



TERRY BEECH

BURNABY NORTH-SEYMOUR

YOUR MEMBER OF PARLIAMENT



COMMUNITY GUIDE

Connecting you with Services and
Solutions in our Community

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 TerryBeechMP.ca



Table of Contents

Pg. 1 - Table of Contents

Pg. 2 - Introduction

Pg. 2 - Budget and Finances

Pg. 3- Legal Resources

Pg. 3-4 - Employment

Pg. 4 - Immigration Services

Pg. 4 - Government Representatives

Pg. 5 - Indigenous Nations

Pg. 5-6 - Victim Services

Pg. 6-7 - Medical

Pg. 8-9 - Mental Health

Pg. 10-11 - Education

Pg. 11-12 - Public Safety

Pg. 13 - Housing

Pg. 14 - Environment

Pg. 14 - Animal Welfare

Pg. 15 - Families

Pg. 16 - Federal Resources

Pg. 17 - Accessibility

Pg. 18-19 - Seniors

Pg. 19-20 - Veterans

Pg. 20 - Transportation

Pg. 21 - Equity Services

Pg. 22 - Nutritional Support

Dear Friends and Neighbours,

Welcome to the second edition of our community resource guide. We are always trying to find ways to improve our constituents' lives and thought it would be a good idea to put many of the excellent services available to you and your family all in one place.

If you find this resource helpful and want to share it, you can request more. Likewise, if you want reusable parliamentary tote bags, we can mail small amounts of bags to individuals and drop off boxes of 600 to charities and non-profits within the riding.

Our team and I are ready to assist you in any way we can. Do not hesitate to contact us if we can ever be of help.

In your service,

Terry Beech

Member of Parliament for Burnaby North-Seymour
Minister of Citizens' Services

Budget and Finances

Free Tax Clinic-Burnaby Community Services

During tax season, the Tax Completion program assists low-income residents with income tax preparation.

Address: 2055 Rosser Ave, Burnaby, V5C 0H1

Phone: 604-299-5778 Email: bbyservices.ca

Income Tax Clinics for Seniors

North Shore Community Resources: 604-985-7138

North Shore Neighbourhood House: 604-987-8138

North Vancouver City Library: 604-998-3450

Silver Harbour Seniors Activity Centre: 604-980-2474

West Vancouver Seniors Activity Centre: 604-925-7280

Provincial Income Assistance

Provided by the province for low-income residents who need financial assistance and don't have access to other resources. This program is to support a transition to employment.

Phone: 1-866-866-0800

Website: gov.bc.ca/gov/content/family-social-supports/

Legal Resources

Access Pro Bono

This is a free lawyer referral service alongside several pro bono programs for people and non-profit organizations.

Address: 300-845 Cambie St, Vancouver, V6B 4Z9

Phone: 1-877-762-6664

Website: accessprobono.ca/contact-us

Legal Aid BC

BC Legal Aid is a service that provides free legal resources.

Legal Aid BC Regional Centre Vancouver Region

Address: 510 Burrard St, Suite 400, Vancouver, V6C 3A8

Phones: 604-601-6000 or 604-408-2172

Poverty Law Advocate

Provides free and confidential legal services to community members.

Phone: 778-714-5252

Seniors First BC

A non-profit offering information, legal advocacy, support, and referrals to older adults in B.C. It also provides a range of free legal services to eligible seniors.

Address: 2055 Rosser Ave, Burnaby

Phone: 604-299-5778

Disability Alliance Law Clinic

Summary Advice and Referral Service is a free, confidential legal service directed to persons with disabilities from across B.C. on certain disability-related areas of law.

Phone: 236-427-1108

Employment

Canada Summer Jobs

Aims to provide flexible and holistic services to help all young Canadians develop their skills and gain paid work experience.

Website: jobbank.gc.ca/youth

Jobs Canada Fair - Vancouver Career Fair

Connect with employment, career development, entrepreneurship, training, and education specialists across British Columbia.

1pm - 4pm 1110 Howe St, Vancouver. Mar 21, June 4



WorkBC Centre

WorkBC is the provincial government's access point to the world of work in British Columbia. Its goal is to help all British Columbians successfully navigate the labour market.

