

Community Resources for families with children in Delta, Surrey & White Rock

Crisis and Help Lines

Resource	Telephone Number	Website	Description
1800SUICIDE	1-800-784-2433	www.crisiscentre.bc.ca	Local crisis number
After Hours Mental Health	1-877-384-8062	https://www.sheltersafe.ca/british-columbia/	Fraser Health Services
Evergreen Transition House	604-584-3301	https://www.options.bc.ca/program/transition-houses	
First Nations & Inuit Wellness Helpline	1-855-242-3310	https://www.hopeforwellness.ca/	Mental health and wellness for First Nations.
Fraser Health Crisis Line	604-951-8855	https://www.options.bc.ca/program/fraser-health-crisis-line	Immediate confidential emotional support, crisis intervention and feelings to distress.
Gateway Shelter	604-589-7777	https://lookoutsociety.ca/	Shelter catering towards both men and women. Safe environment for emotional and physical support.
Here to Help BC Mental Health Info	604-669-7600	https://www.heretohelp.bc.ca/	Strategies and resources to take care of yourself in healthier ways.
Hyland House Shelter	604-599-8900	https://www.options.bc.ca/program/shelters-housing-services	
Kids Help Phone	1-800-668-6868	www.kidshelpphone.ca	Place for children in need of help to talk.
START Team	1-844-START11	https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---child-and-youth-services/start-team---short-term-assessment-response-treatment#.XcW0BTNKhaQ	Urgent adolescent mental health and crisis intervention
Surrey Womens Center Crisis Line	604-583-1295	http://www.surreywomenscentre.ca/	Helping women escape domestic violence or sexual assault.
Victim Link BC	1-800-563-0808	www.victimlinkbc.ca	Support for victims in crime and crisis.
Virginia Sam Transition House	604-572-5116	https://www.options.bc.ca/program/transition-houses	

Early Intervention

Resource	Telephone Number	Website	Description
Centre for Child Development	604-584-1361	www.centreforchilddevelopment.ca	Early intervention for children with developmental delays
Infant Development Program - Sources	604-531-6226	www.sourcesbc.ca	Home visiting program for children with disabilities
Maxxine Wright Community Health Program		www.atira.bc.ca	Support for pregnant women or who have young children who are impacted by substance abuse
MCFD Child & Youth Mental Health	604-502-5385	www.mcf.gov.bc.ca/mental_health	Community based mental health services to children and their families
Reach Child and Youth Dev. Society	604-946-6622	www.reachdevelopment.org	Services for children with extra support needs and/or ASD
Asante Centre	778-564-7101	www.asantecentre.org	Assessment, diagnostic and family support services FASD, ASD and other brain disabilities
Deltassist Family Community Services	604-594-3455	www.deltassist.com	North Delta, Ladner, and Tsawwassen
Learning Disabilities Association	604-591-5156	www.ldafs.org	Programs for children and parents with learning/attention difficulties

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Family Support and Counselling			
Resource	Telephone Number	Website	Description
Fraser Region Aboriginal Friendship Centre	604-595-1170	www.sacsbcc.org	Family nights ECD Outreach and support circles, Spirit Bear drop-in Aboriginal Infant Development Program
Parent Education and Peer Support Program	604-583-3852	www.options.bc.ca	Meet other parents of young children and discuss real-life parenting situations. All groups are supported.
Support for Parents of Young Children	604-572-8032	www.options.bc.ca	Individual one to one support, educational support groups
First Steps Early Years Refugee Program	604-547-2003	https://www.dcrs.ca/our-services/programs-for-newcomer-children-and-youth/first-steps-early-years-refugee-program/	Drop-in, parenting support, social interaction, nutrition and health information, mental health counselling for refugees
Alexandra Neighbourhood House	604-535-0015	www.alexhouse.net	Various programs located in South Surrey
Nightshift Street Ministries	604-953-1114	www.nightshiftministries.org	Outreach, counselling, education and transitional housing
Deltassist Family Community Services	604-594-3455	www.deltassist.com	North Delta, Ladner, and Tsawwassen
DiverseCity Community Resources	604-547-1202	www.dcrs.ca	Family counselling program for immigrants and refugees
Food and Housing			
Resource	Telephone Number	Website	Description
Kekinow Native Housing Society	604-591-5299	www.kekinow.ca	provides subsidized, affordable, long-term rental accommodation for people of Indigenous ancestry
Surrey Food Bank Society	604-581-5443	www.surreyfoodbank.org	Special programs for pregnant moms and families of young children
Sources Food Bank Resource Centre	604-531-8168	www.sources.bc.ca	Assist in helping individuals struggling with isolation, addiction, mental illnesses and poverty.
Muslim Food Bank	778-297-4252	www.muslimfoodbank.com	Catering to families who special dietary needs, providing various youth support.
Community Housing Registry	604-590-RENT	www.options.bc.ca	housing.registry@options.bc.ca Access a list of subsidized rental and co-opertive housing

