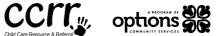
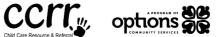
Community Resources for families with children in Delta, Surrey, White Rock

CRISIS AND HELP CENTRES			
Resource	Telephone Number	Website	Description
Atira Women's Resource Society	604-681-4437 ext. 5 for Surrey	atira.bc.ca	Committed to the work of ending violence against women, through direct, non-barrier service; increase awareness of the scope and impact of violence against women and children on our communities.
BC Mental Health Support Line	310-6789 - no area code	https://crisiscentre.bc.ca/get-help/	Available 24/7
CRESST South Fraser	604-587-4220	fraserhealth.ca/Service-Directory/Locations/Surrey/cresst-south-fraser	Provides emergency short stay residential treatment for psychiatric patients in crisis throughout the Fraser Health South communities
Crisis Centre	1-800-SUICIDE (784-2433)	crisiscentre.bc.ca	Local crisis number - Available 24/7
Delta South Mental Helath and Substance Abuse Centre	604-948-7010	https://www.fraserhealth.ca/Service-Directory/Locations/Delta/delta-south-mental-health-centre#_ZBOUe3bMJaR	Offers a range of self-referral services that provide support for people 19+ years of age who
Evergreen Transition House	604-584-3301	options.bc.ca/program/transition-houses	The Transition Houses provide confidential, safe, temporary shelter, support and resources for women and their children fleeing abuse.
First Nations & Inuit Wellness Helpline	1-855-242-3310	hopeforwellness.ca	Mental health and wellness for First Nations & Inuit - Available 24/7
Fraser Health Crisis Line	604-951-8855	options.bc.ca/program/fraser-health-crisis-line	Immediate confidential emotional support, crisis intervention and help with feelings of distress - Available 24/7
Here to Help BC Mental Health Info	604-669-7600	heretohelp.bc.ca	Find quality information, learn new skills, and connect with key resources in BC. Explore strategies to help you take care of your mental health and use substances in healthier ways, find the information you need to manage mental
Kids Help Phone	1-800-668-6868	kidshelpphone.ca	A place for children in need of help to talk - Available 24/7
Lookout Housing + Health Society - Gateway Shelter Outreach Program	604-589-7777 604- 589-1868	lookoutsociety.ca	Provide housing and a range of support services to adults with low or no income who have few, if any, housing or support options.
MOSAIC	604-254-9626	mosaicbc.org/	Early intervention for children with developmental delays
MOSAIC - LINC (Language Instuction for Newcomers to Canada)	778-591-9334	mosaicbc.org/our-programs/free-english-classes-in-vancouver/	Provides basic and intermediate level English training for adult newcomers to Canada with a PR card.
Moving Ahead Program (OCS)	604-501-6850 ext 61130	options.bc.ca/program/moving-ahead-program	Designed to assist immigrant individuals and families with multiple needs and significant integration barriers.
PEACE for Children & Youth Experiencing Violence (OCS)	604-584-5811	options.bc.ca/program/peace-children-youth-experiencing-violence	Provides education and supportive counselling for children and youth that have been exposed to and/or witnessed domestic violence/abuse.
Sexual Abuse Counselling Centre (OCS)	604-584-5811 ext 11301	options.bc.ca/program/sexual-abuse-counselling-centre	If your child has experienced sexual abuse, or where sexual abuse is suspected, he or she may be eligible for short and long-term counselling in this program
Shelter Safe	_info@endvaw.ca	sheltersafe.ca/british-columbia/.	Crisis line available 24/7. ShelterSafe.ca is an online resource for women and their children seeking safety from violence and abuse.
