immediate safety. Cyrus Centre provides a shelter and a warming centre for youth and young adults aged 12-24 during extreme weather;

- Bedding
- A safe place to sleep
- A warm shower
- Warm clothes
- Breakfast
- Referrals

#### Babich House (The Home Project)

Babich House in Abbotsford provides semi-independent housing for youth, aged 16 – 18, who require a supportive and nurturing living environment. House Parents focus on empowering and equipping youth with experience, knowledge, and relationships which encourage success. We believe that, with support, nurturing, respect, tolerance and love, each individual will be empowered and equipped to make positive and lasting changes.

Youth dedicated to exiting the streets and improving their lives, thrive when they can live, work and learn together. Cyrus Centre's Babich House is extremely successful at helping youth rebuild their lives. Often, youth who are referred to Babich House have the least amount of life skills and are not ready to live independently.

Without families to help them, they lack basic skills such as budgeting, cooking, cleaning and goal setting. Many have been through repetitive cycles where they try to leave the streets, but they get overwhelmed or taken advantage of, and end up back on the streets, more desperate than before.

When youth apply to move in, they know it isn't a free ride. They also know that they need structure, guidance and time to practice new life skills and behaviours in a safe, supportive and loving home. They are invested in making the big changes that will keep them off the streets for good, and the staff at Cyrus Centre support them every step of the way. In addition to guidance, structure and support, they receive:

- A private furnished room
- 24-hour support from Babich House
- Help learning to clean and take care of household chores
- Help with decision-making, money management, time management, communication skills and conflict resolution

- Support maintaining employment and/attending school
- Help sticking to schedules (reminders of appointments and assignments)

Many of our youth have lived with violence or the threat of violence for much of their young lives. Feeling safe is a right we all have but one these youth may not have enjoyed. Babich House is a safe place, it is “home”. Harassment, violence, discrimination, bullying, property damage, possessing weapons and the abuse and possession of alcohol and drugs are not permitted. We provide a safe, secure and healthy place to live and learn. It’s a place where youth can deal with the past and develop confidence to move forward.

### Drop-in Resource Centre

Youth drop-in for many reasons; some need a meal, some need to find a way home; others need help to fill out forms so they can get ID, financial support or a job. They all need a safe place to be, and experience love and acceptance.

At our Resource Centre, Youth Workers provide an array of “as-needed” services to youth. Youth who have been out of the home, or on the streets for a long time are often resistant to accessing structured support programs, or even to use our Resource Centre at all. It takes a big first step for them to come inside. Quite often, coming in for a meal is the first step for youth to exit the streets. The Resource Centre is where they can check things out and see if they feel safe coming to us for help.

We build trust by responding to one basic need at a time, as asked. We take a “let’s see what we can do” approach rather than saying, “We don’t do that here.” Whatever their reason for coming in, at Cyrus Centre, youth will always find compassion, acceptance, love and support.

At the Resource Centre, youth can get:

- Showers
- Laundry
- Meals (lunch, dinner & snacks)
- Access to a Youth Worker for support and personal planning
- Referrals to other social services and community supports
- Advocacy
- Employment assistance and referrals to job centres and training programs
- Help returning to home community
- Mediation and family reunification
- Access to clothing
- Assistance with housing search
- Use of our telephone and mailing address
- Help navigating the court system
- Life skills training
- Connection to mental health and addictions support

### Youth Foodbank

Our Foodbanks for youth are satellite locations of the Abbotsford & Chilliwack Foodbanks, providing bi-weekly hampers to youth in need. In addition to food, youth are provided with

healthy recipes which can be made from hamper ingredients, referrals to life skills training and other supports as required. Supported by the Abbotsford Food Bank & Chilliwack Community Food Bank.

### The Breakfast Club

The Breakfast Club is a program for youth and young adults who are about to, or have recently aged out of adolescent supports and programs. The Breakfast Club happens every Monday, Tuesday, and Thursday from 10:00am-12:00pm. The program provides individuals aged 18-24 transitioning from adolescence to adulthood with continuous support and access to resources.

Many youth who have experienced homelessness or the risk of becoming homeless rely on social services throughout their adolescents to provide them with their basic needs. However, when these individuals turn 19 they no longer have access to these services and it is up to them to find new resources or find a way to be successful without the support of social services. This time of transition can be overwhelming, disruptive and even harmful to their progress and development. Many youth must leave foster or group homes they've been living in for many years and need to suddenly become financially, physically and emotionally capable of caring for themselves.

Many of these individuals experience a loss of community and support. They often feel scared and alone. If they continue to access social services they have to start working with people they have no previous relationship with and are asked to cut off relationships with social workers, youth workers, foster parents, etc., that they have spent years building trust with. The transition from adolescence and adulthood is met with many more responsibilities and pressures that these individuals had not previously had to deal with and many of them must face these challenges without the support of family, or the people they once considered family.

The purpose of The Breakfast Club is to offer young adults aged 18-24 the opportunity to build new relationships, networks and communities. The program will equip them with the essential skills and resources they need to be successful on their own and be contributing members of society. Youth who are 18 years old and still connect with youth services will be better equipped through the program to smoothly transition to adult services. The program will allow them to transition to adulthood without experiencing the shock and loss many youth feel when they are cut off from youth services. Adolescents over the age of 19 who have experienced the sense of loss and stumbled on their journey to adulthood will have the opportunity to come back to a familiar space, back to people they recognize and be connected on a regular basis to critical resources. In the program they will be able to redevelop a sense of community that they may have lost along the way.

### INFORMATION

For more information on Cyrus Centre, please visit: <https://www.cyruscentre.com/>

## RIVERSTONE HOME/MOBILE DETOX AND DAYTOX PROGRAM



45600 Menholm Road  
Chilliwack B.C.  
V2P 1P7  
Phone: 604-795-4141

### **Eligibility**

Individuals who are 16 years and older who live in Abbotsford, Chilliwack, Mission, Agassiz, Hope and Maple Ridge/Pitt Meadows.

If you are under 16 years old, find information on youth residential services.

### **Referral**

Individuals in Abbotsford, Chilliwack, Mission, Agassiz, Hope and Maple Ridge/Pitt Meadows can self-refer by calling 1-866-795-0600, or can be referred by their advocate/surrogate, family doctor or other health care provider, community agency or social worker, with the individual's consent.

We ask individuals for their BC Services Card (or Care Card), family doctor's name and current medications list, and can still assist the individual if they do not have this information.

## ROSEDALE INTENSIVE RESIDENTIAL TREATMENT (ELIZABETH FRY SOCIETY)



### DESCRIPTION

EFry is a non-profit organization uniquely focused on delivering gender-specific support. The reasons for this are simple:

- Women are primarily convicted of non-violent transgressions. There are not enough women in Canada's prisons to financially merit equal access to the counselling, educational opportunities or transitional housing options available to men.
- Gender plays a key role in women's personal circumstances. Two-thirds of female inmates are parents and the vast majority are sole caregivers. Many struggle with addiction and mental illness. Virtually all live below the poverty line and some are homeless.
- Our goal is to support criminalized and marginalized women, girls and children in achieving their potential. With the right support, we know females from difficult circumstances can transform their lives – and those of their families – for the better. Dignity, opportunity and equality are the gateway to a world of potential.

### SERVICES/PROGRAMS

#### Rosedale Intensive Treatment Program

A licensed residential treatment program with 12 beds for adult women who require specialized and intensive substance use services and support. Services include integrated case management; assistance and support with personal goals, life skills, and self-care; and overall betterment of physical, emotional, and psychological health. Also provides professional counselling on a one-to-one basis and group workshops. Minimum stay is three months with a possibility of extension depending on individual service requirements. Per diem fees are covered by income assistance. Referral accepted from self or Fraser Health. Funded by Fraser Health.

