

Langley and Surrounding Areas

ADULT RESOURCES **(AGES 24+)**

For single adults and families



It is okay to ask for help
I give help when others need it
and
ask for help when I need it

LEC 2024-2025

Langley and Surrounding Areas

CRISIS & EMERGENCIES

In Case of Emergency Call 911

Fraser Health Crisis Line Phone: 604-951-8855

Provides immediate, free, and confidential emotional support, crisis intervention and community resource information to people of all ages, 24 hours a day – everyday.

Mental Health Support Line Phone: 310-6789 (no area code)

Offering immediate, 24-hour access to services for anyone in the province that provides emotional support, information and resources specific to mental health and substance use disorders.

1800Suicide

Phone: 1-800-784-2433

Offering immediate, 24-hour access to services for anyone in the province for individuals considering suicide, or for those who are concerned about someone who may be at risk of suicide.

Crisis Centre Chat www.crisiscentrechat.ca

Provides immediate, free, and confidential chat online with a crisis responder. It's available from noon to 1:00am every day..

KUU-US Crisis Line Phone:250-723-4050

Provides a First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week, toll-free from anywhere in British Columbia.

Alcohol & Drug Information Referral Service Phone: 604-660-9382

Provide information about substance use treatments or supports in your areas .

Call or Text 988

Canadians can access free bilingual,trauma-informed and culturally appropriate mental health and suicide prevention
Available 24/7 and 365 days

Langley and Surrounding Areas

FOOD INSECURITY

The Foundry Langley **Phone: 604-546-2700**

Offering young people 12-24 and their families/supporters, free and confidential access to mental health and substance use support, primary care, trans care (coming soon), peer support and social services.

Langley Food Bank **5768 203 Street, Langley** **Phone: 604-533-0671**

Monday, Wednesday or Fridays
between 9:30-2 pm

Aldergrove Food Bank **27524 Fraser Hwy, Aldergrove** **Phone: 604-857-1671** Tuesdays 11:30-2pm

Surrey Food Bank **Phone: 604-581-5443** **You must book an appointment to register the first time you come**

For residents in Surrey, North Delta
and Cloverdale

Raphael Family Support Centre

www.raphaelcentre.ca

Online Application Only!

Offering Langley School District families experiencing hardship can be supported. Providing everyday necessities in the way of food, personal care and baby products

Sources Food Bank Langley **Unit 208 - 20445 62 Ave, Langley** **Phone: 604-532-5290**

All adults (19+) must register in person during distribution hours with the following information:
Photo I.D. (e.g. BCID, driver's license, passport, student I.D.)

Proof of address (e.g. utility bill, bank statement)

Proof of dependants (e.g. health card or custody papers)

Distribution Days
**Tuesday 9:30-3:30, Wednesday
10-6 and Thursday 10-2.**

Sources Food Bank: White Rock/South Surrey **Phone: 604-531-8188**

All adults (19+) will need proof of address, identification and dependents in the home.

Langley and Surrounding Areas

FOOD PROGRAMS

Weekly Schedule

Food Banks:

	MON	TUE	WED	THU	FRI	SAT	SUN
Sources Langley		9:30am-3:30pm	9:30am-3:30pm	9:30am-3:30pm			
Acts of Kindness Hub			2:30pm-4:30pm				
Langley Food Bank	9:30am-2pm		9:30am-2pm		9:30am-2pm		
Aldergrove Food Bank		11:30am-2pm					
Aldergrove Depot				1pm-3pm			
Muslim Food Bank						1st and 3rd Sat of the month 7am-10am	

Community Meals:

	MON	TUE	WED	THU	FRI	SAT	SUN
Gateway of Hope	12:30pm-2:30pm	12:30pm-2:30pm	12:30pm-2:30pm	12:30pm-2:30pm	12:30pm-2:30pm	12:30pm-2:30pm	12:30pm-2:30pm
Nightshift Ministries	7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm			
Seniors Resource Centre	9am-1pm	9am-1pm	9am-1pm	9am-1pm	9am-1pm		
Lower Fraser Valley Aboriginal Society (LFVAS)		11:30am-2pm					
St. Dunstan's Anglican Church				5pm-5:30pm			

Grocery and Meal Delivery:

	MON	TUE	WED	THU	FRI	SAT	SUN
Langley Meals on Wheels	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm		
Home from the Hospital	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm		
Better Meals			Aldergrove, Langley and Fort Langley delivery				
Aldergrove/Abbotsford Blue Bus							3:30-5:30pm (alternating between Aldergrove and Abbotsford)
Heathy Living Bag		First Tuesday of every month 11am-8pm					