Shelters & Housing Services (OCS) - Hyland House (Newton) and Bill Reid (Cloverdale)	604-599-8900	options.bc.ca/program/shelters-housing-services	Safe, emergency shelters are available to people (19+ years old) who are currently homeless or at-risk of becoming homeless. Two locations are offered:
START Team	1-844-START11	Iraserhealth.ca/Service-Directory/Service-At-Location/6/7/short-term-assessment-response-treatment-start-team-surrey	Hvland House in Newton and Bill Reid Place in Cloverdale. Urgent adolescent mental health and crisis intervention
Suicide Prevention, Education and Counselling (OCS)	604-584-5811 ext 11366	options.bc.ca/program/suicide-prevention-education-and-counselling	Provides suicide risk assessment, urgent-response and short-term counselling for children and youth. Includes individual and family counselling, risk assessment, consultation
Surrey Mental Health Outreach Program	604-592-2700	fraserhealth.ca/Service-Directory/Locations/Surrey/surrey-mental-health-outreach-program	Provides support to adult (19+) residents experiencing mental illness, and substance issues.
Surrey Womens Centre	604-589-1868	surreywomenscentre.ca	Helping women escape domestic violence or sexual assault
Threshold Multicultural Outreach (OCS)	604-572-5883	options.bc.ca/program/threshold-multicultural-outreach	Provides support and empowerment if you have experienced threats, abuse and/or violence including sexual assault and historical sexual abuse.
Transition Houses (OCS)	604-584-3301	options.bc.ca/program/transition-houses	Provide confidential, safe, temporary shelter, support and resources for women and their children fleeing abuse.
Victim Link BC	1-800-563-0808	victimlinkbc.ca	
Virginia Sam Transition House	604-572-5116	options.bc.ca/program/transition-houses	Provide confidential, safe, temporary shelter, support and resources for women and their children fleeing abuse.



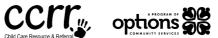


EARLY INTERVENTION			
Resource	Telephone Number	Website	Description
Asante Centre	1-877-327-7101	asantecentre.org	Assessment, diagostic and family support services FASD, ASD and other brain disabilities
Centre for Child Development	604-584-1361	centreforchilddevelopment.ca	Early intervention for children with developmental delays
Deltassist Family and Community Services	604-594-3455	deltassist.com	North Delta, Ladner, and Tsawwassen
Learning Disabilities Association	604-591-5156	ldafs.org	Programs for children and parents with learning/attention difficulties
Maxxine Wright Community Health Program	604-587-3835	atira.bc.ca	Support for pregnant women or who have young children who are impacted by substance abuse
MCFD Child & Youth Mental Health	604-660-2421	https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health	Community based mental health services to children and their families
Reach Child and Youth Dev. Society	604-946-6622	reachdevelopment.org	Services for children with extra support needs and/or ASD
Sources - Infant Development Program	604-531-6226	sourcesbc.ca	Home visiting program for children with disabilities
PARENT/CAREGIVER AND CHILD DROP-IN PROGRAM	S		
Resource	Telephone Number	Website	Description
Delta Parks and Recreation	604-946-4141	delta.ca/parks-recreation/sport-recreation/featured-programs-promotions/delta-parks- recreation-playtime-programs	Structured program providing preschool-aged children 3-5 years old with skills and awareness through recreational and educational play.
Alex House	604-535-0015	alexhouse.net	Creative activities geared towards children 12 months to 5 years
Child Care Options Parent Child Drop-in	604-572-8032	childcareoptions.ca /parent-child-drop/	In person and online drop-ins, for parents/caregivers & children 0-6.
Delta Gymnastics	604-943-0460	deltagymnastics.com/	Drop-in gymnastics
Family Resource Programs (OCS)	604-842-0780	options.bc.ca/program/family-resource-programs	Drop in programs for children and their caregivers 0-6 years. Various locations - CloverValley, Guildford, Whalley
Ladner Early Childhood Development Hub - BGC of South Coast BC	604-946-3933	https://www.bgcbc.ca/counselling-support-services/early-years-services/	Offers family drop-in, parent education, and Parent-Child Mother Goose.
North Delta Family Resource Centre - BGC of South Coast BC	604-999-8347	https://www.bgcbc.ca/counselling-support-services/early-years-services/	Offers family drop-in, parent education, and Parent-Child Mother Goose.