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Health Services and Supports				
Resource	Telephone Number	Website	Description	
North Surrey Health Unit	604-587-7900	https://www.fraserhealth.ca/Service-Directory/S	Health units offering a wide range of services to advance knowledge about health and wellness.	
Guildford Health Unit	604-587-4750	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/F/youth-clinic---surrey#.XcTeHFdKhaR		
Cloverdale Health Unit	604-575-5100	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/F/youth-clinic---surrey#.XcTeHFdKhaR		
Newton Health Unit	604-592-2000	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/F/youth-clinic---surrey#.XcTeHFdKhaR		
White Rock Health Unit	604-542-4000	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/F/youth-clinic---surrey#.XcTeHFdKhaR		
South Delta Health Unit	604-952-3550	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/F/youth-clinic---surrey#.XcTeHFdKhaR		
North Delta Health Unit	604-507-5400	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/F/youth-clinic---surrey#.XcTeHFdKhaR		
Delta Mental Health Centre	604-948-7010	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/F/youth-clinic---surrey#.XcTeHFdKhaR		Centre for individuals 19+ who are experiencing mental illness and substance use problems. - Assessment, treatment, individual/group therapy and peer support.
Healthiest Babies Possible	604-572-8032	https://www.options.bc.ca/program/healthiest-babies-possible		Program for expecting and new parents who are experiencing challenges with life or healthstyle changes.
Surrey Association for Community Living	604-574-7481	https://www.surreycl.org/		Provides programs and support for people with development disabilities.
SMH Youth Clinic	604-585-5999	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/F/youth-clinic---surrey#.XcTeHFdKhaR	Able to provide confidential information and education to youth 21 and under.	

Libraries			
Resource	Telephone Number	Website	Description
Surrey Public Library Cloverdale	604-598-7427		Homework help, book clubs, LEGO club movie events games and craft days computer camps, storytimes, and more at various locations throughout Surrey
Surrey Public Library Fleetwood	604-598-7340		
Surrey Public Library Guildford	604-598-7360	www.surreylibraries.ca	
Surrey Public Library Newton	604-598-7400	www.surreylibraries.ca	
Surrey Public Library Ocean Park	604- 502-6304	www.surreylibraries.ca	
Surrey Public Library Port Kells	604- 598-7440	www.surreylibraries.ca	
Surrey Public Library Semiahmoo	604- 592-6900	www.surreylibraries.ca	
Surrey Public Library Wgakket City Centre	604-598-7420		
Surrey Public Library Strawberry Hills	604-501-5836		
Fraser Valley Regional Libraries	604-853-1753	https://www.fvrl.bc.ca/	
Child Care Options Parent Library	604-572-8032	www.childcareoptions.ca	Resource library for early childhood educators with materials for different curriculum ideas/ boxes. Parent lending library for parents.