Metrotown 601-4211 Kingsway, Burnaby, V5H 1Z6

Phone: 778-357-0566

Website: info-burnaby-metrotown@workbc.ca

Immigration Services

Immigrant Services Society of BC

The Immigrant Services Society of British Columbia provides free immigrant services, including settlement support, employment programs, English classes, and more.

Address: 207-7355 Canada Way Burnaby, V3N 4Z6

Phone: 604-684-2561 Website: info@issbc.org

MOSAIC

Supports newcomers to Canada with finding employment, language training, and navigating the immigration process.

Address: 5575 Boundary Road Vancouver, Canada V5R 2P9

Phone: 604-254-9626 Website: info@mosaicbc.org

Impact North Shore

Impact North Shore provides settlement information and orientation, English language services, community connection programs, and employment services.

Address: 207-123 East 15th St, North Vancouver, V7L 2P7

Phone: 604-988-2931 Email: office@impactnorthshore.ca

Government Representatives

Burnaby City Council

4949 Canada Way, Burnaby, V5G 1M2

604-294-7944 or burnaby.ca/our-city/mayor-and-council

Burnaby Board of Education

4054 Norfolk St, Burnaby, V5G 0C3

604-296-6900 or burnabyschools.ca/board/trustees/

District of North Vancouver Council

355 West Queens Road, North Vancouver, V7N 4N5

604-990-2311, infoweb@dnv.org or dnv.org/government-administration/mayor-and-councillors

North Vancouver Board of Education

2121 Lonsdale Ave, North Vancouver, V7M 2K6

604-903-3444 or sd44.ca/Board

Members of the Legislative Assembly

leg.bc.ca/learn-about-us/members

Indigenous Nations

Musqueam Chief and Council

6735 Salish Drive Vancouver, V6N 4C4
604-263-3261 or execassist@musqueam.bc.ca

Squamish Chief and Council

320 Seymour Blvd, North Vancouver, V7J 2J3
604-980-4553 or CASAdmin@squamish.net

Tsleil-Waututh Chief and Council

3178 Alder Ct, North Vancouver, V7H 2V6
604-929-3454 or Reception@twnation.ca

Victim Support Services

Archdiocese of Vancouver's Men's Shelter

Provides emergency shelter for men who need a safe and supportive place to sleep. The shelter is open every night and offers a warm bed, one-on-one support and referrals to community services.

Address: 1056 Comox St, Vancouver

Phone: 604-443-3292 **Website:** rcav.org/shelter/contact

Battered Women's Support Services

Provides support services, education, training and referrals throughout Metro Vancouver, B.C., nationally and internationally.

Toll Free: 1-855-687-1868, **Text:** 604-686-6732
or information@bwss.org

Burnaby Safe House

A second-stage shelter for women facing abuse and vulnerable pregnant women.

Address: 7879 Edmonds St, Burnaby, V3N 1B9

Phone: 604-525-0999 or 778-886-7001 (Confidential line)

Dixon Transition Society

Provides transitional housing programs, counselling, and outreach services to form a continuum of care to help women and children live a life free from violence.

Address: 204-2101 Holdom Ave, V5B 0A4

Phone: 604-298-3454 **Website:** dixonsociety.ca

VictimLink BC

A 24/7 multilingual, confidential information and referral line for those facing violence or abuse.

Phone: 1-800-563-0808

North Shore Women's Centre

Provide women with access to resources and assist them with life choices, actively address violence against women at all levels of the community, challenge sexism and discrimination in the community, and work towards the elimination of poverty.

Address: 131 East 2nd St North Vancouver, V7L 1C2

Phone: 604-984-6009 **Email:** info@northshorewomen.ca

Medical

Be Real Clinic

Provides services to youth aged 11-18 who are struggling with disordered eating symptoms and live on the North Shore.

Phone: 604-983-6847

Canadian Dental Care Plan

The Canadian Dental Care Plan (CDCP) will help cover some of the cost of various oral health care services for eligible Canadian residents.

Website: Canada.ca/dental

Burnaby Public Health Unit

Provides services, including hearing clinics, breastfeeding support, affordable dental care referrals, mental health support and more.