Free and
Low-cost
Food
Programs in
Langley and
Aldergrove



Langley and Surrounding Areas

FOOD PROGRAMS

Grocery and Meal Delivery

Langley Meals on Wheels

- 📞 604-533-1679
- 📍 20955 Old Yale Road, Langley
- 💰 \$7.50 for Frozen & Hot Meal;
\$4.00 for Sandwiches
- 📅 Mon-Fri 11am-1pm

Home from the Hospital

- 📞 604-533-1679
- 📍 20955 Old Yale Road, Langley
- 💰 Free (10 days post hospital discharge)
- 📅 Mon-Fri 11am-1pm

Aldergrove/Abbotsford Blue Bus

- 📞 604-728-7551 💰 Free
- 📍 2978 272nd street, Aldergrove
- 📅 Sun 3:30pm-5:30pm (alternating
between Aldergrove and Abbotsford)

Better Meals

- 📞 604-299-1877
- 📍 5742 Beresford Street, Burnaby
- 💰 \$9.75 - regular meal;
\$10.75 - ↓ sodium, diabetic, minced diets
\$8-9 - stand-alone meals
- 📅 Wed

Healthy Living Bus

- 📞 604-533-1679
- 📍 Timms Community Centre
(20399 Douglas Crescent Langley)
- 💰 \$6 per bag of fruits and vegetables
- 📅 First Tue of every month 11am-8pm

Community Meals

Gateway of Hope

- 📞 604-514-7375
- 📍 5787 Langley Bypass, Langley
- 💰 Free
- 📅 Mon-Sun 12:30pm-1:30pm

Nightshift Ministries

- 📞 604-953-1114
- 📍 Parking lot of Vineyard Church
5708 Glover Rd, Langley
- 💰 Free
- 📅 Mon-Thurs 7pm-8pm

Lower Fraser Valley Aboriginal Society (LFVAS)

- 📞 604-953-1114
- 📍 Parking lot of Vineyard Church
5708 Glover Rd, Langley
- 💰 Free
- 📅 Sat 6pm-8pm

Seniors Resource Centre

- 📞 604-530-3020
- 📍 20605 - 51B Avenue, Langley
- 💰 Meals-to-go: \$7-8
Other foods: \$3-16
- 📅 Mon-Fri 9am-1pm

St. Dunstan's Anglican Church

- 📞 604-856-5393
- 📍 53025 264 St, Aldergrove
- 💰 Free/ by donation
- 📅 Thu 5pm-5:30pm (pick-up only)

Food Banks

💰 :Free

Sources Langley

- 📞 604-532-5290
- 📍 #208 - 20445 62 Ave, Langley
- 📅 Tue 9:30am-3:30pm | Wed 10am-6pm |
Thu 10am-2pm

Acts of Kindness Hub

- 📞 604-514-8335
- 📍 23589 Old Yale Road, Langley
- 📅 Wed 2:30pm-4:30pm

Langley Food Bank

- 📞 604-533-0671
- 📍 5768 203 Street, Langley
- 📅 Mon, Wed, Fri 9:30am-2pm

Aldergrove Food Bank

- 📞 604-857-1671
- 📍 27524 Fraser Hwy, Aldergrove
- 📅 Tue 11:30am-2pm

Aldergrove Depot

- 📞 604-532-5290
- 📍 Aldergrove Community Station House
(2900 272 St, Aldergrove)
- 📅 Thu 1pm-3pm

Muslim Food Bank

- 📞 866-248-3868 ext 1
- 📍 104-12941 115 Avenue, Surrey
- 📅 1st and 3rd Sat of the month, 7am-10am

Langley and Surrounding Areas

FAMILY SUPPORTS

The Foundry (Ages 12-24)

Phone: 604-546-2700

Offering young people 12-24 and their families/supporters, free and confidential access to mental health and substance use support, primary care, trans care (coming soon), peer support and social services.

Fraser Health: Family Supports Services

Phone: 1-833-898-6200

Supports families and friends with an adult person who is living with a mental illness and/or substance use issue.

Inclusion Langley

Phone: 604-862-6807

Family Support Advisor offers FREE ongoing support to individuals with developmental or support needs and their families in Langley.

Langley Community Services Society: Child and Family Services

Phone: 604-534-7921

Providing groups, outreach, Family Place Drop-Ins, food support, information and referral, and child care provider resources.

Langley Community Services Society: Family Connections

Phone: 604-534-7921

Provides in-home counselling, support, and advocacy to families with a focus on reducing risk factors and keeping children safe.

These programs are designed for families with children aged 0-14.

The program is divided into three levels of service: Family and Youth Program, Family Strengthening Program and Intensive Program

Encompass Support Services: Youth and Family Support

Phone: 604-534-2171

Provides short term one-to-one support for parents, providing methods for improving parenting skills, knowledge of community resources, and assistance in linking families to ongoing community supports.