Child Care Options CCRR

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Parent/Caregiver and Child Drop-in Programs			
Resource	Telephone Number	Website	Description
Delta Parks and Recreation	604-946-4141	http://www.delta.ca/parks-recreation/sport-recreation/featured-programs-promotions/delta-parks-recreation-playtime-programs	Provides recreational and park grounds for people of all ages to be physically active. Available for types of ability levels.
YMCA	604-575-9622	http://gv.ymca.ca/Programs/Categories/Child-Family-Development	Various programs located in different locations- health and fitness facilities, child care centres, camps, and programs for life skills/ opportunities.
Family Resource Programs	604-583-3844	www.options.bc.ca	Drop in programs for children and their caregivers 0-6 years. Various locations - CloverValley, Guildford, Whalley
Semiahmo Family Place	604-592-2619	www.semiahmoofamilyplace.com	Drop in program for children and their caregivers 0-6 years located in Kensington Prairie Community Centre
North Delta Family Resource Centre	604-591-9262 Ext. 118	http://www.frpbc.ca/dir/north-delta-family-resource-centre-fraservalley	Offers family drop-in, parent education, and Parent-Child Mother Goose.
Ladner Family Resource Centre	604) 946-3933	www.bgcbc.ca/counselling-support-services/early-years-services/	Offers family drop-in, parent education, and Parent-Child Mother Goose.
Child Care Options Parent Child Drop-in	604-572-8032	www.childcareoptions.ca	Wednesdays Child and Caregiver Drop in program 0-6 years
L'Atelier at Alexandra House Family Place	604-535-0015	www.alexhouse.net	Creative activities geared towards children 12 months to 5 years
Surrey Gymnastics	604.943.0460	www.surreygy.com/recreational/drop-in/	Drop-in gymnastics
Delta Gymnastics	604-943-0460	https://deltagymnastics.com/	Drop-in gymnastics
Recreation			
Resource	Telephone Number	Website	Description
City of Delta Parks and Rec	604-946-4141	http://www.delta.ca/parks-recreation/overview	Various recreation programs throughout Delta
City of Surrey Recreation and Culture	604-591-4011	www.surrey.ca	Various recreation centres throughout Surrey
City of White Rock Recreation and Culture	604-541-2199	www.whiterockcity.ca/348/Recreation-Culture	Recreation and Culture in White Rock
MyZone	604-591-4011	www.surrey.ca	After school drop-in programs for 8-12 years in 12 locations throughout Surrey
Tong Louie Family YMCA	604-575-9622	www.gv.ymca.ca	Various services located in Surrey
Boys and Girls Club	604-495-1345	https://www.bgcbc.ca/	Various locations

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Strong Starts

Resource	Telephone Number	Website	Description		
Bear Creek Elementary	(604) 594-7501	https://www.surreyschools.ca/EarlyLearning/StrongStart/Pages/default.aspx	Participate with your young child (aged birth to five) in play-based early learning activities – including stories, music and art. At no cost to families, this early learning drop-in program helps prepare children for success in Kindergarten.		
Betty Huff Elementary	(604) 585-3104				
Cedar Hills Elementary	(604) 581-0407				
Cindrich Elementary	(604) 590-3211				
Cougar Creek Elementary	(604) 591-9098				
Forsyth Road Elementary	(604) 588-8394				
George Greenaway Elementary	(604) 576-1136				
Georges Vanier Elementary	(604) 596-1030				
Hjorth Road Elementary	(604) 581-2327				
Holly Elementary	(604) 585-2566				
James Ardiel Elementary	(604) 588-3021				
Jessie Lee Elementary	(604) 531-8833				
Lena Shaw Elementary	(604) 581-1363				
M.B. Sanford Elementary	(604) 596-7517				
Resource	Telephone Number				
Martha Currie Elementary	(604) 576-8551			https://www.deltasd.bc.ca/programs/strong-start	
Mary Jane Shannon Elementary	(604) 581-0611				
Old Yale Elementary	(604) 588-5468				
Panorama Park Elementary	(604) 596-0963				
Senator Reid Elementary	(604) 584-7441				
Strawberry Hill Elementary	(604) 596-5533				
W.E. Kinvig Elementary	(604) 594-1135				
Westerman Elementary	(604) 572-4054				
Bridgeview Elementary - Outreach Site	(604) 580-1047				
Newton Elementary - Outreach Site	(604) 596-8621				
Chalmers Elementary	(604) 594-5437				
Gibson Elementary	(604) 594-7588				
Heath Elementary	(604) 596-1508				
Hellings Elementary	(604) 596-1701				
Jarvis Elementary	(604) 594-3484				
McCloskey Elementary	(604) 596-9554				
Port Guichon	(604) 946-0321				

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