Address: 300-4946 Canada Way Burnaby, BC V5G 4H7

Phone: 604-918-7605

Vancouver Coastal Health - Child Health Clinic

Provides an opportunity to consult with a public health specialist on your child's needs.

Phone: 604-736-2033 **Website:** vch.ca

Elizabeth Bagshaw Clinic

Provides reproductive health services for women.

Address: 1177 West Broadway Suite 200, Vancouver

Phone: 604-736-7878 or Toll-free: 1-877-731-7171



Edmonds Urgent and Primary Care Centre

Provides non-emergency health care for patients living in Burnaby.

Address: 7315 Edmonds St Suite 201, Burnaby, V3N 1A7

Phone: 604-519-3787 Website: fraserhealth.ca

Health Link BC

Confidential health information, advice and health navigation system.

Phone: 811 Website: healthlinkbc.ca

North Shore Youth Eating Disorders Program

Provides services to youth aged 12-18 who are struggling with disordered eating symptoms and live on the North Shore.

Phone: 604-984-5060

Youth Parenting & Pregnancy Program

A free service supporting pregnant Vancouver youth (age 24 and under) and their babies.

Robert and Lily Lee Family Community Health

Address: Centre 2nd floor, 1669 East Broadway

Phone: 604-675-3982

HIM-Men's Clinics

Offers sexual health services tailored to the needs of gay, bisexual, queer men, and gender-diverse people.

Address: 310-1033 Davie St Vancouver BC, V6E 1M7

Phone: 604-675-2767 Email: office@checkhimout.ca

BC Cancer Screening

Provides a variety of screenings to prevent and detect cancer.

Website: bccancer.bc.ca/screening

Immunize BC

Provides information on immunization services across the province.

Website: immunizebc.ca

Options for Sexual Health

This clinic provides sexual and reproductive health services for all genders, orientations, and ages.

Address: 3625 Banff Ct- 2nd Floor North Vancouver

Website: optionsforsexualhealth.org

Sex Sense Line

The Sex Sense Line is a free, confidential sexual health referral and information service.

Phone: 1-800-739-7367

Rape Crisis Line

Provides a free, confidential 24-hour rape crisis line for women as well as in-person crisis intervention services.

Phone: 604-872-8212

Mental Health and Substance Use

Fraser Health Crisis Line

Provides support to those residing in the Fraser Health Region.

Phone: 1-604-951-8855, 1-877-820-7444, or options.bc.ca/program/fraser-health-crisis-line

Talk Suicide Canada

If you or someone you know is thinking about suicide, call Talk Suicide Canada.

Phone: 9-8-8 for Suicide Crisis Helpline

Family Services of the North Shore

Supports children and youth struggling with mental health issues that are getting in the way of school, friends, family, and life. Specialized counselling is also available for children suffering from trauma and symptoms of sexual, mental, and physical abuse.

Address: 203-1111 Lonsdale Ave, North Vancouver

Phone: 604-988-5281, ext. 226

Email: intake@familyservices.bc.ca

First Nations Health

Authority Mental Health and Wellness Team

Plans, designs, manages and funds the delivery of First Nations health programs across BC.

Fraser Health Burnaby Mental Health

Address: Centre 3935 Kincaid St, Burnaby, V5G 2X6

Phone: 604-453-1900 Email: MHWPrograms@fnha.ca

Kelty Mental Health Resource Centre

Helps families across the province navigate the mental health system.

Address: 4555 Heather Street, Vancouver, V6H3N1

Phone: 604-875-2084, 1-800-665-1822

Email: kellycentre@cw.bc.ca

Lumara Grief and Bereavement Care Society

Provides support to those dealing with the loss of a loved one.

Phone: 1-866-958-6272 Email: lumarasociety.org

Website: info@lumarasociety.org

Hope for Wellness Help Line

Available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive helpline counsellors can help if you want to talk or are distressed. Telephone and online counselling are available in English and French and are confidential.

Phone: 1-855-242-3310 (toll-free) or chat online at hopeforwellness.ca

Kids Help Phone

Available 24 hours a day to

Canadians aged 5 -29 who want confidential and anonymous care from professional counsellors.