Semiahmoo Family Place	604-592-2619	semiahmoofamilyplace.com	Drop in program for children and their caregivers 0-6 years located in Kensignton Prairie Community Centre
Surrey Gymnastics Society	604-594-1555	surreygym.com/recreational/drop-in/	Drop-in gymnastics
Tong Louie Family YMCA	604-575-9622	www.gv.ymca.ca/visit-tong-louie-ymca	Program designed for children ages 3 to 5 and 6 to 9 years old.





FAMILY SUPPORT AND COUNSELLING			
Resource	Telephone Number	Website	Description
Alexandra Neighbourhood House	604-535-0015	alexhouse.net	Various programs located in South Surrey
Deltassist Family Community Services	604-594-3455	deltassist.com	North Delta, Ladner, and Tsawwassen
DiverseCity Community Resources Society	604-547-1202	https://www.dcrs.ca/our-services/mental-health-and-substance-use-services/family- counselling/	Family counselling program for immigrants and refugees
	604-597-0205	dcrs.ca/our-services/programs-for-refugee-families/	
Family Enhancement Program	604-596-4321 ext 21152	https://www.options.bc.ca/program/family-enhancement-program	Provides strength-based, solution-focused, and culturally sensitive support education and clinical counselling through a trauma-Informed lens to encourage and inspire families and develop community.
Family Support and Parenting Groups (OCS)	604-583-1017 ext 1	options.bc.ca/program/family-support-and-parenting-groups	Meet other parents of young children and discuss real-life parenting situations. All groups are supported by a trained, knowledgeable facilitator who will guide you in discovering positive parenting strategies.
Family Support Outreach (OCS)	604-583-1017	options.bc.ca/program/family-support-outreach	In-home guidance to help you improve your parenting skills
First Steps - Early Years Settlement Program (OCS)	604-547-2003	https://www.dcrs.ca/our-services/programs-for-children-and-families/first-steps-early-years-refugee-program/	Drop-in, parenting support, social interaction, nutrition and heath information, mental health councelling for refugees
Fraser Region Aboriginal Friendship Centre	604-595-1170	https://frafca.org/	Family nights ECD Outreach and support circles, Spirit Bear drop-in Aboriginal Infant Development Program
Healthiest Babies Possible (OCS)	604-583-1017	options.bc.ca/program/healthiest-babies-possible	Program for pregnant and new parents who are experiencing health or lifestyle challenges; must be a resident of Surrey, Delta or White Rock; may participate until the baby is 6 months old. There is no charge for this free, confidential service.
Metis Family Services	604-584-6621	metisfamilyservices.ca	Child protection and family support services to Métis children and families living in the Surrey, Delta, White Rock, and Ladner area; guardianship, adoption and resources services to Métis children and youth placed in foster homes throughout the greater Vancouver Region.
Multicultural Family Preservation Program (OCS)	MCFD Intake Required: 604-660-4927	options.bc.ca/program/multicultural-family-preservation-program	Professional therapists and family counsellors provide assessment, short-term counselling, and support to individuals, and families
Nightshift Street Ministries	604-953-1114	nightshiftministries.org	Outreach, counselling, education and transitional housing
Parent Education and Peer Support Program (OCS)	604-580-2344 (Whalley) 604-583-3844 (Guildford)	options.bc.ca/frp-locations-and-hours	Meet other parents of young children and discuss real-life parenting situations. All groups are supported.
QMUNITY Counselling and Wellness Program	604-684-5307 ext 100	qmunity.ca/get-support/counselling/	Free and reduced-cost health and wellness counselling for individuals, couples, relationships, and families. All of our counsellors are members of the ILGBTQ25Al+ communities.