### INFORMATION

Further information may be found at:

<https://elizabethfry.com/we-can-help/programs-services/>

[http://redbookonline.bc211.ca/service/55924542\\_55924542/rosedale\\_intensive\\_residential\\_treatment\\_irt](http://redbookonline.bc211.ca/service/55924542_55924542/rosedale_intensive_residential_treatment_irt)



Legal  
Services  
Society



General inquiries: 604.408.2172  
Rob Dhanu and Uphar Dhaliwal, Barristers & Solicitors  
2459 Pauline Street, Abbotsford, BC V2S 3S1  
604.852.2141

## DESCRIPTION

We have a range of free services that may help you. We give priority to people with low incomes, but many services are available to all British Columbians. We offer:

## PROGRAMS/SERVICES

Information provided by:

- our free publications;
- the MyLawBC website;
- the Aboriginal Legal Aid in BC website;
- the Family Law in British Columbia website;
- intake assistants;
- community partners and, in some communities, legal information outreach workers and Aboriginal community legal workers.

Advice from:

- duty counsel lawyers (find out more), or
- family advice lawyers.

Representation (find out more) if you qualify and have:

- serious family problems;
- child protection matters;
- criminal law issues; or
- some immigration, mental health, and prison law issues.

### How to Apply for Legal Aid

You can apply for a legal aid lawyer to help you with a family, criminal or immigration problem.

To apply for a legal aid lawyer or to get legal information or advice, you can:

- call our call centre,

- come into a legal aid location, or
- come into a courthouse location

### Applying by Phone

If your area doesn't have a legal aid location or if you can't get to the office, you can apply for legal representation over the phone by calling our province-wide call centre.

Please have all of your financial and court information handy when you phone (see below). You will need to provide proof of the financial information you give by fax or by dropping it off later at the closest office.

### Applying in Person

To apply for a legal aid lawyer to represent you, it's a good idea to phone your local legal aid location or check the LSS website to find out the office hours.

Please bring all of your financial and court information handy when you come in (see below).

You'll need to bring proof of your income with you. Proof of income can include one or more of the following:

- two recent pay stubs,
- a recent welfare stub, or
- a recent income tax return or bank records (if you're self-employed or seasonally employed)

You'll also need to bring:

- proof of the value of your assets
- any papers you have about your case — such as court orders or papers related to your criminal charge.

To take your application, a staff person will ask you for complete and true information about:

- your legal problem,
- income,
- savings, and
- assets.

If you don't have all the documents we need, we will tell you what to do next.

### INFORMATION

For more information, please visit: <https://lss.bc.ca/> and <https://www.ddlaw.ca/>

## TESKEY ROAD TO RECOVERY



5048 Teskey Road  
Chilliwack, BC  
V2R 5V6  
604-819-0161 (intake)  
teskeyroadtorecovery@shaw.ca

### DESCRIPTION

Teskey Road To Recovery is a 7 Bedroom home located in beautiful Chilliwack, B.C. and is a residence for men only, who have completed an alcohol/drug treatment program. At this residence, individuals have shared accommodations. All meals are provided; however all residents are required to do daily chores, including participation in meal preparation, clean-up, housekeeping and yard maintenance. There is a full-time live-in Manager/Advisor to oversee daily operations while providing proper guidance. Residents are expected and responsible for attending 12-Step meetings. Residents are to be self-dependent, reliable and refrain from any alcohol or drugs. We have a zero-tolerance policy in effect.

### PROGRAMS/SERVICES

#### 12-Step Based

Our program is based on the 12-step model. We provide weekly access to 12-step meetings in the surrounding area.

#### Counselling

Our onsite counsellor will provide daily client support through individual and group sessions.

#### Educational Modules

Our trained staff will guide clients through courses in relapse prevention, mental health, coping with stress and building self-esteem.

### INFORMATION

Further information can be found at: <http://www.teskeyroadtorecovery.ca>

## MANN FORD RECOVERY CENTRE



604-850-9330

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

### DESCRIPTION

Mann Ford Recovery Center, is a brand new Spiritually based substance abuse healing center. Our commitment to those who become a part of our family for the purpose of seeking a solution to a lifetime of Pain and suffering caused by negative lifestyle involvement, poor decision making, trauma, abuse and unhealthy relationships to name just a few. Is a 100% immersion into Recovery based programs as well as holistic treatment resources that will not only provide our brothers with a new solution, but also assist them in learning new skills and lifestyle habits that will help them gain back the manageability of their lives. To become healthy productive members of their community. Emphasizing on spiritual connection, sense of self-worth and integrity to inspire them to live life to the fullest and rid their lives of the baggage from their past. We offer 1st and 2nd stage support right now at this facility, it is a MINIMUM 6 month commitment we ask from our brothers. We believe that a 6 month commitment is the least one could commit to changing their lives and in that time we feel that the healing journey can begin, but is only the beginning. We Accept Men ages 19+ if you or someone you know needs help do not hesitate to contact us for more information and intake assessment. Or if you just need some support we are here for you. Please reach out.

### INFORMATION

For more information, please visit: <https://www.facebook.com/MannFordRecovery/>

## SPIRITUAL QUEST WELLNESS SOCIETY



1-855-795-4337

### DESCRIPTION

Spiritual Quest Wellness Society is an abstinent based home environment for women recovering from substance misuse, trauma, violence and homelessness. Residents will be committed to learning life skills and coping tools in a healthy supportive environment, which focuses on personal growth, responsibility and accountability. Our goal is to prepare participants to better function in and contribute to their community and society. Spiritual Quest Wellness Society offers life time support for the ongoing changes to maintain a healthy and prosperous life path.

### INFORMATION

For more information, please visit: <https://www.sqws.ca>



9046 Young Rd  
Chilliwack, BC  
V2P 4R6  
ADTS Office: 604-792-2760  
Fax: 604-792-2875  
[info@anndavis.org](mailto:info@anndavis.org)

### DESCRIPTION

Ann Davis Transition Society provides education, prevention and support services to those affected by abuse or violence. Our purpose is to provide support services for women, men and children including: counselling, advocacy, crisis intervention and therapy; research, educate and create greater understanding of abuse; develop, deliver and facilitate abuse prevention programs; and provide refuge for women and their children who are victims of abuse.

### PROGRAMS/SERVICES

#### Counselling

At Ann Davis Transition Society, we use a client-centered approach that grants women, men, children, and adolescents the freedom to be themselves without facing evaluation, judgement or pressure to change. We offer stopping the violence therapy; play therapy; youth counselling; men's counselling; couples therapy and family therapy.

#### Transition House

Ann Davis Transition House provides temporary safe shelter and support for adult women and women with children who are victims of domestic violence. The house is staffed 24 hours a day and works on a communal living model.

We offer non-judgmental, confidential supports such as, referrals to income assistance, legal advocacy, housing information, counselling services, victim services, and any other community services that may assist clients. We encourage independence and support clients to reach their goals.

### Building Healthy Relationships

Based on well researched principles, these workshops are designed to help couples to communicate and manage conflict more effectively. With the assistance of trained professionals, couples will learn and practice listening, speaking, and conflict resolution skills in a safe and comfortable environment. (Note: couples choose the content of the issues discussed so they can control confidentiality.)

The workshops are unlike any other being offered to the public at this time. Professional counsellors trained in Marriage or Family Therapy lead the discussions, while couples are provided with individual facilitators to work directly with the couples in practicing the skills. All this is offered for less than 1/2 the cost of what similar workshops are offered at.

### Legal Advocacy

At Ann Davis Transition Society, we provide free legal advocacy appointments that are confidential. We provide you with the support and information you need to help make informed decisions regarding your legal issues. We also offer a weekly drop-in clinic on Wednesdays from 9:00 – 11:00 (first come, first served). Please call ahead to ensure the clinic is running.

