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**Readiness Requirements for International Students**

**As of August 9, 2021**

**July 19, 2021: Update**

**Government of Canada Announces Easing of Border Measures for Fully Vaccinated Travellers**

**International flights carrying passengers will be permitted to land at five additional Canadian airports**

The Government of Canada is prioritizing the health and safety of everyone in Canada by taking a risk-based and measured approach to re-opening our borders. Thanks to the hard work of Canadians, rising vaccination rates and declining COVID-19 cases, the Government of Canada is able to move forward with adjusted border measures.

On ***September 7, 2021***, provided that the domestic epidemiologic situation remains favourable, the Government intends to open Canada’s borders to any fully vaccinated travellers who have completed the full course of vaccination with a Government of Canada-accepted vaccine at least 14 days prior to entering Canada and who meet specific entry requirements.

As a first step, starting ***August 9, 2021***, Canada plans to begin allowing entry to American citizens and permanent residents, who are currently residing in the United States, and have been fully vaccinated at least 14 days prior to entering Canada for non-essential travel. This preliminary step allows for the Government of Canada to fully operationalize the adjusted border measures ahead of September 7, 2021 and recognizes the many close ties between Canadians and Americans.

Subject to limited exceptions, all travellers must use ArriveCAN (app or web portal) to submit their travel information. If they are eligible to enter Canada and meet specific criteria, fully vaccinated travellers will not have to quarantine upon arrival in Canada.

To further support these new measures, Transport Canada is expanding the scope of the existing Notice to Airmen (NOTAM) that currently directs scheduled international commercial passenger flights into four Canadian Airports: Montréal-Trudeau International Airport, Toronto Pearson International Airport, Calgary International Airport, and Vancouver International Airport.

Effective August 9, 2021, international flights carrying passengers will be permitted to land at the following five additional Canadian airports:

* Halifax Stanfield International Airport
* Québec City Jean Lesage International Airport
* Ottawa Macdonald–Cartier International Airport
* Winnipeg James Armstrong Richardson International Airport
* Edmonton International Airport

These airports, in cooperation with the Public Health Agency of Canada, the Canada Border Services Agency and Transport Canada, are working to implement the measures necessary to safely welcome international passengers as soon as possible after August 9, as conditions dictate.

All travellers, regardless of vaccination status, will still require a pre-entry COVID-19 molecular test result. However effective August 9, 2021, the Government of Canada is adjusting its post-arrival testing strategy for fully vaccinated travellers. Using a new border testing surveillance program at airports and land border crossings, fully vaccinated travellers will not need a post-arrival test unless they have been randomly selected to complete a Day 1 COVID-19 molecular test. There are no changes to the mandatory testing requirements for unvaccinated travellers.

This strategy allows the Government of Canada to continue monitoring variants of concern in Canada and vaccine effectiveness. Using these layers of protection, the Government of Canada can monitor the COVID-19 situation in Canada, respond quickly to threats, and guide decisions on restricting international travel.

Finally, with the advent of increased vaccination rates in Canada, declining COVID-19 cases and reduced pressure on health care capacity, the three-night government authorized hotel stay requirement will be eliminated for all travellers arriving by air as of 12:01 A.M. EDT on August 9. Fully vaccinated travellers who meet the requirements will be exempt from quarantine; however, all travellers must still provide a quarantine plan and be prepared to quarantine, in case it is determined at the border that they do not meet the necessary requirements.

While Canada continues to trend in the right direction, the epidemiological situation and vaccination coverage is not the same around the world. The Government of Canada continues to advise Canadians to avoid non-essential travel outside of Canada – international travel increases your risk of exposure to COVID-19 and its variants, as well as of spreading it to others. Border measures also remain subject to change as the epidemiological situation evolves. As Canada looks to welcome fully vaccinated travellers from the U.S., the federal government will continue to monitor the situation and provide updated travel advice to Canadians.

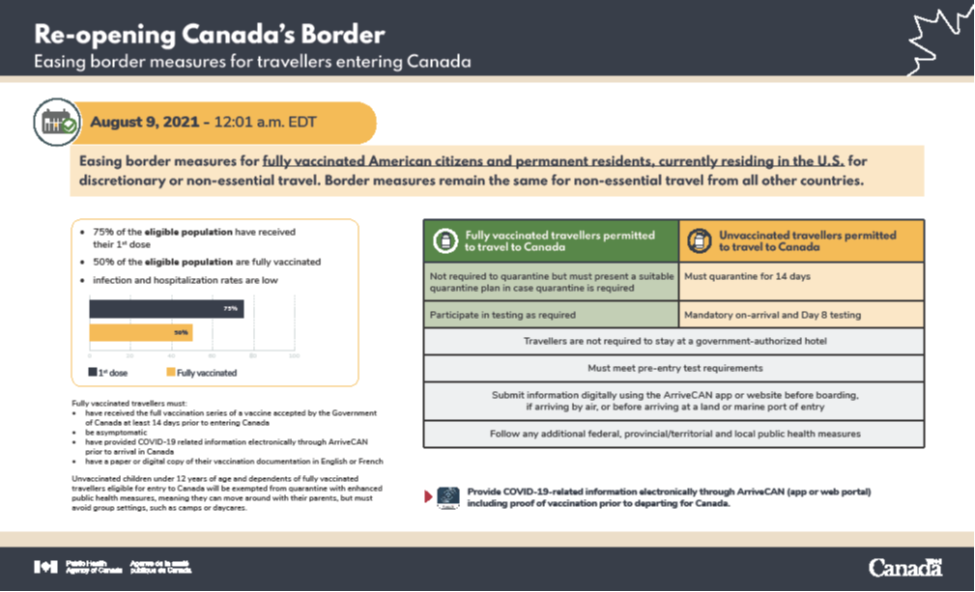
**Quick Facts**

To be eligible to enter Canada for discretionary travel on the basis of vaccination status, travellers must use the ArriveCAN app or web portal. Travellers must ensure that mandatory requirements are met prior to departing for Canada. In addition, some provinces and territories may have their own entry restrictions in place. Check and follow both the federal and any provincial or territorial restrictions and requirements before travelling.

In addition to receiving a full series of a vaccine authorized by the Government of Canada, fully vaccinated travellers must also: provide COVID-19-related information electronically through ArriveCAN (app or web portal) including proof of vaccination prior to arrival in Canada; meet the pre-entry testing requirements; be asymptomatic upon arrival; and have a paper or digital copy of their vaccination documentation in English or French (or certified translation) ready to show a government official on request as evidence.

A person who submits false information on vaccination status could be liable to a fine of up to $750,000 or six-months imprisonment or both, under the Quarantine Act, or prosecution under the Criminal Code for forgery. Violating any quarantine or isolation instructions provided to travellers by a screening officer or quarantine officer when entering Canada is also an offence under the Quarantine Act and could lead to a $5,000 fine for each day of non-compliance or for each offence committed, or more serious penalties, including six months in prison and/or $750,000 in fines. Non-compliant air travellers may also be subject to fines of up to $5,000 for each offence committed under the Aeronautics Act.

Based on public health advice, Transport Canada has extended the Notice to Airmen (NOTAM) that restricts all direct commercial and private passenger flights to Canada from India for an additional 30 days (i.e., until August 21, 2021, at 23:59 EDT). All direct commercial and private passenger flights to Canada from India are subject to the NOTAM. Cargo-only operations, medical transfers or military flights are not included. Transport Canada has also extended the requirement related to third-country pre-departure COVID-19 tests for travellers to Canada from India via an indirect route. This means that passengers who depart India to Canada via an indirect route will continue to be required to obtain a COVID-19 pre-departure test from a third country other than India before continuing their journey to Canada.



**July 19, 2019: Update**

**International Students and Travel to Canada**

**Backgrounder**

The changes the Government of Canada announced today apply to all of IRCC’s clients. As the fall semester is approaching, we would like to remind international students of what they will need to do to return or come to Canada for their studies.

The Government of Canada recognizes the tremendous social, cultural and economic benefits that international students bring to Canada and acknowledges that there are benefits for students who choose to study in Canada beyond earning a degree or diploma.

That is why, throughout the pandemic, IRCC has striven to accommodate international students by introducing a variety of temporary policy changes, including measures put in place to benefit international students studying online from abroad.

At the same time, the health and safety of Canadians and of those who wish to study here remains our top priority.

While many students will no doubt be excited to begin or resume their studies in Canada, it remains critical that all public health measures are strictly followed.

Here is a guide on what students who are travelling to Canada need to do.

**Who may enter Canada to study?**

To be able to enter Canada as a student, you need to

* have a valid study permit or letter of introduction that shows you have been approved for a study permit
* be attending a designated learning institution with a COVID-19 readiness plan approved by its province or territory

It is also important to check if restrictions are in place for your country that may affect your ability to travel. For example, the Government of Canada has suspended flights from India until August 21, 2021.

**You must have a quarantine plan**

Designated learning institutions’ COVID-19 readiness plans aim to protect the health and safety of all students and the surrounding community. The plans indicate how institutions will manage the quarantine period for international students, including arrangements for transportation to the students’ quarantine location and for access to food and medications during their quarantine.

An international student must have a 14-day quarantine plan in case it is determined at the border that they do not meet all of the conditions required to be exempt from quarantine. This is still the case even if they believe they meet the criteria for being considered a fully vaccinated traveller.

Students should be in contact with their designated learning institution for assistance in developing quarantine plans in advance of their arrival to Canada.

Information about the quarantine plan must be submitted in ArriveCAN prior to travel to Canada.

**Who is considered a fully vaccinated traveller?**

Those who are fully vaccinated may qualify for exemptions from some of the quarantine and testing requirements.

To be considered fully vaccinated, travellers will need to have received the full series of a COVID-19 vaccine—or combination of vaccines—***accepted by the Government of Canada***, at least 14 days prior to entering Canada. Currently, those vaccines are manufactured by ***Pfizer-BioNTech, Moderna, AstraZeneca/COVISHIELD, and Janssen (Johnson & Johnson).***

If you have received a different vaccine, you are currently not considered fully vaccinated in Canada.

Travellers must provide proof of vaccination in English or French (or a certified translation of their document). Travellers can receive their vaccine in any country, but it has to be 1 of the 4 vaccines accepted by Health Canada.

To be eligible for exemptions, fully vaccinated travellers must still meet the pre-entry and on-arrival testing requirements, including being tested within 72 hours pre-departure. They must also be asymptomatic, submit all required COVID-19 information electronically into ArriveCAN prior to travel to Canada, have a paper or digital copy of their proof of vaccination, and have a suitable quarantine plan.

**Upcoming changes to public health measures**

As of August 9, 2021, new measures will be put in place for travellers to Canada, including international students.

This includes the following:

* Eliminating the 3-night government-authorized hotel stay requirement for all air travellers arriving after 12:01 a.m. EDT on August 9, 2021. Until that time, non-vaccinated travellers flying to Canada must complete their 3-night hotel stay while they wait for their on-arrival test results.
* Implementing a surveillance randomized testing regime for fully vaccinated travellers who qualify for entry to Canada at select airports and land border crossings across Canada. Unvaccinated travellers will continue to be subject to mandatory on-arrival and day 8 testing.
* Allowing individuals who have recovered from COVID-19, but who continue to test positive, to present a positive COVID-19 molecular test result on a specimen taken 14 to 180 days prior to arrival in Canada as part of the pre-entry test requirements.

**Stay up to date**

To help prevent the spread of COVID-19 and the variants of the virus, the Government of Canada continues to actively monitor the situation and will not hesitate to take further measures as required.

International students wishing to come to Canada should continue to monitor our website for the latest developments, and follow the guidance of their school, the province in which it’s located, and local authorities once they’ve arrived.

**July 19, 2019: Update**

**Easing Border Measures for Fully Vaccinated Travellers Entering Canada - Permitting Discretionary Travel for Citizens and Permanent Residents of the United States**

**Backgrounder**

On September 7, 2021, provided that Canada’s COVID-19 epidemiology remains favourable, the Government intends to open Canada’s borders for discretionary travel by travellers from any country who have been fully vaccinated with Government of Canada-accepted vaccines at least 14 days prior to entering Canada and who meet specific entry requirements.

With the advent of increased vaccination rates in Canada, declining COVID-19 cases and reduced pressure on health care capacity, the government intends to bring a number of changes into effect, provided that Canada's COVID-19 epidemiology remains favourable. On August 9, 2021, at 12:01 a.m. EDT, fully vaccinated citizens and permanent residents of the United States (U.S.), currently residing in the U.S., will be permitted to enter Canada for discretionary (non-essential) travel. Entry to Canada will continue to be prohibited for U.S. travellers who are not fully vaccinated and for all other foreign nationals, unless they already meet an exemption set out in the Orders made under the Quarantine Act.

To be eligible to enter Canada, fully vaccinated American citizens and permanent residents must have received the full series of a vaccine - or combination of vaccines - accepted by the Government of Canada at least 14 days prior to entering Canada. Currently, those vaccines are manufactured by Pfizer-BioNTech, Moderna, AstraZeneca/COVISHIELD, and Janssen (Johnson & Johnson). Travellers can receive their vaccine in any country, and must provide evidence supporting their vaccination in English, French or with a certified translation (along with the original).

In addition, fully vaccinated travellers must also:

* provide COVID-19-related information electronically through ArriveCAN (app or web portal) including proof of vaccination prior to departing for Canada (subject to limited exceptions)
* meet the pre-entry testing requirements
* be asymptomatic upon arrival, and
* have a paper or digital copy of their vaccination documentation in English or French (or certified translation, along with the original) ready to show a government official on request.

All travellers must still present a suitable quarantine plan, and be prepared to quarantine, should they not meet all of the conditions required to be exempt from quarantine. They will also be required to follow public health measures in place, such as monitoring for signs and symptoms of COVID-19, wearing a mask when in public and keeping a copy of their vaccination documentation and test results - as well as a list of close contacts and locations visited - for 14 days after entry to Canada. For air travel, passengers continue to have to wear a mask in Canadian airports and on board flights to, from and within Canada, with few exceptions, and regardless of their vaccination status.

**What changes on August 9, 2021**

***Entry to Canada***

* Allow discretionary (non-essential) travel for fully vaccinated American citizens and permanent residents, currently residing in the U.S., who meet all required criteria. This includes the need to submit information electronically through ArriveCAN.
* Allow entry of unvaccinated children under 12 years of age, or unvaccinated dependent children (due to a mental or physical condition), who are U.S. citizens or permanent residents currently residing in the U.S. and who are accompanying a fully vaccinated parent, step-parent, guardian or tutor who either has a right to enter Canada (e.g. Canadian citizens and permanent residents), is a U.S. citizen and permanent resident currently residing in the U.S, or is otherwise is permitted entry under the US Prohibition on Entry Order made under the Quarantine Act. They must meet all other required criteria, including submitting information electronically through ArriveCAN and all testing requirements.
* Travellers who do not meet all the required eligibility requirements for discretionary (non-essential) travel will be denied entry into Canada, precluded from boarding their flight, and/or could face additional fines on arrival. It is therefore important that all travellers find out about whether they are eligible to enter Canada well in advance of their travel and understand applicable requirements.

***Testing Requirements***

* Allow Canadian citizens and permanent residents travelling to the U.S. for less than 72 hours to do their pre-entry test in Canada.
* Allow individuals who have recovered from COVID-19, but continue to test positive, to present a positive COVID-19 molecular test result on a specimen taken 14 to 180 days prior to arrival in Canada as part of the pre-arrival test requirements.
* Adjust post-arrival testing for fully vaccinated travellers. Using a new border testing surveillance program at airports and land border crossings, fully vaccinated travellers will not need a post-arrival test unless they have been randomly selected to complete a Day 1 COVID-19 molecular test. This shift responds to the pandemic's evolution and will monitor prevalence in travellers. It will also identify new variants of concern entering Canada and provide intelligence, including vaccine effectiveness.
* There are no changes to the mandatory testing requirements for unvaccinated travellers.

***Temperature screening requirements***

* Due to the improving epidemiological situation in Canada, effective August 9, 2021, Transport Canada will remove the requirement for the Canadian Air Transport Security Authority (CATSA) to perform pre-board temperature screening of passengers on all domestic flights and international departures (including Transborder), as well as airport workers.
* These changes will make the travel process more streamlined, ensuring that passengers spend less time in airports, while still maintaining necessary public health measures (e.g., wearing of masks at airports and on board all flights to, from and within Canada).

***Quarantine Requirements***

* Eliminate the three-night government-authorized hotel stay requirements for all travellers arriving by air as of 12:01 a.m. EDT on August 9.
* Continue to require unvaccinated travellers to undergo Day 1 and Day 8 COVID-19 molecular tests, and complete a mandatory 14-day quarantine, subject to limited exceptions.
* Unvaccinated children under 12 years of age and dependent children (due to a mental or physical condition) of fully vaccinated travellers will no longer have to complete a 14-day quarantine but must follow strict public health measures. This includes those travelling from the U.S for discretionary purposes. This means they can move around with their parents but must avoid group settings - such as camps or daycares - during the first 14 days after their arrival. Unvaccinated children will remain subject to the Day 1 and Day 8 testing requirements. Provinces and territories may have more stringent rules around people who have recently returned from travel. More details will be available in the coming days.

***Proof of vaccination for foreign nationals permitted entry for discretionary purposes, who enter on the basis of their vaccination status***

* Starting August 9, 2021, air carriers will be verifying that the travellers coming to Canada have submitted their information digitally by using the ArriveCAN app or website before they board their flight. Discretionary travellers who are unable to show their ArriveCAN receipt – either on their mobile device or a printed copy - will not be allowed to board their flight to Canada, as they are ineligible to enter Canada. In addition to their ArriveCAN receipt, travellers should carry their actual vaccine certificate with them to show officials at the border entry point. Discretionary travellers include:
  + Fully vaccinated American citizens or permanent residents who reside in the U.S., and are entering from the U.S. for discretionary (non-essential) travel (starting on August 9, 2021); and
  + Other fully vaccinated foreign nationals coming to Canada for discretionary (non-essential) purposes (intended to start on September 7, 2021)
* Travellers with a right to entry, (e.g., Canadian citizens and permanent residents), or travellers who qualify for entry under another exemption (e.g., immediate or extended family member) or who are coming to Canada for essential reasons (such as temporary foreign workers, or international students) will not be denied boarding, but will be required to submit information relating to their vaccination status via the ArriveCAN app or website.

***Eased quarantine and testing requirements based on vaccination status***

* Individuals who cannot be fully vaccinated due to a health condition for which vaccination is contraindicated according to the vaccine's label may also qualify for the eased quarantine and testing requirements currently available to fully vaccinated travellers but must follow a modified quarantine. More details will be available in the coming days.
* Travellers arriving in Canada by marine mode will now be eligible for eased quarantine and testing requirements if they have received the full series of a vaccine - or combination of vaccines - accepted by the Government of Canada at least 14 days prior to entering Canada. Currently, those vaccines are manufactured by Pfizer-BioNTech, Moderna, AstraZeneca/COVISHIELD, and Janssen (Johnson & Johnson). They must also meet all other criteria, including the pre-entry test requirement and the need to submit information electronically through ArriveCAN before or when entering Canada. This is to accommodate for Wi-Fi issues on the water. All travellers must still provide a quarantine plan and be prepared to quarantine in case it is determined at the border that they do not meet the necessary requirements.

***Travel advice***

While Canada continues to trend in the right direction, the epidemiological situation and vaccination coverage is not the same around the world. The Government of Canada continues to advise Canadians to avoid non-essential travel outside of Canada – international travel increases your risk of exposure to COVID-19 and its variants, as well as of spreading it to others. Border measures also remain subject to change as the epidemiological situation evolves. As Canada begins to welcome fully vaccinated travellers from the U.S., the Government of Canada will continue to monitor the situation and provide updated travel advice to Canadians.

**July 5, 2021: Update**

**International Students Update**

The Canadian border is open to international students; however, some federal travel restrictions may remain in place in the fall. It is anticipated that students entering Canada to study will continue to be permitted entry if they are attending an institution that is on the federal list of approved Designated Learning Institutions managed by Immigration, Refugees and Citizenship Canada. These students will be required to continue following federal requirements in place at the time of entry into Canada.

On Monday, July 5 the Federal Government implemented the first phase of its approach to ease border restrictions for travellers entering Canada by easing quarantine requirements for certain travellers. These changes apply to fully vaccinated travellers who are currently permitted to enter Canada including international students on study permits who are studying at an institution on the federal government’s Designated learning List with an approved readiness submission. To be considered fully vaccinated, a traveller must have received the full series of a vaccine, or combination of vaccines, accepted by the Government of Canada at least 14 days prior to entering Canada. Vaccines accepted by the Government of Canada include Pfizer, Moderna, AstraZeneca and Janssen. For the full details, please see the federal news release.

***It is important to note***

* All incoming students need a quarantine plan, whether they are vaccinated or not, in case their arrival test returns positive, and they need to isolate in accordance with public health requirements.
* All post-secondary institutions need to have up-to-date readiness plans that reflect the changing circumstances. In addition, communicable disease prevention plans now replace COVID19 safety plans.
* As part of pre-arrival information, ensure international students are using the BC COVID-19 Support App as well as the ArriveCAN app.

***Pre-border***

* Plan your quarantine.
* Pre-register for your arrival test.
* Within 72 hours before your arrival to Canada:
  + Take a COVID-19 molecular test.
  + Use ArriveCAN to enter your information. The following information is required to be entered:
    - Contact and travel information.
    - 14-day travel history.
    - Quarantine plan.
    - Confirmation of a negative pre-entry test (or positive test taken 14-90 days prior to travel).
    - Proof of vaccination (must be in English or French, or a certified translation).
    - COVID-19 symptom self-assessment.
* Have your ArriveCAN receipt and documents ready, including digital or paper copy of proof of vaccination.

***At the border***

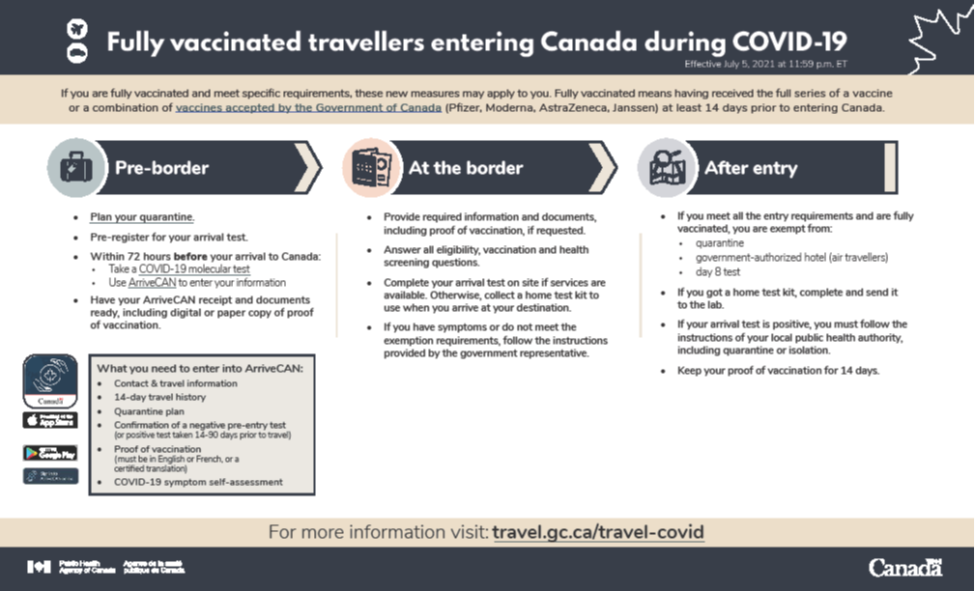
* Provide required information and documents, including proof of vaccination, if requested.
* Answer all eligibility, vaccination, and health screening questions.
* Complete your arrival test on site if services are available. Otherwise, collect a home test kit to use when you arrive at your destination.
* If you have symptoms or do not meet the exemption requirements, follow the instructions provided by the government representative.

***After entry***

* If you meet all the entry requirements and are fully vaccinated, you are exempt from:
  + Quarantine.
  + government-authorized hotel (air travellers).
  + day 8 test.
* If you got a home test kit, complete and send it to the lab.
* If your arrival test is positive, you must follow the instructions of your local public health authority, including quarantine or isolation.
* Keep your proof of vaccination for 14 days.

Standards and expectations of readiness plans, including supports and monitoring of their incoming international students, remain in effect to support federal quarantine requirements and community health and safety.

The Government of Canada is expected to announce further stages of border reopening in the coming weeks. Be sure to refer to their website http://travel.gc.ca for the most up-to-date information.



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**Self-Isolation Information**

On ***September 7, 2021***, the Government intends to open Canada’s borders to any fully vaccinated travellers who have completed the full course of vaccination with a Government of Canada-accepted vaccine at least 14 days prior to entering Canada and who meet specific entry requirements.

All travellers must use ArriveCAN to submit their travel information. If they are eligible to enter Canada and meet specific criteria, fully vaccinated travellers will not have to quarantine upon arrival in Canada.

To be considered fully vaccinated, travellers will need to have received the full series of a COVID-19 vaccine—or combination of vaccines—***accepted by the Government of Canada***, at least 14 days prior to entering Canada. Currently, those vaccines are manufactured by ***Pfizer-BioNTech, Moderna, AstraZeneca/COVISHIELD, and Janssen (Johnson & Johnson).***

Fully vaccinated travellers who meet the requirements will be exempt from quarantine; however, all travellers must still provide a quarantine plan and be prepared to quarantine in case it is determined at the border that they do not meet the necessary requirements.

***All Self-Isolating Individuals Should Follow These Procedures***

* Do not leave your approved self-isolation residence and do not have visitors for 14 days
* Use delivery services for food, groceries and prescriptions or have someone pick them up and drop them off
* Arrange to accept your deliveries at your front door. If you have to open your door, wear a face mask and avoid face to face contact by remaining 6 feet apart
* If you must leave your resident for medical care, you must exercise caution by wearing a face mask, avoiding face to face contact, and minimizing exposure to others

***If Symptoms Develop***

If you develop symptoms, you should be tested for COVID-19. If you are unsure, you can use the BC COVID-10 Self-Assessment Tool at <https://bc/thrive.health> to help determine if you need further assessment or testing for COVID-19.

After doing the self-assessment tool, if you still have questions, contact your healthcare provider or call ***8-1-1*** for guidance.

If the symptoms are severe such as shortness of breath (e.g., struggling to breathe or speak in single words) or chest pain, call ***9-1-1*** or go to the nearest Emergency Department.

