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**Readiness Requirements for International Students**

**As of November 1, 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.

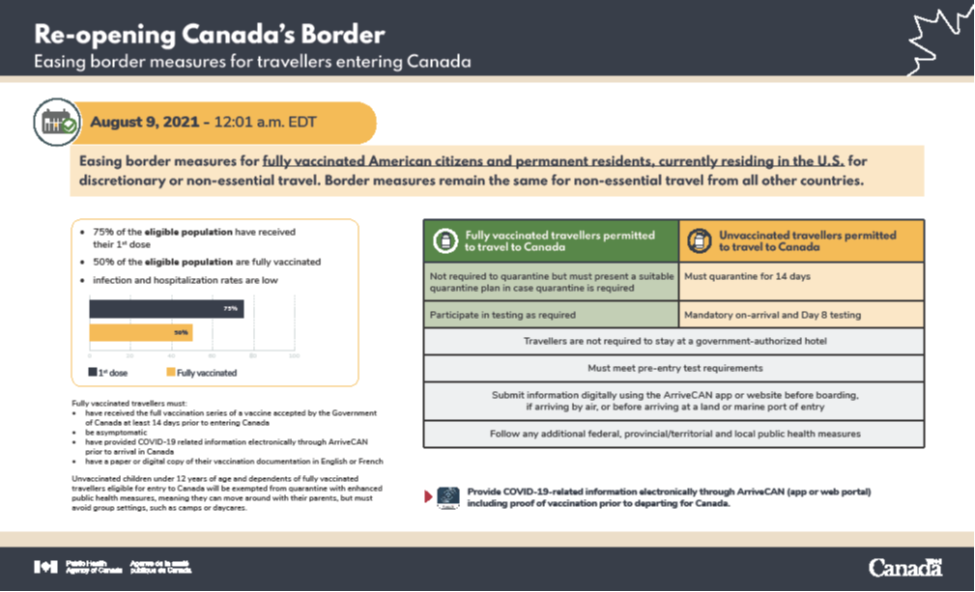
**Quick Facts**

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***

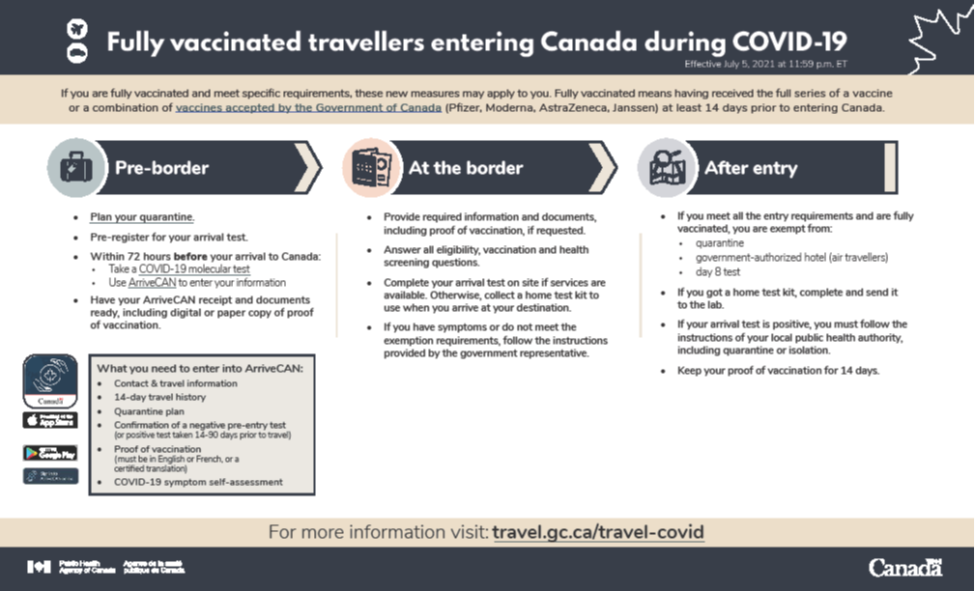
* Provide required information and documents, including proof of vaccination, if requested.
* Answer all eligibility, vaccination, and health screening questions.
* Complete your arrival test on site if services are available. Otherwise, collect a home test kit to use when you arrive at your destination.
* 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.





**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



**Important Websites**

https://aolccbc.com/disease-prevention/

<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://here2talk.ca/home>

<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

**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

**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

**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

**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) |
|  |

***South Okanagan***

**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/)

**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

**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)

**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/)

**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/)

**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>

**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

**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

**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

***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)

**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

**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

**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

***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

**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

**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

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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 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

**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



**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