Phone: 1-800-668-6868 (toll-free) or text CONNECT to 686-868

Community Living BC

A provincial crown corporation that funds support 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.

Address: 203-4946 Canada Way, Burnaby, V5G 4H7

Phone: 604-660-8124

Address: 210-1200 Lynn Valley Road,

North Vancouver, V7J 2A2

Phone: 604-981-0321

Fraser Health Developmental Disabilities Mental Health Services for Burnaby and North Vancouver

Provides specialized mental health community services for ages 12 and over who live with co-existing developmental disabilities and a mental illness.

Address: 4946 Canada Way, Burnaby, V5G 4H7

fraserhealth.ca/health-topics-a-to-z/developmental-disabilities-mental-health-services

Additional Support Lines

Anywhere in BC 1-800-SUICIDE: 1-800-784-2433

24/7 Mental Health Support Line: 310-6789

Vancouver Coastal Regional Distress Line:

604-872-3311

BC Crisis Centre Hotline: 1-866-661-3311

Seniors Distress Line: 604-872-1234

Online Chat Service for Youth:

YouthInBC.com (12 pm to 1 am)

Online Chat Service for Adults:

CrisisCentreChat.ca (12 pm to 1 am)

Creekside Withdrawal: 604-587-3755

Burnaby Substance Use: 604-777-6870

Education and Children

Student Aid BC

Provides grants, loans, disability support and more for students in British Columbia.

Website: StudentAidBC.ca

National Student Loans

Provides grants, loans, disability support and more for students in Canada. If you have any difficulty with the application process, please contact our office.

Website: csnpe-nslsc.canada.ca/en/home

Canada Student Grant for Students with Disabilities

Until the end of the 2023 - 2024 school year, you could receive \$2,800 per year. You can get this grant for each year of your studies as long as you still qualify. The school year runs from August 1 to July 31. The amount of the grant remains the same regardless of your assessed need. This could reduce or replace the need for a student loan.

Canada Student Grant for Services and Equipment—Students with Disabilities

You could receive up to \$20,000 per school year. The school year runs from August 1 to July 31.

Canada Learning Bond

Students born after January 1, 2004 can receive up to \$2,000 in an RESP to help pay for their education. If you have any difficulty in your application process, please contact our office.

Phone: 1-800-622-6232

Affordable Childcare Benefit

A monthly payment to help eligible families with the cost of childcare.

gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit/apply



BC Centre for Ability

Provides community-based services to enhance the quality of life for children and youth with special needs and adults with disabilities, and their families in ways that foster inclusion in all aspects of life.
301-4460 Beresford St. Burnaby, V5H 0B7
Phone: 778-328-1625

North Shore Childcare Resource & Referral Program

Helps find affordable childcare for families in need.
Address: Capilano Mall, 201-935 Marine Drive

Eligible Educator School Supply Tax Credit

Eligible educators can claim up to \$1,000 of eligible supplies expenses on your federal tax form.

North Shore Neighbourhood House - North Shore Supported Child Development Program

A community-based program that assists families of children with extra support needs to access inclusive childcare.
225 East 2nd St, North Vancouver
604-998-0131 or nsh.bc.ca/nsscd/

YMCA Childcare Resource and Referral

Provides families with free childcare information and referrals to local facilities. They can assist with finding the best options for your child and assisting with applying for subsidies.
4460 Beresford St, Burnaby, V5H 0B8
604-294-1109 or crr@gv.ymca.ca

Public Safety Please call 911 for Emergencies

Burnaby Fire Department

4867 Sperling Ave, Burnaby, V5E 2S9
Main Office: 604-294-7195
Fire Dispatch / Non-emergency: 604-294-7190 or fire@burnaby.ca

North Vancouver Fire Department

165 East 13th Street, North Vancouver
Non-emergency Phone: 604-980-5021
Email: fire@cnv.org

Burnaby RCMP

6355 Deer Lake Ave, Burnaby, V5G 2J2
Non-emergency: 604-646-9999

North Vancouver RCMP

147 East 14th St, North Vancouver, V7L 2N4
Non-emergency: 604-985-1311 or
nvanrcmp@rcmp-grc.gc.ca

Burnaby Bylaw Enforcement

City Hall 4949 Canada Way Burnaby

Phone: 604-294-7944 Email: Licence@burnaby.ca

District of North Vancouver Bylaw Enforcement

Phone: 604-990-2400 or Email: infoweb@dnv.org

Metro Vancouver Transit Police

Address: 287 Nelson's Ct #300, New Westminster

Phone: 604-515-8300

Designated Waiting Areas

Designated Waiting Areas are located on all SkyTrain platforms with emergency phones and security cameras.