Finding out information on Basic Family Law Principles and related legislation can help you to consider your options regarding:

- Children, Guardianship, Parenting arrangements
- Separation and Divorce
- Division of property, assets and debt
- Spousal Support, and Child Support
- Income Assistance problems
- Residential Tenancy Act Disputes
- Accessing on-line family law court resources and court forms
- Family Protection orders and peace bonds
- Criminal Law (Information and Access)

### INFORMATION

Please visit: <https://www.anndavis.org/>

Transition House and Women's Centre: for immediate assistance 24 hours a day, 7 days a week for those fleeing or at risk of violence, please call 604-792-3116

# CHILLIWACK COMMUNITY CORRECTIONS



45960 Wellington Avenue  
Chilliwack, BC  
V2P 2C7  
604-795-8311

## DESCRIPTION

Community Corrections Division probation officers believe offenders have the capacity to change. They use communication skills, problem-solving strategies and risk assessment techniques to help offenders learn better ways of responding to the world around them.

The goal of corrections case management is to reduce reoffending and increase public safety by changing the behavior of offenders who are under court-ordered supervision in the community. Case management uses strategies shown to reduce reoffending through research. Strategies include:

- Balancing supervising and enforcing court orders with assisting offenders to make positive changes in their lives
- Applying the appropriate level of intervention and programming to offenders who are assessed as high risk to reoffend
- Identifying needs that must be addressed to reduce reoffending
- Matching offenders with interventions that account for their personal characteristics and learning styles
- Standardizing and maintaining programs offered to offenders through staff training, quality management, evaluation and peer review

## INFORMATION

More information is available at:

[http://redbookonline.bc211.ca/service/9492781\\_9492781/chilliwack\\_community\\_corrections](http://redbookonline.bc211.ca/service/9492781_9492781/chilliwack_community_corrections)

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/corrections/about-us/divisions/community-corrections>

**MISSION, BRITISH COLUMBIA**

## MISSION FRIENDSHIP CENTRE SOCIETY



33150 A First Ave V2V 1G4  
Mission, BC  
V2v 1G4  
Phone: 604-826-1281  
[receptionist@mifcs.bc.ca](mailto:receptionist@mifcs.bc.ca)

### DESCRIPTION

The Mission Indian Friendship Centre has many programs within the centre for members of the Mission and Abbotsford communities.

The Mission Indian Friendship Centre is one of 24 Friendship Centers throughout British Columbia and is the only friendship center in the Fraser Valley. The Services that are provided are open to the public and are accessible by signing up for programs. The contact information for getting more information about the different programs are listed in the [contact page](#). Click the program name to see more information about that program.

### PROGRAMS/SERVICES

#### Drug and Alcohol

Mission Statement: Our purpose is to help individuals and families to achieve a healthier more positive lifestyle by assisting them in their efforts to eliminate or reduce the misuse of alcohol and other drugs, therefore, the resulting harm.

Individuals who participate in the outpatient counselling/treatment program will have a goal of:

- Reduce substance misuse
- Improved physical and psychological health
- Improved family, social, educational and vocational functioning
- Reduced involvement with the criminal justice system

Each client of the MIFC Alcohol and Drug program will have a treatment plan which will be developed in collaborative effort with the A&D counsellor. The treatment plan will include some or all of the following, depending on the needs, wishes, and goals of the client: assessment; treatment plan/relapse prevention; goal setting; scheduled individual sessions; group/couples counselling; educational aspects of addictions and related behaviors; referrals, aftercare; scheduled meetings; self-help meetings/groups (i.e.: AA); consultations; case management;

prevention; mental health issues; healthy family/spousal relationships; scheduled classes and/or courses; community resources, detox, and residential treatment (if appropriate).

Narcotics Anonymous (NA) Meetings are held every Saturday evening, from 7:30pm-9:00pm (upstairs)

Alcoholics Anonymous (AA) Meetings are held every Monday evening, from 8:00pm-9:00pm (upstairs)

Healing circles are held every Wednesday evening, from 7:30pm-9:00pm (downstairs)

### Employment and Education Guidance Advisor

The Employment & Education Guidance Advisor is available to individuals aged 15-29 who are currently unemployed and looking for employment, or considering continuing their education.

Services offered through the Youth Centre at the Mission Indian Friendship Centre surrounding education and employment are:

- Workshops
- Employment and educational advising
- Available computers for individuals seeking employment
- Resume and cover letter assistance

### Community Kitchen Services

Hot meals are provided Monday-Friday at 12:00pm at the MIFC. Donations of \$1.00 per serving are accepted. In lieu of a donation, you may volunteer your time and effort. Volunteers should arrive by 11:30am (if interested in volunteering, please arrive early as there is limited volunteer opportunities).

### INFORMATION

- Darryl Lucas, Alcohol and Drug Counsellor (phone: 604.826.1281); (cell: 604.209.0614)
- Employment and Education Guidance Advisor ([eeqa@mifcs.bc.ca](mailto:eeqa@mifcs.bc.ca))
- Further information can be obtained from: <https://missioncommunityservices.com/haven-in-the-hollow>

## BARB'S HOUSE

(778) 344- 5327 (Intake)  
(604) 820- 9224 (Administration)  
(604) 820-9254  
[blhall1949@yahoo.ca](mailto:blhall1949@yahoo.ca)

### DESCRIPTION

Runs second- and third-stage homes for 33 men, 19 years of age and older who have completed an addiction program and are getting on with their lives. For second-stage housing, potential residents must be clean and sober. Second-stage housing is per diem; minimum stay is three months. For third-stage housing, potential residents must have been clean and sober for three months or longer, and working, attending school, on disability, or on social assistance. Cost for third-stage is \$500 per month, counting all utilities (internet included); residents provide their own food. Accepts self-referrals. Office hours are 10 am to 6 pm Monday to Friday; intake until 11 pm seven days a week

### INFORMATION

[http://redbookonline.bc211.ca/organization/9491162/barbs second and third stage transitiona  
l housing](http://redbookonline.bc211.ca/organization/9491162/barbs_second_and_third_stage_transitiona%20housing)

## WORK BC SERVICES CENTRE



209-33123 1<sup>st</sup> Avenue, Mission BC (entrance on James Street)

604.826.0626

[manager@missioncsc.org](mailto:manager@missioncsc.org)

Office Hours: 8:30am-4:30pm

Monday-Friday

### DESCRIPTION

The Fraser Valley Employment and Support Services Co-operative consists of four Members; Agassiz-Harrison Community Services Society, Free Rein Associates Training Ltd., Mission Community Skills Centre Society and Win Resources Inc.

As well-established, community-based employment and social service providers we are experienced in working with Clients diverse in age, gender, ability, economic status, ethnicity and barriers to employment or community attachment. The four Members of the Fraser Valley Employment and Support Services Co-operative offer over 75 years of experience in employment services and have collectively served tens of thousands of clients.

We are deeply rooted in our communities – we live where we work – and thoroughly understand our employment markets.