Services for Children with Support Needs (OCS)	604-596-4321 ext 21105	options.bc.ca/program/services-children-special-needs-11	One-to-one workers will create purposeful community outings to help your child reach their goals in community involvement, life skills, social skills, communication and appropriate behaviour.
		options.bc.ca/program/services-children-special-needs-adventurers	A community-based program where groups of youth and children work together towards healthy growth and development
Support for Parents of Young Children (OCS)	604-583-3852	options.bc.ca/program/support-parents-young-children	Individual one to one support, educational support groups
Umoja Family Outreach Services	604-581-5574	umoja operation.ca/local-programs-2/family-outreach-services/	Assist newcomer families to access resources, learn about local community activities, schools, social services, housing, referrals and accompaniment to appropriate resources.





FOOD AND HOUSING				
Resource	Telephone Number	Website	Description	
Community Housing Registry (OCS)	604-590-RENT	options.bc.ca	Access a list of subsized rental and co-opertive housing (housing.registry@options.bc.ca)	
Guru Nanak Food Bank	604-580-1313	https://gnfb.ca/	Providing nutritious food to those in need.	
Kekinow Native Housing Society	604-591-5299	kekinow.ca	Provides subsidized, affordable, long-term rental accommodation for people of Indigenous ancestry	
Lookout Housing + Health Society	604-255-0340	lookoutsociety.ca/	Housing and a range of support services to adults with low or no income who have few, if any, housing or support options.	
Maxxine Wright Shelter	604-681-4437	atira.bc.ca	Serves women who are pregnant or have a newborn and need a safe place to stay. The shelter is staffed 24/7 and staff provides a wide range of supports.	
Metis Nation Housing and Homelessness	604-557-5851	http://www.mnbc.ca/work-programs/ministries/housing-homelessness	The Métis Nation BC is committed to ensuring our people have access to affordable housing	
Muslim Food Bank	1-866-248-3868	https://muslimfoodbank.com/	Assisting with immediate needs for food through our Food Bank.	
Quest Food Exchange	604-602-0186	www.questoutreach.org/	Helps ensure families and individuals in need have access to the groceries they want, at prices they can afford.	
Shelters & Housing Services (OCS)	604-599-8900	options.bc.ca/program/shelters-housing-services	Safe, emergency shelters are available to people (19+ years old) who are currently homeless or at-risk of becoming homeless. Two locations are offered: Hyland House in Newton and Bill Reid Place in Cloverdale.	
Sources Food Bank Resource Centre	604-531-8168	sourcesbc.ca/our-services/sources-white-rock-south-surrey-food-bank/	Providing community members in need a minimum of two days worth of food per person per week. Extra healthy food items are also provided for each school age child as well as formula and diapers for babies.	
Surrey Food Bank Society	604-581-5443	surreyfoodbank.org	The Surrey Food Bank provides food to families living in Surrey and North Delta. Special programs for pregnant moms and families of young children.	
Transition Houses (OCS)	604-584-3301	options.bc.ca/program/transition-houses	Provide confidential, safe, temporary shelter, support and resources for women and their children fleeing abuse.	
HEALTH SERVICES AND SUPPORTS				
Resource	Telephone Number	Website	Description	
Cloverdale Public Health Unit	604-575-5100	fraserhealth.ca/Service-Directory/Locations/Surrey/cloverdale-public-health-unit	A range of services to promote health and wellness in the community.	
Delta South Mental Helath and Substance Abuse Centre	604-948-7010	https://www.fraserhealth.ca/Service-Directory/Locations/Delta/delta-south-mental-health-centre#.ZBSalHbMJaR		
Guildford Public Health Unit	604-587-4750	fraserhealth.ca/Service-Directory/Locations/Surrey/guildford-public-health-unit		
Newton Public Health Unit	604-592-2000	fraserhealth.ca/Service-Directory/Locations/Surrey/newton-public-health-unit	_	
North Delta Public Health Unit	604-507-5400	fraserhealth.ca/Service-Directory/Locations/Delta/north-delta-public-health-unit	-	
North Surrey Public Health Unit	604-587-7900	fraserhealth.ca/Service-Directory/Locations/Surrey/north-surrey-public-health-unit		
South Delta Public Health Unit	604-952-3550	fraserhealth.ca/Service-Directory/Locations/Delta/delta-south-public-health-unit	-	
White Rock / South Surrey Public Health Unit	604-542-4000	fraserhealth.ca/Service-Directory/Locations/White-Rock/white-rock-south-surrey-public-health-unit		
Delta South Home Health Office	604-952-3552	fraserhealth.ca/Service-Directory/Locations/Delta/delta-south-home-health-office	Provides care and services in your home and community.	