Public Weather Alerts

weather.gc.ca/warnings provides a list of weather warnings for the province. Email: BCstorm@ec.gc.ca

Safe Exchange Zone

If you wish to exchange goods for a transaction arranged with a stranger, there is a safe exchange zone at the Vancouver Police Department headquarters on 2120 Cambie St. The location is CCTV monitored for the safety of all parties.

Additional Support Lines

Reporting Child Abuse: 1-800-663-9122

Help Line for Children: 310-1234

BC Drug and Poison Information Centre:

24-hour Line: 604-682-5050 or 1-800-567-8911

24/7 Crisis Line: 604-872-3311

BC Children's Hospital: 4500 Oak St, Vancouver

Crime Stoppers: 1-800-222-8477

Family Support Services: 604-987-1411



Housing

Burnaby Rent Bank

Offers interest-free loans to help low-to-moderate-income renters who are struggling to pay rent and essential utilities.

Phone: 778-727-1142

Email: burnabyrentbank@purposesociety.org

Harvest Project Rent Bank

Offers no-interest loans to those at risk of eviction, essential utility disconnection due to a temporary shortage of funds, first month's rent or a security deposit.

1073 Roosevelt Crescent, North Vancouver

Phone: 604-983-9488 Email: info@harvestproject.org

BC Housing

Offers a wide range of housing accommodation types for those in need. If you have questions, we recommend contacting your local Member of the Legislative Assembly.

Applicant Services, Suite 101 4555 Kingsway, Burnaby

Phone: 604-433-2218, 1-800-257-7756

Website: bchousing.org

The Society to End Homelessness

This group offers services such as food, clothing, medical care and outreach support to those facing homelessness.

Address: 7135 Walker Ave, Burnaby BC V5E 3C6

Phone: 604-200-0712

Additional Housing Support

24/7 Shelter Helpline: 211

Progressive Housing Emergency Shelter:

2294 Douglas Road Burnaby, 604-522-9669

Fraserside Family Shelter: 604-525-3929

Lookout Shelters: 604-529-9126

Covenant House for Youth: 604-685-7474, 1-877-685-7474

1280 Seymour St, Vancouver BC V6B 3N9

Seniors Housing Info: 750 Carnarvon St. New Westminster

Phone: 604-520-6621

Extreme Weather Shelter: 778-384-6486



Environment

BC Environmental Emergencies

The number below will connect you to the environmental response team.
1-800-663-3456

Canadian Coast Guard

Ensures the safety of mariners in Canadian waters and protects Canada's marine environment.
BC TOLL FREE NUMBER: 1-800-889-8852
Email: info@dfo-mpo.gc.ca

Metro Vancouver Regional Parks Ecological Restoration Team

Stewardship volunteer opportunities at all regional parks.
Phone: 604-451-6066
Email: volunteer.info@metrovancover.org

Northwest Wildlife Preservation Society

Offers a wide variety of volunteer opportunities, office administration, outreach, wildlife research, environmental education and stewardship activities.
5066 Kingsway, Suite 203, Burnaby, V5H2E7
604-568-9160 or info@northwestwildlife.com

Recycle BC

Responsible for residential packaging and paper recycling in BC.
405-221 West Esplanade, North Vancouver, V7M 3J3
Phone: 778-588-9504 Email: info@recyclebc.ca

Animal Care and Welfare

BC SPCA

Provides support with animal abuse, dog bites and attacks, rescuing stray animals, adopting animals, removing dead animals from public areas, and lost pets.
Phone: 1-855-622-7722

District of North Vancouver Animal Welfare Centre

A temporary home for animals awaiting a new home.
Phone: 604-568-4907 or paws@dnv.org



Families

Be Active Pass

A pass gives you access to the entirety of community programs and recreational activities on offer by the City of Burnaby.