### PROGRAMS/SERVICES

Our WorkBC Service Centres offer a wide array of programs and supports to individuals seeking to return to work. These include:

- A staffed resource area for using job search tools and information that includes:
  - informational materials
  - photocopy services
  - fax machines
  - public telephones

- internet access
  - computer workstations
- Job Search/Start Supports – funding that will connect you with employment. Examples of this might be to help you attend an interview, get to a new job or buy some work clothing
  - Employment Support Service Topic Workshops – help by providing such things as up-to-date job search information, resume writing or building a network
  - Wage Subsidy Work Experience Placement – assists with on-the-job training by providing funds to employers to offset their costs
  - Short-Term Orientation and Certification Training – can include such tickets as First Aid, WHMIS or Foodsafe.
  - Skills Training (Occupational, Fee Payer, Essential Skills) – this assistance is for people facing a changing field of work or an inability to continue in a current line of work
  - Self-Employment – provides supports and instruction to individuals planning on establishing their own business
  - Job Maintenance - provide support to employers and job applicants when they require direct on-the-job support and extended follow-up.
  - Job Creation Projects – assist organizations to deliver special projects in the community that train individuals through a paid employment placement
  - Project-Based Labour Market Training - assist people to obtain skills and experience through a combination of off-the-job classroom instruction, and on-the-job work experience
  - Unpaid Work-Experience Placements – assists people to gain skills, experience and a network through working with an employer in a work setting
  - Customized Employment – assists individuals facing significant barriers to employment to reconnect with employment through a series of initiatives
  - Job Development/Coaching – assists individuals facing significant barriers to employment to enter a worksite with supports and/or guidance
  - Apprenticeship financial supports – assists apprentices to enter trades training as part of an apprenticeship

## INFORMATION

Further Information can be obtained from: <https://fvessc.com/services/employment-services>

# MISSION COMMUNITY SERVICES SOCIETY



33179 2<sup>nd</sup> Avenue

Mission BC

Phone: 604.826.3634

Fax: 604.820.0634

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

## DESCRIPTION

Welcome to Mission Community Services Society. We encourage those seeking support to contact us directly to find out which of our 28 programs can best suit them. We want you to interact with us.

Mission Community Services Society was awarded a three-year accreditation through CARF (Commission on Accreditation of Rehabilitation Facilities) in Intensive Family Based Services – Family Services (Adults) and Juvenile Justice in September 2018.

## PROGRAMS/SERVICES

### Extreme Weather Housing

Mission Community Services Society Extreme Weather Response Shelter provides temporary accommodation to those who are homeless when severe weather conditions make sleeping outdoors a risk to health and safety. The shelter on Logan Avenue is put into service when the community's Extreme Weather Response plan sparks notification to a number of agencies, in particular when outdoor temperatures fall below freezing level (0 degrees).

"We put out mats in the upstairs open room and a meal is supplied to all who require the service," said coordinator Ed Cassia. The program runs between Nov. 1 and March 31.

### Haven in the Hollow

Haven in the Hollow is a temporary housing solution that meets the client's needs for temporary overnight accommodation, basic nutrition, hygiene and provides Gateway Services to help clients break the cycle of homelessness. Comprised of 15 beds for men and a separate unit of 5 beds for women, this Emergency Shelter Program provides safe and secure housing for its clients. There are washrooms and shower facilities, including facilities for mobility challenged individuals.

Additionally, this program works to provide advocacy and support for clients in need of treatment, employment, mental health, social assistance, medical, community programming, and identification.

Clients are referred by self-treatment/recovery programs, other shelters, crisis lines, extreme weather, Ministry of Social Housing and Development, RCMP, medical facilities, families and community service providers.

Length of stay is up to a year dependent upon the client's goals and readiness for permanent shelter. BC Housing supports this program.

### Homeless Outreach & Prevention Program

Mission Community Services Society directly engages with those who are homeless through an outreach program which bridges the gaps and creates awareness of services available to them. Jeff Arnold works with the homeless for MCSS and says networking, advocacy and working in conjunction with the District of Mission, RCMP and Mission Friendship Centre are all part of the program. Arnold helps people who are homeless with advocating for benefits, with medical requirements and dealing with forms.

Mission Community Services Society is part of a BC-wide initiative that is aimed at providing at-risk groups with rental supplements to make renting in the private market more accessible. This program is called the Homeless Prevention Program and is facilitated by an outreach worker.

Outreach Workers work with Mission youth who are at-risk, women fleeing violence, people leaving corrections/hospital and people from the aboriginal community in finding and maintaining housing in the private market. Outreach Workers work diligently alongside other community resources to ensure that the population supported is having needs met and are able to maintain their housing.

While the primary objective of the Homeless Prevention Program is to provide rental supplements, Outreach Workers are ready and willing to assist someone in need with anything that is housing-related. If you need assistance with Homeless Outreach or Prevention, please call 604.820.0634 and ask for the HOP/HPP Worker.

### Food Centre

For as long as Mission Community Services has existed, its food centre has actively served in feeding those who are hungry. Now four decades later the center is creating for its clients pre-made hampers, bags of food containing soup, canned fruit, vegetables and tuna, pasta and pasta sauce as staples. In a good month, the Food Centre at 32646 Logan Avenue can distribute as many as 320 food hampers for singles and families, serving about 600 people.

New hours for the Food Centre are Mondays from 9 a.m. to 11 a.m., Wednesdays from 9 a.m. to 11 a.m. and Fridays from 9 a.m. to 12 noon. The center is closed on Tuesdays, Thursdays and weekends.

Hampers can be picked up at the above times. ID, proof of income, proof of residence and Care Cards for eligibility are required. Bread is donated by Save-On-Foods, Starbucks, Cobbs Bread and Silverhills Bakery while vegetables are provided by the gleaners program at Ferndale (minimum security) Institution and the Mission Farmers Market.

MCSS also provides bakery items for Mission's school lunch programs. Call the Centre at 604-814-3333 if you wish to volunteer.

### My House Initiative

MCSS executive director Sanjay Gulati said the vision for MY House (Mission Youth House) is to create a one-point source of information and contact for youth. MY House is a community initiative that emerged out of the Youth Homelessness Committee. By having the house used and monitored, it will help quell loitering and vandalism issues, and offer at-risk youth a place they can go to for meals, laundry and shower services. Adults will be available there to listen to them and offer advice.

Two medical rooms will be included in MY House, but the group is awaiting commitments from health care workers to run a medical center. "Health care will be a key component," said Gulati, who explained youth are more likely to seek help and treatment from a facility that caters to young people. He expects more youth who have not accessed services before will come through the doors when they open.

Gulati said the goal of MY House is to support young people, give them confidence, and empower them to contribute back to the community. Second phase of the project will be a shelter.

### INFORMATION

Further information can be found at: <https://missioncommunityservices.com>

## ALCOHOLICS ANONYMOUS – BC/YUKON AA AREA 79



Mission Alano Club  
33229 North Railway Avenue  
Mission, BC  
Phone: 604.864.1552

### DESCRIPTION

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

### PROGRAMS/SERVICES

A.A. members share their experience with anyone seeking help with a drinking problem; they give person-to-person service or "sponsorship" to the alcoholic coming to A.A. from any source.

The A.A. program, set forth in our Twelve Steps, offers the alcoholic a way to develop a satisfying life without alcohol.

This program is discussed at A.A. group meetings.

- Open speaker meetings — open to alcoholics and non-alcoholics (Attendance at an open A.A. meeting is the best way to learn what A.A. is, what it does, and what it does not do.) At speaker meetings, A.A. members "tell their stories." They describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of Alcoholics Anonymous.
- Open discussion meetings — one member speaks briefly about his or her drinking experience, and then leads a discussion on A.A. recovery or any drinking-related problem anyone brings up (Closed meetings are for A.A.s or anyone who may have a drinking problem.)
- Closed discussion meetings — conducted just as open discussions are, but for alcoholics or prospective A.A.s only.