***Guidance of 14-Day Self-Isolation Plan Information***

All travellers must still provide a quarantine plan and be prepared to quarantine in case it is determined at the border that they do not meet the necessary requirements. The plan should include the following:

* Route to Canada (flight number, time, transit place, etc.)
* Method of transportation from the airport to the place of self-isolation
* Accommodation during self-isolation, including the detailed address and living conditions (whether there is a separate bathroom, whether there are elderly people over 65 years old in the residence
* Food and groceries
* Contact information for yourself, and those assisting you from the airport to the end of the quarantine period (e.g., the pick-up driver, delivery people, landlord)
* Medications and medical care
* Access to essential services (daily necessities consumption)

***Information to Assist with Self-Isolation***

The ensuing sections have information on the following topics for various regions in BC:

* Important websites
* Transportation options, including ride share, taxis, town car services, rental cars, BC transit, railways, and ferries
* Hotels, including pet friendly hotels
* Housing services
* Delivery services, including groceries, food, and prescriptions
* Medical insurance, health associations, and health agencies
* Medical clinics
* Hospitals
* Health authorities
* Additional health services
* Dental and oral health
* Rehabilitation services
* Walk-in clinics
* No cost and reduced cost counselling services, including general counselling, counselling for members of the LGBTQ community, trauma counselling, counselling for indigenous peoples, addictions counselling, mental health counselling, multilingual counselling, youth counselling, health related counselling, faith-based counselling, and crisis services
* Cultural centres
* Banking and finances



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**Important Websites**

<https://sprottshaw.com/my-sprottshaw/covid-19/>

<https://www.canada.ca/en/publichealth/services/diseases/2019-novelcoronavirus-infection/healthprofessionals/interim-guidancecases-contacts.html>

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return>

<https://sprottshaw.com/students-and-alumni/my-ssp/>

<https://here2talk.ca/home>

<https://gecliving.com/>

<http://mygea.ca/Services/Student>

<http://www.bc211.ca/searchtips/>

<https://www.healthlinkbc.ca/health-topics/list/o>

<https://www.heretohelp.bc.ca/>

<https://www.healthyfamiliesbc.ca/>

<https://www.kuu-uscrisisline.ca/>

<https://sowins.com/>

<https://www.canada.ca/en/services/benefits/education/student-aid/manage-student-loan.html>



**Transportation - Ride Hail/Ride Share**

***Metro Vancouver Regional District***

**Uber**

<https://www.uber.com>

**Lyft**

<https://www.lyft.com/rider>

**Modo the Car Co-op**

200-470 Granville Street, Vancouver, BC, V6C 1 VS

604-685-1393

***Kelowna, West Kelowna, and Vernon***

**Modo the Car Co-op**

<https://modo.coop>

460 Doyle Ave #201,

Kelowna, BC V1Y 0C2

Phone: 250-469-6617

***Victoria***

**Lucky to Go**

<https://luckytogocanada.com>

+1-866-44 LUCKY [58259]

**Transportation - Taxis**

***Metro Vancouver Regional District***

**Vancouver Taxi**

<http://www.vancouvertaxi.cab>

604-871-1111

**Yellow Cab**

[http://www.yellowcabonline.com](http://www.yellowcabonline.com/author/yellowcab/)

604-681-1111

**Black Top & Checker Cabs**

<https://btccabs.ca/>

604-731-1111

**North Shore Taxi**

<https://www.northshoretaxi.com>

604-922-2222

**Kuber Taxi Service**

[https://kubertaxi.ca](https://kubertaxi.ca/?gclid=EAIaIQobChMIjquS5Ke56wIVLh6tBh0xogMjEAAYASAAEgIg0_D_BwE)

778-565-8294

***Abbotsford, Chilliwack and Fraser Valley***

**Central Valley Taxi Ltd.**

1643 Salton Rd

604-859-1111

**Abbotsford Mission Taxi**

30950 Wheel Ave

604-855-1111

**1 Last Call Designated Drivers**

29749 Huntingdon Rd

778-347-9159

***Kelowna, West Kelowna, and Vernon***

**Apple Cabs**

1469 Feedham Ave

Kelowna BC V1P 1N7

250-451-9560

250-451-6491

**Associate Taxi Ltd.**

110-1950 Harvey

Kelowna BC

250-762-8878

**Checkmate Cabs Ltd.**

Kelowna BC

250-861-1111

Fax Line

250-762-4110

**Dial a Designated Driver**

Kelowna BC

778-484-3233

**Current Taxi**

2402 Highway 97 N,

Kelowna, BC V1X 4J1

250-864-8294

**Kelowna Cabs (1981) Ltd.**

5-3312 Appaloosa Rd

250-762-2222

319 Queensway

250-763-1411

**Kelowna Cabs**

Winfield BC

250-766-4440

**West Kelowna Taxi Services**

1979 Old Okanagan Hwy

West Kelowna, BC V4T 3A4

778-754-8888

**Westside Taxi 1998 Inc**

250-878-1111

**Driving Hands**

Vernon, BC

250-260-5353

**Vernon Taxi**

2701A 35 St, Vernon

250-545-3337

**Capitol Taxi**

2701A 35 St, Vernon

250-545-1355

***Victoria***

**Bluebird Cabs**

250-382-2222

**Victoria Taxi**

250-383-7111

**Current Taxi**

250-386-8294

**YYJ Airport Shuttle**

1-855-351-4995

**Transportation - Town Car Services**

***Metro Vancouver Regional District***

**Beaton’s Meet and Greet**

[https://www.beatonsmg.com](https://www.beatonsmg.com/)

604-377-5455 or 1-250-580-5455

**Royal City Limo**

[http://www.royalcitynewwestlimo.com](http://www.royalcitynewwestlimo.com/town-car-service.html)

604-670-5320

**Royal Limo Vancouver**

[https://www.royallimo.ca](https://www.royallimo.ca/vancouver-suv-limos/4-pax-town-car/)

604-727-0950

**Time Limousine Service**

[https://www.timelimo.com](https://www.timelimo.com/car_service_vancouver_bc/)

604-597-1766

**Regency Limousine**

[www.regencylimousine.ca](http://www.regencylimousine.ca)

604-681-3333

**Star Limousine**

[www.starlimousine.ca](http://www.starlimousine.ca)

604-685-5600

**Excel Limousine Service**

[www.excellimousine.ca](http://www.excellimousine.ca)

604-433-3550

**Destiny Limousine Service**

<https://www.destinylimousine.ca>

604-597-9040

**Infinity Limousine**

[www.ininitylimousine.com](http://www.ininitylimousine.com)

604-5149996

***Abbotsford, Chilliwack, and Fraser Valley***

**Affordable Airport Service Shuttle-Skip the Ticket-Abbotsford-Designated Driver**

2626 Countess St.

(236) 332-1992

***Kelowna, West Kelowna, and Vernon***

**Kelowna Limo Wine Tour & Transportation Services**

250-448-4999

**White Star Limo**

1603 Gordon Dr,

Kelowna, BC V1Y 3G8

778-363-3333

**Sun Valley Limousine Ltd.**

250-863-8882

**Transportation - Rental Cars**

***Metro Vancouver Regional District***

**Enterprise Car Rentals**

[https://www.enterprise.ca](https://www.enterprise.ca/en/car-rental/locations/canada/bc/vancouver.html)

**Avis Car Rentals**

[https://www.avis.ca](https://www.avis.ca/en/locations/ca/bc/vancouver)

**Hertz Car Rentals**

[https://www.hertz.ca](https://www.hertz.ca/rentacar/misc/index.jsp?targetPage=vancouver_car_rental.jsp)

**Budget Care Rentals**

[https://www.budget.ca](https://www.budget.ca/en/locations/ca/bc/vancouver)

**Thrifty Car Rentals**

[https://www.rentalcars.com](https://www.rentalcars.com/en/city/ca/vancouver/thrifty/)

***Abbotsford, Chilliwack and Fraser Valley***

**Enterprise Rent-A-Car**

30125 Automall Dr Unit 103

604-856-5956

**Budget Car Rental**

Airline Passengers Only, 30440 Liberator Ave #8

604-504-7326

**Hertz**

33271 S Fraser Way

604-851-3190

***Kelowna, West Kelowna, and Vernon***

**Okanagan Executive Rentals**

[https://okgnrentals.com](https://okgnrentals.com/index.php/exotic-car-rental)

250-938-1335

***Victoria***

**Budget Car Rental**

757 Douglas St.

250-953-5218

<www.budgettruck.ca>

**Avis Car Rental**

1001 Douglas Street Sussex Place

250-386-8468

<http://www.avis.ca>

**National Car Rental**

2898 Douglas Street

250-386-1828

<http://www.nationalcar.ca>

**Transportation Links**

**BC Transit**

<http://www.bctransit.com>

**Translink**

<http://www.translink.ca>

**Bus Schedules**

[https://www.translink.ca/Schedules-and-Maps/Bus](https://www.translink.ca/Schedules-and-Maps/Bus/Bus-Schedules.aspx)

**SkyTrain Schedules**

[https://www.translink.ca/Schedules-and-Maps/SkyTrain](https://www.translink.ca/Schedules-and-Maps/SkyTrain/SkyTrain-Schedules.aspx)

**SeaBus Schedules**

[https://www.translink.ca/Schedules-and-Maps/SeaBus](https://www.translink.ca/Schedules-and-Maps/SeaBus-Schedules.aspx)

**West Coast Express Schedules**

[https://www.translink.ca/Schedules-and-Maps/West-Coast-Express](https://www.translink.ca/Schedules-and-Maps/West-Coast-Express/WCE-Schedules.aspx)

**DriveBC Plan Your Route**

<http://www.drivebc.ca>

**handyDART**

1494 Hardy St,

Kelowna, BC V1Y 8H2

[250-762-3278](https://www.google.com/search?rlz=1C1GCEA_enCA883CA885&ei=xU5hX_KdHMnY-wSAjab4Dw&q=Town%20Care%20Services%20ride%20kelowna&oq=Town+Care+Services+ride+kelowna&gs_lcp=CgZwc3ktYWIQAzIFCCEQoAE6BAgAEEc6BwghEAoQoAFQlxZYxSZgrydoAHACeACAAbcBiAGKB5IBAzIuNpgBAKABAaoBB2d3cy13aXrIAQjAAQE&sclient=psy-ab&ved=2ahUKEwi_8q7rqOzrAhXKvJ4KHS1RBaMQvS4wAXoECBMQOA&uact=5&npsic=0&rflfq=1&rlha=0&rllag=56132529,-108155472,977940&tbm=lcl&rldimm=16546067750182792586&lqi=Ch9Ub3duIENhcmUgU2VydmljZXMgcmlkZSBrZWxvd25hGf2fri8uqgrJWkIKH3Rvd24gY2FyZSBzZXJ2aWNlcyByaWRlIGtlbG93bmEiH3Rvd24gY2FyZSBzZXJ2aWNlcyByaWRlIGtlbG93bmGaASRDaGREU1VoTk1HOW5TMFZKUTBGblNVTlpOVFZUUlc5blJSQUI&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**eBus**

[https://www.myebus.ca](https://www.myebus.ca/bc-locations)

Call toll free: 1-877-769-3287

**Translink and Bus Services**

**Translink**

HandyDART Metro Vancouver

MVT Canadian Bus Inc, 17535 558 Avenue, Surrey, BC, V3S SV2

Phone: 604-575-6600

**Translink**

Corporate Head Office, 400-287 Nelson's Court, New Westminster, BC, V3L 0E7

Phone: 604-953-3333

**Translink Assistive Services**

Corporate Head Office, 400-287 Nelson's Court, New Westminster, BC, V3L 0E7

Phone: 604-953-3680

**Translink**

Translink Customer Information

Surrey, BC

Phone: 604-953-3333

**Translink**

Compass Customer Service

Compass Customer Service Centre, 1-590 Beatty Street, Vancouver, BC, V6B 2L3

Phone: 604-398-2042

**Pacific Coach Lines**

Address: 1150 Station Street, Vancouver, BC, V6A 4C7

Telephone: 604-662-7575

Fax: 604-681-4634

Email: <info.@pacificcoach.com>

**Greyhound Bus Vancouver**

Main Term 1150 Station Street

Vancouver, BC V6A4C7

1-800-661-TRIP (8747)

Main: 604-683-8133

Baggage: 604-523-3692

Greyhound Package Express: 604-681-3526

Customer Service: 604-661-0328

Email: [canada.info@greyhound.ca](mailto:canada.info@greyhound.ca)

**Bolt Bus**

Vancouver

[https://www.boltbus.com](https://www.boltbus.com/)

1-877-265-8287 (1-877-BOLTBUS)

**District of West Vancouver**

Blue Bus Transit System

221 Lloyd Avenue, North Vancouver, BC, V7P 3M2

Phone: 604-985-7777

**Burnaby Community Services**

Burnaby Seniors Transportation Service

Brentwood Community Resource Centre

2055 Rosser Avenue, Burnaby, BC, V5C 0H1

Phone: 604-299-5778

**Public Transit**

Victoria Regional Transit System

250-382-6161

[https://www.bctransit.com](https://www.bctransit.com/victoria/schedules-and-maps)

**Railway**

**VIA Rail Canada Inc.**

Pacific Central Station, 1150 Station Street, Vancouver, BC, V6A 4C7

Phone: 1-888-VIA-RAIL (1-888-842-7245)

**West Coast Railway Association (WCRA)**

Vancouver, BC

Phone: 604-524-1011

**Ferries**

**BC Ferries**

500-1321 Blanshard Street, Victoria, BC, V8W 087

Phone: 1-888-BCFERRY (1-888-223-3779)

**BC Ferries**

1-888-BC FERRY (223-3779)

[www.bcferries.com](www.bcferries.com/)

**BC Ferries Connector (Bus)**

1-888-788-8840

[www.bcfconnector.com/schedules](www.bcfconnector.com/schedules/)

**Associations**

**BCAA (BC Automobile Association)**

Head Office, 4567 Canada Way, Burnaby, BC, V5G 4Tl

Phone: 1-888-268-2222

**ICBC (Insurance Corporation of BC)**

Phone: 604-661-2800 or 1-800-663-3051

**ICBC (Insurance Corporation of BC)**

Road Safety

Phone: 604-661-2800

**ICBC (Insurance Corporation of BC)**

Vancouver Driver Licensing (Commercial Drive)

2750 Commercial Drive, Vancouver, BC

Phone: 604-661-2255

**ICBC (Insurance Corporation of BC)**

Port Coquitlam Driver Licensing

1930 Oxford Connector, Port Coquitlam, BC

Phone: 604-661-2255

**ICBC (Insurance Corporation of BC)**

Vancouver Driver Licensing (Royal Centre)

221-1055 West Georgia Street, Vancouver, BC

Phone: 604-661-2255

**ICBC (Insurance Corporation of BC)**

Maple Ridge Driver Licensing Service BC Centre

175-22470 Dewdney Trunk Road, Maple Ridge, BC

Phone: 604-466-7470

**ICBC (Insurance Corporation of BC)**

Surrey Driver Licensing (Boardwalk Mall)

Unit ClA-15285 101st Avenue, Surrey, BC

Phone: 1-800-950-1498



**Hotels**

***Metro Vancouver Regional District***

|  |
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|  |
| [A Suite at Kitsilano Cottage](https://www.expedia.ca/Vancouver-Hotels-A-Suite-At-Kitsilano-Cottage.h891321.Hotel-Information) |
| [Abercorn Inn Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Abercorn-Inn-Vancouver-Airport.h19218067.Hotel-Information) |
| [Accent Inn Vancouver Airport Hotel](https://www.expedia.ca/Vancouver-Hotels-Accent-Inn-Vancouver-Airport-Hotel.h17432.Hotel-Information) |
| [Accent Inns Burnaby](https://www.expedia.ca/Vancouver-Hotels-Accent-Inns-Burnaby.h65941.Hotel-Information) |
| [Atrium Inn Vancouver](https://www.expedia.ca/Vancouver-Hotels-Atrium-Inn-Vancouver.h7557.Hotel-Information) |
| [Auberge Vancouver Hotel](https://www.expedia.ca/Vancouver-Hotels-Auberge-Vancouver-Hotel.h457766.Hotel-Information) |
| [Barclay Hotel](https://www.expedia.ca/Vancouver-Hotels-Barclay-Hotel.h183775.Hotel-Information) |
| [Best Western King George Inn & Suites](https://www.expedia.ca/Vancouver-Hotels-Best-Western-King-George-Inn-Suites.h879993.Hotel-Information) |
| [Best Western Plus Burnaby Hotel](https://www.expedia.ca/Vancouver-Hotels-Best-Western-Plus-Burnaby-Hotel.h14708.Hotel-Information) |
| [Best Western Plus Coquitlam Inn Convention Centre](https://www.expedia.ca/Vancouver-Hotels-Best-Western-Plus-Coquitlam-Inn-Convention-Centre.h20542.Hotel-Information) |
| [Best Western Plus Langley Inn](https://www.expedia.ca/Vancouver-Hotels-Best-Western-Plus-Langley-Inn.h4825.Hotel-Information) |
| [Best Western Plus Sands](https://www.expedia.ca/Vancouver-Hotels-Best-Western-Plus-Sands.h14723.Hotel-Information) |
| [Best Western Plus Uptown Hotel](https://www.expedia.ca/Vancouver-Hotels-Best-Western-Plus-Uptown-Hotel.h563864.Hotel-Information) |
| [Best Western Premier Chateau Granville Hotel & Suites & Conf. Centre](https://www.expedia.ca/Vancouver-Hotels-Best-Western-Plus-Chateau-Granville-Hotel-Suites.h4845.Hotel-Information) |
| [Better Bed](https://www.expedia.ca/Vancouver-Hotels-Better-Bed.h31369826.Hotel-Information) |
| [Budget Inn Patricia Hotel](https://www.expedia.ca/Vancouver-Hotels-Budget-Inn-Patricia-Hotel.h978069.Hotel-Information) |
| [Cambie Downtown Hostel (Seymour)](https://www.expedia.ca/Vancouver-Hotels-Cambie-Downtown-Hostel.h7613115.Hotel-Information) |
| [Canadas Best Value Inn Langley Vancouver](https://www.expedia.ca/Vancouver-Hotels-Canadas-Best-Value-Inn-Langley-Vancouver.h296955.Hotel-Information) |
| [Canadian Inn](https://www.expedia.ca/Vancouver-Hotels-Canadian-Inn.h1465114.Hotel-Information) |
| [Carmana Plaza](https://www.expedia.ca/Vancouver-Hotels-Carmana-Plaza.h793788.Hotel-Information) |
| [Cassandra Hotel](https://www.expedia.ca/Vancouver-Hotels-Cassandra-Hotel.h14740.Hotel-Information) |
| [Century Plaza Hotel & Spa](https://www.expedia.ca/Vancouver-Hotels-Century-Plaza-Hotel-Spa.h19256.Hotel-Information) |
| [Charming Family Hotel](https://www.expedia.ca/Vancouver-Hotels-Charming-Family-Hotel.h33387768.Hotel-Information) |
| [City Centre Motor Hotel](https://www.expedia.ca/Vancouver-Hotels-City-Centre-Motor-Hotel.h565035.Hotel-Information) |
| [Civic Hotel Autograph Collection](https://www.expedia.ca/Vancouver-Hotels-Civic-Hotel-Autograph-Collection.h17958567.Hotel-Information) |
| [Coast Coal Harbour Vancouver Hotel by APA](https://www.expedia.ca/Vancouver-Hotels-Coast-Coal-Harbour-Vancouver-Hotel-By-APA.h2621798.Hotel-Information) |
| [Coast Hotel & Convention Centre Langley City](https://www.expedia.ca/Vancouver-Hotels-Coast-Hotel-Convention-Centre-Langley-City.h1194357.Hotel-Information) |
| [Coast Vancouver Airport Hotel](https://www.expedia.ca/Vancouver-Hotels-Coast-Vancouver-Airport-Hotel.h40702.Hotel-Information) |
| [Comfort Inn Surrey Hotel](https://www.expedia.ca/Vancouver-Hotels-Comfort-Inn-Surrey-Hotel.h2232951.Hotel-Information) |
| [Days Inn & Suites by Wyndham Langley](https://www.expedia.ca/Vancouver-Hotels-Days-Inn-Suites-By-Wyndham-Langley.h1409177.Hotel-Information) |
| [Days Inn by Wyndham Surrey](https://www.expedia.ca/Vancouver-Hotels-Days-Inn-By-Wyndham-Surrey.h1725285.Hotel-Information) |
| [Days Inn by Wyndham Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Days-Inn-By-Wyndham-Vancouver-Airport.h462301.Hotel-Information) |
| [Days Inn by Wyndham Vancouver Downtown](https://www.expedia.ca/Vancouver-Hotels-Days-Inn-By-Wyndham-Vancouver-Downtown.h22179.Hotel-Information) |
| [Days Inn by Wyndham Vancouver Metro](https://www.expedia.ca/Vancouver-Hotels-Days-Inn-By-Wyndham-Vancouver-Metro.h78269.Hotel-Information) |
| [Delta Hotels by Marriott Burnaby Conference Centre](https://www.expedia.ca/Vancouver-Hotels-Delta-Hotels-By-Marriott-Burnaby-Conference-Centre.h2755303.Hotel-Information) |
| [Delta Hotels by Marriott Vancouver Downtown Suites](https://www.expedia.ca/Vancouver-Hotels-Delta-Hotels-By-Marriott-Vancouver-Downtown-Suites.h74448.Hotel-Information) |
| [Econo Lodge](https://www.expedia.ca/Vancouver-Hotels-Econo-Lodge.h1660.Hotel-Information) |
| [Econo Lodge Inn & Suites](https://www.expedia.ca/Vancouver-Hotels-Econo-Lodge-Inn-Suites.h84301.Hotel-Information) |
| [Element Vancouver Metrotown](https://www.expedia.ca/Vancouver-Hotels-Element-Vancouver-Metrotown.h9462566.Hotel-Information) |
| [English Bay Hotel](https://www.expedia.ca/Vancouver-Hotels-English-Bay-Hotel.h6788850.Hotel-Information) |
| [EXchange Hotel Vancouver](https://www.expedia.ca/Vancouver-Hotels-EXchange-Hotel-Vancouver.h22861813.Hotel-Information) |
| [Executive Hotel Le Soleil](https://www.expedia.ca/Vancouver-Hotels-Executive-Hotel-Le-Soleil.h163379.Hotel-Information) |
| [Executive Hotel Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Executive-Hotel-Vancouver-Airport.h3101.Hotel-Information) |
| [Executive Hotel Vintage Park](https://www.expedia.ca/Vancouver-Hotels-Executive-Hotel-Vintage-Park.h9754.Hotel-Information) |
| [Executive Plaza Hotel Metro Vancouver](https://www.expedia.ca/Vancouver-Hotels-Executive-Plaza-Hotel-Conference-Centre-Metro-Vancouver.h201072.Hotel-Information) |
| [Executive Suites Hotel Metro Vancouver](https://www.expedia.ca/Vancouver-Hotels-Executive-Suites-Hotel-Conference-Centre-Metro-Vancouver.h23323.Hotel-Information) |
| [Fairmont Hotel Vancouver](https://www.expedia.ca/Vancouver-Hotels-Fairmont-Hotel-Vancouver.h14596.Hotel-Information) |
| [Fairmont Pacific Rim](https://www.expedia.ca/Vancouver-Hotels-Fairmont-Pacific-Rim.h2847755.Hotel-Information) |
| [Fairmont Vancouver Airport In-Terminal Hotel](https://www.expedia.ca/Vancouver-Hotels-Fairmont-Vancouver-Airport-In-Terminal-Hotel.h432651.Hotel-Information) |
| [Fairmont Waterfront](https://www.expedia.ca/Vancouver-Hotels-Fairmont-Waterfront.h15293.Hotel-Information) |
| [Four Points by Sheraton Surrey](https://www.expedia.ca/Vancouver-Hotels-Four-Points-By-Sheraton-Surrey.h554675.Hotel-Information) |
| [Four Points by Sheraton Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Four-Points-By-Sheraton-Vancouver-Airport.h116368.Hotel-Information) |
| [GEC Granville Suites Downtown](https://www.expedia.ca/Vancouver-Hotels-GEC-Granville-Suites-Downtown.h12840443.Hotel-Information) |
| [Georgian Court Hotel BW Premier Collection](https://www.expedia.ca/Vancouver-Hotels-Georgian-Court-Hotel-BW-Premier-Collection.h26863.Hotel-Information) |
| [Granville Island Hotel](https://www.expedia.ca/Vancouver-Hotels-Granville-Island-Hotel.h52903.Hotel-Information) |
| [Greenbrier Hotel](https://www.expedia.ca/Vancouver-Hotels-Greenbrier-Hotel.h41319.Hotel-Information) |
| [Grouse Creek Motel](https://www.expedia.ca/Vancouver-Hotels-Grouse-Creek-Motel.h7583147.Hotel-Information) |
| [Hampton Inn & Suites by Hilton Langley-Surrey](https://www.expedia.ca/Vancouver-Hotels-Hampton-Inn-Suites-By-Hilton-Langley-Surrey.h809370.Hotel-Information) |
| [Hampton Inn and Suites by Hilton, Downtown Vancouver](https://www.expedia.ca/Vancouver-Hotels-Hampton-Inn-And-Suites-By-Hilton.h448306.Hotel-Information) |
| [Hampton Inn by Hilton Vancouver-Airport/Richmond](https://www.expedia.ca/Vancouver-Hotels-Hampton-Inn-By-Hilton-Vancouver-AirportRichmond.h251699.Hotel-Information) |
| [Happy Day Inn](https://www.expedia.ca/Vancouver-Hotels-Happy-Day-Inn.h560848.Hotel-Information) |
| [Hilton Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Hilton-Vancouver-Airport.h452497.Hotel-Information) |
| [Hilton Vancouver Metrotown](https://www.expedia.ca/Vancouver-Hotels-Hilton-Vancouver-Metrotown.h433661.Hotel-Information) |
| [Holiday Inn Express & Suites Langley](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Express-Suites-Langley.h327815.Hotel-Information) |
| [Holiday Inn Express & Suites Surrey](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Express-Suites-Surrey.h979283.Hotel-Information) |
| [Holiday Inn Express Hotel & Suites Riverport Richmond](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Express-Hotel-Suites-Riverport-Richmond.h1710976.Hotel-Information) |
| [Holiday Inn Express Vancouver Airport Richmond](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Express-Vancouver-Airport-Richmond.h81173.Hotel-Information) |
| [Holiday Inn Express Vancouver-Metrotown (Burnaby)](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Express-Vancouver-Metrotown.h21623.Hotel-Information) |
| [Holiday Inn Hotel & Suites North Vancouver](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Hotel-Suites-North-Vancouver.h477570.Hotel-Information) |
| [Holiday Inn Hotel & Suites Surrey East Cloverdale](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Hotel-Suites-Surrey-East-Cloverdale.h2621806.Hotel-Information) |
| [Holiday Inn Hotel & Suites Vancouver Downtown](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Hotel-Suites-Vancouver-Downtown.h118.Hotel-Information) |
| [Holiday Inn Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Vancouver-Airport.h63501.Hotel-Information) |
| [Holiday Inn Vancouver Centre](https://www.expedia.ca/Vancouver-Hotels-Holiday-Inn-Vancouver-Centre.h8137.Hotel-Information) |
| [Hotel Ambassador](https://www.expedia.ca/Vancouver-Hotels-Hotel-Ambassador.h7504378.Hotel-Information) |
| [Hotel at the Waldorf](https://www.expedia.ca/Vancouver-Hotels-Hotel-At-The-Waldorf.h4700983.Hotel-Information) |
| [Hotel Belmont Vancouver, Ascend Hotel Collection](https://www.expedia.ca/Vancouver-Hotels-Hotel-Belmont-Vancouver.h68323.Hotel-Information) |
| [Hotel Blu Vancouver](https://www.expedia.ca/Vancouver-Hotels-Hotel-Blu-Vancouver.h7834356.Hotel-Information) |
| [Howard Johnson Hotel by Wyndham Vancouver Downtown](https://www.expedia.ca/Vancouver-Hotels-Howard-Johnson-Hotel-By-Wyndham-Vancouver-Downtown.h78276.Hotel-Information) |
| [Hyatt Regency Vancouver](https://www.expedia.ca/Vancouver-Hotels-Hyatt-Regency-Vancouver.h3203.Hotel-Information) |
| [Imperial House Bed and Breakfast by Elevate Rooms](https://www.expedia.ca/Vancouver-Hotels-Imperial-House-Bed-And-Breakfast-By-Elevate-Rooms.h16111648.Hotel-Information) |
| [Inn at the Quay](https://www.expedia.ca/Vancouver-Hotels-Inn-At-The-Quay.h6898.Hotel-Information) |
| [JW Marriott Parq Vancouver](https://www.expedia.ca/Vancouver-Hotels-JW-Marriott-Parq-Vancouver.h19413101.Hotel-Information) |
| [Kingston Hotel](https://www.expedia.ca/Vancouver-Hotels-Kingston-Hotel.h4320304.Hotel-Information) |
| [La Grande Residence Vancouver at The Sutton Place Hotel](https://www.expedia.ca/Vancouver-Hotels-La-Grande-Residence-Vancouver-At-The-Sutton-Place-Hotel.h1205026.Hotel-Information) |
| [La Quinta Inn by Wyndham Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-La-Quinta-Inn-By-Wyndham-Vancouver-Airport.h1145606.Hotel-Information) |
| [Landis Hotel and Suites](https://www.expedia.ca/Vancouver-Hotels-Landis-Hotel-And-Suites.h449351.Hotel-Information) |
| [Langley Hwy Hotel](https://www.expedia.ca/Vancouver-Hotels-Langley-Hwy-Hotel.h6896.Hotel-Information) |
| [L'Hermitage Hotel](https://www.expedia.ca/Vancouver-Hotels-LHermitage-Hotel.h1968637.Hotel-Information) |
| [Lily's Guesthouse](https://www.expedia.ca/Vancouver-Hotels-Lilys-Guesthouse.h19285549.Hotel-Information) |
| [Linda Vista Motel](https://www.expedia.ca/Vancouver-Hotels-Linda-Vista-Motel.h6852696.Hotel-Information) |
| [Loden Hotel](https://www.expedia.ca/Vancouver-Hotels-Loden-Hotel.h1759251.Hotel-Information) |
| [Lonsdale Quay Hotel](https://www.expedia.ca/Vancouver-Hotels-Lonsdale-Quay-Hotel.h15116.Hotel-Information) |
| [Met Hotel](https://www.expedia.ca/Vancouver-Hotels-Met-Hotel.h63240.Hotel-Information) |
| [Metropolitan Hotel Vancouver](https://www.expedia.ca/Vancouver-Hotels-Metropolitan-Hotel-Vancouver.h28178.Hotel-Information) |
| [Moda Hotel](https://www.expedia.ca/Vancouver-Hotels-Moda-Hotel.h173098.Hotel-Information) |
| [NEW Listing - Blueberry Farm in Fort Langley](https://www.expedia.ca/Vancouver-Hotels-NEW-Listing-Blueberry-Farm-In-Fort-Langley.h23036136.Hotel-Information) |
| [North Vancouver Hotel](https://www.expedia.ca/Vancouver-Hotels-North-Vancouver-Hotel.h11942.Hotel-Information) |
| [O Canada House](https://www.expedia.ca/Vancouver-Hotels-O-Canada-House.h6852133.Hotel-Information) |
| [Old plum tree Style Suite](https://www.expedia.ca/Vancouver-Hotels-Old-Plum-Tree-Style-Suite.h51656293.Hotel-Information) |
| [OPUS Hotel Vancouver](https://www.expedia.ca/Vancouver-Hotels-OPUS-Hotel-Vancouver.h849562.Hotel-Information) |
| [Pacific Gateway Hotel](https://www.expedia.ca/Vancouver-Hotels-Pacific-Gateway-Hotel.h28000.Hotel-Information) |
| [Pacific Spirit Hostel](https://www.expedia.ca/Vancouver-Hotels-Pacific-Spirit-Hostel.h35130258.Hotel-Information) |
| [Pan Pacific Vancouver](https://www.expedia.ca/Vancouver-Hotels-Pan-Pacific-Vancouver.h9783.Hotel-Information) |
| [Panda Pod Hotel](https://www.expedia.ca/Vancouver-Hotels-Panda-Pod-Hotel.h31943449.Hotel-Information) |
| [Park Inn & Suites by Radisson, Vancouver](https://www.expedia.ca/Vancouver-Hotels-Park-Inn-Suites-By-Radisson.h7648.Hotel-Information) |
| [Pinnacle Hotel at the Pier](https://www.expedia.ca/Vancouver-Hotels-Pinnacle-Hotel-At-The-Pier.h3049471.Hotel-Information) |
| [Pinnacle Hotel Harbourfront](https://www.expedia.ca/Vancouver-Hotels-Pinnacle-Hotel-Harbourfront.h13323.Hotel-Information) |
| [Quality Hotel Airport South](https://www.expedia.ca/Vancouver-Hotels-Quality-Hotel-Airport-South.h921980.Hotel-Information) |
| [Queens Hotel](https://www.expedia.ca/Vancouver-Hotels-Queens-Hotel.h18733937.Hotel-Information) |
| [Radisson Hotel Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Radisson-Hotel-Vancouver-Airport.h14039.Hotel-Information) |
| [Ramada by Wyndham Coquitlam](https://www.expedia.ca/Vancouver-Hotels-Ramada-By-Wyndham-Coquitlam.h24475.Hotel-Information) |
| [Ramada by Wyndham Surrey/Langley](https://www.expedia.ca/Vancouver-Hotels-Ramada-By-Wyndham-SurreyLangley.h41320.Hotel-Information) |
| [Ramada by Wyndham Vancouver Downtown](https://www.expedia.ca/Vancouver-Hotels-Ramada-By-Wyndham-Vancouver-Downtown.h450969.Hotel-Information) |
| [Ramada Limited Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Ramada-Limited-Vancouver-Airport.h119678.Hotel-Information) |
| [Ramada Limited Vancouver Downtown](https://www.expedia.ca/Vancouver-Hotels-Ramada-Limited-Vancouver-Downtown.h116385.Hotel-Information) |
| [Residence Inn by Marriott Vancouver Downtown](https://www.expedia.ca/Vancouver-Hotels-Residence-Inn-By-Marriott-Vancouver-Downtown.h28644.Hotel-Information) |
| [River Rock Casino Resort](https://www.expedia.ca/Vancouver-Hotels-River-Rock-Casino-Resort.h4810562.Hotel-Information) |
| [Riviera on Robson Suites Hotel Downtown Vancouver](https://www.expedia.ca/Vancouver-Hotels-Riviera-On-Robson-Suites-Hotel-Downtown-Vancouver.h485437.Hotel-Information) |
| [Robson Suites](https://www.expedia.ca/Vancouver-Hotels-Robson-Suites.h7631557.Hotel-Information) |
| [Rosedale On Robson Suite Hotel](https://www.expedia.ca/Vancouver-Hotels-Rosedale-On-Robson-Suite-Hotel.h6006.Hotel-Information) |
| [Rosewood Hotel Georgia](https://www.expedia.ca/Vancouver-Hotels-Rosewood-Hotel-Georgia.h3107.Hotel-Information) |
| [Samesun Vancouver](https://www.expedia.ca/Vancouver-Hotels-Samesun-Vancouver.h6762684.Hotel-Information) |
| [Sandman Hotel Langley](https://www.expedia.ca/Vancouver-Hotels-Sandman-Hotel-Langley.h64036.Hotel-Information) |
| [Sandman Hotel Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Sandman-Hotel-Vancouver-Airport.h528272.Hotel-Information) |
| [Sandman Hotel Vancouver City Centre](https://www.expedia.ca/Vancouver-Hotels-Sandman-Hotel-Vancouver-City-Centre.h21807.Hotel-Information) |
| [Sandman Signature Langley Hotel](https://www.expedia.ca/Vancouver-Hotels-Sandman-Signature-Langley-Hotel.h4480276.Hotel-Information) |
| [Sandman Signature Vancouver Airport Hotel & Resort](https://www.expedia.ca/Vancouver-Hotels-Sandman-Signature-Vancouver-Airport-Hotel-Resort.h882768.Hotel-Information) |
| [Sandman Suites Surrey-Guildford](https://www.expedia.ca/Vancouver-Hotels-Sandman-Suites-Surrey-Guildford.h909588.Hotel-Information) |
| [Sandman Suites Vancouver on Davie](https://www.expedia.ca/Vancouver-Hotels-Sandman-Suites-Vancouver-On-Davie.h2521.Hotel-Information) |
| [Seaside Hotel North Vancouver](https://www.expedia.ca/Vancouver-Hotels-SeaSide-Hotel-Vancouver.h41177826.Hotel-Information) |
| [Shangri-La Hotel, Vancouver](https://www.expedia.ca/Vancouver-Hotels-Shangri-La-Hotel.h2245179.Hotel-Information) |
| [Sheraton Vancouver Airport Hotel](https://www.expedia.ca/Vancouver-Hotels-Sheraton-Vancouver-Airport-Hotel.h16435.Hotel-Information) |
| [Sheraton Vancouver Guildford Hotel](https://www.expedia.ca/Vancouver-Hotels-Sheraton-Vancouver-Guildford-Hotel.h21934.Hotel-Information) |
| [Sheraton Vancouver Wall Centre](https://www.expedia.ca/Vancouver-Hotels-Sheraton-Vancouver-Wall-Centre.h11699.Hotel-Information) |
| [Skwachàys Lodge](https://www.expedia.ca/Vancouver-Hotels-Skwachays-Lodge.h6172025.Hotel-Information) |
| [Sunset Inn and Suites](https://www.expedia.ca/Vancouver-Hotels-Sunset-Inn-And-Suites.h470896.Hotel-Information) |
| [SureStay Hotel by Best Western North Vancouver Capilano](https://www.expedia.ca/Vancouver-Hotels-SureStay-Hotel-By-Best-Western-North-Vancouver-Capilano.h6766735.Hotel-Information) |
| [SureStay Plus Hotel by Best Western Coquitlam](https://www.expedia.ca/Vancouver-Hotels-SureStay-Plus-Hotel-By-Best-Western-Coquitlam.h22305.Hotel-Information) |
| [Sylvia Hotel](https://www.expedia.ca/Vancouver-Hotels-Sylvia-Hotel.h1657058.Hotel-Information) |
| [The Buchan Hotel](https://www.expedia.ca/Vancouver-Hotels-The-Buchan-Hotel.h6902629.Hotel-Information) |
| [The Burrard](https://www.expedia.ca/Vancouver-Hotels-The-Burrard.h3674197.Hotel-Information) |
| [The Chateau](https://www.expedia.ca/Vancouver-Hotels-The-Chateau.h35357242.Hotel-Information) |
| [The Deluxe Hotel Vancouver](https://www.expedia.ca/Vancouver-Hotels-The-Deluxe-Hotel-Vancouver.h6596549.Hotel-Information) |
| [the DOUGLAS, Autograph Collection](https://www.expedia.ca/Vancouver-Hotels-The-DOUGLAS.h17671696.Hotel-Information) |
| [The Listel Hotel Vancouver](https://www.expedia.ca/Vancouver-Hotels-The-Listel-Hotel-Vancouver.h14683.Hotel-Information) |
| [The New 401 Inn](https://www.expedia.ca/Vancouver-Hotels-The-New-401-Inn.h2728953.Hotel-Information) |
| [The St. Regis Hotel](https://www.expedia.ca/Vancouver-Hotels-The-St-Regis-Hotel.h18104.Hotel-Information) |
| [The Stone Hedge Bed and Breakfast](https://www.expedia.ca/Vancouver-Hotels-The-Stone-Hedge-Bed-And-Breakfast.h8274952.Hotel-Information) |
| [The Sunshine House by Elevate Rooms](https://www.expedia.ca/Vancouver-Hotels-The-Sunshine-House-By-Elevate-Rooms.h35160427.Hotel-Information) |
| [The Sutton Place Hotel - Vancouver](https://www.expedia.ca/Vancouver-Hotels-The-Sutton-Place-Hotel-Vancouver.h23624.Hotel-Information) |
| [The West Country Hotel](https://www.expedia.ca/Vancouver-Hotels-The-West-Country-Hotel.h16006710.Hotel-Information) |
| [The Westin Bayshore, Vancouver](https://www.expedia.ca/Vancouver-Hotels-The-Westin-Bayshore.h14477.Hotel-Information) |
| [The Westin Grand, Vancouver](https://www.expedia.ca/Vancouver-Hotels-The-Westin-Grand.h127122.Hotel-Information) |
| [The Westin Wall Centre, Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-The-Westin-Wall-Centre.h2899945.Hotel-Information) |
| [Travelodge by Wyndham Langley](https://www.expedia.ca/Vancouver-Hotels-Travelodge-By-Wyndham-Langley.h564777.Hotel-Information) |
| [Travelodge by Wyndham Surrey](https://www.expedia.ca/Vancouver-Hotels-Surrey-Central-Inn.h6639032.Hotel-Information) |
| [Travelodge by Wyndham Vancouver Airport](https://www.expedia.ca/Vancouver-Hotels-Travelodge-By-Wyndham-Vancouver-Airport.h7799.Hotel-Information) |
| [Travelodge by Wyndham Vancouver Lions Gate](https://www.expedia.ca/Vancouver-Hotels-Travelodge-By-Wyndham-Vancouver-Lions-Gate.h10464.Hotel-Information) |
| [Tropicana Suite Hotel](https://www.expedia.ca/Vancouver-Hotels-Tropicana-Suite-Hotel.h6835238.Hotel-Information) |
| [Trump International Hotel & Tower Vancouver](https://www.expedia.ca/Vancouver-Hotels-Trump-International-Hotel-Tower-Vancouver.h15230052.Hotel-Information) |
| [Vancouver Airport Marriott](https://www.expedia.ca/Vancouver-Hotels-Vancouver-Airport-Marriott.h564460.Hotel-Information) |
| [Vancouver Austin Guesthouse](https://www.expedia.ca/Vancouver-Hotels-Vancouver-Austin-Guesthouse.h15371473.Hotel-Information) |
| [Vancouver Marriott Pinnacle Downtown](https://www.expedia.ca/Vancouver-Hotels-Vancouver-Marriott-Pinnacle-Downtown.h422944.Hotel-Information) |
| [Vancouver Yuelai Guesthouse](https://www.expedia.ca/Vancouver-Hotels-Vancouver-Yuelai-Guesthouse.h37621419.Hotel-Information) |
| [Victorian Hotel](https://www.expedia.ca/Vancouver-Hotels-Victorian-Hotel.h2406456.Hotel-Information) |
| [Wedgewood Hotel & Spa - Relais & Chateaux](https://www.expedia.ca/Vancouver-Hotels-Wedgewood-Hotel-Spa-Relais-Chateaux.h6476.Hotel-Information) |
| [West End Guest House](https://www.expedia.ca/Vancouver-Hotels-West-End-Guest-House.h9708414.Hotel-Information) |
| [Westward Inn & Suites](https://www.expedia.ca/Vancouver-Hotels-Westward-Inn-Suites.h6132895.Hotel-Information) |
| [WHITEHOUSE Guesthouse](https://www.expedia.ca/Vancouver-Hotels-WHITEHOUSE-Guesthouse.h18114979.Hotel-Information) |
| [Windsor Guest House](https://www.expedia.ca/Vancouver-Hotels-Windsor-Guest-House.h6603982.Hotel-Information) |
| [WorldMark Vancouver - The Canadian](https://www.expedia.ca/Vancouver-Hotels-WorldMark-Vancouver-The-Canadian.h15119613.Hotel-Information) |
| [YWCA Hotel](https://www.expedia.ca/Vancouver-Hotels-YWCA-Hotel.h8121501.Hotel-Information) |
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***South Okanagan***