Website: Burnaby.ca

Burnaby Community Services

Burnaby Community Services can assist you in arranging seniors' transportation, tax form completion, and a variety of other services.

Address: 2055 Rosser Ave Burnaby, V5C 0H1

Phone: 604-299-5778 Email: reception@bbyServices.ca

Burnaby Family Life

Provides services including licensed childcare, counselling for adults and children who have experienced trauma due to abuse and violence, and pre and post-natal services.

Address: 102-2101 Holdom Ave, Burnaby, V5B 0A4

Phone: 604-659-2200 Email: bfl_info@burnabyfamilylife.org

North Vancouver Recreation and Culture

Provide and facilitate recreation and culture programs, services and events that enhance the quality of life for all North Vancouver residents.

Address: 851 West Queens Road, North Vancouver

Phone: 604-987-7529 Email: customerservice@nvrc.ca

Parkgate Community Services Society

Parkgate Society provides parent education, programs for parents, caregivers, grandparents and children, outdoor activities, and so much more.

Address: 3625 Banff Ct and Jaycee House

Phone: 604-983-6350 Website: myparkgate.com

Helping Families in Need Society

Provides used household items to families needing help starting their new home.

Address: 1679 Gilmore Ave, Burnaby

Phone: 604-294-3087



Federal Programs

Indigenous Services Canada

Phone: 1-800-567-9604

Email: infopubs@sac-isc.gc.ca

Canada Revenue Agency

Phone: 1-800-959-8281

Canada Pension Plan

Phone: 1-800-277-9914

Employment Insurance

Phone: Toll-Free: 1-800-206-7218

Child Disability Benefit

Phone: 1-800-387-1193

Disability Tax Credit

Phone: 1-800-959-8281

Passport Canada

Phone: 1-800-567-6868

Immigration and Refugees Canada

Phone: 1-888-242-2100

Canada Dental Care Plan

Phone: 1-833-537-4342 or CRA: 1-800-715-8836

Canada Child Benefit

Phone: 1-800-387-1193

General Service Line

Phone: 1-800-622-6232

Registered Disability Savings Plan

Phone: 1-866-204-0357; Mon - Fri, 8am - 5pm EST

Guaranteed Income Supplement

Phone: 1-800-277-9914, Text: 1-800-255-4786

Old Age Security

Phone: 1-800-277-9914, Text: 1-800-255-4786

All service details can be viewed at www.Canada.ca.

Accessibility and Disability Support

Registered Disability Savings Plan

The Registered Disability Savings Plan (RDSP) is a long-term savings plan to help people with disabilities who are approved for the Disability Tax Credit to save for the future. When you open a plan, you may also get grants and bonds from the Government of Canada to help with your long-term savings. canada.ca/en/employment-social-development/programs/disability/savings.html

Disability Alliance of British Columbia

This is a program that helps those with disabilities to save for their long-term financial security. It also enables people to receive social assistance to protect assets and income.

Phone: 604- 782-1278, 1-800-663-1278

Email: rdsp@disabilityalliancebc.org

Down Syndrome Resource Foundation

Supports people living with Down Syndrome and their families with individualized and leading-edge educational programs, health services, information resources, and rich social connections so each person can flourish in their own right.

Phone: 604-444-3773 or info@dsrf.org

1409 Sperling Ave, Burnaby, V5B 4J8

Parking Permit for People with Disabilities

These permits cost \$26 and are valid for three years. The permit is issued to be used in any car in which the permit holder is being driven or is driving.

Phone: 604-718-7733 or sparc.bc.ca/parkingpermits

HandyDart

Transportation for disabled persons who are unable to use public transit without assistance. To book or cancel a ride, call the number below after completing the online application.

Phone: 604-575-6600 or www.translink.ca/rider-guide/transit-accessibility/handydart

North Shore Disability Resource Centre

Provides a variety of programs and services to people with disabilities.

3158 Mountain Highway, North Vancouver

Phone: 604-985-5371 or Email: nsdrc@nsdrc.org

Seniors

Burnaby Seniors Resources Society

Provides educational programs and networking opportunities for seniors and those providing services to them.