- Step meetings (usually closed) — discussion of one of the Twelve Steps.
- A.A. members also take meetings into correctional and treatment facilities.
- A.A. members may be asked to conduct the informational meetings about A.A. as a part of A.S.A.P. (Alcohol Safety Action Project) and D.W.I. (Driving While Intoxicated) programs. These meetings about A.A. are not regular A.A. group meetings

## INFORMATION

### Meeting Times & Locations

Meetings are held at the following times and locations:

- Monday:
  - 12:00pm & 7:00pm at the Mission Alano Club
- Tuesday:
  - 12:00pm at the Mission Alano Club
  - 8:00pm at the Community Policing Building (10220 North Deroche Road)
  - 8:00pm at the Mission Hospital Conference Room (7324 Hurd Street; south entrance)
- Wednesday:
  - 12:00pm at the Mission Alano Club
  - 8:00pm at the Fraser House (33630 4<sup>th</sup> Avenue)
- Thursday:
  - 12:00pm at the Mission Alano Club
  - 8:00pm at the Mission Alano Club
- Friday:
  - 12:00pm at the Mission Alano Club
  - 7:00pm at the Friendship Centre (33510-A 1<sup>st</sup> Avenue)
  - 7:40pm at the Mission Hospital Conference Room (7324 Hurd Street; south entrance)
- Saturday:
  - 1:00pm at the Mission Alano club
  - 11:00pm at Rivendale (7755 Grand Street; in the basement)
  - 8:00pm at the Fraser House (33063 4<sup>th</sup> Avenue)
- Sunday:
  - 1:00pm at the Mission Alano Club
  - 8:00pm at Fraser House (33063 4<sup>th</sup> Avenue)

Further information regarding Alcoholics Anonymous can be found at:

[https://www.aa.org/pages/en\\_US/information-on-alcoholics-anonymous](https://www.aa.org/pages/en_US/information-on-alcoholics-anonymous)

<https://www.bcyukonaa.org/aboutaa/forprofessionals.php>

[http://redbookonline.bc211.ca/organization/9489538/alcoholics\\_anonymous\\_aa\\_mission](http://redbookonline.bc211.ca/organization/9489538/alcoholics_anonymous_aa_mission)

# FIRST NATIONS HEALTH AUTHORITY – HEALTH



## DESCRIPTION

The First Nations Health Authority (FNHA) is the first province-wide health authority of its kind in Canada. First Nation Health Authorities vision is to transform the health and well-being of BC's First Nations and Aboriginal people by dramatically changing healthcare for the better. First Nations Health Authority provides coverage to those Aboriginal people with a status card/number. This means that they are registered with a specific First Nations community.

## PROGRAMS/SERVICES

### Dental

- Diagnostic services (e.g. examinations or x-rays)
- Preventive services (e.g. cleanings)
- Restorative services (e.g. fillings)
- Endodontic services (e.g. root canals)
- Periodontal services (e.g. deep cleanings)
- Prosthodontic services (e.g. removable dentures)
- Oral surgery services (e.g. removal of teeth)
- Orthodontic services (e.g. braces)
- Adjunctive services (e.g. general anesthetics or sedation)

The FNHA Health Benefits program has no limit on how many times an individual may see a dentist per year. The number of services required may vary for each person based on their individual needs.

### Medical Supplies and Equipment

- Audiology (Hearing Aids and Supplies)
- Bathing and Toileting Aids
- Cushions and Protectors
- Environmental Aids (Dressing and Feeding)
- Lifting and Transfer Aids
- Low Vision Aids
- Miscellaneous Supplies and Equipment
- Mobility Aids (Walking Aids, Wheelchairs)

### Medical Transportation

Medical transportation benefits are provided to assist clients in accessing medically required health services at the nearest appropriate health professional or health facility. The most economical and efficient means of transportation is to be used, taking into account the urgency of the situation and the medical condition being addressed

### Mental Health – Crisis Intervention (Short Term)

Information provided below.

### MSP – BC Medical Service Plan (CareCard)

The provincial Ministry of Health administers the BC Medical Services Plan, which ensures that all eligible BC residents have access to medically essential care. All residents in BC must apply for a BC Medical Services Health Card to receive health services within BC.

The FNHA manages the MSP program for clients residing in BC. Forms are available from local community band offices and/ or the FNHA Health Benefits program office. Once the application is received, verified, and approved, the cost of the premium is paid directly by the FNHA Health Benefits program.

### Pharmacy

The FNHA Health Benefits program provides eligible clients specified drugs, including certain prescription drugs, over-the-counter (OTC) drugs, proprietary medicines, and extemporaneous products. All drugs approved for coverage by the FNHA Health Benefits program are listed on the NIHB Drug Benefit List. Drugs that are not on the Drug Benefit List may be approved for coverage on a case-by-case basis when an exceptional need is demonstrated. These requests must go through the Drug Exception Center and are forwarded by the pharmacy.

### Vision Care

- Eligible FNHA client accesses licensed prescriber for an examination and obtains a prescription.
- Client takes prescription to licensed vision care provider, such as an optician or an optometrist.
- If the provider is registered with FNHA, they complete and forward the request, assessment, and prescription to FNHA Health Benefits for prior approval.
- If the provider is not registered with FNHA the client may apply for reimbursement (up to the FNHA benefit amount) but must provide payment first.  
The FNHA Health Benefits program reviews request and determines eligibility based on program guidelines.
- The FNHA Health Benefits program responds to the provider confirming benefits.
- The provider then fabricates, fits, and dispenses the vision care item to the client.
- Provider completes and the client signs the approval, which becomes the invoice; the provider forwards the signed invoice to FNHA for payment.

The FNHA Health Benefits program funds routine eye exams every 24 months for adults between the ages of 19-64.

# FIRST NATIONS HEALTH AUTHORITY – COUNSELLING



## DESCRIPTION

First Nations Health Benefits (FNHB) provides coverage to Aboriginal peoples to access mental health providers, including counselors, social workers, and psychologists. FNHB covers three mental health programs: Short Term Crisis Intervention, Indian Residential School Resolution Health Support Program, and the Missing and Murdered Indigenous Women and Girls – Health Support Services.

## PROGRAMS/SERVICES

- Short Term Crisis Intervention provides coverage for mental health counselling for crisis situations when there are no other mental health services available or being provided. Counselling may be to stabilize an individual's condition, minimize potential trauma from an acute life event, and if appropriate, transition someone to other mental health supports. Members who are living on reserve should contact their band office to find out if mental health crisis intervention services are offered directly in their community.
- Indian Residential School Resolution Health Support Program offers individual and family counselling services. This program is open to all former IRS students and their families. Counselling is provided to safely address the broad spectrum of mental wellness issues and trauma in relation to the impact caused by IRS.
- Missing and Murdered Indigenous Women and Girls – Health Support Services is open to all survivors, family members and loved ones

## INFORMATION

Below is a list of mental health providers in Mission that are registered under the FNHA:

Provider Name	Designation	Telehealth	Telephone
Mark Douglass	RCC	Yes	604-820-7020
Maureen French	RCC		604-302-5487
Brandy Kane	RCSW		604-814-9151
Kathleen Ouellette	RCC	Yes	604-826-0654
William Anderson	RSW	Yes	778-552-0273

## FIRST NATIONS HEALTH AUTHORITY- CONTACT



First Nations Health Authority  
Health through wellness

### Medical Claims

Toll Free: 1.800.317.7878  
Fax: 1.888.299.9222

### Dental Claims

Toll Free: 1.888.321.5003  
Fax: 604.666.5815

### General Questions, Including Pharmacy

Toll Free: 1.855.550.5454  
Email: [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)

### In-person Inquiries

1166 Alberni Street (near Thurlow Street)  
Room 701, Vancouver BC

### Short Term Crisis Intervention Mental Health Counselling

Fax: (604) 666-6458

### Indian Residential School Resolution Health Support Program (IRS RHSP)

Fax: (604) 658-2833

### Indian Residential School Survivors Society Support Line

1.866.925.4419 (Open 24-hours a day, 7 days a week)

### Indian and Residential School Mental Health Support Program

Toll-Free: 1.877.477.0775 Fax: 1.604.666.6458



102-33070 5<sup>th</sup> Avenue, Mission BC  
Mail: PO Box 3044, Mission, BC V2V 4J3  
Tel: 604.855.3363 Fax: 604.855.9583  
[missionadmin@saraforwomen.ca](mailto:missionadmin@saraforwomen.ca)

### DESCRIPTION

We are a feminist non-profit society providing safe refuge and community-based resources for women in Mission and Abbotsford. We promote and support women's efforts to achieve domestic, political, and social equality.