Surrey / North Delta Home Health Office	604-953-4950	https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/surrey-north-delta-home-bealth-office#_78itDYMM_IaO	<u> </u>	
Surrey / North Delta Home Health Office Indigenous Primary Health and Wellness Clinic	604-953-4950 604-283-3293	https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/surrey-north-delta-home-health-office#.ZBitDXbMJaQ https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/indigenous-primary-health-and-wellness-clinic#.ZBivUXbMJaQ	Open to Métis, First Nations, Inuit and self-identifying Aboriginals. We connect you with our team of wellness providers, coordinate your care and act as a poin of contact if you need specialist care.	
<u> </u>		health-office#.ZBitDXbMJaQ https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/indigenous-primary-health-	you with our team of wellness providers, coordinate your care and act as a point of contact if you need specialist care. Provides a full range of scheduled outpatient services including day surgery,	
Indigenous Primary Health and Wellness Clinic	604-283-3293	health-office# ZBitDXbMJaQ https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/indigenous-primary-health-and-wellness-clinic#.ZBivUXbMJaQ https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/jim-pattison-outpatient-care-	you with our team of wellness providers, coordinate your care and act as a point of contact if you need specialist care.	

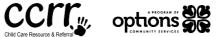






LIBRARIES			
Resource	Telephone Number	Website	Description
Child Care Options Parent Library	604-572-8032 ext 31505	childcareoptions.ca/parent-lending-library/	A selection of children's books, puzzles, ride on toys and puppets from ages 0-12. Subscriptions are free.
Delta George Mackie Library	604-594-8155	fvrl.bibliocommons.com/locations/ND	
Ladner Pioneer Library	604-946-6215	fvrl.bibliocommons.com/locations/LD	
Surrey Public Library City Centre	604-598-7420	surreylibraries.ca/locations/city-centre-branch	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 Cloverdale	604-598-7320	surreylibraries.ca/locations/cloverdale-branch	
Surrey Public Library Digital Branch	604-598-7901	surreylibraries.ca/locations/digital-branch	
Surrey Public Library Fleetwood	604-598-7340	surreylibraries.ca/locations/fleetwood-branch]
Surrey Public Library Guildford	604-598-7360	surreylibraries.ca/locations/guildford-branch]
Surrey Public Library Newton	604-598-7400	surreylibraries.ca/locations/newton-branch]
Surrey Public Library Ocean Park	604-502-6304	surreylibraries.ca/locations/ocean-park-branch	
Surrey Public Library Port Kells	604-598-7440	surreylibraries.ca/locations/port-kells-branch	
Surrey Public Library Semiahmoo	604-592-6900	surreylibraries.ca/locations/semiahmoo-branch	
Surrey Public Library Strawberry Hills	604-501-5836	surreylibraries.ca/locations/strawberry-hill-branch	
Tsawwassen Library	604-943-2271	fvrl.bibliocommons.com/locations/SD	
White Rock Library	604-541-2201	fvrl.bibliocommons.com/locations/WR	
EMPLOYMENT RESOURCES			
Resource	Telephone Number	Website	Description
Surrey Employment Service Centre (SUCCESS)	778-394-8822	https://successbc.ca/service-categories/employment/	S.U.C.C.E.S.S. supports job seekers to explore different careers, build their skills for in-demand jobs, and achieve meaningful employment.