Phone: (604) 358-3123

City of Burnaby Seniors Programs

The City of Burnaby's website offers various seniors programs throughout the year, which are available for registration online or at city hall. This includes music, dancing, visual arts, yoga and more.

City Hall, 4949 Canada Way, Burnaby, BC, Canada, V5G 1M2
burnaby.ca/recreation-and-arts/programs-and-activities/seniors-programs

Confederation Seniors' Centre

Enjoy age-friendly community activities at an affordable rate. They also do low-cost meal programs.

Phone: 604-294-1936

Lynn Valley Seniors Association

Develops and coordinates social and recreational services which enhance the health and well-being of seniors in the Lynn Valley.

940 Lynn Valley Road, North Vancouver, V7J 1Z7

Phone: 604-987-5820 or info@lvsa.ca

Seniors Distress Line

Phone: 604-872-1234

North Shore Community Resources Seniors One Stop Office

A navigation center for resources and referrals for seniors and seniors' supporters.

Phone: 604-982-3302

Address: 935 Marine Dr, North Vancouver, BC V7P 1S3



Lynn Valley Services Society

A not-for-profit charitable organization whose mandate is to support, promote and develop educational, social, health, community and recreational services and programs focusing on the Lynn Valley community.

Address: 940 Lynn Valley Road, North Vancouver, V7J 1Z7

Phone: 604-987-5820 **Email:** manager.lvss@outlook.com

Keep Well Society

An exercise and wellness program for mobile seniors. The program is free for participants.

Address: 1733 Lions Gate Lane, North Vancouver V7P 0C7

Phone: 604-988-7115, ext. 3001

North Shore Senior Service Circle

Helps connect seniors from the North Shore to a wide range of local services.

www.northshoreseniors.ca/contact-us/

North Shore Better at Home Program

Provides seniors with support regarding a variety of daily home care needs.

Phone: 604-982-3321

North Shore Community Resources,

Address: 201-935 Marine Drive, North Vancouver V7P 1S3

Phone: 604-985-7138 or nscr@nscr.ca

Seniors Abuse Information Line

This is a safe space for older adults to talk about situations where they feel they are being abused or mistreated.

Phone: 604-437-1940 or 1-866-437-1940

Silver Harbour Centre

The centre offers organized events and over 70 different programs & services for adults 55+.

Address: 144 East 22nd St, North Vancouver, V7L 4L5

Phone: 604-980-2474 **Email:** info@silverharbourcentre.com

Veterans

Canadian Forces Morale and Welfare Services CF One Card

The CF One Card offers rewards, discounts and services to all members of the Canadian Armed Forces Community. It is the one card you need to access programs and services delivered by Canadian Forces Morale and Welfare Services. Once approved, you will receive an email with your temporary CF One Card so that you can start using it.

Phone: 1-855-245-0330 **Email:** service@cfmws.com

Royal Canadian Legion

Founded by Veterans and for Veterans, the Legion is devoted to supporting the men and women who served our country and put their lives on the line for our freedoms.

Royal Canadian Legion 148 - North Burnaby

Address: 102-4350 Hastings St, Burnaby, V5C-2J9
Phone: 604-298-6515 Email: rcl148@shaw.ca

Royal Canadian Legion 114 - Lynn Valley

Address: 1630 Lynn Valley Rd, North Vancouver, V7J 2B4
Phone: 604-987-2050 Email: rcl114@shaw.ca

Transportation

TransLink

Metro Vancouver's transportation network serves residents and visitors with public transit, major roads, bridges and trip planning.

Address: 400-287 Nelson's Ct, New Westminster, V3L0E7
Phone: 604-953-3333

Access Transit Program

Oversees programs and services that ensure that public transit in Metro Vancouver is accessible to all.

Phone: 778-375-7665 Email: access.transit@translink.ca

BC Bus Pass Program

Low-income seniors and Persons with Disabilities have access to the BC Bus Pass Program. The pass is for communities served by BC Transit or Translink.

Phone: 1-866-866-0800

Email: BCBusPassProgram@gov.bc.ca

Burnaby Seniors' Transportation

Burnaby Seniors' Transportation is an affordable and convenient service for Burnaby residents who need assisted transportation.