#### Mission Statement

We provide support, acceptance, resources, and action for women.

#### Vision Statement

Our vision is community with equality where all women are respected, valued, and empowered.

#### Philosophy Statement

Women have the right to political, economic, and social equality.

- Women who have experienced violence and other forms of abuse are essential allies in the work of program development, public education, and social change.
- Women and children have the right to live free from violence and other forms of abuse.
- Women have the right to reproductive choice.
- Women's experiences, voices, and wisdom are unique and vital resources to society.
- Women are oppressed because they are women. Additionally, they experience racism and other forms of oppression based on ethnicity, class, culture, sexual orientation, spirituality, age, ability, as well as on physical and psychological characteristics.
- Women's empowerment and liberation is strengthened by solidarity among women.

## PROGRAMS/SERVICES

### Sara's Housing

Are you a woman in Mission or Abbotsford, BC who is safe for the moment, but want to escape abuse? SARA can help.

#### Transition Houses

There are houses in Mission and Abbotsford with a total of 22 beds for women/children who are in crisis, escaping violence, or who are at great risk of being homeless.

SARA's Abbotsford and Mission transition houses are safe, supportive emergency shelters that welcome women—alone or with children—and provide food, toiletries, and shelter for up to 30 days.

SARA's Abbotsford and Mission transition houses provide confidential environments, where women can gather legal and income-assistance information and explore crisis counselling options, with help from trained, professional staff.

Mission  
24-hour access  
Tel: 604.826.7800 Fax: 604.826.0520  
[MTH@saraforwomen.ca](mailto:MTH@saraforwomen.ca)

Abbotsford  
24-hour access  
Tel: 604.852.6008 Fax: 604.852.6542  
[ATH@saraforwomen.ca](mailto:ATH@saraforwomen.ca)

#### The Warm Zone

This Abbotsford emergency facility is a drop-in centre for women who find themselves on the street. The Warm Zone helps women who are living and working on the streets report “bad dates” and develop personal safety plans.

During the winter of 2018-2019, the Warm Zone is open from 8pm-8am any time the temperature is below zero. There are 10 sleeping mats, and they are first come, first served. Bans do not apply during the Extreme Weather Shelter.

During the winter of 2017 – 2018 (December – March), Warm Zone opened its doors for overnight stays for the first time in the Society's history, providing shelter for 683 women.

Here they have access to several necessities and services:

- full bathroom, laundry facilities, and lockers
- some clothing and personal-care items
- harm reduction supplies
- internet and telephone (including long distance)
- kitchen stocked with drinks and snacks and a hot meal each Monday, served at 4:00pm
- support workers and advocacy to medical and legal services
- Open Monday through Friday 9:00am – 10:00pm • Saturday 9:00am – 4:00pm • Closed Sundays & statutory holidays

#### Outreach/Counselling Services/Programs

- Women's Support

- PEACE (Prevention, Education, Advocacy, Counselling, and Empowerment)
- Multi-cultural
- Caregiver + Grandparent Support

### Women's Support Services

Mission Women's Support Services Tel: 604.820.8455 Fax: 604.820.8495 <a href="mailto:MissionSTV@saraforwomen.ca">MissionSTV@saraforwomen.ca</a>	Abbotsford Women's Support Services Tel: 604.855.3363 Fax: 604.855.9583 <a href="mailto:abbotsfordSTV@saraforwomen.ca">abbotsfordSTV@saraforwomen.ca</a> <a href="mailto:Abbotsfordoutreach@saraforwomen.ca">Abbotsfordoutreach@saraforwomen.ca</a>
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### Christine Lamb Residence

Vulnerable women and children in the Fraser Valley can live safe and stable lives and have access to counselling, outreach supports, and many unique programs at this 41-unit, supported second-stage housing program in Abbotsford.

### Santa Rosa Place Residence

Santa Rosa Place is a home for women and their children from Mission or Abbotsford. Thirteen self-contained units make up this second-stage transitional housing program located in downtown Mission. Women who live at Santa Rosa Place are alcohol and drug-free.

### Penny's Place

Penny's Place in Abbotsford is a first-stage housing program that is home to six women who may be active in an addiction, experiencing mental health concerns, and/or be street engaged. Each resident has her own room with a locking door and shares common areas of the house. Substance use, smoking, or guests are not allowed in this home.

### Counselling and Support

There are offices in Mission and Abbotsford that are places where women can come for support and access to a variety of programs and services. Outreach, counselling, and referral are delivered one-on-one or in group sessions for women and their children.

Stopping the Violence Counselling (STV):

Stopping the Violence counselling is for any woman who has experienced violence, abuse, and/or trauma in her life. Some of the women seeking STV counselling services may have experienced:

- a single recent incident of physical or sexual violence
- prolonged physical, psychological, emotional, sexual, verbal or financial abuse
- long-term effects of childhood abuse.

### Women's Support Groups:

Groups provide psycho-education and support to women who have experienced various forms of trauma and/or abuse in relationships. Women have the opportunity to:

- network and connect with other women
- have a greater understanding of the complexities of their experiences
- shift responsibility for the abuse to the abuser
- understand the societal context for violence against women
- discover personal strengths
- experience empowerment

Individual counselling and group counselling are provided at no cost for women

Abbotsford: [abbotsfordSTV@saraforwomen.ca](mailto:abbotsfordSTV@saraforwomen.ca)

Mission: [MissionSTV@saraforwomen.ca](mailto:MissionSTV@saraforwomen.ca)

### Outreach Programs

SARA's Outreach program in the Abbotsford and Mission area provides free and confidential support to women (and their dependent children) who have experienced, or are at risk of, abuse, threats or violence. It is available to women of all ethnic backgrounds who need information, advocacy, support, or accompaniment to access community and/or government agencies.

SARA may support women with:

- Emotional and practical support
- Walk in Crisis Support
- Aboriginal Women's Support
- Referral Support to other agencies
- Individual or group support in both English and Punjabi language
- Punjabi Speaking staff-bridging language barriers
- Pregnancy Outreach
- Parenting Support/Information
- Support in securing safe housing (Transition and BC Housing)
- Legal Advocacy and Accompaniment (support with family law issues/applying for Legal Aid, and support in accessing victim services)
- Support with applying for Financial Assistance (Income Assistance, Rental Assistance and Child Care Subsidy)
- Support with case conferences with Ministry of Children and Families Development
- Public education and presentations
- Job Skill & Re-entering the work field (access support)

**HOPE, AGASSIZ AND SURROUNDING AREAS, BRITISH COLUMBIA**

# HOPE AND AREA TRANSITION SOCIETY



Box 1761, Hope BC  
VOX 1LO  
[info@hopetransition.org](mailto:info@hopetransition.org)

## DESCRIPTION

The Hope and Area Transition Society is a non-profit society in Hope and surrounding area that provides programs and services to individuals and families affected by social issues.

Hope & Area Transition Society envisions a healthy social and emotional community, free from violence, abuse, addictions, and homelessness.