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| [5000 Motel](http://5000motel.com/) |
| [Apple Tree Inn](http://www.appletreeinn.ca/home.html?i=1) |
| [Avalon Inn Osoyoos](https://www.avaloninnosoyoos.com/) |
| [Barefoot Beach Resort](https://www.barefootresortbc.com/) |
| [Beachside Motel](https://www.beachsidemotel.ca/index.php) |
| [Best Western Inn at Penticton](https://www.bestwestern.com/en_US/book/hotel-rooms.62027.html?iata=00171880&ssob=BLBWI0004G&cid=BLBWI0004G:google:gmb:62027) |
| [Best Western Plus Sunrise Inn](https://www.bestwestern.com/en_US/book/hotel-rooms.62100.html?iata=00171880&ssob=BLBWI0004G&cid=BLBWI0004G:google:gmb:62100) |
| [Boundary Motel Osoyoos](https://www.boundarymotel.com/) |
| [Cactus Tree Inn](https://cactustreeinn.com/) |
| [Casa Grande Inn](http://www.casagrandeinn.ca/) |
| [Coady's Cabana](http://www.mjcoady.com/) |
| [Coast Oliver Hotel](https://www.coasthotels.com/hotels/bc/oliver/coast-oliver-hotel/) |
| [Coast Osoyoos Beach](https://www.coasthotels.com/hotels/bc/osoyoos/coast-osoyoos-beach-hotel/) |
| [Crown Resort](https://www.crownmotel.ca/) |
| [Days Inn by Wyndham Penticton](https://www.wyndhamhotels.com/en-ca/days-inn/penticton-british-columbia/days-inn-by-wyndham-penticton-conference-centre/overview?CID=LC:DI:20160927:Rio:Local&iata=00093796) |
| [Elks Motel Keremeos](https://www.elksmotel.ca/) |
| [Empire Motel](http://empiremotel.bc.ca/) |
| [Fairfield Inn & Suites Penticton](https://www.marriott.com/hotels/travel/ylwfe-fairfield-inn-and-suites-penticton/?scid=bb1a189a-fec3-4d19-a255-54ba596febe2) |
| [Golden Sands](https://www.goldensandspenticton.ca/) |
| [Green Gables Beach Resort](https://greengablesbeachresort.ca/) |
| [Holiday Beach Resort Motel](http://www.holidaybeachmotel.ca/) |
| [Holiday Inn & Suites Osoyoos](https://www.ihg.com/holidayinn/hotels/us/en/osoyoos/ysyca/hoteldetail?cm_mmc=GoogleMaps-_-HI-_-CA-_-YSYCA) |
| [Hotel Penticton](https://www.choicehotels.com/en-ca/british-columbia/penticton/ascend-hotels/cnb67) |
| [Lakeside Resort](https://www.pentictonlakesideresort.com/) |
| [Lakeside Villa Inn](http://pentictonlakesidevilla.com/) |
| [Lakeview Motel and Suites](https://osoyooslakeview.ca/) |
| [Maple Leaf Motel Inn Towne](http://mapleleafmotelinntowne.ca/) |
| [Mount View Motel](https://www.mountviewmotel.com/) |
| [Naramata Courtyard Suites](https://naramatacourtyardsuites.com/) |
| [Ogopogo Motel](http://ogopogomotel.tripod.com/id1.html) |
| [Pass Motor Inn](https://www.passmotorinn.com/en-us) |
| [Plaza Motel](https://www.plazamotelpenticton.com/en-us) |
| [Poplars Motel](https://www.thepoplarsmotel.com/) |
| [Ramada](https://www.wyndhamhotels.com/en-ca/ramada/penticton-british-columbia/ramada-inn-and-suites-penticton/overview?CID=LC:RA::GGL:RIO:National:07840&iata=00093796) |
| [Richter Pass Motor Inn](https://www.richterpass.com/) |
| [Riverside Motel](https://www.riversidemotel.ca/) |
| [Rochester Resort Motel](http://www.rochester-resort-motel.com/) |
| [Rosedale Motel](https://www.rosedalemotel.com/) |
| [Sahara Courtyard](https://www.saharacourtyardpenticton.com/en-us) |
| [Sahara Courtyard Inn Osoyoos](http://www.saharacourtyardinnosoyoos.online/) |
| [Sandman Penticton](https://www.sandmanhotels.com/locations/british-columbia/penticton/hotels/penticton-pen) |
| [Shoreline Resort](http://www.shorelineresort.ca/) |
| [Slumber Lodge](http://www.slumberlodge.ca/) |
| [Spanish Villa Resort](http://www.spanishvillaresort.ca/) |
| [Summerland Motel](https://www.summerlandmotel.com/) |
| [Summerland Resort Hotel](https://summerlandresorthotel.com/) |
| [Super 8 by Wyndham Osoyoos](https://www.wyndhamhotels.com/super-8/osoyoos-british-columbia/super-8-osoyoos/overview?CID=LC:SE::GGL:RIO:National:21053&iata=00093796) |
| [The Bowmont Motel](http://www.bowmontmotel.com/the-motel/) |
| [The Orchard at Oliver](http://www.the-orchard.ca/) |
| [Tiki Shores](https://www.tikishores.com/) |
| [Valley Star Motel](https://www.valleystarmotel.com/) |
| [Village Motel](https://www.villagemotel.net/) |
| [Walnut Beach Resort](https://www.walnutbeachresort.com/okanagan-osoyoos-resort.php) |
| [Warren House B&B](https://www.warrenhouse.ca/) |
| [Waterfront Inn](http://www.waterfrontinn.ca/) |
| [Westridge Motor Inn](https://www.westridgeinn.ca/) |

***Kelowna, West Kelowna, and Vernon***

**Accent Inns**

1140 Harvey Avenue, Kelowna, BC V1Y 6E7

250-862-8888

**Best Western PLUS Kelowna Hotel & Suites**

2402 Highway 97 North, Kelowna, BC V1X 4J1

250-860-1212

**Borgata Lodge Vacation Rentals at Quail Ridge Golf Resort**

11 - 3185 Via Centrale, Kelowna, BC V1V 1A1

250-491-0881

**Canada's Best Value Inn**

2679 Hwy 97, Kelowna, BC V1X 4J6

250-763-2484

**Casa Loma Lakeshore Resort**

2777 Casa Loma Road, West Kelowna, BC V1Z 1T6

+1-800-771-5253

**Coast Capri Hotel**

1171 Harvey Avenue, Kelowna, BC V1Y 6E8

250-860-6060

**Comfort Suites**

2656 Highway 97 North, Kelowna, BC V1X 4J4

+1-877-456-5770

**Conferences and Accommodation at UBC**

1290 International Mews, Kelowna, BC V1V 1V8

250-807-8050

**Cove Lakeside Resort**

4205 Gellatly Road, West Kelowna, BC V4T 2K2

+1-877-762-2683

**Cozystay Signature Lake Okanagan Resort**

2751 Westside Road, West Kelowna, BC V1Z 3T1

250-769-3511

**Days Inn by Wyndham Kelowna**

2649 Highway 97 North, Kelowna, BC V1X 4J6

250-868-3297

**Delta Hotels by Marriott Grand Okanagan Resort**

1310 Water Street, Kelowna, BC V1Y 9P3

250-763-4500

**Dilworth Inn**

1755 Dilworth Drive, Kelowna, BC V1Y 8R1

250-762-9666

**Eldorado Resort**

500 Cook Road, Kelowna, BC V1W 3G9

250-869-6067

**Fairfield by Marriott**

1655 Powick Road, Kelowna, BC V1X 4L1

250-763-2800

**Four Points by Sheraton Kelowna Airport**

5505 Airport Way, Kelowna, BC V1V 3C3

+1-855-900-5505

**Hampton Inn & Suites**

1665 Innovation Drive, Kelowna, BC V1V 2Y9

250-765-9042

**Holiday Inn Express & Suites Kelowna East**

1620 Powick Road, Kelowna, BC V1X 7G5

778-484-2999

**Holiday Park RV and Condo Resort**

1 - 415 Commonwealth Road, Kelowna, BC V4V 1P4

250-766-4255

**Hotel Zed Kelowna**

1627 Abbott Street, Kelowna, BC V1Y 1A9

250-763-7771

**Hyatt Place Kelowna**

1915 Enterprise Way, Kelowna BC, BC V1Y 9S9

+1-888-420-0530

**Kanata Kelowna Hotel & Conference Centre**

2429 Highway 97 North, Kelowna, BC V1X 4J2

250-763-0500

**Kelowna Inn & Suites**

1070 Harvey Avenue, Kelowna, BC V1Y 8S4

250-762-2533

**Kelowna Ramada Hotel and Conference Centre**

2170 Harvey Avenue, Kelowna, BC V1Y 6G8

250-860-9711

**Microtel Inn & Suites Kelowna**

365 Mills Road, Kelowna, BC V1X 4G9

778-484-0102

**Oasis Inn**

1884 Gordon Drive, Kelowna, BC V1Y 3H7

250-763-3657

**Okanagan College Accommodations Skaha Place**

100-860 KLO Road, Kelowna, BC V1Y 9K9

250-862-5422

**Okanagan Seasons Resort**

1580 Highway 33 West, Kelowna, BC V1X 1Z9

250-860-5707

**Prestige Beach House**

1675 Abbott Street, Kelowna, BC V1Y 8S3

250-860-7900

**Recreation Inn & Suites**

1891 Parkinson Way, Kelowna, BC V1Y 7V6

250-860-3982

**Royal Anne Hotel**

348 Bernard Avenue, Kelowna, BC V1Y 6N5

250-763-2277

**Sandman Hotel & Suites Kelowna**

2130 Harvey Avenue, Kelowna, BC V1Y 6G8

250-860-6409

**Siesta Suites**

3152 Lakeshore Road, Kelowna, BC V1W 3T1

250-763-5013

**Super 8 Kelowna**

2592 Highway 97 North, Kelowna, BC V1X 4J4

250-763-5013

**The Royal Kelowna**

1288 Water Street, Kelowna, BC V1Y 9P3

250-860-1033

**Super 8 Hotel West Kelowna**

1655 Westgate Road, West Kelowna, BC V1Z 3P1

250-769-2355

**Western Plus Wine Country Hotel Westbank**

3460 Carrington Road, Westbank, BC V4T 3C1

250-707-1637

**Holiday Inn Westbank**

2569 Dobbin Road, Westbank, BC V4T 2J6

250-768-8879

**Cove Lakeside Resort Westbank**

4205 Gellatly Road, Westbank, BC V4T 2K2

+1-877-762-2683

**Fairfield Inn & Suites by Marriott**

5300 Anderson Way, Vernon, BC V1T 9V2

250-260-7829

**Prestige Vernon Lodge and Conference Centre**

3914 - 32nd Street, Vernon, BC V1T 5P1

250-545-3385

**Silver Star Mountain Resort**

123 Shortt Street, Vernon, BC V1B 3M1

250-542-0224

**The Lodge Kitchen & Bar**

3914 32 Street, Vernon, BC V1T 5P1

250-542-9839

**Canada Best Value Inn & Suites Vernon**

4006-32nd St, Vernon, BC V1T 5P1

250-549-1241

**Econo Lodge**

4100 32nd Street, Vernon, BC V1T 5P1

250-549-1211

**Okanagan Valley Home Rentals**

Unit #205 - 2000 Enterprise Way, Vernon, BC V1Y 9S9

250-763-6373

**Predator Ridge Resort**

301 Village Centre Place, Vernon, BC V1H 1T2

250-542-3436

**Prestige Hotel Vernon**

4411 32nd Street, Vernon, BC V1T 9G8

250-558-5991

**Silver Star Motel**

3700 32nd Avenue, Vernon, BC V1T 5N6

250-545-0501

**The Haven at Deer Park**

9194 Tronson Road. Vernon, BC V1H 1E2

250-328-4993

***Victoria***

**Best Western Plus Carlton Plaza Hotel**

642 Johnson Street

Victoria, British Columbia V8W 1M6

250-388-5513

**Days Inn Victoria on the Harbour**

427 Belleville Street

Victoria, British Columbia V8V 1X3

1-800-665-3024

**Econo Lodge Inn and Suites**

101 Island Highway

Victoria, British Columbia V9B 1E8

800-661-4043

**Victoria Regent Waterfront Hotel & Suites**

1234 Wharf St. Victoria, BC, Canada, V8W 3H9

800-663-7472

**Delta Hotels Victoria Ocean Pointe Resort**

100 Harbour Road, Victoria, British Columbia V9A 0G1

250-360-2999

**Destination Victoria**

[https://www.tourismvictoria.com](https://www.tourismvictoria.com/stay)



**Pet Friendly Hotels**

***Metro Vancouver Regional District***

**Exchange Hotel Vancouver:**

[https://www.exchangehotelvan.com](https://www.exchangehotelvan.com/)

***Phone number*** – 604-563-4693

**Georgian Court Hotel:**

<https://www.georgiancourthotelvancouver.com>

***Phone number*** – 604-774-8349

**Residence Inn by Marriott:**

[*https://www.marriott.com*](https://www.marriott.com)

***Phone number*** – 604-688-1234

**Fairmont Waterfront:**

<https://www.fairmont.com/waterfront-vancouver>

***Phone Number*** – 604-691-1991

**Listel Hotel:**

[https://www.thelistelhotel.com](https://www.thelistelhotel.com/)

***Phone Number*** – 604-684-8461

**Coast Coal Harbour Hotel:**

[https://www.coasthotels.com](https://www.coasthotels.com/hotels/bc/vancouver/coast-coal-harbour-vancouver-hotel-by-apa/)

***Phone Number*** – 604-697-0202

**Best Western Plus Sands:**

<https://www.bestwestern.com>

***Phone Number*** – 604-682-1831

**The Met Hotel**

[http://www.themethotel.com](http://www.themethotel.com/)

***Phone Number*** –604.520.3815 (10am – 6pm) ***Phone Number*** – 604.230.0094 (after hours)

**The Queens Hotel**

[https://queenshotel.ca](https://queenshotel.ca/)

***Phone Number*** –604 553 7833

**Inn at the Quay**

[https://www.innatwestminsterquay.com](https://www.innatwestminsterquay.com/)

***Phone Number*** –604 520 1776

***Abbotsford, Chilliwack, and Fraser Valley***

**Super 8 by Wyndham Abbotsford BC**

<https://www.wyndhamhotels.com>

**Travelodge By Wyndham Abbotsford Bakerview**

<https://www.wyndhamhotels.com>

**Coast Abbotsford Hotel & Suites**

[https://www.coasthotels.com](https://www.coasthotels.com/hotels/bc/abbotsford/coast-abbotsford-hotel-and-suites/)

**Quality Hotel & Conference Centre**

<https://www.choicehotels.com>

**Abbotsford Hotel**

[https://abbotsfordhotel.place](https://abbotsfordhotel.place/en-gb)

**Alpine Motor Inn**

[http://www.thealpineinn.ca](http://www.thealpineinn.ca/)

***Kelowna, West Kelowna, and Vernon***

**Kelowna Community Theatre (including the Black Box Theatre)**

1375 Water Street

250-469-8506 (Event Line: 250-469-8940)

**Kelowna Art Gallery**

1315 Water Street

250-762-2226

**Okanagan Heritage Museum**

470 Queensway Avenue

250-763-2417

**Okanagan Wine and Orchard Museum (inside the Laurel Packinghouse)**

1304 Ellis Street

778-478-0325

**Okanagan Military Museum (inside the Memorial Arena)**

1424 Ellis Street

250-763-9292

**Rotary Centre for the Arts & the Mary Irwin Theatre**

421 Cawston Avenue

250-717-5304

**Okanagan Regional Library (Kelowna Main Branch)**

1380 Ellis Street

250-762-2800

**Alternator Centre for Contemporary Arts**

103-421 Cawston Ave

(inside the Rotary Centre for the Arts)