WorkBC Centre - Delta - 88th	604-591-9116	https://www.workbc.ca/workbc-centres/workbc-centre-delta-88th	Help you find your next job. Access job search resources, employment planning
WorkBC Centre - Surrey - 152 St	604-531-3331	www.workbc.ca/WorkBC-Centres/Mainland-Southwest/Surrey-152-St.aspx	skills assessment, training, work experience opportunities
WorkBC Centre - Surrey - 56	778-547-5020	www.workbc.ca/WorkBC-Centres/Mainland-Southwest/Surrey-56.aspx	
WorkBC Centre - Surrey - Guildford	604-580-9740	workbc.ca/WorkBC-Centres/Mainland-Southwest/Surrey-Guildford.aspx	
WorkBC Centre - Surrey - Newton	778-728-0175	https://www.workbc.ca/workbc-centres/workbc-centre-surrey-newton	
WorkBC Centre - Surrey - Whalley	604-584-0003	workbc.ca/WorkBC-Centres/Mainland-Southwest/Surrey-Whalley.aspx	
RECREATION			
Resource	Telephone Number	Website	Description
Boys and Girls Club (Hillside Club North Delta)	604-596-9595	bgcbc.ca/locations/hillside/	Counselling and employment services for youth and families; programs for families with new babies, toddlers, pre-schoolers, and parents of teens; sports homework, safe access to the online world, arts, crafts, and sharing meals.
Boys and Girls Club (Surrey Club Whalley)	604-495-1345	bgcbc.ca/locations/surrey/	
Boys and Girls Club (Winskill Club Tsawwassen)	604-943-9873	bgcbc.ca/locations/winskill/	
Boys and Girls Club (Wintemute Club Ladner)	604-946-2027	bgcbc.ca/locations/wintemute/	
City of Delta Parks and Rec	604-946-4141	delta.ca/parks-recreation/overview	Various recreation programs throughout Delta
City of Surrey Recreation and Culture	604-591-4011	surrey.ca/parks-recreation/recreation-facilities	Various recreation centres throughout Surrey
City of White Rock Recreation and Culture	604-541-2199	whiterockcity.ca/348/Recreation-Culture	Recreation and Culture in White Rock
MYzone After School Program	604-501-5100	www.surrey.ca/activities-parks-recreation/recreation-programs/children-age-6-to-12/myzone- after-school-drop	Offering activities for children 8-12 years old at recreation facilities
Services to Access Recreation and Resources (OCS)	604-671-1098	www.options.bc.ca/program/services-access-recreation-and-resources	STARR is a group-based, out-of-school program that facilitates recreational and leadership activities (ages 6-12).







STRONGSTARTS			
Resource	Telephone Number	Website	Description
Bear Creek Elementary	(604) 594-7501	surreyschools.ca/page/12151/strongstart	Located in Surrey
Betty Huff Elementary	(604) 585-3104		Participate with your young child (aged birth to five) in play-based early learning
Bridgeview Elementary - Outreach Site	(604) 580-1047		activities – including stories, music and art. At no cost to families, this early
Cedar Hills Elementary	(604) 581-0407		learning drop-in program helps prepare children for success in Kindergarten.
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		
Martha Currie Elementary	(604) 576-8551		
Mary Jane Shannon Elementary	(604) 588-5991		
Newton Elementary - Outreach Site	(604) 596-8621		
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		
Chalmers Elementary	(604) 594-5437	deltasd.bc.ca/programs/strong-start/	Located in Delta
Gibson Elementary	(604) 594-7588	7	Participate with your young child (aged birth to five) in play-based early learning
Heath Elementary	(604) 596-1508		activities – including stories, music and art. At no cost to families, this early
Hellings Elementary	(604) 596-1701		learning drop-in program helps prepare children for success in Kindergarten.
Jarvis Elementary	(604) 594-3484		
McCloskey Elementary	(604) 596-9554		
Port Guichon	(604) 946-0321		