## PROGRAMS/SERVICES

### Addiction Services

Addiction is characterized by an overwhelming involvement with a particular substance or activity. For individuals addicted to a licit or an illicit substance, using the substance, recovering from using the substance and securing the supply of the substance becomes necessarily central to their lifestyle. Addiction affects everyone in different ways, but its severity is measured by the degree to which the activity impairs a person's ability to function adequately in society and be autonomous. Addiction touches us all at some point in our lives, either directly or indirectly. It is crucial that everyone is aware of the potential consequences of substance misuse.

### Outpatient Clinic:

The Drug and Alcohol Outpatient Clinic will provide alcohol and drug counselling services and support to youth and adults who are affected by substance issues, along with providing support to individuals who are substance affected. Services will be offered to individuals in the Hope and surrounding area. Counseling services can be delivered through one-on-one, groups and family counselling.

- Screening and Assessment

- Treatment Planning
- Group Education / Support
- Recovery & Relapse Prevention
- Intensive One on One Therapy
- Therapeutic Groups
- Consultations & Referrals
- Case Management
- 

Services available for youth (including School-Based Prevention Program) and adults who are dealing with substance issues. Services are offered in 1-1 and/or group sessions. Case management, assessment, treatment and goal planning are offered as part of the continuum of support services.

### Counselling Programs

The Hope & Area Transition Society is committed to providing professional, ethical and integral services to clients seeking support for family violence, addictions or other related social issues.

The Society will take every possible step to ensure safety for all clients and staff.

### Domestic Violence

Family violence involves the intent of a person to control by means of physical, psychological, sexual, spiritual, financial, or property abuse. The purpose of this abuse is to control behaviour by the inducement of fear. Underlying all abuse is a power imbalance between the victim and their abuser. The term family violence will encompass the implications of the violence for society as a whole.

### Jean Scott Transition House:

The goal of the Jean Scott Transition House is to provide a safe shelter for women and children fleeing domestic violence. Jean Scott Transition House is an 8-bed facility, providing free accommodations and support services to women with or without their children who are fleeing an abusive environment. We are staffed 24-hours.

You can reach the Transition House at 604-869-5191

### Homelessness

Staffing is on-call so those individuals needing to access the EWA program which operates from 8pm-8am, call the designated EW cell before their arrival in order that appropriate staffing and transportation arrangements can be made. When issued, we will post all Extreme Weather Alerts to our Facebook and website pages.

For more information, questions or concerns regarding the EWA program, please call 604-869-1844.

The Homeless Outreach Workers role is to empower individuals & address barriers to securing and maintaining permanent housing while promoting a healthy lifestyle.

- Sufficient Finances

- Adequate Supports
- Suitable Housing
- Healthy Social Environments

### School Programs

The Hope & Area Transition Society provides programs and services rooted in a philosophical underpinning beginning with the inherent value and rights of all people; regardless of race, ethnicity, gender, age, sexual orientation, culture or spirituality. We recognize that systemic power imbalances exist within our community, society and global village and we continue to work toward empowering others in the reduction and elimination of these various imbalances that impact on the lives of individuals and our community. Therefore, it is critical to the agency that prevention programs are embedded into the fabric of the school-system, supporting students through various life transitions. Providing students with emotional and social competencies that will help students to make healthier life-style choices.

Our school programs are:

- Boston Bar Community Program
- Aboriginal Mentor Program
- Violence Prevention
- Drug & Alcohol

### Stopping the Violence Program

Mobile counseling services are available to women on and off- reserve. These services can be delivered through group or individual sessions. Working from a client- centered perspective with the client in charge of the process will foster empowerment for women and encourage personal responsibility for her choices and changes that she is making in her life.

### Extreme Weather Response

EXTREME WEATHER ALERTS (EWA) are issued between November and March 31st when the following conditions apply:

- The Emergency Shelter Program is full
- Temperatures are 0 degrees or below
- Measurable or significant snow accumulation
- Conditions deemed severe enough to present a substantial threat to the life or health of homeless

For the Emergency Shelter please call:

Weekdays-604-869-1844

Weekends-604-869-1844

### INFORMATION

For further information, please visit: <http://hopetransition.org>

## SEABIRD RECOVERY CENTRE (A:YELEXW CENTRE FOR HOPE AND HEALING)



Seabird Island Band

2895 Chowat Road  
Agassiz BC  
V0M 1A0  
Phone: 604-796-6819  
email: ayelexw@seabirdisland.ca

### DESCRIPTION

A 'family' home for Indigenous adults 19 years and up. Building on traditional healing and practices, building culture, strength and community for success.

Our Commitment:

- We do our best to get people in when they are ready
- We can provide detox support
- We address more than the addictions, to treat the whole person
- We provide support in all life areas: mental health, education, family, employment, recreation, job training, drumming circles, sweats and healing walks
- We provide hope and healing the "Seabird way"

Access to:

- Mental health counsellors
- Addictions Specialists
- Education and career training through Seabird College
- Fitness and recreation center
- Employment services
- Traditional practices like cedar brushing, drumming, sweats, medicine walks

### INFORMATION

- Referrals can come through
- Community Health, Mental Health, and/or Addictions Workers
- Seabird Island Doctors' Office
- Fraser Health Community Substance Use Services
- Fraser Health Concurrent Disorder Therapists
- National Native Alcohol and Drug Abuse Program

Further Information is available at: <http://www.seabirdisland.ca/index.php/service/ayelexw-center-for-hope-and-healing/>

# FIRST NATIONS HEALTH AUTHORITY – HEALTH



First Nations Health Authority  
Health through wellness

## DESCRIPTION

The First Nations Health Authority (FNHA) is the first province-wide health authority of its kind in Canada. First Nation Health Authorities vision is to transform the health and well-being of BC's First Nations and Aboriginal people by dramatically changing healthcare for the better. First Nations Health Authority provides coverage to those Aboriginal people with a status card/number. This means that they are registered with a specific First Nations community.

## PROGRAMS/SERVICES

### Dental

- Diagnostic services (e.g. examinations or x-rays)
- Preventive services (e.g. cleanings)
- Restorative services (e.g. fillings)
- Endodontic services (e.g. root canals)
- Periodontal services (e.g. deep cleanings)
- Prosthodontic services (e.g. removable dentures)
- Oral surgery services (e.g. removal of teeth)
- Orthodontic services (e.g. braces)
- Adjunctive services (e.g. general anesthetics or sedation)

The FNHA Health Benefits program has no limit on how many times an individual may see a dentist per year. The number of services required may vary for each person based on their individual needs.

### Medical Supplies and Equipment

- Audiology (Hearing Aids and Supplies)
- Bathing and Toileting Aids
- Cushions and Protectors
- Environmental Aids (Dressing and Feeding)
- Lifting and Transfer Aids
- Low Vision Aids
- Miscellaneous Supplies and Equipment
- Mobility Aids (Walking Aids, Wheelchairs)

### Medical Transportation

Medical transportation benefits are provided to assist clients in accessing medically required health services at the nearest appropriate health professional or health facility. The most economical and

efficient means of transportation is to be used, taking into account the urgency of the situation and the medical condition being addressed

### Mental Health – Crisis Intervention (Short Term)

Information provided below.

### MSP – BC Medical Service Plan (CareCard)

The provincial Ministry of Health administers the BC Medical Services Plan, which ensures that all eligible BC residents have access to medically essential care. All residents in BC must apply for a BC Medical Services Health Card to receive health services within BC.

The FNHA manages the MSP program for clients residing in BC. Forms are available from local community band offices and/ or the FNHA Health Benefits program office. Once the application is received, verified, and approved, the cost of the premium is paid directly by the FNHA Health Benefits program.