250-862-2298

**Kasugai Gardens**

Queensway Avenue

(Beside City Hall)

250-862-9338

**West Kelowna Visitor Information Centre**2375 Dobbin Road, West Kelowna, BC V4T 2H9  
[250-768-2712](tel://2507682712)

**The Westbank Museum and Visitor Centre**

2376 Dobbin Rd, West Kelowna, BC V4T 2H9

250-768-0110

**Caetani Cultural Centre Society**

3401 Pleasant Valley Road Vernon BC V1T 4L4

(250) 275-1525

**Vernon Community Arts Centre**

2704A Hwy 6, Vernon, BC V1T 5G5

(250) 542-6243

***South Okanagan***

**Best Western Inn at Penticton**

[https://www.bestwestern.com](https://www.bestwestern.com/en_US/book/hotel-rooms.62027.html?iata=00171880&ssob=BLBWI0004G&cid=BLBWI0004G:google:gmb:62027)

Phone number – 250-493-0311

**Sandman Hotel Penticton**

[https://www.sandmanhotels.com](https://www.sandmanhotels.com/locations/british-columbia/penticton/hotels/penticton-pen)

Phone number – 250-493-7151

**Fairfield Inn & Suites by Marriott Penticton**

[https://www.marriott.com](https://www.marriott.com/hotels/travel/ylwfe-fairfield-inn-and-suites-penticton/)

Phone number – 236-422-0821

**Penticton Lakeside Resort**

[https://www.pentictonlakesideresort.com](https://www.pentictonlakesideresort.com/)

Phone number – 250-493-8221

**Tiki Shores Beach Motel Resort**

[https://www.tikishores.com](https://www.tikishores.com/)

Phone number – 1-866-492-8769

**Days inn by Wyndham**

[https://www.wyndhamhotels.com](https://www.wyndhamhotels.com/en-ca/days-inn/penticton-british-columbia/days-inn-by-wyndham-penticton-conference-centre/overview?CID=LC:DI:20160927:Rio:Local&iata=00093796)

Phone number – 250-980-3952

**Ramada by Wyndham**

[https://www.wyndhamhotels.com](https://www.wyndhamhotels.com/en-ca/ramada/penticton-british-columbia/ramada-inn-and-suites-penticton/overview?CID=LC:RA::GGL:RIO:National:07840&iata=00093796)

Phone number – 250-492-8926

***Victoria***

**The Parkside Hotel & Spa**

810 Humboldt St, Victoria, BC V8V 5B1

(250) 940-1200

<http://www.parksidevictoria.com>

**Coast Victoria Hotel & Marina by APA**

146 Kingston St, Victoria, BC V8V 1V4

(250) 360-1211

[http://www.coasthotels.com](http://www.coasthotels.com/hotels/bc/victoria/coast-victoria-hotel-marina-by-apa)

**Embassy Inn Hotel**

520 Menzies St, Victoria, BC V8V 2H4

(250) 382-8161

<http://www.embassyinn.ca>

**Quality Inn Downtown Inner Harbour**

850 Blanshard St, Victoria, BC V8W 2H2

(250) 385-6787

[www.choicehotels.com](http://www.choicehotels.com/british-columbia/victoria/quality-inn-hotels/cn376?mc=llyxcncnnbl&pmf=canada)



**Housing Services**

***Metro Vancouver Regional District***

**24/7 Apartments**

[https://www.247apartments.com](https://www.247apartments.com/rentals/British-Columbia/Vancouver.asp)

**Rent BC**

<https://rentals.ca/vancouver>

**Apartment Guide**

[https://www.aptrentals.net](https://www.aptrentals.net/)

**BC Renter’s Hotline**

[https://bc.rentershotline.ca](https://bc.rentershotline.ca/)

**City of Vancouver**

Quality Inn

1335 Howe Street, Vancouver, BC

Phone: 604-968-1825

**City of Vancouver**

Kingsway Continental

3484 Kingsway, Vancouver, BC

Phone: 604-665-3430

**City of Vancouver**

New Continental Apartments

1067 Seymour Street, Vancouver, BC, V68 554

Phone: 604-665-3331

**City of Vancouver**

Antoinette Lodge

535 East Cordova Street, Vancouver, BC, V6A 3T7

Phone: 604-251-2611

**City of Vancouver**

Alexander Residence

58 Alexander Street, Vancouver, BC, V6A 184

Phone: 604-665-3070

**City of Vancouver**

Central Residence

42 East Cordova Street, Vancouver, BC, V6A 1K2

Phone: 604-665-3070

**City of Vancouver**

Oppenheimer Lodge

450 East Cordova Street, Vancouver, BC, V6A 351

Phone: 604-253-4624

**City of Vancouver**

Roddan Lodge

124 Dunlevy Avenue, Vancouver, BC, V6A 3T6

Phone: 604-251-1434

**City of Vancouver**

Gresham Residence

716 Smithe Street, Vancouver, BC, V6Z 1A6

Phone: 604-665-3995

**City of Vancouver**

Barclay Heritage Square Residences

1416 Haro Street, Vancouver, BC, V6G 1G1

Phone: 604-665-3331

**Metro Vancouver**

Metro Vancouver Housing Corporation

4330 Kingsway, Burnaby, BC, V5H 4G8

Phone: 604-432-6300

**BC Housing**

Supportive Housing Registration (SHR) Service

Orange Hall, 297 East Hastings Street, Vancouver, BC, V6A 1P2

Phone: 604-648-4270

**BC Housing**

Lower Mainland Directly Managed Office

510-369 Terminal Avenue, Vancouver, BC, V6A 4C4

Phone: 604-609-7024

**Community Living British Columbia (CLBC)**

Vancouver Community Living Centre

400-210 West Broadway, Vancouver, BC, V5Y 3W2

Phone: 604-660-3323

**Strive Society**

Seniors Services

400-906 Roderick Avenue, Coquitlam, BC, V3K 1R1

Phone: 604-936-9944

**Community Living British Columbia (CLBC)**

North Vancouver Community Living Centre

210-1200 Lynn Valley Road, North Vancouver, BC, V7J 2A2

Phone: 604-981-0321

**Vancouver Resource Society**

310-2006 West 10th Avenue, Vancouver, BC, V6J 2B3

Phone: 604-731-1020

**YWCA Metro Vancouver**

Semlin Gardens

1975 East 12th Avenue, Vancouver, BC, V5N 2A6

Phone:604-879-7197

**YWCA Metro Vancouver**

Alder Gardens

127788 71st Avenue, Surrey, BC, V3W 0M9

Phone: 604-597-7984

**Como Lake Gardens**

528 Como Lake Avenue, Coquitlam, BC, V3J 3M2

Phone: 604-936-5665

**Greater Vancouver Community Services Society**

Community Living Programs

500-1212 West Broadway, Vancouver, BC, V6H 3Vl

Phone: 604-737-4900

**L'Arche Greater Vancouver**

7401 Sussex Avenue, Burnaby, BC, V5J 3V6

Phone: 604-435-9544

**Habitat for Humanity Society of Greater Vancouver**

7977 Enterprise Street, Burnaby, BC, VSA 1 VS

Phone: 604-681-5618

**Red Door Housing Society**

Head Office, 33-2688 Blanche Street, Vancouver, BC, VSS 4R4

Phone: 604-431-9225

**HFBC Housing Foundation**

101-1025 West 13th Avenue, Vancouver, BC, V6H 1N1

Phone: 604-684-3515

**RainCity Housing and Support Society**

Killarney Gardens

110-6660 Elliott Street, Vancouver, BC, VSS 2M7

Phone: 604-327-2702

**Spectrum Society for Community Living**

3231 Kingsway, Vancouver, BC, VSR 5K3

Phone: 604-323-1433

**Kiwassa Neighbourhood House**

2425 Oxford Street, Vancouver, BC, VSK 1M7

Phone: 604-254-5401

**Little Mountain Residential Care and Housing Society**

330 East 36th Avenue, Vancouver, BC, VSW 3Z4

Phone: 604-325-2298

**SUCCESS Multi-Level Care Society**

555 Carrall Street, Vancouver, BC, V6B 2J8

Phone: 604-608-8800

**PHS Community Services Society**

Stanley Hotel

36 Blood Alley Square, Vancouver, BC

Phone: 778-371-0056

**The 127 Society for Housing**

415 Nelson Street, Vancouver, BC, V6B 6K6

Phone: 604-688-4198

**The Bloom Group**

May's Place

333 Powell Street, Vancouver, BC, V6A 1G5

Phone: 604-606-038

**The Bloom Group**

Victory House

353 East Cordova Street, Vancouver, BC

Phone: 604-606-0330

**The Bloom Group**

Santiago Lodge

333 Powell Street, Vancouver, BC

Phone: 604-606-0393

**The Bloom Group**

Cordova House

368 East Cordova Street, Vancouver, BC, V6A 1L5

Phone: 604-606-0447

***Abbotsford, Chilliwack, and Fraser Valley***

**Archway (formerly Abbotsford) Community Services**

2420 Montrose Ave

604-859-7681

**Hearthstone Place**

2719 Gladys Ave

Open 24 hours

604-776-5060

**Look Out Society Riverside Winter Shelter**

1640 Riverside Rd

604-744-1538

**Lynnhaven Society**

33580 Braun Ave

604-853-1908

**Aavangen Housing Society**

2510 Ware St

604-504-7942

**MBS Housing**

2021 Primrose St

604-851-4004

**Abbotsford Co-operative Housing Association**

32855 Marshall Rd

604-853-7951

**Community Living BC**

2777 Gladwin Rd

604-870-5900

**Bakerview Housing Co-Op**

2378 Crescent Way

604-854-6133

**Abbotsford Apartments**

33467 Bevan Ave

604-853-3371

**BC Housing News Ltd.**

34334 Forrest Terrace #300

+1-844-278-5224

**Sara for Women**

2825 Clearbrook Rd

604-855-3363

**Home Society**

31581 S Fraser Way

604-852-7888

**The Warm Zone**

33264 Old Yale Rd

604-746-3301

**John Howard Society of The Fraser Valley**

33131 S Fraser Way #101

604-852-1226

***Kelowna, West Kelowna, and Vernon***

**City of Kelowna**

<https://www.kelowna.ca>

**City of Vernon**

[https://www.vernon.ca](https://www.vernon.ca/homes-building/construction-renovating/affordableattainable-housing)

**CMHA Kelowna**

[https://cmhakelowna.com](https://cmhakelowna.com/housing-homelessness-services)

**Seniors Outreach & Resource Centre**

[https://seniorsoutreach.ca](https://seniorsoutreach.ca/housing-directory-low-income)

**Rent Faster**

[https://www.rentfaster.ca](https://www.rentfaster.ca/bc/kelowna)

**Castanet – Classifieds**

[https://classifieds.castanet.net](https://classifieds.castanet.net/cat/rentals/)

**Associated Property Management Ltd.**

[https://www.associatedpm.ca](https://www.associatedpm.ca/residential-rental-listings)

***South Okanagan***

**BC Housing**

451 Winnipeg St, Penticton, BC, V2A 5M6

250-493-0301

**SOWINS Emergency Shelter**

Phone: 250-493-7233

**Penticton and District Society for Community Living**

439 Winnipeg St, Penticton, BC, V2A 6P5

Phone: 250-490-0200

**OneSky Community Resources**

330 Ellis St, Penticton, BC, V2A 4L7

Phone: 250-492-5814

**ASKwellness Society**

Burdock House

594 Winnipeg St, Penticton, BC, V2A 5M9

Phone: 250-487-9339

**ASKwellness Society**

Fairhaven

2670 Skaha Lake Road, Penticton, BC, V2A 6G1

Phone: 250-487-9339

***Victoria***

**Pacifica Housing Advisory Association**

827 Fisgard St, Victoria, BC V8W 1R9

(250) 385-2131

<http://www.pacificahousing.ca>

**Island Brothers Housing Services**

Holiday apartment rental in Victoria, British Columbia

1029 View St #110, Victoria, BC V8V 4V6

(250) 896-6326

[https://www.ibhs.ca](https://www.ibhs.ca/)

**Used Victoria**

Local rental listings

[https://www.usedvictoria.com](https://www.usedvictoria.com/classifieds/real-estate)

**Rent Faster**

Rental listings

[https://www.rentfaster.ca](https://www.rentfaster.ca/bc/kelowna)



**Delivery Services - Grocery Delivery**

***Metro Vancouver Regional District***

**Save-On-Foods**

<https://www.saveonfoods.com>

**Real Canadian Superstore**

<https://www.realcanadiansuperstore.ca>

**Fresh Market**

[https://shop.freshstmarket.com](https://shop.freshstmarket.com/vancouverhouse)

**SPUD**

<https://www.spud.ca>

**Hello Fresh**

<https://www.hellofresh.ca>

**Insta Cart**

[https://www.instacart.ca](https://www.instacart.ca/grocery-delivery/vancouver-bc)

**City Avenue Market**

[https://www.cityavenuemarket.ca](https://www.cityavenuemarket.ca/)

**Walmart Grocery Pickup and Delivery**

[https://www.walmart.ca](https://www.walmart.ca/en/online-grocery-shopping-pickup)

***Kelowna, West Kelowna, and Vernon***

**Sysco at Home**

[https://kelowna.syscoathome.com](https://kelowna.syscoathome.com/)

***South Okanagan***

**IGA Penticton**

[https://shop.igabc.com](https://shop.igabc.com/port_moody#/)

**Local Motive**

[http://www.localmotive.ca](http://www.localmotive.ca/)

**Delivery Services - Food Delivery**

***Metro Vancouver Regional District***

**Door Dash**

<https://www.doordash.com>

**Uber Eats**

<https://www.ubereats.com>

**Skip the Dishes**

<https://www.skipthedishes.com>

**Lazy Meals**

<https://lazymeal.com>

**Local Restaurants**

[https://www.tourismvancouver.com/restaurants](https://www.tourismvancouver.com/restaurants/)

***Kelowna, West Kelowna, and Vernon***

**Restaurants Delivered**

<https://www.restaurantsdelivered.ca>

**Ninja Now**

[https://ninjanow.com](https://ninjanow.com/)

**Delivery Masters**

<http://www.deliverymasters.ca>

**Local Restaurants**

<https://www.tourismkelowna.com/eat-drink/restaurants/delivery-take-out/>

***South Okanagan***

**Boston Pizza**

[https://bostonpizza.com](https://bostonpizza.com/en/index.html)

**Isshin Sushi Bar & Asian Dining**

[https://isshinsushi.ca](https://isshinsushi.ca/)

**Delivery Services - Prescriptions**

***Metro Vancouver Regional District***

**London Drugs**

[https://pharmacy.londondrugs.com/PharmacyServices](https://pharmacy.londondrugs.com/PharmacyServices/Prescription-Delivery)

**Shoppers Drug Mart**

[https://www1.shoppersdrugmart.ca](https://www1.shoppersdrugmart.ca/en/health-and-pharmacy/renewing-yourprescription)

**Pharmacy BC**

<https://www.pharmacybc.com/service/freedelivery>

**MacDonald’s Pharmacy**

<http://www.macdonaldsrx.com/services/delivery-services>

***Abbotsford, Chilliwack, and Fraser Valley***

**Brookswood Remedy's Rx Pharmacy**

[http://www.brookswoodpharmacy.ca](http://www.brookswoodpharmacy.ca/)

***Kelowna, West Kelowna, and Vernon***

**Lakeside Pharmacy**

<https://www.lakesidepharmacy.ca/pharmacy-services/delivery/>

**Hogarth's Clinic Pharmacy**

[https://www.hogarths.ca/prescription-delivery](https://www.hogarths.ca/prescription-delivery/)

***South Okanagan***

**Rexall**

[https://www.rexalldirect.ca/patient](https://www.rexalldirect.ca/patient/account/create/)

**London Drugs**

<https://pharmacy.londondrugs.com/PharmacyServices/Prescription-Delivery>

***Victoria***

**London Drugs**

911 Yates St, Victoria, BC V8V 3M4

250-360-0880

<https://pharmacy.londondrugs.com/PharmacyServices/Prescription-Delivery>

**Shoppers Drug Mart**

1212 Douglas St, Victoria, BC V8W 2E5

250-381-4321

<https://www1.shoppersdrugmart.ca/en/health-and-pharmacy/renewing-yourprescription>

**Rexall**

912 Douglas Street Victoria, BC V8W 2C1

250-384-1195



**Medical, Insurance and Offices – Medical Insurance**

***Metro Vancouver Regional District***

**Medical Services Plan (MSP)**

Health Insurance BC

PO Box 9035 St Prov Govt, Victoria, BC, V8W 9E3

Lower Mainland: 604 683-7151

Elsewhere in B.C.: 1-800-663-7100

To apply for MSP: <https://my.gov.bc.ca/msp/application/prepare>

**Pacific Blue Cross**

4250 Canada Way, Burnaby, BC

Phone: 604-419-2000

**BCAA + Manulife**

<htps://www.caalifeandhealth.ca>

***Nanaimo***

**Western Financial Group**

#202 – 550 Fifth Street, Nanaimo, BC V9R 1P1

250-755-1411

**Westland Insurance**

#8 - 1533 Estevan Road, Nanaimo, BC V9S 3Y3

250-754-8282

***South Okanagan***

**Capri CMW Insurance Services**

396 Ellis St, Penticton, BC V2A 4L7

Phone: 250-492-5821

**Robert Kroeker, Sun Life Financial**

#211-100 Lakeshore Drive West, Penticton, BC V2A 1B6

Phone: 250-328-5242

**Johnston Meier Insurance Agencies Group**

#101, 8111 Main St, Osoyoos, BC V0H 1V0

Phone: 250-495-2681

**Medical, Insurance and Offices - Associations & Agencies**

***Metro Vancouver Regional District***

**BC Association of Health-Care Auxiliaries (BCAHA)**

200-1333 West Broadway, Vancouver, BC, V6H 4C6

Phone: 236-999-4752

**BC Cancer Agency**

Fraser Valley Centre

13750 96th Avenue, Surrey, BC, V3V 1Z2

Phone: 604-930-2098

**BC Cancer Agency**

Vancouver Centre

600 West 10th Avenue, Vancouver, BC, V5Z 4E6

Phone: 604-877-6000

**BC Centre for Ability**

Community Brain Injury Program for Children and Youth in BC

2805 Kingsway, Vancouver, BC, VSR 3T6

Phone: 604-451-5511

**BC Centre for Disease Control**

Tuberculosis Control Clinic

Vancouver, BC

Phone: 604-707-2692

**BC Centre for Disease Control**

Sexually Transmitted Infections Clinic (STI Clinic)

655 West 12th Avenue, Vancouver, BC, V5Z 4R4

Phone: 604-707-5600

**BC Centre for Excellence in HIV/AIDS**

613-1081 Burrard Street, Vancouver, BC

Phone: 604-806-8477

**BC Lions Society for Children with Disabilities**

Easter Seals House

3981 Oak Street, Vancouver, BC, V6H 4H5

Phone: 604-736-3475

**BC Pediatric Medical Association (BCPMA)**

220-445 Mountain Highway, North Vancouver, BC, V7J 2L1

Phone: 604-985-3338

**BC Provincial Renal Agency (BCPRA)**

700-1380 Burrard Street, Vancouver, BC, V6Z 2H3

Phone: 604-875-7340

**The BC Society for the Prevention of Cruelty to Animals (BCSPCA)**

BCSPCA Vancouver Animal Hospital

1205 East 7th Avenue, Vancouver, BC, V5T 1R1

Phone: 604-879-3571

**Canadian Cancer Society**

BC and Yukon Division

Jean C Barber Lodge

575 West 10th Avenue, Vancouver, BC, V5Z 4C3

Phone: 604-879-9131

**The Centre for Child Development**

9460 140th Street, Surrey, BC, V3V SZ4

Phone:604-584-1361

**College of Physicians and Surgeons of BC**

Medical Library Service

300-669 Howe Street, Vancouver, BC, V6C 084

Phone: 604-733-6671

**Employment and Social Development Canada (ESDC)**

Social Insurance Number (SIN)

Vancouver, BC

Phone: 1-800-206-7218

**Employment and Social Development Canada (ESDC)**

Employment Insurance (El)

Phone: 1-800-206-7218

**Ministry of Children and Family Development (MCFD)**

Coquitlam/Port Coquitlam/Port Moody North Fraser

Eating Disorders Program

300-3003 Saint Johns Street, Port Moody, BC, V3H 2C4

Phone: 604-469-7600

**Vancouver Infectious Diseases Centre (VIDC)**

200-1200 Burrard Street, Vancouver, BC, V6Z 2C7

Phone: 604-642-6429

**Vancouver Women's Health Collective (VWHC)**

Nurse Practitioner Clinic

29 West Hastings Street, Vancouver, BC, V6B 1G4

Phone: 604-875-3290

**Western Institute for the Deaf and Hard of Hearing**

Medical Interpreting Services (MIS)

2125 West 7th Avenue, Vancouver, BC, V6K 1X9

Phone: 604-736-7012 or 1-877-736-7012

***Kelowna, West Kelowna, and Vernon***

**Canada Public Health Association**

<https://www.cpha.ca>

**Cottonwoods Care Centre**

250-862-4379

**Starbright Children's Development Centre**   
250-763-5100 x229

**Living Positive Resource Centre, Okanagan**

(778)-753-5830

**David Lloyd Jones Home**

Please contact 604-517-0994 or toll-free 1-800-663-2017 for assistance

**BC Cancer – Kelowna**

250-712-3966 x686860

**Canadian Mental Health Association**

<https://cmhakelowna.ca>

504 Sutherland Ave, Kelowna, BC V1Y 5X1

250-861-3644

<https://cmhavernon.ca>

3100 28th Ave, Vernon, BC V1T 1W3

250-542-3114

**Westside Health Network Society**

[https://www.westsidehealthnetwork.org](https://www.westsidehealthnetwork.org/)

**WorkSafe - Kelowna**

#110-2045 Enterprise Way

250-717-4301

**WorkBC**

<https://www.workbc.ca/WorkBC-Centres/Thompson-Okanagan>

107 - 1835 Gordon Dr

Kelowna, BC, V1Y 3H4

778-738-0225

**KCR - Kelowna Community Resources**

<https://kcr.ca>

620 Leon Avenue

Kelowna BC, V1Y 9T2

250-763-8008

**Medical Clinics**

***Metro Vancouver Regional District***

**Avecina Medical Clinic**

100-5581 204th Street, Langley, BC, V3A 124

Phone: 604-539-1744

[**City View Medical Clinic**](https://wellclinics.ca/properties/city-view-medical-clinic/)

2480 Heather Street, Vancouver, BC V5Z 3H9

Phone: 604-879-3900

**Doc-Side Medical**

100-678 East Hastings Street, Vancouver, BC, VGA 1R1

Phone: 604-633-1234

**Hastings Sunrise Medical Clinic**

Suite 102-2280 E Hastings Street, Vancouver, BC V5L 1V4

Phone: 604-253-3166

**Health Gate Medical Clinic**

13446 108th Avenue, Surrey, BC, V3T 2Kl

Phone: 604-583-6364

**Keefer Walk-In and Medical Clinic**

118 Keefer St, Vancouver, BC V6A 1X4

Phone: [604- 674-7403](https://www.google.com/search?q=local%20clinic%20in%20vancouver&rlz=1C1GCEA_enCA835CA835&oq=local+clinic+in+vancouver&aqs=chrome..69i57j33l2.7135j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49285886,-123117927,1390&tbm=lcl&rldimm=14006990146631029431&lqi=Chlsb2NhbCBjbGluaWMgaW4gdmFuY291dmVyWh0KBmNsaW5pYyITY2xpbmljIGluIHZhbmNvdXZlcg&ved=2ahUKEwi09Z-3rr7rAhXIpZ4KHcE1A2oQvS4wAXoECAwQRA&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**Kerrisdale Medical Clinic**

2077 W 42nd Ave, Vancouver, BC V6M 2B4

Phone: 604-261-9494

**Kettle Health Clinic**

1725 Venables Street, Vancouver, BC, V5L 2H3

Phone: 604-251-5237

**Loyal Medical Clinic**

1055 W Georgia St Unit 112, Vancouver, BC V6E 3P1

Phone: [604- 428-8313](https://www.google.com/search?q=local%20clinic%20in%20vancouver&rlz=1C1GCEA_enCA835CA835&oq=local+clinic+in+vancouver&aqs=chrome..69i57j33l2.7135j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49285886,-123117927,1390&tbm=lcl&rldimm=4318951904561112097&lqi=Chlsb2NhbCBjbGluaWMgaW4gdmFuY291dmVySMmnttOwroCACFolCgZjbGluaWMQABgAGAEYAiITY2xpbmljIGluIHZhbmNvdXZlcg&ved=2ahUKEwi09Z-3rr7rAhXIpZ4KHcE1A2oQvS4wAHoECAwQOA&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**Mid-Main Community Health Centre**

Medical Clinic

3998 Main Street, Vancouver, BC, V5V 3P2

Phone: 604-873-3666

**Mid-Main Community Health Centre**

Walk-In and Travel Clinic

3998 Main Street, Vancouver, BC, V5V 3P2

Phone: 604-336-6292

**Point Grey Medical Clinic**

4448 West 10th Avenue, Vancouver, BC V6R 2H9

Phone: 778-379-4448

**Scott Town Medical Clinic**

9556 120th Street, Surrey, BC, V3V 4C1

Phone: 604-588-0320

**Westminster Medical Clinic**

7568 6th Street, Burnaby, BC, V3N 3M3

Phone: 604-777-7095

**Yale Medical Centre**

1280 Granville Street, Vancouver, BC, V6Z 1M4

Phone: 604-682-2141

***Nanaimo***

**Anchor Family Medicine**

#102 – 1450 Waddington Road, Nanaimo, BC V9S 4V9

Phone: 250-754-5545

**Caledonian Clinic Ltd**

#195 – 4750 Rutherford Road, Nanaimo, BC, V9T 4K6

Phone: 250-753-3202

**Caledonian Clinic**

6010 Brickyard Road, Nanaimo, BC, V9V 1S5

Phone: 250-390-5200

**Lexitor Medical**

#102 – 1847 Dufferin Crescent, Nanaimo, BC V9S 0B1

Phone: 250-753-6646

**Medical Arts Centre**

#103 – 650 Terminal Avenue, Nanaimo BC, V9R 5E2

Phone: 250-753-3431

**Nanaimo Public Health Unit**

1665 Grant Avenue, Nanaimo, BC V9S 5K7

Phone: 250-755-6200

**Sow’s Ear Medical Clinic**

7186 Lantzville Road, Lantzville BC, V0R 2H0

Phone: 250-390-4542

**The Medicine Cabinet Medical Clinic**

#2-3188 Barons Road, Nanaimo, BC V9T 4B5

Phone: 250-751-7850

**Wallace Street Medical Clinic**

#1- 100 Wallace Street, Nanaimo BC, V9R 5B1

Phone: 250-591-9622

**Wellington Medical Clinic**

#84C – 3200 N Island Hwy, Nanaimo, BC, V9T 1W1

Phone: 250-740-2100

**Hospitals**

***Metro Vancouver Regional District***

**BC Children's Hospital**

4480 Oak Street, Vancouver, BC

Phone: 604-875-2345

**BC Children's Hospital**

Youth Health Program

Clinical Support Building

948 West 28th Avenue, Vancouver, BC

Phone: 604-875-3472

**BC Children's Hospital**

Provincial Mental Health Metabolic Program

Mental Health Building

4500 Oak Street, Vancouver, BC

Phone: 604-875-2345 Local 5592

**BC Children's Hospital**

Provincial Eating Disorders Program

Mental Health Building

4500 Oak Street, Vancouver, BC

Phone: 604-875-2200

**BC Children's Hospital Foundation**

938 West 28th Avenue, Vancouver, BC, V5Z 4H4

Phone: 604-875-2444

**BC Women's Hospital and Health Centre**

4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 604-875-2424

**BC Women's Hospital and Health Centre**

Diagnostic Ambulatory Services

4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 604-875-2814

**BC Women's Hospital and Health Centre**

Bone Density Testing

4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 604-875-2329

**BC Women's Hospital and Health Centre**

Premenstrual Syndrome Clinic

BC Women's Reproductive Mental Health

4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 604-875-2025

**BC Women's Hospital and Health Centre**

Family Practice Maternity Service

Room 1U29-4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 604-875-3436

**BC Women's Hospital and Health Centre**

Reproductive Medicine

Women's Health Centre, 4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 604-875-3706