Address: 2055 Rosser Ave, Burnaby V5C 0H1

Phone: 604-292-3901 or SeniorsTransport@bbysservices.ca



Equity Services

Alphabet Soup

A place for 2SLGBTQIA+ youth ages 13-18 who are looking for a space to be themselves and hang out with other youth.
Address: 2720 Beaverbrook Crescent, Burnaby, V3J 7K3
Phone: 604-294-7607

BC Aboriginal Child Care Society

This is the only Aboriginal childcare resource and referral centre. They provide information, training, and support to programs, educators, and families.
Address: 102-100 Park Royal South, West Vancouver
Phone: 604-913-9128 Email: acc.society.bc.ca

BC Refugee Hub

Provides users with information about refugees that are arriving in British Columbia, the latest reports and publications, statistics and factsheets, and a resource centre with a variety of information.
Email: refugeehub@issbc.org

Burnaby Together:

Coalition Against Racism and Hate

Part of the Resilience BC Anti-Racism Network, helping to lead anti-racism and anti-hate work and services in Burnaby.
Address: 102-2101 Holdom Ave, Burnaby, V5B 0A4
Phone: 604-659-2205 Email: bfl_info@burnabyfamilylife.org

I Belong Program

A program welcoming all LGBTQIA2+ refugees and newcomers. They provide a safe space to connect and receive personalized support.
Address: 5575 Boundary Rd, Vancouver, V5R 2P9
Phone: 604-762-1566 Email: ibelong@mosaicbc.org

Indian Residential School Survivors Society

Provides essential services to residential school survivors, their families and those dealing with intergenerational traumas. The Society assists survivors with counselling, legal support, information, referrals, workshops and more.
Address: 413 West Esplanade, North Vancouver, V7M 1A6
Phone: 604-985-4464 Email: reception@irsss.ca

Nutritional Support

Harvest Project

Visitors are welcome each Tuesday from 11-1 pm at St. Andrews Church, at 1044 St. Georges Ave, and 10th St in North Vancouver. Everyone who attends will receive a bag of emergency food.
**Phone: 604-983-9488 Email: info@harvestproject.org
Address: 1073 Roosevelt Crescent, North Vancouver**

North Shore Neighbourhood House

Provides healthy food to individuals and families in need.
**Address: 225 East 2nd St, North Vancouver
Phone: 604-987-8138 Email: nsnh.bc.ca**

Quest Food Exchange

Helps ensure families and individuals have access to affordable groceries.
**Address: 167 East 1st St, North Vancouver
Phone: 604-566-0110 Email: questoutreach.org**

Ryan's Rainbow

Provides healthy food to individuals and families in need.
**Thursday 10:30 am - 3 pm
Address: 1600 Cliff Ave, Burnaby
Phone: 604-761-4356**

Greater Vancouver Food Bank

Provides healthy food to individuals and families in need.
**Thursday 1 pm - 7 pm, Friday 10 am - 4 pm,
Saturday 10 am - 3 pm
Address: 8345 Winston St, Burnaby
Phone: 604-876-3601 Email: reception@foodbank.bc.ca**

Muslim Food Bank Services

Provides daily, nutritious meals to the homeless to help people get through the coldest months.
**Address: 140 East Hastings St, Vancouver, BC
Phone: 1-866-248-3868 Email: muslimfoodbank.com**

Food Hub

A neighbourhood food pantry where neighbours can select Food Bank groceries for the week.
Tuesday 3 pm - 5 pm, 7135 Walker Ave

Burnaby Meals on Wheels

Promotes health and independence by providing nutritious, local and affordable food to people who are unable to meet their dietary needs.
Phone: 604-299-5754 Website: BurnabyMeals.ca

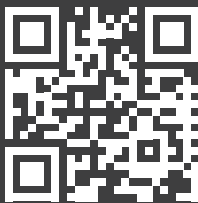
TERRY BEECH

BURNABY NORTH-SEYMOUR

YOUR MEMBER OF PARLIAMENT



Do you have a suggestion on who to include in the next edition of the Community Guide, or do you want to learn more about our work? Then please send us an email, visit our website at TerryBeechMP.ca, or scan the Q.R. Code below.



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