### Pharmacy

The FNHA Health Benefits program provides eligible clients specified drugs, including certain prescription drugs, over-the-counter (OTC) drugs, proprietary medicines, and extemporaneous products. All drugs approved for coverage by the FNHA Health Benefits program are listed on the NIHB Drug Benefit List. Drugs that are not on the Drug Benefit List may be approved for coverage on a case-by-case basis when an exceptional need is demonstrated. These requests must go through the Drug Exception Center and are forwarded by the pharmacy.

### Vision Care

- Eligible FNHA client accesses licensed prescriber for an examination and obtains a prescription.
- Client takes prescription to licensed vision care provider, such as an optician or an optometrist.
- If the provider is registered with FNHA, they complete and forward the request, assessment, and prescription to FNHA Health Benefits for prior approval.
- If the provider is not registered with FNHA the client may apply for reimbursement (up to the FNHA benefit amount) but must provide payment first.  
The FNHA Health Benefits program reviews request and determines eligibility based on program guidelines.
- The FNHA Health Benefits program responds to the provider confirming benefits.
- The provider then fabricates, fits, and dispenses the vision care item to the client.
- Provider completes and the client signs the approval, which becomes the invoice; the provider forwards the signed invoice to FNHA for payment.

The FNHA Health Benefits program funds routine eye exams every 24 months for adults between the ages of 19-64.

## FIRST NATIONS HEALTH AUTHORITY – COUNSELLING



First Nations Health Authority  
Health through wellness

### DESCRIPTION

First Nations Health Benefits (FNHB) provides coverage to Aboriginal peoples to access mental health providers, including counselors, social workers, and psychologists. FNHB covers three mental health programs: Short Term Crisis Intervention, Indian Residential School Resolution Health Support Program, and the Missing and Murdered Indigenous Women and Girls – Health Support Services.

### PROGRAMS/SERVICES

- Short Term Crisis Intervention provides coverage for mental health counselling for crisis situations when there are no other mental health services available or being provided. Counselling may be to stabilize an individual's condition, minimize potential trauma from an acute life event, and if appropriate, transition someone to other mental health supports. Members who are living on reserve should contact their band office to find out if mental health crisis intervention services are offered directly in their community.
- Indian Residential School Resolution Health Support Program offers individual and family counselling services. This program is open to all former IRS students and their families. Counselling is provided to safely address the broad spectrum of mental wellness issues and trauma in relation to the impact caused by IRS.
- Missing and Murdered Indigenous Women and Girls – Health Support Services is open to all survivors, family members and loved ones

### INFORMATION

Below is a list of mental health providers in Hope that are registered under the FNHA:

Provider Name	Designation	Telehealth	Telephone
Deanna Becker	RCC		604-316-5894
Barbara Faris	RCC	Yes	604-860-0507
Debbie Welsh	RSW		604-997-3765

## FIRST NATIONS HEALTH AUTHORITY- CONTACT



First Nations Health Authority  
Health through wellness

### Medical Claims

Toll Free: 1.800.317.7878  
Fax: 1.888.299.9222

### Dental Claims

Toll Free: 1.888.321.5003  
Fax: 604.666.5815

### General Questions, Including Pharmacy

Toll Free: 1.855.550.5454  
Email: [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)

### In-person Inquiries

1166 Alberni Street (near Thurlow Street)  
Room 701, Vancouver BC

### Short Term Crisis Intervention Mental Health Counselling

Fax: (604) 666-6458

### Indian Residential School Resolution Health Support Program (IRS RHSP)

Fax: (604) 658-2833

### Indian Residential School Survivors Society Support Line

1.866.925.4419 (Open 24-hours a day, 7 days a week)

### Indian and Residential School Mental Health Support Program

Toll-Free: 1.877.477.0775 Fax: 1.604.666.6458

# HELPING HANDS TRANSITION HOUSE (HAN KNAKST TSITXW SOCIETY)



Phone: 250-455-2284  
Fax: 250-455-2287  
Toll Free: 1-800-318-4455  
P.O. Box 144  
Lytton, BC  
V0K 1Z0  
[havenh@hotmail.ca](mailto:havenh@hotmail.ca)

## DESCRIPTION

Han Knakst Tsitxw Society was developed in response to the needs of the Nlaka'pamux Nation and surrounding communities. Work began in 1988 to obtain the finances, property and human resources necessary to create a safe, temporary home for women and children in abusive situations. The transition house and related services are now provided through Han Knakst Tsitxw Society, a nominated Board of Directors and staff. The Board of Directors and staff work cooperatively to ensure that the purposes of the Society are met to the greatest extent possible.

Han Knakst Tsitxw Society facilities exist to provide safe, temporary accommodation in a culturally supportive environment to Native and non-Native women and their dependent children who are in crisis as a result of physical, emotional, mental and/or spiritual abuse/violence.

## PROGRAMS/SERVICES

### Transition House

Han Knakst Tsitxw is a Transition House, which was established to provide a safe, secure and confidential refuge to Native and Non-Native women and children who have been physically, emotionally, mentally, or sexually abused, threatened and/or assaulted. The house is open on a 24 hour basis, 7 days a week, providing temporary, safe accommodations.

The staff is all women who are experienced in areas of family violence, drug and alcohol abuse, sexual abuse, victim's assistance, and legal advocacy. Once you have arrived confidentiality will be strictly maintained.

We ensure safety, privacy, and confidentiality. Each individual receives help in accordance with her emotional and practical needs by providing her support, referrals and resources. Clean, safe and suitable accommodations are provided to residents in accordance with health, fire and safety regulations. Residents are given the emotional support they need during their stay and after care.

### Community Outreach

Han Knakst Tsitxw Society Outreach program provides a Men's Reaching Out Drop-in once a week, a Women's Drop-in once a week and a Co-ed Drop-in three times a week. We hold the drop-ins at the 'Reaching out Centre' located at 520 Main Street, Lytton BC. Phone number 250-455-2240

The main goal of the Reaching Out Drop In Centre is to provide awareness and promote the prevention of violence and abuse in our families, communities and relationships.

#### Men's Drop-In:

Men's Drop-in is every Monday **from 10am – 3pm.**

It is open to all men that are 19 years and older. Men are welcome to come have some coffee, chat with service providers and friends, and watch some TV or just to sit down and relax.

It is a very relaxed environment in which the men are free to look through some of our clothing donations, or build healthy connections in a safe, abuse-free environment.

We have the Men's Drop-in to promote a healthy environment in which men can socialize with each other. During the Men's Drop-in there are two facilitator's who are onsite who are able to have an one-on-one discussion with you if needed.

#### Women's Drop-In:

Women's Drop-in is every **Wednesday from 11am – 3pm.**

It is open to all women that are 19 years and older. Women's drop-in discusses different topics every week – everyone is welcome to participate.

You are welcome to have some coffee, tea, light snacks and look through some of our clothing donations, watch TV or have a chat with service providers or friends.

Our Women's Group is slightly different then drop in because during that time we would discuss certain topics that may help with self-esteem, life-skills, relationships and much more.

#### Co-Ed Drop-In:

Co-ed Drop-in is every **Tuesday, Thursday and Friday from 10am – 3pm.** Men and women over the age of 19 are welcome to drop-in to visit, have coffee or tea, and enjoy opportunities to learn as presentations may periodically occur as are posted on our events page.

### INFORMATION

Women may be referred by any community agency, health provider, or by self-referral.

Who is eligible for admission:

- Adult women and their dependents that are experiencing crisis
- Women under the age of 19 years who are living independently and experiencing a crisis
- Dependent females under the age of 19 years may be admitted if the Ministry for Children and Families or Nlaka'pamux Child and Family Services are advised and approve
- Overnight accommodation for women of a transient nature that are experiencing a crisis
- Must not be a risk or a threat to other women and children
- Must not be under the influence of alcohol or drugs

Further Information is available at: <https://www.hanknakst.ca/programs-services/>