**BC Women's Hospital and Health Centre**

Neonatal Program

Neonatal Intensive Care Unit

4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 604-875-2424

**BC Women's Hospital and Health Centre**

Antepartum Unit

4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 1-888-3000-3088

**BC Women's Hospital and Health Centre**

South Community Birth Program

201-5838 Fraser Street, Vancouver, BC, V5W 2Z5

Phone: 604-324-2201

**BC Women's Hospital and Health Centre**

Birthing Program

4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 604-875-2424

**BC Women's Hospital and Health Centre**

Provincial Medical Genetics Program

C234-4500 Oak Street, Vancouver, BC, V6H 3N1

Phone: 604-875-2157

**BC Women's Hospital and Health Centre**

BC Women's Centre for Pelvic Pain and Endometriosis

Women's Health Centre

4500 Oak Street, Vancouver, BC, V6H 3N1

Phone: 604-875-2534

**Burnaby Hospital**

3935 Kincaid Street, Burnaby, BC, V5G 2X6

Phone: 604-434-4211

**Eagle Ridge Hospital and Health Care Centre**

Asthma Education Program

475 Guildford Way, Port Moody, BC, V3H 3W9

Phone: 604-469-3227

**Holy Family Hospital**

7801Argyle Street, Vancouver, BC, V5P 3L6

Phone: 604-322-2653

**Lions Gate Hospital**

231 East 15th Street, North Vancouver, BC, V7L 2L7

Phone: 604-988-3131

**Lions Gate Hospital**

Neurological Rehabilitation Outpatient Program

231 East 15th Street, North Vancouver, BC, V7L 2L7

Phone: 604-984-5915

**Lions Gate Hospital**

Breath Education Program - Chronic Lung Disease

Medical Day Centre

231 East 15th Street, North Vancouver, BC, V7L 2L7

Phone: 604-988-3131 Local 4940

**Lions Gate Hospital**

Acute Psychiatric Services - Inpatient Program

Hope Centre

4th Floor-1337 St Andrews Avenue, North Vancouver, BC, V7L 0B8

Phone: 604-984-5000

**Lions Gate Hospital**

Psychiatric Inpatient Unit

Hope Centre

4th Floor-1337 St Andrews Avenue, North Vancouver, BC, V7L 0B8

Phone: 604-984-5010

**Lions Gate Hospital**

Speech-Language Pathology

231 East 15th Street, North Vancouver, BC, V7L 2L7

Phone: 604-984-5747

**Mount Saint Joseph Hospital**

Geriatric Outpatient Clinic

3080 Prince Edward Street, Vancouver, BC, V5T 3N4

Phone: 604-877-8181

**Richmond Hospital**

7000 Westminster Highway, Richmond, BC, V6X 1A2

Phone: 604-278-9711

**Ridge Meadows Hospital**

11666 Laity Street, Maple Ridge, BC, V2X 7GS

Phone: 604-463-4111

**Ridge Meadows Hospital**

Health Information Resource Centre

Ridge Meadows Hospital, 11666 Laity Street, Maple Ridge, BC, V2X 7GS

Phone: 604-463-4111 Local 552719

**Royal Columbian Hospital**

330 East Columbia Street, New Westminster, BC, V3L 3W7

Phone: 604-520-4253

**St Paul's Hospital**

1081 Burrard Street, Vancouver, BC, V6Z 1Y6

Phone: 604-682-2344

**St Paul's Hospital**

Outpatient Clinics and Services

1081 Burrard Street, Vancouver, BC, V6Z 1Y6

Phone: 604-806-9090

**St Paul's Hospital**

Elder Care Ambulatory Services

9th Floor-Providence Building, 1081Burrard Street, Vancouver, BC, V6Z 1Y6

Phone: 604-806-9827

**St Paul's Hospital**

Acute Psychiatry Short Stay Unit

1081 Burrard Street, Unit 2 East, Vancouver, BC, V6Z 1Y6

Phone: 604-682-2344 Local 62427

**St Paul's Hospital**

Healthy Heart Program

8180-1081 Burrard Street, Vancouver, BC, V6Z 1Y6

Phone: 604-806-8591

**St Paul's Hospital**

Provincial Eating Disorders Program

1081 Burrard Street, Vancouver, BC, V62 1Y6

Phone: 604-806-8347

**St Paul's Hospital**

John Reudys Immunodeficiency Clinic

B512-1081 Burrard Street, Vancouver, BC, V62 1Y6

Phone: 604-806-8060

**St Paul's Hospital**

Renal Program

6th Floor-Providence Building, 1081 Burrard Street, Vancouver, BC, V6Z 1Y6

Phone: 604-806-8205

**Surrey Memorial Hospital**

13750 96th Avenue, Surrey, BC, V3V 1Z2

Phone: 604-581-2211

**Surrey Memorial Hospital**

Youth Clinic

Shirley Dean Pavilion

9634 King George Boulevard, Surrey, BC, V3T 0G7

Phone: 604-585-5999

**Surrey Memorial Hospital**

Health Evaluation Assessment and Liaison Clinic (HEAL)

13730 94A Avenue, Surrey, BC

Phone: 604-585-5634

**Surrey Memorial Hospital**

Forensic Nursing Services Program

13750 96th Avenue, Surrey, BC, V3V 1Z2

Phone: 604-581-2211

**Surrey Memorial Hospital**

Sleep Lab

5th Floor-13750 96th Avenue, Surrey, BC, V3V 122

Phone: 604-587-3809

**Vancouver General Hospital (VGH)**

899 West 12th Avenue, Vancouver, BC, VSZ 1M9

Phone: 604-875-4111

**Vancouver General Hospital (VGH)**

STAT (Short Term Assessment and Treatment) Centre

Centennial Pavilion

855 West 12th Avenue, Vancouver, BC, V5Z 1M9

Phone: 604-875-4414

**Vancouver General Hospital (VGH)**

Diabetes Clinic

Gordon and Leslie Diamond Health Care Centre

4th Floor-2775 Laurel Street, Vancouver, BC, V5Z 1M9

Phone: 604-875-4111 Local 55910

**Vancouver General Hospital (VGH)**

Leukemia/Bone Marrow Transplant Program of BC

Centennial Pavilion, Krall Centre, CPGAB

855 West 12th Avenue, Vancouver, BC, V5Z 1M9

Phone: 604-875-4343

**Vancouver General Hospital (VGH)**

VGH Oral Health Care Centre

Gordon and Leslie Diamond Health Care Centre

7th Floor-2775 Laurel Street, Vancouver, BC, V5Z 1M9

Phone: 604-875-4006

**Vancouver General Hospital (VGH)**

Eye Care Centre

2550 Willow Street, Vancouver, BC, V5Z 3N9

Phone: 604-875-5076

**Vancouver General Hospital (VGH)**

Complex Pain and Addiction Services

DHCC, Floor 8-2775 Laurel Street, Vancouver, BC, V5Z 1M9

Phone: 604-875-4788

**Vancouver General Hospital (VGH)**

Outpatient Psychiatry Team

Health Centre, 715 West 12th Avenue, Vancouver, BC, V5Z 1M9

Phone: 604-875-4794

**University of British Columbia (UBC)**

UBC Health Clinic, David Strangway Building

310-5950 University Boulevard, Vancouver, BC, V6T 1Z3

Phone: 604-822-5431

**University of British Columbia (UBC) Hospital**

Koerner Pavilion

2211 Wesbrook Mall, Vancouver, BC, V6T 285

Phone: 604-822-7121

**University of British Columbia (UBC) Hospital**

Detwiller Pavilion

2255 Wesbrook Mall, Vancouver, BC, V6T 2A1

Phone: 604-822-7121

***Nanaimo***

**Nanaimo Regional General Hospital**

1200 Dufferin Crescent, Nanaimo, BC V9S 2B7

Phone: 250-755-7691

***Abbotsford, Chilliwack, and Fraser Valley***

**Abbotsford Regional Hospital and Cancer Centre**

32900 Marshall Rd, Abbotsford, BC V2S 0C2

[(604)-851-4700](https://www.google.com/search?rlz=1C1GCEA_enCA870CA870&ei=G15iX_fHAeyx0PEP1puVuAw&q=abby+hostpial+&oq=abby+hostpial+&gs_lcp=CgZwc3ktYWIQAzIECAAQDTIECAAQDTIECAAQDTIECAAQDTIECAAQDTIECAAQDTIECAAQDTIECAAQDTIECAAQDTIECAAQDToHCAAQsQMQQzoFCAAQsQM6CAgAELEDEIMBOgIIADoFCAAQkQI6BAgAEEM6CAgAELEDEJECOgUIABCSAzoECAAQCjoICAAQFhAKEB46BggAEBYQHjoFCCEQoAFQiOYEWPL-BGDjgwVoAHAAeACAAVCIAegGkgECMTSYAQCgAQGqAQdnd3Mtd2l6wAEB&sclient=psy-ab&ved=0ahUKEwi3wb_Dq-7rAhXsGDQIHdZNBccQ4dUDCA0&uact=5)

***Kelowna, West Kelowna, and Vernon***

**Kelowna General Hospital**

2268 Pandosy St, Kelowna, BC V1Y 1T2

Phone: 250-862-4000

**Vernon Jubilee Hospital**

2101 32 St, Vernon, BC V1T 5L2

**Health Authorities**

***Metro Vancouver Regional District***

**Fraser Health**

Corporate Office, Central City Tower

400-13450 102 Avenue, Surrey, BC, V3T 0H1

Phone: 604-587-4600

**Fraser Health**

Patient Care Quality Office (PCQO)

4th Floor-11762 Laity Street, Maple Ridge, BC, V2X 5A3

Phone: 1-877-880-8823

**Fraser Health**

New Canadian Clinic - Surrey

Jim Pattison Outpatient Care and Surgery Centre

3B-9750 140th Street, Surrey, BC, V3T 0G9

Phone: 604-953-9710

**Fraser Health**

New Canadian Clinic - Burnaby

204-7315 Edmonds Street, Burnaby, BC, V3N 1A7

Phone: 604-412-6580

**Fraser Health**

Burnaby Youth Clinic

4734 Imperial Street, Burnaby, BC, V5J 1C2

Phone: 604-293-1764

**Fraser Health**

New Westminster Youth Clinic

Lower Mainland Purpose Society

38 Begbie Street, New Westminster, BC, V3M 3L9

Phone: 604-329-1875

**Fraser Health**

New Westminster STI/HIV Clinic

218-610 Sixth Street, New Westminster, BC, V3L 3C2

Phone: 604-777-6740

**Fraser Health**

Kla-how-eya Healing Place

Guildford Public Health

100-10233 153rd Street, Surrey, BC, V3R 0Z7

Phone: 604-587-4774

**Fraser Health Concussion Clinic**

104-218 Blue Mountain Street, Coquitlam, BC, V3K 4H2

Phone: 604-520-4175

**Provincial Health Services Authority (PHSA)**

700-1380 Burrard Street, Vancouver, BC, V6Z 2H3

Phone: 604-675-7400

**Provincial Health Services Authority (PHSA)**

Patient Care Quality Office (PCQO)

202-601 West Broadway, Vancouver, BC, V5Z 4C2

Phone: 1-888-875-3256

**Provincial Health Services Authority (PHSA)**

Provincial Language Service (PLS) - Francophone Services

c/o Learning and Development Department, BC Women's Hospital and Health Centre

E423-4500 Oak Street, Vancouver, BC, V6H 3Nl

Phone: 604-875-3923

**Vancouver Coastal Health (VCH)**

Administration Office

231 East 15th Street, North Vancouver, BC, V7L 2L7

Phone: 604-988-3131

**Vancouver Coastal Health (VCH)**

Medical Administration - Richmond Hospital

7000 Westminster Highway, Richmond, BC, V6X 1A2

Phone: 604-244-5141

**Vancouver Coastal Health (VCH)**

Youth Health Clinics

Administration: 132 West Esplanade, North Vancouver, BC, V7M 1A2

Phone: 604-983-6700

**Vancouver Coastal Health (VCH)**

Richmond Ambulatory Care Services

Richmond Hospital

7000 Westminster Highway, Richmond, BC, V6X 1A2

Phone: 604-278-9711

**Vancouver Coastal Health (VCH)**

North Shore Medical Health Officer

Central Community Health Centre

5th Floor-132 West Esplanade, North Vancouver, BC, V7M 1A2

Phone: 604-983-6701

**Vancouver Coastal Health (VCH)**

North Shore Communicable Disease Control

Central Community Health Centre

6th Floor-132 West Esplanade, North Vancouver, BC, V7M 1A2

Phone: 604-983-6700

**Vancouver Coastal Health (VCH)**

Geriatric Outreach Program

West Vancouver Community Health Centre, 2121 Marine Drive, West Vancouver, BC, V7V 4C2

Phone: 604-904-6200 Local 4112

**Vancouver Coastal Health (VCH)**

Patient Care Quality Office (PCQO)

Vancouver General Hospital, Centennial Pavilion, CP-117

855 West 12th Avenue, Vancouver, BC, V5Z 1M9

Phone: 604-875-5845

**Vancouver Coastal Health (VCH)**

VCH Trans Specialty Care Vancouver, BC

Phone: 604-633-4248

**Vancouver Coastal Health (VCH)**

Aboriginal Patient Navigator (APN), Aboriginal Health Services

288-2750 East Hastings Street, Vancouver, BC, V5K 1Z9

Phone: 1-877-875-1131

**Vancouver Coastal Health (VCH)**

Acute Home-Based Treatment (AHBT) Program

4th Floor West-715 12th Avenue, Vancouver, BC, VSZ 1M9

Phone: 604-875-5432

**Vancouver Coastal Health (VCH)**

Alan Cashmore Centre

Robert and Lily Lee Family Community Health Centre

1669 East Broadway, Vancouver, BC, V5N 1V9

Phone: 604-675-3996

**Vancouver Native Health Society (VNHS)**

VNHS Medical Walk-in Clinic

449 East Hastings Street, Vancouver, BC

Phone: 604-255-9766

***Nanaimo***

**Island Health**

6475 Metral Drive, 3rd Floor, Nanaimo, BC V9T 2L9

Phone: 250-755-6215

***South Okanagan***

**Interior Health**

740 Carmi Ave, Penticton, BC V2A 8P9

Phone: 250-770-3434

**Additional Health Services**

***Metro Vancouver Regional District***

**Broadway Youth Resource Centre (BYRC)**

Broadway Youth Clinic

2455 Fraser Street, Vancouver, BC, V5T 0E6

Phone: 604-709-5720

**Jim Pattison Outpatient Care and Surgical Centre**

9750 140th Street, Surrey, BC, V3T 0G9

Phone: 604-582-4550 Local 764163

**Jim Pattison Outpatient Care and Surgical Centre**

Lung Health

9750 140th Street, Surrey, BC, V3T 0G9

Phone: 604-582-4565

**Jim Pattison Outpatient Care and Surgical Centre**

Healthy Heart Program

9750 140th Street, Surrey, BC, V3T 0G9

Phone: 604-582-4584

**Lookout Emergency Aid Society**

Surrey North Community Health Centre

10697 135A Street, Surrey, BC

Phone: 604-583-5666

**Michael Smith Foundation for Health Research**

200-1285 West Broadway, Vancouver, BC, V6H 3X8

Phone: 604-730-8322

**REACH Community Health Centre Health Services**

102-2732 East Hastings Street, Vancouver, BC, V5L 3X3

Phone: 604-254-1354

**Ronald McDonald House BC**

4567 Heather Street, Vancouver, BC, VSZ 0C9

Phone: 604-736-2957

**YMCA of Greater Vancouver**

YMCA Healthy Heart

208-245 East Columbia Street, New Westminster, BC, V3L 3W4

Phone: 604-521-5801

***South Okanagan***

**Willow Midwives**

620 Winnipeg St, Penticton, BC, V2A 5M9

Phone: 225-276-6088

**Dental and Oral Health**

***Metro Vancouver Regional District***

**BC Dental Association (BCDA)**

400-1765 West 8th Avenue, Vancouver, BC, V6J 5C6

Phone: 604-736-7202

**BC Dental Association (BCDA)**

Save a Smile

400-1765 West 8th Avenue, Vancouver, BC, V6J 5C6

Phone: 604-736-7202

**College of Dental Surgeons of BC (CDSBC)**

500-1765 West 8th Avenue, Vancouver, BC, V6J 5C6

Phone: 604-736-3621

**Mid-Main Community Health Centre**

Dental Clinic

3998 Main Street, Vancouver, BC, V5V 3P2

Phone: 604-873-3602

**Pacific Oral Health Society**

300-15850 24th Avenue, Surrey, BC, V3Z 0Gl

Phone: 604-536-2700

**PHS Community Services Society**

Portland Dental Clinic

12 East Hastings Street, Vancouver, BC, VGA 1N1

Phone: 778-371-0060

**REACH Community Health Centre**

Dental Services

501-1750 East 10th Avenue, Vancouver, BC, V5N 5K4

Phone: 604-254-1331

**Vancouver Native Health Society (VNHS)**

East Side Walk-in Emergency Dental Clinic

455 East Hastings Street, Vancouver, BC, V6A 1P5

Phone: 604-254-9900

**University of British Columbia (UBC)**

UBC Faculty of Dentistry

Nobel Biocare Oral Health Centre

2151 Wesbrook Mall, Vancouver, BC, V6T 123

Phone: 604-822-2112

***Nanaimo***

**Franklyn Street Dental Centre**

450 Franklyn Street, Nanaimo, BC V9R 2R7

Phone: 250-753-3488

**Harewood Dental Clinic**

521 Deering Street, Nanaimo BC, V9R 6Y2

Phone: 250-754-1949

**Metral Dental**

#200 – 6581 Aulds Road, Nanaimo, BC V9T 6J6

Phone: 250-390-1494

***Abbotsford, Chilliwack, and Fraser Valley***

**Smile Care Dental**

Abbotsford, BC

Phone: 604-744-2262

**Clayburn Dental**

3033 Immel St #400

Phone: 604-852-8487

**Clearbrook Dental Clinic**

2757 Bourquin Crescent W #2

Phone: 604-853-9401

**Tsang Family Dentistry**

33782 Marshall Rd

Phone: 604-853-1388

**The Mark Dental Group**

32625 S Fraser Way #201

Phone: 604-854-3866

**Willow Dental Care Abbotsford**

2050 Sumas Way #301 · In Abbotsford Village

Phone: 604-859-8284

**7 Oaks Laser Dental Centre**

32900 S Fraser Way #328 · In Showcase

Phone: 604-870-9838

**Montrose Dental Centre**

2636 Montrose Ave suite 203

Phone: 604-853-5677

**Abby Central Dental Clinic**

2855 Gladwin Rd · In Real Canadian Superstore

Phone: 604-557-9335

***South Okanagan***

**Penticton Family Dentist**

#12 88 Duncan Ave West, Penticton, BC, V2A 7J7

Phone: 250-493-8131

**Summerland Dental Centre**

13009 Rosedale Ave, Summerland, BC, V0H 1Z0

Phone: 250-494-9711

**Southern Okanagan Family Dental**

6050 Main St, Oliver, BC, V0H 1T0

Phone: 250-498-220

**Sun Valley Dental Centre**

6511 Main St, Osoyoos, BC, V0H 1V3

Phone: 250-495-2393

**Dr. Harold Potash**

527 7th Ave, Keremeos, BC, V0X 1N0

Phone: 250-499-7152

**Rehabilitation Services**

**Raincoast Community Rehabilitation Services Inc**

2392 Kingsway, Vancouver, BC, V5R 5G9

Phone: 604-444-3770

**GF Strong Rehab Centre**

4255 Laurel Street, Vancouver, BC, VSZ 2G9

Phone: 604-734-1313

**GF Strong Rehab Centre**

Adolescent and Young Adult Program

Vancouver, BC

Phone: 604-734-1313

**GF Strong Rehab Centre**

Arthritis Program

Vancouver, BC

Phone: 604-734-1313

**GF Strong Rehab Centre**

Neuromusculoskeletal Program

Vancouver, BC

Phone: 604-734-1313

**GF Strong Rehab Centre**

Baclofen Clinic

Vancouver, BC

Phone: 604-734-1313 Local 2193

***Kelowna, West Kelowna, and Vernon***

**Kelowna General Hospital Rehabilitation Center**

Phone: 250-862-4269

**CBI Home Health – Kelowna**

2000 Spall Road

Phone: 250-861-8315

**We Care Home Health Services - Vernon**

3907 – 27 Street

Phone: 250-542-9717

***South Okanagan***

**K&A Recovery Services**

737 Main St, Penticton, BC, V2A 5E1

Phone: 250-490-5983

**Meridian Rehabilitation**

#103-1873 Main St, Penticton, BC, V2A 5H2

Phone: 236-422-4888

**South Okanagan Physiotherapy & Active Wellness Centre**

#103 291 Fairview Rd, Oliver, BC, V0H 1T0

Phone: 250-498-2202

***Victoria***

**Health Insurance BC**

Medical Services Plan (MSP) If you are new to Canada, apply for MSP as soon as you arrive. Your coverage may start three months after your arrival date in British Columbia. You should get private health care insurance while you wait.

PO Box 9035 Stn Prov Govt, Victoria, BC, V8W 9E3

1 800 663-7100

To apply for MSP: <https://my.gov.bc.ca/msp/application/prepare>

**Pacific Blue Cross**

4250 Canada Way, Burnaby, BC

1-877-722-2583

<http://www.pac.bluecross.ca>

**SURE HEATH – Green Shield Canada**

1-844-840-7873

[https://www.surehealth.ca/pages/bc-health-insurance](https://www.surehealth.ca/pages/bc-health-insurance.html)

**Manulife**

Safe Visit

1-877-541-1117

[http://www.safevisit.ca](http://www.safevisit.ca/)

**Walk-In Clinics**

***Metro Vancouver Regional District***

**City View Medical Clinic**

[**City View Medical Clinic**](https://wellclinics.ca/properties/city-view-medical-clinic/)

2480 Heather Street, Vancouver, BC V5Z 3H9

604-879-3900

**Hastings Sunrise Medical Clinic**

Suite 102 - 2280 E Hastings Street, Vancouver, BC V5L 1V4

604-253-3166

**Kerrisdale Medical Clinic**

2077 W 42nd Ave, Vancouver, BC V6M 2B4

604-261-9494

**Point Grey Medical Clinic**

4448 West 10th Avenue, Vancouver, BC V6R 2H9

778-379-4448

**Loyal Medical Clinic**

1055 W Georgia St Unit 112, Vancouver, BC V6E 3P1

604-428-8313

**Keefer Walk-In and Medical Clinic**

118 Keefer St, Vancouver, BC V6A 1X4

604- 674-7403

**Vancouver Walk-In Medical Clinic**

350 SE Marine Dr, Vancouver, BC V5X 2S5

604-323-0077

**Pacific Medical Clinic**

6184 Fraser St, Vancouver, BC V5W 3A1

604-301-9955

**Main & Marine Medical Clinic**

235 SE Marine Dr, Vancouver, BC V5X 2S4

604-322-3011

**Commercial Drive Medical Clinic**

1515 Commercial Dr, Vancouver, BC V5L 3Y1

604-255-5922

**Care Point Medical Clinic – Commercial**

1623 Commercial Dr, Vancouver, BC V5L 3Y3

604-254-5554

**Doc-Side Medical Clinic**

678 E Hastings St #100, Vancouver, BC V6A 1R1

604-633-1234

**Young Medical Clinic** (LGBTQ-friendly)

1721 Main St #1, Vancouver, BC V5T 3B5

604-914-8888

**Cross Roads Walk-In Clinic**

507 W Broadway #350, Vancouver, BC V5Z 1E6

604-568-7229

**WELL Health - Hastings Sunrise Medical Clinic**

2280 E Hastings St #102, Vancouver, BC V5L 1V4

604-253-3166

**Coast Medical Seymour**

1018 Seymour St, Vancouver, BC V6B 3M6

604-569-3632

**Virtual Clinic+**

[https://www.virtualclinics.ca](https://www.virtualclinics.ca/contact/)

Patient Support: [care@virtualclinics.ca](mailto:care@virtualclinics.ca)

**Foremed Walk in Clinic**

420 Columbia St, New Westminster, BC V3L 1B1

[(604) 522-2206](https://www.google.com/search?q=walk%20in%20clinics%20new%20westminster&rlz=1C1CHBF_en&oq=walk+in+clinics+new+westminster&aqs=chrome.0.69i59j0l7.3919j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208432,-122913586,741&tbm=lcl&rldimm=14698139622171809957&lqi=Ch93YWxrIGluIGNsaW5pY3MgbmV3IHdlc3RtaW5zdGVyWjIKD3dhbGsgaW4gY2xpbmljcyIfd2FsayBpbiBjbGluaWNzIG5ldyB3ZXN0bWluc3Rlcg&ved=2ahUKEwjcs9ay-e3rAhUIrp4KHdHzBUIQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**Boucher Naturopathic Medical Clinic**

320-435 Columbia St, New Westminster, BC V3L 5N8

[(604) 540-2873](https://www.google.com/search?q=walk%20in%20clinics%20new%20westminster&rlz=1C1CHBF_en&oq=walk+in+clinics+new+westminster&aqs=chrome.0.69i59j0l7.3919j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208432,-122913586,741&tbm=lcl&rldimm=14698139622171809957&lqi=Ch93YWxrIGluIGNsaW5pY3MgbmV3IHdlc3RtaW5zdGVyWjIKD3dhbGsgaW4gY2xpbmljcyIfd2FsayBpbiBjbGluaWNzIG5ldyB3ZXN0bWluc3Rlcg&ved=2ahUKEwjcs9ay-e3rAhUIrp4KHdHzBUIQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**Care Point Medical Clinic - Westminster Centre**

555 6th St #140, New Westminster, BC V3L 5H1

[(604) 523-1166](https://www.google.com/search?q=walk%20in%20clinics%20new%20westminster&rlz=1C1CHBF_en&oq=walk+in+clinics+new+westminster&aqs=chrome.0.69i59j0l7.3919j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208432,-122913586,741&tbm=lcl&rldimm=14698139622171809957&lqi=Ch93YWxrIGluIGNsaW5pY3MgbmV3IHdlc3RtaW5zdGVyWjIKD3dhbGsgaW4gY2xpbmljcyIfd2FsayBpbiBjbGluaWNzIG5ldyB3ZXN0bWluc3Rlcg&ved=2ahUKEwjcs9ay-e3rAhUIrp4KHdHzBUIQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**Elicare: Royal City Medical Clinic**

610 6th St 228 B, New Westminster, BC V3L 3C2

[(604) 545-0420](https://www.google.com/search?q=walk%20in%20clinics%20new%20westminster&rlz=1C1CHBF_en&oq=walk+in+clinics+new+westminster&aqs=chrome.0.69i59j0l7.3919j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208432,-122913586,741&tbm=lcl&rldimm=14698139622171809957&lqi=Ch93YWxrIGluIGNsaW5pY3MgbmV3IHdlc3RtaW5zdGVyWjIKD3dhbGsgaW4gY2xpbmljcyIfd2FsayBpbiBjbGluaWNzIG5ldyB3ZXN0bWluc3Rlcg&ved=2ahUKEwjcs9ay-e3rAhUIrp4KHdHzBUIQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**Columbia Square Medical and Laser Center**

1005 Columbia St #140, New Westminster, BC V3M 6H5

[(604) 553-4667](https://www.google.com/search?q=walk%20in%20clinics%20new%20westminster&rlz=1C1CHBF_en&oq=walk+in+clinics+new+westminster&aqs=chrome.0.69i59j0l7.3919j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208432,-122913586,741&tbm=lcl&rldimm=14698139622171809957&lqi=Ch93YWxrIGluIGNsaW5pY3MgbmV3IHdlc3RtaW5zdGVyWjIKD3dhbGsgaW4gY2xpbmljcyIfd2FsayBpbiBjbGluaWNzIG5ldyB3ZXN0bWluc3Rlcg&ved=2ahUKEwjcs9ay-e3rAhUIrp4KHdHzBUIQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**Royal Columbia Medical Clinic Walk In /Family Practice**

107-301 E Columbia St, New Westminster, BC V3L 3W5

[(604) 522-7363](https://www.google.com/search?q=walk%20in%20clinics%20new%20westminster&rlz=1C1CHBF_en&oq=walk+in+clinics+new+westminster&aqs=chrome.0.69i59j0l7.3919j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208432,-122913586,741&tbm=lcl&rldimm=14698139622171809957&lqi=Ch93YWxrIGluIGNsaW5pY3MgbmV3IHdlc3RtaW5zdGVyWjIKD3dhbGsgaW4gY2xpbmljcyIfd2FsayBpbiBjbGluaWNzIG5ldyB3ZXN0bWluc3Rlcg&ved=2ahUKEwjcs9ay-e3rAhUIrp4KHdHzBUIQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**Welcome Medical Clinic**

7885 6th St #105, Burnaby, BC V3N 3N4

[(604) 526-1303](https://www.google.com/search?q=walk%20in%20clinics%20new%20westminster&rlz=1C1CHBF_en&oq=walk+in+clinics+new+westminster&aqs=chrome.0.69i59j0l7.3919j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208432,-122913586,741&tbm=lcl&rldimm=14698139622171809957&lqi=Ch93YWxrIGluIGNsaW5pY3MgbmV3IHdlc3RtaW5zdGVyWjIKD3dhbGsgaW4gY2xpbmljcyIfd2FsayBpbiBjbGluaWNzIG5ldyB3ZXN0bWluc3Rlcg&ved=2ahUKEwjcs9ay-e3rAhUIrp4KHdHzBUIQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

**Youth Clinic**

38 Begbie St, New Westminster, BC V3M 3L9

[(604) 329-1875](https://www.google.com/search?q=walk%20in%20clinics%20new%20westminster&rlz=1C1CHBF_en&oq=walk+in+clinics+new+westminster&aqs=chrome.0.69i59j0l7.3919j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208432,-122913586,741&tbm=lcl&rldimm=14698139622171809957&lqi=Ch93YWxrIGluIGNsaW5pY3MgbmV3IHdlc3RtaW5zdGVyWjIKD3dhbGsgaW4gY2xpbmljcyIfd2FsayBpbiBjbGluaWNzIG5ldyB3ZXN0bWluc3Rlcg&ved=2ahUKEwjcs9ay-e3rAhUIrp4KHdHzBUIQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f)

***Abbotsford, Chilliwack, and Fraser Valley***

**123 Walk-In Clinic**

2777 Gladwin Rd #108 · In GLADWIN CROSSING

(604) 755-4408

**Walk-In Clinic at Walmart Abbotsford by Jack Nathan Health**

3122 Mount Lehman Rd · In Walmart Supercentre

(604) 381-4102

**Blue Oak Medical Clinic**

31205 Maclure Rd #200 · In Petro-Canada

(604) 557-1155

**West Oaks Medical Centre - Denning Health Group**

32700 S Fraser Way #310 · In West Oaks Mall

(604) 557-9938

**Allwood Medical Centre**

2752 Allwood St #102

(604) 850-6893

**Omnicare Medical Clinic**

3010 Gladwin Rd Office

(778) 757-1770

**Ellwood Medical Clinic**

30495 Cardinal Ave #100

(604) 746-4700

**Abbotsford Medical Centre**

2051 McCallum Rd #101

(604) 744-5133

**Gateway Healthcare**

#203 2051 McCallum Rd

(604) 855-0677

**Abbotsford Village Medical Clinic**

2050 Sumas Way · In Abbotsford Village

(604) 504-7145

**Windermere Medical Clinic**

32450 Simon Ave

(604) 859-6774

**West Oaks Medical Centre - Denning Health Group**

32700 S Fraser Way #310

(604) 557-9938

**MediMax Health Center**

2479 McCallum Rd

(604) 852-2279

**Allwood Medical Centre**

2752 Allwood St #102

(604) 850-6893

**Grover and Associates Medical Clinic**

32156 Hillcrest Ave 2nd Floor Suite 270

(604) 853-2120

**Cannon Clinic**

1575 McCallum Rd #140

(604) 853-3314

**Viva Care Medical Clinic - Abbotsford (Inside Walmart)**

3122 Mount Lehman Rd

(604) 381-4102

**Blue Oak Medical Clinic**

31205 Maclure Rd #200 · In Petro-Canada

(604) 557-1155

**Ellwood Medical Clinic**

30495 Cardinal Ave #100

(604) 746-4700

**Sumas Medical Clinic**

2061 Sumas Way #130

(604) 744-8339

**Dr. K Kahlon**

4-2151 McCallum Rd

(604) 853-3314

**McCallum Health Centre**

105 - 2481 McCallum Rd

(604) 744-5016

**Langdon Medical Centre**

108-2669 LANGDON ST

(604) 853-9521

***Kelowna, West Kelowna, and Vernon***

**Capri Medical Centre**

132-1835 Gordon Drive

Kelowna, BC V1Y 3H5

250-717-3211

**Highroads Medical Clinic**

2145 Louie Drive

West Kelowna, BC V4T 3E6

250-768-7656

**Lakeland Medical Clinic**

1715 Ellis Street

Kelowna, BC V1Y 8M9

778-478-0277

**Lakeshore Medical Centre**

3970 Lakeshore Road

Kelowna, BC V1W 1V5

250-764-8878

**Lakeside Medicine Centre Pharmacy**

2365 Gordon Drive

Kelowna, BC V1W 3C2

250-860-3100

**Mission Medical Centre**

102 - 3320 Richter Street

Kelowna, BC V1W 4V5

250 868-8222

**Orchard Medical Centre**

104 1990 Cooper Road

Kelowna, BC V1Y 8K5

250-861-3235

**Primacy - MD Medical Centre**

3020 Louie Dr

Westbank, BC V4T 3E1

250-768-9959

**Primacy - Medi-Kel Walk-In Clinic**

2280 Baron Rd

Kelowna, BC V1X 7W3

250-862-4996

**Rutland Walk-In Clinic at Willow Park Mall**

25-590 Hwy 33W,

Kelowna, BC V1X 6A8

250 862-5915

**Spall Medical Centre**

150-1940 Harvey Avenue

Kelowna, BC V1Y 8J8

250 860-9909

**Towne Centre Medical Clinic**

19 - 2475 Dobbin Road

West Kelowna, BC V4T 2E9

250-768-8315

**West Kelowna Walk-In & Family Practice**

2231 Louie Dr #105

West Kelowna, BC V4T 3K3

250-768-6985

**Winfield-Lake Country Family Practice**

9966 Pollard Rd

Lake Country, BC V4V 1Z4

250-766-3938

**North Okanagan Medical Clinic Ltd**

5001 Anderson Way, Vernon, BC V1T 9V1

250-545-8338

**Sterling Centre Clinic (walk-in medical clinic)**

3210 25 Ave #101, Vernon, BC V1T 1P1

(778) 475-8311

**Vernon Urgent and Primary Care Centre**

Address: 3105 28th Ave, Vernon, BC V1T 8Y4

(250) 541-1097

**Three Lakes Medical Clinic**

3005 30 St #202, Vernon, BC V1T 9J5

(250) 542-1353

***South Okanagan***

**Peach City Medical & Urgent Care Centre Inc**

2111 Main St, Penticton, BC V2A 6W6

Phone: 250-276-5050

**Apple Plaza Walk-In Clinic**

1842 Main St, Penticton, BC V2A 5H3

Phone: 250-493-5228

**Penticton Options for Sexual Health Clinic**

740 Carmi Ave, Penticton, BC V2A 8P9

Phone: 1-800-739-7367

**Martin Street Outreach Centre**

#117-437 Martin St, Penticton, BC V2A 5L1

Phone: 250-770-3696

**Travel Medicine & Vaccination Centre**

#301-383 Ellis St, Penticton, BC V2A 4L9

Phone: 250-276-2977

**Penticton Mental Health & Substance Use**

740 Carmi Ave, Penticton, BC V2A 8P9

Phone: 250-770-3434

**Rosedale Medical Associates After Hours Clinic**

#200-13009 Rosedale Ave, Summerland, BC V0H 1Z0

Phone: 250-404-4242

**Osoyoos Health Centre**

4816 89th St, Osoyoos, BC V0H 1V1

Phone: 250-495-6433

**Oliver Health Centre**

930 Spillway Rd, Oliver, BC V0H 1T0

Phone: 250-498-5080

**Keremeos Diagnostic & Treatment Centre**

700 3d St, Keremeos BC V0X 1N3

Phone: 250-499-3000

***Victoria***

**HealthLink BC- Find Services**

Search for walk-in clinics, emergency rooms, hospitals, mental health programs, home care programs, pharmacy services, laboratory services, and more.

From within BC, call 8-1-1 to speak with a health services agent.

<https://www.healthlinkbc.ca/services-and-resources/find-services>

**Cook Street Village Medical Clinic**

230 Cook Street

250-220-9999

**Uptown Medical Clinic**

3460 Saanich Rd. – In Uptown Shopping Center – near Walmart

250-590-8375

**Yates & Quadra Medical Center**

645 Fort Street

250-388-3080

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**No Cost and Reduced-Cost Counselling Services**

A resource list of lower-cost, sliding-scale and free counselling services in Metro Vancouver, primarily the city of Vancouver. Updated quarterly.

Listings are categorized; categories, however, are not exclusive and are not intended to be limiting in terms of service provided or population served**.**

*Please share widely, in the hope that all who want counselling can access and benefit from it.*

***Provided by Sprott Shaw College***

**Student Support Program, My SSP**

<https://sprottshaw.com/students-and-alumni/my-ssp/>

Available to all students. This program includes:

* Direct support for students.
* Consultative support for faculty and staff who work with them.
* Confidential support to students at no cost to them.
* 24/7 remote mental health and wellbeing support from clinical counsellors who understand the challenges they may be facing as they juggle their academic and personal lives.
* Access to digital content which aims to support the well-being and retention of students at Sprott Shaw College.
* The program is fully integrated with existing on-campus resources and is completely confidential within the limits of the law.
* Students can access articles, videos, tools, resources, and their Student Support Advisor (a qualified counsellor with at least a master’s degree) through the app, website and telephone.
* This service is available in multiple languages.

***Provided by the Government of BC***

**Here2Talk**

Here2Talk connects post-secondary students with mental health support when they need it. Through this program, all students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, conveniently available 24/7 via app, phone and web.

<https://here2talk.ca/home>

***Health Links***

**Red Book Online**

[http://www.bc211.ca/searchtips](http://www.bc211.ca/searchtips/)

**Health Link BC**

[https://www.healthlinkbc.ca/health-topics](https://www.healthlinkbc.ca/health-topics/list/o)

**Here to Help**

[https://www.heretohelp.bc.ca](https://www.heretohelp.bc.ca/)

**Health Families BC**

[https://www.healthyfamiliesbc.ca](https://www.healthyfamiliesbc.ca/)

**KUU-US Crisis Line Society**

[https://www.kuu-uscrisisline.ca](https://www.kuu-uscrisisline.ca/)

**General Counselling**

***Metro Vancouver Regional District***

**Family Services of the North Shore**

604-988-5281

Professional counselling for residents of the North Shore. Sliding Scale.

[https://www.familyservices.bc.ca/find-support/counsellinq-support](https://www.familyservices.bc.ca/find-support/counsellinq-support/)

**Oak Counselling**

Reduced fee. Secular counselling services provided at the Vancouver Unitarian Centre by supervised volunteers with Master's degrees in psychology or psychology-related fields. Individual, couples and family counselling.

604-266-5611

[http://oakcounselling.org/contact-us](http://oakcounselling.org/contact-us/)

**JFS Vancouver**

Sliding scale professional counselling to the Jewish and broader community. Everyone welcome. Serving youth, adults, seniors, couples, and families. Regular program $50-$105; low-cost program: $10-$20.

604-257-5151

[http://jfsa.ca/counselling](http://jfsa.ca/counselling/)

**Family Services of Greater Vancouver, Student Internship Counselling Program**

Counselling provided by supervised counselling interns, September to April only. Sliding scale fees based on household income. Offices in Vancouver, Richmond and New Westminster.

604-874-2938

[https://fsgv.ca/programs/counselling](https://fsgv.ca/programs/counselling/)

**Adler Centre - Counselling Clinic**

Subsidized individual and couples counselling. Counselling provided by counselling psychology graduate students at the Adler Centre, supervised by an experienced clinician. $60-$85 to see a counselling intern; $100-$110 with registered counsellor.

604-742-1818

[http://www.adlercentre.ca](http://www.adlercentre.ca/clinic.html)

**Scarfe Counselling - UBC**

Free for adults and children 1O+. Counselling provided by counselling psychology graduate students, supervised by a psychologist. Clinic runs from September to April.

604-827-1523

[http://ecps.educ.ubc.ca/counselling-centre](http://ecps.educ.ubc.ca/counselling-centres/scarfe-free-counselling-clinic/)

**UBC Psychology Clinic**

Counselling services provided by doctoral student interns, supervised by registered psychologists. $10-$40 per hour.

604-822-3005

[http://clinic.pm,ch.ubc.ca](http://clinic.pm,ch.ubc.ca/)

**Simon Fraser University - Counselling Clinics**

Counselling for adults, children and youth provided by supervised graduate students in counselling psychology. Services at the Surrey clinic are free and at the Burnaby clinic are offered on a sliding scale.

**Surrey Clinic**

604-587-7320

[http://www.sfu.ca/education/centres-offices/sfu-surrey­ counselling-centre.html](http://www.sfu.ca/education/centres-offices/sfu-surrey­%20counselling-centre.html)

**Burnaby Clinical Psychology Centre**

778-782-4720

<https://www.sfu.ca/psychology/>

**Canadian Mental Health Association: North and West Vancouver Branch**

Brief Counselling Service. Up to 12 sessions of counselling for North Shore residents without open ICBC, WCB or other insurance carrier claims. Counselling provided by intern ($25) or registered clinical counsellor ($50).

604-987-6959

[https://northwestvancouver.cmha.bc.ca/programs-services/counselling](https://northwestvancouver.cmha.bc.ca/programs-services/counselling/)

**Living Systems Counselling**

Individual, couple and family counselling using Bowen Family Systems Therapy. Lower­ cost counselling provided by supervised interns ($15-$50). Interns at North Shore and Vancouver locations only.

604-926-5496

[https://livingsystems.ca](https://livingsystems.ca/)

**Vancouver Women's Health Collective - Wellness Counselling**

Counselling and art therapy available on select days.

604-736-5262

[https://womenshealthcollective.ca/counselling](https://womenshealthcollective.ca/counselling/)

**Moving Forward Family Services**

Counselling for individuals and families. Counselling primarily offered in Surrey, with limited availability in Vancouver, Port Moody and Abbotsford. Graduate-level counsellors ($50-$65) and counselling interns ($20). Limited free counselling available in exceptional circumstances.

778-321-3054

<https://movingforwardfamilyservices.com>

**Gordon Neighbourhood House**

Free counselling provided in partnership with supervised master's level counselling interns from City University. Individuals, couples and groups. Downtown Vancouver.

604-683-2554

Email: [counselling@gordonhouse.org](mailto:counselling@gordonhouse.org)

[https://gordonhouse.org/programs/free-counselling](https://gordonhouse.org/programs/free-counselling/)

**South Vancouver Neighbourhood House - Counselling Services**

Free program offered twice a week by counselling interns from City University. Individuals, couples and families.

Email: [counselling@southvan.org](mailto:counselling@southvan.org)

<http://www.southvan.org/program>

**Little Mountain Neighbourhood House - Counselling and Art Therapy Programs**

Counselling provided by counselling interns, by appointment only.

604-879-7104 (Ask for Lynette)

[https://web2.lmnhs.bc.ca/counseling-and-art-therapy](https://web2.lmnhs.bc.ca/counseling-and-art-therapy/)

**Kitsilano Neighbourhood House - Counselling Sessions**

Counselling by phone or Zoom, in partnership with Moving Forward Family Services and City University; provided by counselling interns. Free to those with a Kitsilano Neighbourhood House membership.

604-736-3588 ext.128

Email: [counselling@kitshouse.org](mailto:counselling@kitshouse.org)

[http://www.kitshouse.org/counselling-sessions](http://www.kitshouse.org/counselling-sessions/)

**Living Through Loss Counselling Society of BC**

Professional grief counselling related to life change or loss. Group therapy also available. Small fund available for limited, subsidized counselling. Call to inquire.

604-873-5013

[https://livingthroughloss.ca/counselling](https://livingthroughloss.ca/counselling/)

***Abbotsford, Chilliwack, and Fraser Valley***

**Archway (formerly Abbotsford) Community Services**

2420 Montrose Ave

Open ⋅ Closes 4:30 p.m. · (604) 859-7681

**Oakhill Counselling & Mental Health Services**

(604) 850-3774

**Dr. Susan Goldsmith & Associates**

2955 Gladwin Rd Suite 203 A

(604) 504-5444

**Cares Counselling Society**

2630 Bourquin Crescent W Unit #3

(604) 853-8916

**Peterson Irene V & Associates Counselling Services Inc**

2306 McCallum Rd #204

(604) 859-1462

**Cascade Christian Counselling**

33119 S Fraser Way

(604) 854-5413

**Shamrock Counseling**

2622 Montrose Ave

(604) 853-7477

**Eterna Counselling & Wellness**

202-2276 Clearbrook Rd

(604) 746-2025

**Balancing Minds Counselling Services**

2469 Pauline St #201

(778) 889-3174

**Re.Pose Therapy**

2633 Montrose Ave 2nd Floor

(778) 933-6787

**London Tree: Counseling & Holistic Health Inc. by Dr. Jassal**

32780 Marshall Rd

(778) 552-5117

**Voth Counselling Services Ltd.**

2655 Clearbrook Rd

(604) 308-6567

**Jodi Thielmann - Registered Clinical Counsellor**

2469 Pauline St #201

(778) 982-0682

***Kelowna, West Kelowna, and Vernon***

**Access Resources Inc.**

981 Borden Ave

Kelowna, BC Canada V1Y 6A5

250.763.2217

**Active Care Health**

1324 St. Paul St

Kelowna, BC V1Y 2E1

250.861.6151

**Adult & Teen Challenge Society of BC, Okanagan Men's Centre**

4550 Glenmore Rd

Lake Country, BC V4V 1L7

Office: 1.604.575.3930 ext.4

Intake: 1.778.401.9110

**Alcohol and Drug Information and Referral Service – BC211**

Administration - 604.875.6431

**ARC Programs Ltd., Changes Youth Alcohol and Drug Program**

513 Bernard Ave

Kelowna, BC V1Y 6N9

250.763.2977

**ARC Programs Ltd., Family Treatment Program**

513 Bernard Ave

Kelowna, BC V1Y 6N9

250.763.2977

**ARC Programs Ltd., School-Based Mental Health Services**

513 Bernard Ave

Kelowna, BC V1Y 6N9

250.763.2977

**ARC Programs Ltd., Young Offender Community Intervention Program**

513 Bernard Ave

Kelowna, BC V1Y 6N9

250.763.2977

**ARC Programs Ltd., Youth Services Program**

513 Bernard Ave

Kelowna, BC V1Y 6N9

250.763.2977

**BC Bereavement Helpline**

1.604.738.9950

**BC Cancer - Kelowna General Hospital**

399 Royal Ave

Kelowna V1Y 5L3

250.712.3900

**BC Cancer Kelowna, Patient and Family Counselling Services**

BC Cancer Kelowna- Sindi Ahluwalia Hawkins Centre for the Southern Interior

399 Royal Ave

Kelowna, BC V1Y 5L3

250.712.3963

**BC Cancer Kelowna, Sindi Ahluwalia Hawkins Centre for the Southern Interior**

399 Royal Ave

Kelowna, BC V1Y 5L3

250.712.3900

**BC Council for Families**

1847 West Broadway, 208

Vancouver, BC V6J 1Y6

1.604.678.8884

**Bridges to New Life Society**

1197 Sutherland Ave

Kelowna, BC V1Y 5Y2

250.448.6975

**Brix Family Chiropractic & Wellness Centre**

1851 Kirschner Rd, #106

Kelowna, BC V1Y 4N7

778.436.9366

**Building Healthy Families Society**

1390 KLO Rd

Kelowna, BC V1W 3P6

250.861.4933

**Building Healthy Families Society, The Zone**

1390 KLO Rd

Kelowna, BC V1W 3P6

250.861.4933

**Burtch Chiropractic & Laser Therapy**

1824 Gordon Dr, Unit 204

Kelowna, BC V1Y 0E2

250.860.4518

**Canadian Cancer Society, Cancer Connection**

Canadian Cancer Society: BC & Yukon Division

565 10th Ave W

Vancouver, BC V5Z 4J4

1.604.675.7148 or 1.800.822.8664

**Canadian Mental Health Association Kelowna & District Branch, Foundry Kelowna**

1815 Kirschner Rd, #100

Kelowna, BC Canada V1Y 6G3

236.420.2803

**Central Okanagan Counselling Services Inc., Gambling Counselling & Support Services**

2040 Springfield Rd, Ste 207

Kelowna, BC V1Y 9N7

778.821.0005

**Central Okanagan Hospice Association**

1890 Cooper Rd, Suite 200

Kelowna, BC Canada V1Y 8B7

250.763.5511

**Child Advocacy Centre of Kelowna**

1815 Kirschner Rd, Suite 200

Kelowna, BC Canada V1Y 4N7

236.361.8588

**Class of West K**

1979 Hwy Old Okanagan, #201

Westbank, BC Canada V4T 3A4

250.808.3930

**Community Futures Development Corporation of Central Okanagan, Self-Employment Program**

Landmark 1

1726 Dolphin Ave, #210

Kelowna, BC V1Y 9R9

250.868.2132

**Community Legal Assistance Society (CLAS)**

1140 West Pender St, Suite 300

Vancouver, BC V6E 4G1

1.604.685.3425

**Connect Counselling & Therapy Society**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Adult Individual Counselling Services**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Child, Youth and Family Services**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Children and Change**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Counselling for Low Income Couples**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Finding Our Voices Drop-in Group**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Men in Change Drop-In Group**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Men in Relationship with Self and Others**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Parenting Skills**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Reaching Older Women (ROW)**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Sexually Intrusive Behaviour Program for Children Under 12**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Connect Counselling & Therapy Society, Stopping the Violence Women's Counselling Service**

347 Leon Ave, #204

Kelowna, BC V1Y 8C7

250.860.3181

**Credit Counselling Society of BC, Kelowna Office**

Stewart Centre

1855 Kirschner Rd, Suite 375

Kelowna, BC V1Y 4N7

250.860.3000

**Crowning Life Consulting Inc., Supervised Parenting Time & Counselling Services**

347 Leon Ave, #210

Kelowna, BC V1Y 8C7

250.859.6039

**Diversified Rehabilitation Group**

495 Gordon Dr

Kelowna, BC

Canada V1Y 7T3

250.860.2868

**Elizabeth Fry Society, Central Okanagan**

649 Leon Ave

Kelowna, BC V1Y 9S3

250.763.4613

**Elizabeth Fry Society, Central Okanagan, Girl's United**

649 Leon Ave

Kelowna, BC V1Y 9S3

250.763.4613

**Elizabeth Fry Society, Central Okanagan, Sexual Assault Counselling Centre**

649 Leon Ave

Kelowna, BC V1Y 9S3

250.763.4613

**Elizabeth Fry Society, Central Okanagan, Specialized Victim Assistance Program**

649 Leon Ave

Kelowna, BC V1Y 9S3

250.763.4613

**Elizabeth Fry Society, Central Okanagan, Stopping the Violence Outreach Program**

649 Leon Ave

Kelowna, BC V1Y 9S3

250.763.4613

**Elizabeth Fry Society, Central Okanagan, Tough Guise**

649 Leon Ave

Kelowna, BC V1Y 9S3

250.763.4613

**Elizabeth Fry Society, Central Okanagan, Women's Community Justice Program**

649 Leon Ave

Kelowna, BC V1Y 9S3

250.763.4613

**Expert Hearing Solutions - Kelowna Capri Mall Location**

Capri Centre Mall

1835 Gordon Dr, #130

Kelowna, BC V1Y 3H4

250.762.2131

**Expert Hearing Solutions - Rutland**

Willow Park Shopping Centre

590 Hwy 33 W, #7

Kelowna, BC V1X 6A8

250.762.7430

**Expert Hearing Solutions - West Kelowna**

3645 Gosset Rd, #218

West Kelowna, BC V4T 2N8

250.707.0087

**Family Resource Centre Society for the North Okanagan**

#201 – 3402 27th Avenue

Vernon, BC V1T 1S1

(250) 545-3390

**FEX Okanagan (Family Enterprise Xchange), Canadian Association of Family Enterprise**

3200 Richter St, #200

Kelowna, BC V1W 5K9

250.764.0638

**Freedom's Door**

1279 Centennial Cres

Kelowna, BC V1Y 6K3

250.717.0472

**HearingLife Canada**

Orchard Plaza

1876 Cooper Rd, Unit 110

Kelowna, BC V1Y 9N6

250.762.7228

**Interior Health, Breastfeeding Clinic, Rutland Health Centre**

155 Gray Rd

Kelowna, BC V1X 1W6

250.980.4825

**Interior Health, Breathe Well Program**

Community Health & Services Centre

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.469.7070

**Interior Health, Central Okanagan Hospice House**

2035 Ethel St

Kelowna, BC V1Y 2Z6

250.862.4126

**Interior Health, Community Health & Services Centre**

Community Health & Services Centre

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.469.7070

**Interior Health, Diabetes Education Program**

Kelowna Diabetes Clinic

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.980.1405

**Interior Health, Home and Community Care Services**

Community Health & Services Centre

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.469.7070

**Interior Health, Kelowna Eating Disorders Outpatient Program, Kelowna Mental Health & Addictions Community Health & Services Centre**

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.469.7070 ext.13553

**Interior Health, Mental Health & Substance Use, Substance Use Services**

Kelowna Central Health Centre

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.469.7070 ext. 13554

**Interior Health, Mental Health and Substance Use Services**

Kelowna Mental Health & Substance Use

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.469.7070 ext.13554

**Interior Health, Mental Health Services and Substance Use, Assertive Community Treatment (ACT)**

Team Kelowna Central Health Centre

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.469.7070

**Interior Health, Mental Health Services and Substance Use, Response Services: Access**

Kelowna Central Health Centre

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.868.7788

**Interior Health, Mental Health Services and Substance Use, Response Services: Brief Intervention** **Services**

Kelowna Central Health Centre

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.868.7788

**Interior Health, Mental Health Services and Substance Use, Response Services: Community Response Team**

Kelowna Central Health Centre

505 Doyle Ave

Kelowna, BC V1Y 0C5

Kelowna Health Centre: 250.868.7788

Community Response Team: 250.212.8533

**Interior Health, Mental Health Services and Substance Use, Response Services: Walk-In Counselling**

Kelowna Central Health Centre

505 Doyle Ave

Kelowna, BC V1Y 0C5

250.868.7788

**Interior Health, Mobile Supervised Consumption Services, Downtown**

Outreach Urban Health

455 Leon Ave, Parking lot behind the building

Kelowna, BC

Canada V1V 6J3

250.868.2230

**Interior Health, Mobile Supervised Consumption Services, Rutland**

Rutland Community Dialysis Centre

125 Park Rd, On the side of the building

Kelowna, BC

Canada V1X 3E3

250.469.7070 Ext. 12159 or Ext. 12160

**Interior Health, Rutland Health Centre**

155 Gray Rd

Kelowna, BC V1X 1W6

250.980.4825

**Interior Health, Senior Citizens Counselor Program**

Ethel Community Health Centre

2180 Ethel St

Kelowna, BC V1Y 3A1

250.980.1558

**Interior Health, West Kelowna Health Centre**

2300 Carrington Rd, Ste 106

West Kelowna, BC V4T 2N6

250.980.5150

**It's All About You...Quality of Life Services**

1960 Springfield Rd, #201

Kelowna, BC

Canada V1Y 5V7

250.860.0220

**John Howard Society of Okanagan & Kootenay**

1440 St. Paul St

Kelowna, BC V1Y 2E6

250.763.1331

**John Howard Society of Okanagan & Kootenay, Justice Services**

1440 St. Paul St

Kelowna, BC V1Y 2E6

250.763.1331 ext. 206 (accepts collect calls)

**John Howard Society of Okanagan & Kootenay, Stop Taking it Out on your Partner**

1440 St Paul St

Kelowna, BC

Canada V1Y 2E6

250.763.1331 ext. 206

**Karis Support Society**

550 Rowcliffe Ave

Kelowna, BC

Canada V1Y 5Y9

250.860.9507 ext. 112

**Kelowna & District Pro-Choice Action Society**

250.769.3725

**Kelowna Chiropractic Centre**

2070 Harvey Ave, #12

Kelowna, BC V1Y 8P8

250.868.0974

**Kelowna Family Justice Services**

Towne Centre Mall

565 Bernard Ave, #119, 2nd Floor

Kelowna, BC V1Y 8R4

250.712.3636

**Kelowna Mental Health & Substance Use**

Interior Health

505 Doyle St, Second Floor

Kelowna, BC

Canada V1Y 6V8

250.469.7070

**Kelowna Women's Shelter, Central Okanagan Emergency Shelter Society**

778.478.7774 -- Administration

250.763.1040 -- 24 Hour Help Line

**Kelowna Women's Shelter, Kelowna Women's Transition House**

778.478.7774 (Administration)

250.763.1040 (24 Hour Help Line)

**Kelowna Women's Shelter, Outreach and Support**

(778) 478-7774 - Administration

(250) 763-1040 - 24 Hour Help Line

**Kelowna Women's Shelter, PEACE Program - Children & Youth Who Experience Violence**

778.478.7774 (Administration)

250.763.1040 (24 Hour Help Line) & PEACE

**Kelowna's Gospel Mission, Harmony and Shiloh House Ministries**

2360 Ethel St

Kelowna, BC

Canada V1Y 8T3

250.763.6544

**Ki-Low-Na Friendship Society**

442 Leon Ave

Kelowna, BC V1Y 6J3

250.763.4905

**Ki-Low-Na Friendship Society, Addictions Program**

442 Leon Ave

Kelowna, BC V1Y 6J3

250.763.4905

**Ki-Low-Na Friendship Society, Family Assessment Services**

442 Leon Ave

Kelowna, BC V1Y 6J3

250.763.4905

**Ki-Low-Na Friendship Society, Family Services**

442 Leon Ave

Kelowna, BC V1Y 6J3

250.763.4905

**Ki-Low-Na Friendship Society, Legal Advocacy Services**

442 Leon Ave

Kelowna, BC V1Y 6J3

250.763.4905

**Legal Services Society of BC, Family Duty Counsel**

1355 Water St

Kelowna, BC V1Y 8N3

Duty Counsel Office: 250.763.8613

Legal Aid Society Applications: 1.866.577.2525

Legal Aid Society General Inquiries Only: 1.604.601.6000

**Legal Services Society of BC, Legal Aid**

347 Leon Ave, Ste 210

Kelowna, BC V1Y 8C7

Duty Counsel Office: 250.763.8613

Legal Aid Society Applications: 1.866.577.2525

Legal Aid Society General Inquiries Only: 1.604.601.6000

**Living Positive Resource Centre**

255 Lawrence Ave

Kelowna, BC V1Y 6L2

778.753.5830

**Mamas for Mamas**

1735 Dolphin Ave, #120

Kelowna, BC V1Y 8A6

236.420.0075

**Memorial Society of British Columbia**

640 Broadway W, #205

Vancouver, BC V5Z 1G4

1.604.733.7705

**Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch**

347 Leon Ave, #203

Kelowna, BC V1Y 8C7

250.868.3119

**Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, B.R.I.D.G.E.S. Education Course**

347 Leon Ave, #203

Kelowna, BC V1Y 8C7

250.868.3119

**Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, Family Support Group**

347 Leon Ave, #203

Kelowna, BC V1Y 8C7

250.868.3119

**Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, Partnership Public Education Program**

347 Leon Ave, #203

Kelowna, BC V1Y 8C7

250.868.3119

**Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, Strengthening Families Together Course**

347 Leon Ave, #203

Kelowna, BC V1Y 8C7

250.868.3119

**Métis Community Services Society of BC, Aboriginal Supported Childhood Development**

2949 Pandosy St, #201

Kelowna, BC V1Y 1W1

250.868.0351

**Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, Your Recovery Journey Program**

47 Leon Ave, #203

Kelowna, BC V1Y 8C7

250.868.3119

**Ministry of Children and Family Development, Children and Youth with Special Needs, Family Support Services**

1340 Ellis St

Kelowna, BC

Canada V1Y 9R9

Kelowna: 250.712.3609

Vernon: 250.549.5404

**Ministry of Justice, Criminal Justice, Crown Counsel Regional Office, Kelowna**

1355 Water St

Kelowna, BC V1Y 9R3

250.470.6822

**MNP Ltd. - Debt Relief Solutions**

1628 Dickson Ave, #700

Kelowna, BC V1Y 9X1

250.979.2580

**Mothers Against Drunk Driving (MADD), Central Okanagan Chapter**

250.317.9877

**Okanagan Boys and Girls Clubs**

Administration Office

1434 Graham St

Kelowna, BC V1Y 3A8

250.762.3914

**Okanagan Boys and Girls Clubs, Counselling Programs**

Jaycees Downtown Youth Center

1633 Richter Street St

Kelowna, BC Canada

250.868.8541 ext 203

**Okanagan Boys and Girls Clubs, Cultivate (formerly Bail Support and Supervision) – Kelowna**

250.868.8541

**Okanagan Boys and Girls Clubs, Gateway Suite**

250.861.5593

**Okanagan Boys and Girls Clubs, Penny Lane Transition House**

250.861.5593

**Okanagan Boys and Girls Clubs, Reconnect Program**

Jaycees Downtown Centre

1633 Richter St

Kelowna, BC V1Y 9T7

250.868.8541 ext.4

**Okanagan Boys and Girls Clubs, The Family Support Program**

Jaycees Downtown Youth Centre

1633 Richter St

Kelowna, BC Canada V1Y 2M3

250-868-8541

**Okanagan Boys and Girls Clubs, Youth Housing Support Program**

1633 Richter St

Kelowna, BC Canada V1Y 9T7

778.214.4131

**Okanagan Boys and Girls Clubs, Youth Restorative Justice Program**

1633 Richter St

Kelowna, BC V1Y 9T7

250.868.8541 ext 207

**Okanagan Mental Health Services Society, Therapeutic Work Program**

2303 Leckie Rd, #112

Kelowna, BC V1X 6Y5

250.717.3007 ext.203

**Okanagan Valley Pregnancy Care Centre**

Southgate Centre

2622 Pandosy St, #201

Kelowna, BC V1Y 1V6

250.763.2112

**OneSky Community Resources**

330 Ellis St

Penticton, BC V2A 4L7

250.492.5814

**Parkinson Society British Columbia**

890 West Pender St, #600

Vancouver, BC V6C 1J9

1.604.662.3240

**Peachland Wellness Centre, Bereavement Group**

4426 5th St

Peachland, BC V0H 1X6

250.767.0141

**People's Law School, Dial-A-Law**

900 Howe St, #150

Vancouver, BC

Canada V6Z 2M4

1.604.331.5400

**QMUNITY, BC's Queer Resource Centre**

1170 Bute St

Vancouver, BC

Canada V6E 1Z6

1.604.684.5307 ext.100

**Quit Now, BC Lung Association**

2675 Oak St

Vancouver, BC V6H 2K2

811 (ask to be connected to the QuitNow Program)

**Reach Out Youth Counselling & Family Services Society**

1868 Ambrosi Rd

Kelowna, BC V1Y 4R9

250.763.7892

**Revolution Pharmacy, Kelowna/Rutland**

115 Hwy 33 W

Kelowna, BC V1X 1X6

1.250.491.4475

**Revolution Pharmacy, The Virtual Walk-In Clinic**

115 Hwy 33 W

Kelowna, BC V1X 1X6

250.491.4475

**Service Canada - Kelowna Office**

471 Queensway Ave, Suite 106

Kelowna, BC V1Y 6S5

**Seventh-day Adventist Church, Rutland Adventist, iServe - Kelowna Assistance for Postpartum Depression (KAPD)**

130 Gerstmar Rd

Kelowna, BC V1X 4A7

250.860.5096

**Seventh-day Adventist Church, Rutland Adventist, iServe - Moms Network Program**

130 Gerstmar Rd

Kelowna, BC V1X 4A7

250.860.5096

**Rachel's Vineyard - Kelowna Retreat, Post-Abortion Recovery Program**

250.762.2273

**Society of St. Vincent de Paul of Central Okanagan, Ozanam Recovery House**

2629 Richter St

Kelowna, BC Canada V1Y 2R3

250.762.4673

**Soul Sounds Music Therapy**

Kayla: 250.689.0418

Lizzy: 250.516.5134

**Springfield Funeral Home and Crematorium**

2020 Springfield Rd

Kelowna, BC V1Y 5V8

250.860.7077

**Starbright Children's Development Centre**

1546 Bernard Ave

Kelowna, BC V1Y 6R9

250.763.5100

**Stepping Stones Counselling Group**

1893 Ethel St

Kelowna, BC

Canada V1Y 2Z3

250.763.7414

**The Bridge Youth & Family Services Society**

2604 Enterprise Way, #8

Kelowna, BC V1X 7Y5

250.763.0456

**The Bridge Youth & Family Services Society, Family Counselling**

2604 Enterprise Way, #8

Kelowna, BC V1X 7Y5

250.763.0456

**The Bridge Youth & Family Services Society, Foster Home Support**

2604 Enterprise Way, #8

Kelowna, BC V1X 7Y5

250.763.0456

**The Bridge Youth & Family Services Society, Kelowna Youth in Care Network**

2604 Enterprise Way, #8

Kelowna, BC V1X 7Y5

250.763.0456

**The Bridge Youth & Family Services Society, Kids in Control**

2604 Enterprise Way, #8

Kelowna, BC V1X 7Y5

250.763.0456

**The Bridge Youth & Family Services Society, The Path**

2604 Enterprise Way, #8

Kelowna, BC V1X 7Y5

250.763.0456

**The Bridge Youth & Family Services Society, Transition Suite Support**

2604 Enterprise Way, #8

Kelowna, BC V1X 7Y5

250.763.0456

**The Bridge Youth & Family Services Society, Youth Detox: YD33**

760 Hwy 33 W

Kelowna, BC V1X 1Y4

250.763.0456

**The Bridge Youth & Family Services Society, Youth Transitions**

2604 Enterprise Way, Unit 8

Kelowna, BC V1X 7Y5

250.763.0456

**The Core Centre of Health**

1441 Ellis St, Suite 102

Kelowna, BC V1Y 2A3

250.862.2673

**The Crossing Point Rehab Addiction Services - Alcohol & Drug Addiction Recovery Center**

7841 Hwy 97 N, #116

Kelowna, BC V4V 1E7

250.860.4001

**The Medicine Shoppe Pharmacy, Westbank/West Kelowna - Main St Location**

2441A Main St

West Kelowna, BC V4T 1K5

250.707.2952

**Thompson Community Services**

165 Rutland Rd N

Kelowna, BC

Canada V1X 3B1

778.753.671

**Valiant Recovery**

1.877.618.6464

**The Salvation Army Kelowna Ministries, Community Life Centre - Kelowna Location**

200 Rutland Rd S

Kelowna, BC V1X 2Z5

250.765.3450

**Third Space Mind Counselling**

1708 Dolphin Ave, 104

Kelowna, BC

250.801.3648

**Venture Academy**

1865 Dilworth Dr, #338

Kelowna, BC V1Y 9T1

250.491.4593

**Wavefront Centre for Communication Accessibility, Western Institute for the Deaf and Hard of Hearing**

2005 Quebec Street St

Vancouver, BC V5T 2Z6

1.604.736.7391

**West Kelowna Chiropractic Centre for Health**

3713 Hoskins Rd

West Kelowna, BC V4T 2H8

778.754.3713

***Westbank First Nation, Counselling Services***

WFN Health and Wellness Building

1900 Quail Lane

Westbank, BC V4T 2H3

250.768.0227

**YMCA of Okanagan**

375 Hartman Rd

Kelowna, BC V1X 2M9

250.491.9622

**YMCA of Okanagan, Y Mind**

Kelowna Family Y

375 Hartman Rd

Kelowna, BC Canada V1X 2M9

250.317.7980

**Vernon Active Health**

3123 31 Ave, Vernon, BC V1T 2G9

(250) 545-2468

**Balanced Life Counselling**

701 BC-97, Vernon, BC V1B 3W4

(250) 309-7082

**Canadian Professional Counsellors Association**

3306 32nd Ave #203, Vernon, BC V1T 2M6

(250) 558-3323

**Family Resource Centre**

3402 27 Ave #201, Vernon, BC V1T 1S1

(250) 545-3390

**Freedom Counselling Vernon**

3207 30th Ave, Vernon, BC V1T 2C6

(250) 550-5482

**Okanagan Clinical Counselling Services**

3207 30th Ave, Vernon, BC V1T 2C6

(250) 718-9291

**LGBTQ+**

**Heath Initiative for Men (HIM)**

Brief professional counselling (8 sessions) is available to gay, bisexual and other men who have sex with men either by donation equivalent to hourly wage. Vancouver, New Westminster, Surrey, Abbotsford.

604-488-1001 ext. 230

[https://checkhimout.ca/gay-mens-health/mental-health](https://checkhimout.ca/gay-mens-health/mental-health/counseUlng_-support/)

**Qmunity - Counselling Program**

Counselling for members of the LGBTQ+ communities provided by Registered Social Workers and Clinical Counsellors. $60-$80 a session. Daytime only. 10-session limit.

604-684-5307 ext.107

[https://qmunity.ca/get-support/counselling](https://qmunity.ca/get-support/counselling/)

**Catherine White Holman Wellness Centre**

Drop-in professional counselling for trans and gender-diverse people. Call to find out when the next counselling clinic is being held.

604-442-4352

[https://cwhwc.com/services](https://cwhwc.com/services/)

**Trauma**

**Crime Victims Assistance Program**

Funded counselling for victims of crime, their immediate family members and witnesses. Contact for eligibility.

Victim Link BC 1-800-563-0808 (available 24/7).

**Specialized Counselling & Trauma Services - Family Services of Greater Vancouver**

Professional counselling for women, children, survivors of incest/trauma/sexual abuse, pregnant women with a trauma history and those experiencing family violence. No fee, however, may require a referral from a social worker.

604-874-2938

[https://fsgv.ca/programs/counselling](https://fsgv.ca/programs/counselling/)

**VAST**

Trauma-focused psychological counselling for refugees in one-on-one and group settings. Services provided in over a dozen languages.

604-255-1881 or Toll Free: 1-866-393-3133

[http://vast-vancouver.ca](http://vast-vancouver.ca/)

**Residential Historical Abuse Program**

Free counselling for those who were sexually abused while under the care of the province (foster care, group homes, etc.)

604-875-4255

<https://counsellingservicevancouver.com>

**Battered Women's Support Services**

Counselling and support services for any woman who has been abused in an intimate relationship as well as women survivors of childhood sexual abuse, adult sexual assault and Indigenous residential school survivors.

604-687-1867

[https://www.bwss.org](https://www.bwss.org/)

**WAVAW Rape Crisis Centre**

Individual counselling and group support for cis and trans women, two-spirit, trans and/ or non-binary people who have experienced sexual assault.

604-255-6228

[https://www.wavaw.ca/counselling](http://www.wavaw.ca/counselling/)

**MMIWG2S Family Counselling Program-WAVAW Rape Crisis Centre**

Free counselling for family members of missing and murdered Indigenous women, girls and two-spirit people. Family members includes extended families, community families and self-identified family members.

604-255-6344

[http://www.wavaw.ca/mmiw-family-counselling](http://www.wavaw.ca/mmiw-family-counselling/)

**Atira Community Services Society - Stopping the Violence Counselling**

Free individual and group counselling for women and transwomen who have experienced relationship abuse, sexual assault, or physical, emotional or sexual abuse.

604-331-1407 ext. 106 or 107

[https://atira.bc.ca/what-we-do/program/stopping-the-violence-counselling](https://atira.bc.ca/what-we-do/program/stopping-the-violence-counselling/)

**Indigenous**

**First Nations Health Authority**

Provides coverage to access mental health providers, including counsellors, 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.

1-800-317-7878 (toll-free)

<http://www.fnha.ca/benefits/mental-health>

***Mental health provider list:***

[https://www.fnha.ca](https://www.fnha.ca/)

**Indigenous Counselling Program - WAVAW Rape Crisis Centre**

Free one-to-one counselling for Indigenous including trans and cis women, as well as trans, non-binary, and Two Spirit people, incorporating Aboriginal healing approaches and traditions based on the Medicine Wheel.

604-255-6344

<https://www.wavaw.ca/indigenous-counselling>

**Addictions**

**Addictions Services, Vancouver Coastal Health**

Substance use assessment, counselling and treatment planning for individuals, couples and families. Group counselling also available. Free.

604-675-371

<http://www.vch.ca/your-care/mental-health-substance-use/substance-use-services>

**BC Responsible and Problem Gambling Program**

Free professional, multilingual counselling for any British Columbian struggling with their own or their family member's gambling. Counsellors have a minimum of a Master's degree in a counselling-related discipline.

1-888-795-6111 (available 24/7)

<https://www.bcresponsiblegambling.ca/getting-help/find-counsellor>

**Native Courtworker and Counselling Association of BC**

Walk in or call to set up an appointment. One-to-one adult, youth, family and group counselling for Indigenous people, part of an intensive outpatient treatment program.

604-628-1134

**Drug and Alcohol Outpatient Services**

520 Richards St. Vancouver

[https://nccabc.ca/health/alcohol-drug-outpatient-services](https://nccabc.ca/health/alcohol-drug-outpatient-services/)

**Mental Health**

**Vancouver Coastal Mental Health - Vancouver Hospital**

Group therapy for depression, anxiety, stress. Individual mental health assessments. Referral through your family doctor, or via a walk-in clinic.

604-675-371

<http://www.vch.ca>

**SAFER - Vancouver Coastal Health**

For Vancouver residents, provides counselling for individuals age 19 and over who have made a suicide attempt, are currently suicidal, or have suicidal thoughts; also offers support and education for people who are concerned about the risk of suicide in a significant other or bereaved by a suicide death.

604-675-3700

<http://www.vch.ca>

**Kelty's Key Online Therapy - Vancouver Coastal Health**

Free, cognitive-behavioural online therapy for qualifying Vancouver residents. Registered online clients are assigned an online psychotherapist for time-limited sessions. The general public may also access the online courses in a self-help capacity (without therapist assistance).

604-675-3700

[https://www.keltyskey.com](https://www.keltyskey.com/)

**Bounce Back Program - Canadian Mental Health Association**

Telephone coaching for people with mild-moderate depression with or without accompanying anxiety. Coaching available in English, Cantonese, French and Punjabi. Family doctor's referral required to access this program. Free.

1-866-639-0522

[https://bouncebackbc.ca](https://bouncebackbc.ca/)

**Mood Disorders Association of BC – Counselling and Wellness Centre**

Individual therapy with certified counsellor ($85-$95 an hour) or intern ($50 hour). Group therapy also available.

604-873-0103 ext. 2

<http://www.mdabc.net/counselling-and-wellness-centre-mdabc>

**Multilingual**

**SUCCESS - Individual and Family Counselling**

Counselling offered in Mandarin, Cantonese, Korean, Farsi and English with a focus on helping new immigrants of Chinese and other ethnic origins. Play and art therapy also available. Fees charged on a sliding scale based on income.

604-408-7266 or 604-684-1628

[https://successbc.ca/counselling-crisis-support/services/counselling](https://successbc.ca/counselling-crisis-support/services/counselling/)

**MOSAIC - Stopping the Violence Family Counselling**

Free, confidential counselling support and multicultural outreach services for women who have experienced, or are at risk of, abuse, threats, or violence in an intimate relationship, sexual assault or childhood abuse. 1:1 counselling and group support. Services available in English, Punjabi and Hindi.

604-254-9626 (Ask tor the Stopping the Violence Counsellor and/or the Women's Support Worker). [https://www.mosaicbc.org](https://www.mosaicbc.org/)

**MOSAIC - Vietnamese Family Support Program**

One-on-one or family support and counselling for a variety of life issues. Services available in Vietnamese and English.

604-254-9626 ext.1030 (Ask for the Vietnamese Family Support Program).

[https://www.mosaicbc.org](https://www.mosaicbc.org/)

**Vancouver and Lower Mainland Multicultural Family Support Services Society Multicultural Outreach/ Stopping the Violence Program**

Individual counselling, group counselling, advocacy, crisis intervention and referrals for women experiencing any form of abuse or violence, provided in numerous languages.

604-436-1025

<https://www.vlmfss.ca/multicultural-outreach>

**Youth**

**Trauma Counselling for Children Affected by Family Violence (PEACE)**

**Vancouver and Lower Mainland Multicultural Family Support Services Society**

Counselling available for children ages 3-18 who have been exposed to domestic violence.

604-436-1025

<https://www.vlmfss.ca/childrens-programs>

**Broadway Youth Resource Centre - City University Community Counselling Clinic**

Offers counselling and support services in the areas of youth and family, anger management, and sexual orientation/gender identity issues. Counselling provided by supervised interns completing their Master of Counselling Degree. Free.

604-709-5729

[https://pcrs.ca/service-resource-centres/broadway-youth-resource-centre](https://pcrs.ca/service-resource-centres/broadway-youth-resource-centre-2/%20)

**Dan's Legacy** - **Therapeutic Counselling Program**

Counselling for youth ages 15-25 who have experienced abuse or are affected by substance use problems. Family counselling also available. Bursaries available for those unable to afford therapy.

Email: [tom@danslegacy.com](mailto:tom@danslegacy.com)

<http://www.danslegacy.com>

**Drop-In Counselling Program - The Foundry**

Single-session virtual counselling for youth ages 12-24 and their caregivers. Counselling by voice, video or chat.

1-833-308-6379

[https://foundrybc.ca/get-support/virtual/dropincounselling](https://foundrybc.ca/get-support/virtual/dropincounselling/)

**Urban Native Youth Association (UNYA)** - **Counselling Program**

Free individual and group clinical counselling for Indigenous youth, ages 13-24. Or contact the Wellness Centre for drop-in counselling hours.

604-253-5885 or

[link.counsellor@unya.bc.ca](mailto:link.counsellor@unya.bc.ca%20) (intake counsellor works on Mondays) [https://unya.bc.ca/programs/alcohol-drug-counsellors](https://unya.bc.ca/programs/alcohol-drug-counsellors/)

[https://unya.bc.ca/programs/native-youth-health-wellness-centre](https://unya.bc.ca/programs/native-youth-health-wellness-centre/)

**Kids Help Phone** – **24/7**

Phone, text or live chat. Anonymous and confidential. No need to give your name.

In English or French.

1-800-668-6868 to talk to a professional counsellor.

[https://kidshelpphone.ca](https://kidshelpphone.ca/) (to start a live chat) or access online resources.

text CONNECT to 686868 for crisis text support.

[https://kidshelpphone.ca/text](https://kidshelpphone.ca/text/%20)

**Health-Related**

**Callanish Society**

Counselling for adults and youth affected by cancer at any stage, and for their family members. Counselling also available for family members grieving the loss of a loved one from cancer. Sliding scale rate ranging from $50 to $150 I session.

604-732-0633

<https://www.callanish.org/callanish-in-vancouver/>

**Friends for Life**

Free counselling for residents of Vancouver City Centre facing life challenges associated with HIV, cancer, hepatitis C and other chronic illnesses.

604-682-5992

<https://www.vancouverfriendsforlife.ca/>

**BC Psychological Association - COVID-19 Psychological First Aid Service**

Up to a 30-minute support call with a psychologist for any BC resident aged 19+ who is experiencing stress, anxiety, or uncertainty due to the evolving COVID-19 pandemic. Clients may also sign up for repeat support calls, by re-applying each time.

<http://www.psychologists.bc.ca/covid-19-resources>

**Chuck Jung Associates Psychological & Counselling Services**

No-cost counselling for individuals with traumatic brain injuries (TBls) and their family members, delivered at Port Coquitlam and Burnaby offices by supervised psychology doctoral students.

***Note:*** While not a non-profit organization, availability of counselling services in the community for people affected by TBls is extremely limited, hence this resource's inclusion on this list

604-874-6574

[https://www.chuckjung.com/pro-bono-counselling-tbi](https://www.chuckjung.com/pro-bono-counselling-tbi/)

**Faith-Based/Religious**

**Linkage Family Counselling - Chinese Christian Mission**

Reduced-cost Christian counselling by interns ($40) and professional counsellors ($70) available in English, Cantonese and Mandarin. Individual, couples and family counselling. Offices in Burnaby and Richmond.

604-629-2266

[http://www.en.ccmcanada.org](http://www.en.ccmcanada.org/?_p_age%20id=2327)

**Crisis Services**

***If you are experiencing a mental health emergency, please call 911.***

**Access and Assessment Centre (AAC) at VGH**

For non-life-threatening mental health or addictions concerns, contact the AAC at VGH, available 7:30am-11pm, 7 days a week. Phone, drop-in and outreach support available for Vancouver residents.

604-675-3700

[http://www.vch.ca/your-care/mental-health-substance-use/vancouver-access­ assessment-centre](http://www.vch.ca/your-care/mental-health-substance-use/vancouver-access­%20assessment-centre)

**Joseph & Rosalie Segal & Family Health Centre**

803 West 12th Avenue Vancouver

**1-800-SUICIDE**

BC-wide, 24/7

**Health Link BC - Nurse Line - 24/7**

Phone: 8-1-1 or 7-1-1 (hearing impaired)

<https://www.healthlinkbc.ca/nursing-service>

**First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service**

Immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll Free: 1-855-242-3310

<www.hopeforwellness.ca>

**KUU-US Indigenous Crisis Line (24/7)**

Toll Free: 1- 800-588-8717

Adult/Elder: 250-723-4050

Child/Youth: 250-723-2040

**WAVAW 24-7 Rape Crisis Line**

604-255-6344

1-877-392-7583

**Kids Help Phone - 24/7**

1-800-668-6868

Text CONNECT to 686868

**Crisis Intervention and Suicide Prevention Centre of BC - 24/7**

Phone 604-872-3311 (Vancouver)

1-866-661-3311 (toll free)

Chat (noon-1am): [https://crisiscentrechat.ca](https://crisiscentrechat.ca/)

Youth chat (noon-1am): <https://youthinbc.com>

**Trans Lifeline**

Peer support hotline run by and for trans people. 7am-1am Pacific Time.

Toll Free in Canada: 1-877-330-6366

**Critical Incident Response - WorkSafe BC**

Crisis intervention and response for workers who have witnessed a traumatic incident in the workplace. Free.

1-888-922-3700 (9am-11pm, 7 days week)

[https://www.worksafebc.com](https://www.worksafebc.com/en/claims/report-workplace-injury-illness/critical-incident­response)

**Extended Health Benefits**

If you have **extended health** through your employer, check with HR or your insurance plan to see whether your employer has paid for **counselling benefits.** Sometimes this is a separate, contracted service **(Employee Assistance Program),** other times you are covered for a particular counselling professional such as a Registered Social Worker (RSW or RCSW), Registered Clinical Counsellor (RCC) or a Registered Psychologist (A.Psych), whom you would hire privately. Be clear on who you're covered for if reimbursement is important to you! Most of the time, in such arrangements, you pay the therapist first and he or she gives you a receipt for reimbursement through your extended health. I have written extensively counselling options, including third-party, employee assistance programs, private and subsidized, in the following article:

[https://willowtreecounselling.ca](https://willowtreecounselling.ca/articles/am-i-covered-understanding-your-counselling-options/)

**Additional Information**

If you know of a ***not-for-profit agency*** offering a professional, lower-cost counselling service that I have not included, please let me know.

As agencies change over time, please check with the above services to ensure accuracy of the information provided here. Note that many programs will have wait lists. You may wish to add yourself to several waiting lists to potentially increase the speed of you being able to access counselling.

***Victoria***

Free and Affordable Counselling in Victoria BC There are more than 20 organizations in the Greater Victoria area that offer either free or affordable counselling services. We describe what types of counselling each organization offers, where they are located, and how to get in touch. The content of this information is collected through various sources via the internet and telephone, therefore the information is subject to change without notice by the counselling providers. If you find any information in this list that has changed, please contact us at information@drcvictoria.com so we can update our database.

Arbour Counselling Centre 250-479-9912 4277 Quadra Street Victoria, BC V8X 1L5 • Individual counselling • Sliding scale; Lowest $80/session [https://www.arbourcounselling.ca](https://www.arbourcounselling.ca/)

British Columbia Schizophrenia Society 250-384-4225 941 Kings Road Victoria, BC V8T 1W7 • Counselling for individuals and family members dealing with mental health illness/issues • Free • Short term • Self-referral [http://www.bcss.org](http://www.bcss.org/category/branches/branches-branches/victoria-branch/)

Citizen’s Counselling 250-384-9934 941 Kings Road Victoria, BC V8T 1W7 • Adults, couple & group counselling • Sliding scale; Lowest $10/session • Self-referral [http://www.citizenscounselling.com](http://www.citizenscounselling.com/index.html)

Epsilon Counselling 1-778-300-8485 550 – 2950 Douglas Street Victoria, BC V8T 4N4 • Individual counselling • Sliding scale • Self-referral [http://www.epsiloncounselling.ca](http://www.epsiloncounselling.ca/about/%20)

Family Services of Greater Victoria 250-386-4331 1004 North Park Street Victoria, BC V8T 1C6 • Individual, couple, family & child counselling • Sliding scale; Lowest $30/session • Self-referral [http://www.fsgv.org](http://www.fsgv.org/)

Kelty Centre-Eating Disorders Program South Vancouver Island 250-387-0000 302 – 2955 Jutland Road Victoria, BC V8T 5J9 • Eating disorder child, family and adult counselling • Free 3 • Self-referral; GP (medical doctor) involvement required for post follow-up [https://keltyeatingdisorders.ca](https://keltyeatingdisorders.ca/south-vancouver-island-eating-disordersprogram/e)

Pacific Center Family Services Association 250-478-8357 Wellness Centre 324 Goldstream Avenue 2nd floor Colwood, BC V9B 2W3 • Stopping the Violence program: women who have experienced abuse • Free • Self-referral [https://www.pacificcentrefamilyservices.org](https://www.pacificcentrefamilyservices.org/)

South Island Centre for Counselling and Training 250-472-2851 3821 – A Cedar Hill Cross Road Victoria, BC V8P 2M6 • Individual, couple, family and child counselling • Sliding scale; Lowest $10/session • Self-referral [https://www.southislandcentre.ca](https://www.southislandcentre.ca/)

Sooke Family Resource Society 250-642-5152 6672 Wadams Way Sooke, BC V9Z 0H3 • Individual, couple & family counselling (Up to 12 free sessions) • USTAT program: short term mental health intervention (GP-medical doctor referral)

Caring for Communities Counselling Program: sliding scale <http://www.sfrs.ca> 4 Calvin Black Counselling 250-888-3536 4277 Quadra Street Victoria, BC V8X 1L5 (located in the Victoria First Church of The Nazarene)

Men’s counselling • Sliding scale; lowest $80/session • Self-referral [http://calvinblack.com](http://calvinblack.com/counselling/%201Up%20)

Victoria Single Parent Resource Centre 250-385-1114 602 Gorge Road E Victoria, BC V8T 2W6 • Counselling for single parent members, self-awareness, parenting time management, boundaries, anatomy of anger, and mentoring • Up to 10 free sessions • Self-referral [http://singleparentvictoria.ca](http://singleparentvictoria.ca/)

Addictions Outpatient Treatment (VIHA) 250-519-3544 1250 Quadra Street 2nd floor Victoria, BC V8W 2K7 • Adults with substance abuse • Free • Self-referral or (GP-medical doctor referral) [https://www.viha.ca/mhas/locations](https://www.viha.ca/mhas/locations/victoria_gulf/community/addictionsoutpatient.html%205)

Beacon Community Services 250-656-0134 9860 Third Street Sidney, BC V8L 4R2 • Adult, youth, and children counselling • Seniors peer counselling (Free) • Youth and family services • Self-referral (Sliding scale; Lowest $5/session) [https://beaconcs.ca](https://beaconcs.ca/)

Cascadia Counselling Clinic 250-590-7050 300 – 755 Queens Avenue Victoria, BC V8T 1M2 • Individual, couple & family counselling, and (CBT-Cognitive Behavioral Therapy) • Sliding scale; Lowest $50/session • Self-referral or (GP-medical doctor) <http://www.cascadiaconsultation.comDiscovery>

Youth & Family Services (VIHA) 250-519-5313 Esquimalt Health Unit 530 Fraser Street 2nd floor Victoria, BC V9A 6H7 • Substance abuse youth (13-19) & family counselling • Free • Self-referral [https://www.viha.ca/youth-substance-use](https://www.viha.ca/youth-substance-use/discovery.html%20)

Esquimalt Neighbourhood House Society 250-360-0644 511 Constance Avenue Esquimalt, BC V9A 6N5 • Adults and couples counselling • Youth (13-18), and Family • Free • Self-referral <http://www.enh.bc.ca>

Hulitan Social Services Society 250-384-9466 902-A Caledonia Avenue Victoria, BC V8T 1E8 • Aboriginal children and families counselling • Free • Self-referral <http://www.hulitan.ca> Seniors Serving Seniors 250-382-4331 109 – 1022 Pandora Avenue Victoria, BC V8V 3P6 • Seniors peer counselling • Free (Volunteer non-professional support for grief and loss active listening) • Self-referral <http://seniorsservingseniors.bc.ca>

Strength Counselling Services 1-866-295-0551 • E-Counselling-(online) • Couples and family support • (Free 10 week program is determined during intake, for persons with proof of low income) • Otherwise a sliding scale; Lowest $80/session; $25/group session • Self-referral [https://strengthcounselling.ca](https://strengthcounselling.ca/)

Victoria Sexual Assault Centre 250-383-3232 201 – 3060 Cedar Hill Road Victoria, BC V8T 3J5 • Individual trauma & group counselling • By donation • Self-referral <https://vsac.ca>Men’s Trauma Centre 250-381-6367 102-1022 Pandora Avenue Victoria, BC V8V 3P5 • Victim/Trauma support and counselling • Individual/group • Fees determined during free intake session [http://www.menstrauma.com](http://www.menstrauma.com/)



**Cultural Centres**

***Metro Vancouver Regional District***

## Italian Cultural Centre

*3075 Slocan St, Vancouver, BC V5M 3E4*

[*(604) 430-3337*](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&q=cultural+centres+vancouver+bc&npsic=0&rflfq=1&rlha=0&rllag=49244653,-123092942,4288&tbm=lcl&ved=2ahUKEwjBsuG-tL7rAhUMsJ4KHXw2B8YQjGp6BAgLEEQ&rldoc=1)

## Chinese Cultural Centre of Greater Vancouver

*50 E Pender St, Vancouver, BC V6A 3V6*

[*(604) 658-8850*](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&q=cultural+centres+vancouver+bc&npsic=0&rflfq=1&rlha=0&rllag=49244653,-123092942,4288&tbm=lcl&ved=2ahUKEwjBsuG-tL7rAhUMsJ4KHXw2B8YQjGp6BAgLEEQ&rldoc=1)

## Scottish Cultural Centre

*8886 Hudson St, Vancouver, BC V6P 4N2*

[*(604) 263-6955*](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&q=cultural+centres+vancouver+bc&npsic=0&rflfq=1&rlha=0&rllag=49244653,-123092942,4288&tbm=lcl&ved=2ahUKEwjBsuG-tL7rAhUMsJ4KHXw2B8YQjGp6BAgLEEQ&rldoc=1)

## Coal Harbour Community Centre

*480 Broughton St, Vancouver, BC V6G 3H4*

[*(604) 718-8222*](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&q=community+centres+vancouver&npsic=0&rflfq=1&rlha=0&rllag=49284059,-123112572,1145&tbm=lcl&ved=2ahUKEwi67bu0tb7rAhUVITQIHQpTDu0QjGp6BAgMEEE&rldoc=1)

## Broadway Youth Resource Centre

*2455 Fraser St, Vancouver, BC V5T 0E5*

[*(604) 709-5720*](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&q=community+RESOURCES+IN+vancouver&npsic=0&rflfq=1&rlha=0&rllag=49289820,-123074380,4088&tbm=lcl&ved=2ahUKEwiWkenQtb7rAhXKJzQIHV8yAoAQjGp6BAgLEEY&rldoc=1)

## Vancouver Public Library, Central Library (Open with Limited Services - Children’s Library, Level 2 and Level 3)

*350 W Georgia St, Vancouver, BC V6B 6B1*

[*(604) 331-3603*](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&tbm=lcl&ei=RT5JX9jdCNez0PEPyOWEyAQ&q=LIBRARY+IN+VANCOUVER&oq=LIBRARY+IN+VANCOUVER&gs_l=psy-ab.3...37358.41431.0.41551.0.0.0.0.0.0.0.0..0.0....0...1c.1.64.psy-ab..0.0.0....0.9AXfgssNci4)

## Vancouver Public Library, Joe Fortes Branch (Takeout Service Only)

*870 Denman St, Vancouver, BC V6G 2L8*

[*(604) 665-3972*](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&tbm=lcl&ei=RT5JX9jdCNez0PEPyOWEyAQ&q=LIBRARY+IN+VANCOUVER&oq=LIBRARY+IN+VANCOUVER&gs_l=psy-ab.3...37358.41431.0.41551.0.0.0.0.0.0.0.0..0.0....0...1c.1.64.psy-ab..0.0.0....0.9AXfgssNci4)

## Vancouver Public Library, Carnegie Branch (Open with Limited Services)

*401 Main St, Vancouver, BC V6A 2T7*

[*(604) 665-3010*](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&tbm=lcl&ei=RT5JX9jdCNez0PEPyOWEyAQ&q=LIBRARY+IN+VANCOUVER&oq=LIBRARY+IN+VANCOUVER&gs_l=psy-ab.3...37358.41431.0.41551.0.0.0.0.0.0.0.0..0.0....0...1c.1.64.psy-ab..0.0.0....0.9AXfgssNci4)

**Anvil Centre**

*777 Columbia St, New Westminster, BC V3M 1B6*

[*(604) 515-3830*](https://www.google.com/search?q=cultural%20centres%20new%20westminster&rlz=1C1CHBF_en&oq=Cultural+Centres+new+&aqs=chrome.1.69i57j33l4.3682j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208443,-122916908,862&tbm=lcl&rldimm=1158174493201979961&lqi=CiBjdWx0dXJhbCBjZW50cmVzIG5ldyB3ZXN0bWluc3RlckjX_s33maqAgAhaPgoQY3VsdHVyYWwgY2VudHJlcxAAEAEYARgCGAMiIGN1bHR1cmFsIGNlbnRyZXMgbmV3IHdlc3RtaW5zdGVymgEjQ2haRFNVaE5NRzluUzBWSlEwRm5TVU00YkhKaVgxTjNFQUU&phdesc=4Nql05JEVq4&ved=2ahUKEwjz7JzaounrAhUXvp4KHcsFCZEQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:1&rlst=f)

**New Westminster Public Library**

*716 6th Ave, New Westminster, BC V3M 2B3*

[*(604) 527-4660*](https://www.google.com/search?q=cultural%20centres%20new%20westminster&rlz=1C1CHBF_en&oq=Cultural+Centres+new+&aqs=chrome.1.69i57j33l4.3682j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208443,-122916908,862&tbm=lcl&rldimm=1158174493201979961&lqi=CiBjdWx0dXJhbCBjZW50cmVzIG5ldyB3ZXN0bWluc3RlckjX_s33maqAgAhaPgoQY3VsdHVyYWwgY2VudHJlcxAAEAEYARgCGAMiIGN1bHR1cmFsIGNlbnRyZXMgbmV3IHdlc3RtaW5zdGVymgEjQ2haRFNVaE5NRzluUzBWSlEwRm5TVU00YkhKaVgxTjNFQUU&phdesc=4Nql05JEVq4&ved=2ahUKEwjz7JzaounrAhUXvp4KHcsFCZEQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:1&rlst=f)

**Queensborough Community Centre**

*920 Ewen Ave, New Westminster, BC V3M 5C8*

[*(604) 525-7388*](https://www.google.com/search?q=cultural%20centres%20new%20westminster&rlz=1C1CHBF_en&oq=Cultural+Centres+new+&aqs=chrome.1.69i57j33l4.3682j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208443,-122916908,862&tbm=lcl&rldimm=1158174493201979961&lqi=CiBjdWx0dXJhbCBjZW50cmVzIG5ldyB3ZXN0bWluc3RlckjX_s33maqAgAhaPgoQY3VsdHVyYWwgY2VudHJlcxAAEAEYARgCGAMiIGN1bHR1cmFsIGNlbnRyZXMgbmV3IHdlc3RtaW5zdGVymgEjQ2haRFNVaE5NRzluUzBWSlEwRm5TVU00YkhKaVgxTjNFQUU&phdesc=4Nql05JEVq4&ved=2ahUKEwjz7JzaounrAhUXvp4KHcsFCZEQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:1&rlst=f)

**New West Youth Centre**

620 *8th St, New Westminster, BC V3M 3S6*

[*(604) 515-3801*](https://www.google.com/search?q=cultural%20centres%20new%20westminster&rlz=1C1CHBF_en&oq=Cultural+Centres+new+&aqs=chrome.1.69i57j33l4.3682j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208443,-122916908,862&tbm=lcl&rldimm=1158174493201979961&lqi=CiBjdWx0dXJhbCBjZW50cmVzIG5ldyB3ZXN0bWluc3RlckjX_s33maqAgAhaPgoQY3VsdHVyYWwgY2VudHJlcxAAEAEYARgCGAMiIGN1bHR1cmFsIGNlbnRyZXMgbmV3IHdlc3RtaW5zdGVymgEjQ2haRFNVaE5NRzluUzBWSlEwRm5TVU00YkhKaVgxTjNFQUU&phdesc=4Nql05JEVq4&ved=2ahUKEwjz7JzaounrAhUXvp4KHcsFCZEQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:1&rlst=f)

**River Market**

*810 Quayside Dr, New Westminster, BC V3M 6B9*

[*(604) 520-3881*](https://www.google.com/search?q=cultural%20centres%20new%20westminster&rlz=1C1CHBF_en&oq=Cultural+Centres+new+&aqs=chrome.1.69i57j33l4.3682j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208443,-122916908,862&tbm=lcl&rldimm=1158174493201979961&lqi=CiBjdWx0dXJhbCBjZW50cmVzIG5ldyB3ZXN0bWluc3RlckjX_s33maqAgAhaPgoQY3VsdHVyYWwgY2VudHJlcxAAEAEYARgCGAMiIGN1bHR1cmFsIGNlbnRyZXMgbmV3IHdlc3RtaW5zdGVymgEjQ2haRFNVaE5NRzluUzBWSlEwRm5TVU00YkhKaVgxTjNFQUU&phdesc=4Nql05JEVq4&ved=2ahUKEwjz7JzaounrAhUXvp4KHcsFCZEQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:1&rlst=f)

**Centennial Community Centre and Fitness New West**

*65 E Sixth Ave, New Westminster, BC V3L 4G6*

[*(604) 777-5100*](https://www.google.com/search?q=cultural%20centres%20new%20westminster&rlz=1C1CHBF_en&oq=Cultural+Centres+new+&aqs=chrome.1.69i57j33l4.3682j0j7&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=49208443,-122916908,862&tbm=lcl&rldimm=1158174493201979961&lqi=CiBjdWx0dXJhbCBjZW50cmVzIG5ldyB3ZXN0bWluc3RlckjX_s33maqAgAhaPgoQY3VsdHVyYWwgY2VudHJlcxAAEAEYARgCGAMiIGN1bHR1cmFsIGNlbnRyZXMgbmV3IHdlc3RtaW5zdGVymgEjQ2haRFNVaE5NRzluUzBWSlEwRm5TVU00YkhKaVgxTjNFQUU&phdesc=4Nql05JEVq4&ved=2ahUKEwjz7JzaounrAhUXvp4KHcsFCZEQvS4wAHoECAwQKQ&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:1&rlst=f)

***Abbotsford, Chilliwack, and Fraser Valley***

**Archway (formerly Abbotsford) Community Services**

2420 Montrose Ave

(604) 859-7681

**Fraser Valley Regional Library - Administrative Centre**

34589 Delair Rd

(604) 859-7141

**Fraser Valley Regional Library**

33355 Bevan Ave

(604) 853-1753

**Mount Lehman Library**

5875 Mount Lehman Rd

(604) 856-4988

**Clearbrook Library**

32320 George Ferguson Way

(604) 859-7814

**UFV Library**

33844 King Rd

(604) 854-4545

***Kelowna, West Kelowna, and Vernon***

**Kelowna Community Theatre (including the Black Box Theatre)**

1375 Water Street

250-469-8506 (Event Line: 250-469-8940)

**Kelowna Art Gallery**

1315 Water Street

250-762-2226

**Okanagan Heritage Museum**

470 Queensway Avenue

250-763-2417

**Okanagan Wine and Orchard Museum**

1304 Ellis Street

(inside the Laurel Packinghouse)

778-478-0325

**Okanagan Military Museum**

1424 Ellis Street

(inside the Memorial Arena)

250-763-9292

**Rotary Centre for the Arts & the Mary Irwin Theatre**

421 Cawston Avenue

250-717-5304

**Okanagan Regional Library (Kelowna Main Branch)**

1380 Ellis Street

250-762-2800

**Alternator Centre for Contemporary Arts**

103-421 Cawston Ave

(inside the Rotary Centre for the Arts)

250-862-2298

**Kasugai Gardens**

Queensway Avenue

(Beside City Hall)

250-862-9338

**West Kelowna Visitor Information Centre**2375 Dobbin Road, West Kelowna, BC V4T 2H9  
[250-768-2712](tel://2507682712)

**The Westbank Museum and Visitor Centre**

2376 Dobbin Rd, West Kelowna, BC V4T 2H9

250-768-0110

**Caetani Cultural Centre Society**

3401 Pleasant Valley Road Vernon BC V1T 4L4

(250) 275-1525

**Vernon Community Arts Centre**

2704A Hwy 6, Vernon, BC V1T 5G5

(250) 542-6243

***South Okanagan***

**NK’MIP Desert Cultural Centre**

1000 Rancher Creek Road, Osoyoos, BC V0H 1V6

1-800-495-8555

**Leir House Cultural Centre**

220 Manor Park Ave, Penticton, BC V2A 2R2

(250) 492-7997

**En’owkin Centre**

154 Enowkin Trail, Penticton, BC V2A 0E1

(250) 493-7181

**Penticton Public Library**

785 Main St, Penticton, BC V2A 5E3

(250) 770-7781

**Okanagan Regional Library, Summerland**

9533 Main St, Summerland, BC V0H 1Z0

[(250)](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&tbm=lcl&ei=RT5JX9jdCNez0PEPyOWEyAQ&q=LIBRARY+IN+VANCOUVER&oq=LIBRARY+IN+VANCOUVER&gs_l=psy-ab.3...37358.41431.0.41551.0.0.0.0.0.0.0.0..0.0....0...1c.1.64.psy-ab..0.0.0....0.9AXfgssNci4) 494-5591

**Okanagan Regional Library, Kaleden**

101 Linden Ave, Kaleden, BC V0H 1K0

[(250)](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&tbm=lcl&ei=RT5JX9jdCNez0PEPyOWEyAQ&q=LIBRARY+IN+VANCOUVER&oq=LIBRARY+IN+VANCOUVER&gs_l=psy-ab.3...37358.41431.0.41551.0.0.0.0.0.0.0.0..0.0....0...1c.1.64.psy-ab..0.0.0....0.9AXfgssNci4) 497-8066

**Okanagan Regional Library, Okanagan Falls**

#101 – 850 Railway Lane, Okanagan Falls, BC V0H 1R4

[(250)](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&tbm=lcl&ei=RT5JX9jdCNez0PEPyOWEyAQ&q=LIBRARY+IN+VANCOUVER&oq=LIBRARY+IN+VANCOUVER&gs_l=psy-ab.3...37358.41431.0.41551.0.0.0.0.0.0.0.0..0.0....0...1c.1.64.psy-ab..0.0.0....0.9AXfgssNci4) 497-5886

**Okanagan Regional Library, Oliver**

#1400 – 5955 Main St, Oliver, BC V0H 1T0

(250) 498-2242

**Okanagan Regional Library, Keremeos**

638 – 7th Ave, Keremeos, BC V0X 1N0

[(250)](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&tbm=lcl&ei=RT5JX9jdCNez0PEPyOWEyAQ&q=LIBRARY+IN+VANCOUVER&oq=LIBRARY+IN+VANCOUVER&gs_l=psy-ab.3...37358.41431.0.41551.0.0.0.0.0.0.0.0..0.0....0...1c.1.64.psy-ab..0.0.0....0.9AXfgssNci4) 499-2313

**Penticton Community Centre, Penticton**

325 Power St, Penticton, BC V2A 7K9

[(250)](https://www.google.com/search?rlz=1C1GCEA_enCA835CA835&tbm=lcl&ei=RT5JX9jdCNez0PEPyOWEyAQ&q=LIBRARY+IN+VANCOUVER&oq=LIBRARY+IN+VANCOUVER&gs_l=psy-ab.3...37358.41431.0.41551.0.0.0.0.0.0.0.0..0.0....0...1c.1.64.psy-ab..0.0.0....0.9AXfgssNci4) 490-2426

**Foundry Youth Services, Penticton**

501 Main St, Penticton, BC V2A 5C6

(778) 646-2292

**South Okanagan Immigrant and Community Services, Penticton**

340 Ellis St, Penticton, BC V2A 4L7

(250) 492-6299

***Victoria***

**Bangladesh Canada Cultural Association in Victoria**

890 Admirals Rd #5, Victoria, BC V9A 6V5

[(250) 885-6863](https://www.google.com/search?rlz=1C1GCEA_enCA901CA902&biw=804&bih=871&tbm=lcl&ei=WBBlX5GYMebA0PEPzaOPmAI&q=cultural+associationvictoria+bc&oq=cultural+associationvictoria+bc&gs_l=psy-ab.3..0i7i5i30k1.1161278.1163560.0.1164102.11.11.0.0.0.0.94.818.11.11.0....0...1c.1.64.psy-ab..0.11.816...0i7i30k1j0i13i5i30k1j0i8i13i30k1j0i13i30k1.0.ALSL1EZHdA4)

<http://bccav.ca/>

**Inter-Cultural Association of Greater Victoria (ICA)**

930 Balmoral Rd, Victoria, BC V8T 1A8

(250) 388-4728

<http://www.icavictoria.org/>

**Philippine Bayanihan Community Centre**

1709 Blanshard St, Victoria, BC V8W 2J8

[(250) 472-1898](https://www.google.com/search?rlz=1C1GCEA_enCA901CA902&biw=638&bih=871&tbm=lcl&ei=lQ9lX5jTCsjY-wS2qYXgAQ&q=cultural%20center%20victoria%20bc&oq=cultural+center+victoria+bc&gs_l=psy-ab.3..0i5i30k1l3j0i8i30k1j38.166495.171026.0.171473.15.15.0.0.0.0.102.1062.14j1.15.0....0...1c.1.64.psy-ab..0.15.1061...0i7i30k1j0i7i5i30k1j0i8i7i30k1j0i13i30k1j0i13i5i30k1.0.bWmyojO1kwk&rlfi=hd:;si:&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e3!2m4!1e2!5m2!2m1!2e6!3sIAE,lf:1,lf_ui:1&rlst=f)

<https://www.bayanihan.ca/>

**Ukrainian Cultural Center**

3277 Douglas St, Victoria, BC V8Z 3K9

[(250) 475-2585](https://www.google.com/search?rlz=1C1GCEA_enCA901CA902&biw=638&bih=871&tbm=lcl&ei=lQ9lX5jTCsjY-wS2qYXgAQ&q=cultural%20center%20victoria%20bc&oq=cultural+center+victoria+bc&gs_l=psy-ab.3..0i5i30k1l3j0i8i30k1j38.166495.171026.0.171473.15.15.0.0.0.0.102.1062.14j1.15.0....0...1c.1.64.psy-ab..0.15.1061...0i7i30k1j0i7i5i30k1j0i8i7i30k1j0i13i30k1j0i13i5i30k1.0.bWmyojO1kwk&rlfi=hd:;si:&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e3!2m4!1e2!5m2!2m1!2e6!3sIAE,lf:1,lf_ui:1&rlst=f)

<http://uccvi.com/>



**Banking and Finances**

***Metro Vancouver Regional District***

**BMO**

66 10th St #120, New Westminster, BC V3M 3X3

**Canadian Imperial Bank of Commerce (CIBC)**

554 6th St, New Westminster, BC V3L 3B5

**Royal Bank of Canada (RBC) (ATM)**

132 12th St, New Westminster, BC V3M 4H1

**Scotiabank**

445 6th St, New Westminster, BC V3L 3B1

**TD Canada Trust**

1003 Columbia St, New Westminster, BC V3M 1C4

**Vancity Credit Union**

Westminster Centre, 511 6th St, New Westminster, BC V3L 3B9

**Westminster Savings Financial Planning Ltd**

601 6th St #101, New Westminster, BC V3L 3C1

**HSBC Bank**

504 6th St, New Westminster, BC V3L 3B4

**Note:** To open an account, international students will need:

* 2 pieces of Government ID
* Local address
* School letter (this will allow students to apply for student accounts and credit cards)

***Abbotsford, Chilliwack, and Fraser Valley***

**BMO Bank of Montreal**

32988 S Fraser Way

(604) 854-8762

**CIBC Branch with ATM**

32950 S Fraser Way Unit 1

(604) 870-3130

**Vancity Credit Union Br. 34 -Abbotsford community branch**

32675 S Fraser Way

(604) 877-7000

**TD Canada Trust Branch and ATM**

32817 S Fraser Way

(604) 870-2200

**Canadian Western Bank**

1848 McCallum Rd #120

(604) 855-4941

**RBC Royal Bank**

32900 S Fraser Way

(604) 853-8384

**HSBC Bank**

32412 S Fraser Way

+1 888-310-4722

**Scotiabank**

2777 Gladwin Rd #100

(604) 870-3200

**Aldergrove Credit Union - Abbotsford Community Branch**

2600 Gladys Ave #100

(604) 870-9990

***Kelowna, West Kelowna, and Vernon***

**RBC Royal Bank - Main Branch**

1665 Ellis St, 102

Kelowna, BC V1Y 6J4

250-868-4100

**BMO Bank of Montreal - Main Office**

294 Bernard Ave

Kelowna, BC V1Y6N4

250 861-1609

**BMO Bank of Montreal**

West Kelowna, BC

(250) 861-1670

**CIBC Canadian Imperial Bank of Commerce**

328 Bernard Ave

Kelowna, BC V1Y6N5

(250)763-6611

**HSBC Bank Canada - Bernard Avenue**

384 Bernard Avenue

Kelowna, BC V1Y6N5

1-888-310-HSBC (4722)

**Scotiabank**

488 Bernard Avenue

Kelowna, BC V1Y6N7

250-712-405

**TD Bank | Downtown**

1633 Ellis St Unit 100

Kelowna, BC V1Y 2A8

250-763-4241

**Prospera Credit Union - Centre Branch**

2106 Harvey Ave #100

Kelowna, BC V1Y 6G8

250-869-3600

**Valley First - Downtown Kelowna**

507 Bernard Avenue

Kelowna, BC V1Y 6N9

250-860-1900

**CIBC - Westbank**

2121 Louie Drive

Westbank, BC V4T3H1

(250) 768-5138

**HSBC Bank Canada - Westbank**

2133 Louie Drive

Westbank, BC V4T3E6

1-888-310-HSBC (4722)

**BMO Bank of Montreal**

2806 32nd Street Vernon BC V1T 5L7

(250) 260-4000

**Interior Savings Credit Union**

678 Bernard Ave #101

250 869-8300

**RBC Royal Bank of Canada - Westbank**

3650 Gosset Road

Westbank, BC V4T 2N4

(250) 768-5176

**Scotiabank - West Kelowna**

29-2475 Dobbin Road West

Kelowna, BC V4T2E9

(250)768-6300

**TD Bank | West Kelowna**

501 2330 Highway 97

West Kelowna, BC V4T 2P3

250-768-6500

**Interior Savings Credit Union**

3718 Elliott Rd

(250) 469-6550

**Canadian Imperial Bank of Commerce (27th Street Branch)**

4900 27th Street Unit 370 Vernon BC V1T 7G7

(250) 260-6300

**Canadian Imperial Bank of Commerce (Downtown Branch)**

3201 30th Avenue Vernon BC V1T 2C6

(250) 260-6300

**First West Credit Union, Valley First division**

110-3101 Highway 6 Vernon BC V1T 9H6

(250) 558-5266

**Interior Savings Credit Union**

4301 32nd Street Vernon BC V1T 9G8

(250) 545-1234

**Prospera Credit Union**

4400 32nd Street #910 Vernon BC V1T 9H2

(250) 550-7500

**RBC Financial Group**

2306 BC-6 Vernon BC V1T 7E3

(250) 558-4336

**Scotiabank-Downtown**

3213-30th Ave Vernon BC V1T2C6

(250) 260-5545

**TD Canada Trust**

3300 32nd Street Vernon BC V1T 5M8

(250) 260-5725

**VantageOne Credit Union Main Branch**

3108 33 Avenue Vernon BC V1T 2N7

(250) 545-9251

**VantageOne Financial Corp.**

3108 33rd Avenue Vernon BC V1T 2N7

(250) 260-4513

***Victoria***

**BMO**

1225 Douglas St. Victoria, BC V8W2E6

(250)-389-2400

**Canadian Western Bank**

1201 Douglas St. Victoria BC V8W 2E6

(250)-383-1206

**CIBC Branch with ATM**

1175 Douglas St Victoria, BC V8W2E1

(250)-256-4439

**RBC**

1079 Douglas St Victoria, BC, V8W 2C5

(250) 356-4500

**Scotiabank**

702 Yates St, Victoria, BC V8W 2T2

**TD**

1080 DOUGLAS ST, VICTORIA, BC, V8W2C3

(250) 356-4018

**Island Savings**

933 Douglas St, Victoria, BC V8W 2C2

(250)-385-4728

**Vancity Credit Union**

752 Fort St. Victoria BC V8W 1H2

(250)-519-7000