Child and Family Services

Phone: 604-514-2711

Provide family services, guardianship, youth justice and child/youth mental health.

Langley and Surrounding Areas

HOUSING AND SHELTERS

BC 211

Text or Call 211

www.bc211.com

Call or text 2-1-1 to find available shelter beds and services in the Lower Mainland and Victoria

Gateway of Hope

Phone: 604-514-7375

5787 Langley Bypass, Langley

Offering to provide people with life's basic necessities and emergency shelter

Ishtar's Women's Resource Society

Locations in Langley

Phone: 604- 534-1011

Provides safe, clean, temporary emergency accommodations for women and their children leaving an abusive relationship

Bill Reid Place

Hyland House Cloverdale

17752 Colebrook Road, Surrey

Phone: 604-574-4341

Bill Reid Place is a 16-bed shelter with 12 bachelor transition housing units, shower and laundry facilities and meals are provided. The facility is pet-friendly.

The Foundry

Phone: 604-546-2700

Offering young people 12-24 and their families/supporters, free and confidential access to mental health and substance use support, primary care, trans care (coming soon), peer support and social services.

Housing Support Workers available

Stepping Stones Community Services Society

Phone: 604-530-5033

Providing supported housing, affordable housing and rent supplements in Langley

BC Housing

www.bchousing.com

If you live in BC, have a low income and meet eligibility criteria, you may qualify for subsidized housing.

Langley and Surrounding Areas

NEWCOMERS & REFUGEES

Langley Community Services Society: Settlement and Integration Services

Phone: 604-534-7921

Provide assistance to clients by identifying their needs and providing resources to families. Offering Settlement Outreach Worker, Family Support Worker, Health Care Navigator, Employment Counsellor and programming.

Immigration Services Society of BC

20430 Fraser Hwy, Langley

Phone: 604-510-5136

Provides services supporting settlement and English language needs including employment and career options.

Options Community Services: Moving Ahead Program

Phone: 604-501-6850 ext. 61130

Providing immigrant individuals and families with multiple needs and significant integration barriers. Providing services in a one-to-one setting and in-home visits.

Settlement Workers in Schools(SWIS)

Email: swis@sd35.bc.ca

Provides settlement services for immigrant and refugee students in Langley attending Kindergarten to Grade 12, and their families. Helps students and families adjust and integrate into community, home, and schools.

The Foundry Langley

Phone: 604-546-2700

Offering young people 12-24 and their families/supporters, free and confidential access to mental health and substance use support, primary care, trans care (coming soon), peer support and social services.

Diversecity Community Resources Society Surrey

Phone: 604-597-0205:

Providing support from a team of immigrant settlement workers, employment specialists and counsellors at DIVERSEcity can work with you to identify your goals, determine your settlement and career needs

Langley and Surrounding Areas

EMPLOYMENT SUPPORT

Work BC: Langley

Phone: 604-360-4196

WorkBC connects job seekers and employers – helping people find jobs, explore career options and improve their skills, and helping employers find the right talent and grow their businesses.

Langley Community Services Society: Employment Services

Phone: 604-534-7921

Langley Community Services offers employment programs aimed to support our participants in gaining the skills, confidence and experience needed to find a job or move on to further training.

BC Employment and Assistance Langley

Phone: 1-866-866-0800

Provides income assistance, disability assistance, and referral to employment services for individuals who are unemployed, underemployed, awaiting other income, or unable to work.

Immigration Services:

Job Quest Employment Program Langley

Email: jobquest@issbc.org

Phone: 604-510-5136

Provides support for permanent residents, temporary foreign workers, immigrants, refugee, and refugee claimant job seekers with services that meet both their employment and settlement needs.

The Foundry Langley

Phone: 604-546-2700

Offering young people 12-24 and their families/supporters, free and confidential access to mental health and substance use support, primary care, trans care (coming soon), peer support and social services.

Stepping Stones Community Services: Employment Support Langley

Phone: 604-530-5033

Provides job search assistance to individuals who have experienced barriers to employment due to mental illness

Langley and Surrounding Areas

MENTAL HEALTH

Langley Mental Health and Substance Use Centre

Phone: 604-514-7940

**305-20300 Fraser Highway
Langley**

Offering a range of self-referral services that provide support for people 19+ years of age who are experiencing mental illness and substance use problems in the community.

Rapid Access Clinic

Phone: 604-514-7940

**305-20300 Fraser Highway
Langley**

Quick access to a psychiatrist or nurse for mental health assessment

Encompass Support Services

Phone: (604) 534-2171

Offering clinical counselling for individuals and programs such as Trauma Therapy (all ages)

Langley Community Services

Phone: 604-534-7921

Offering FREE community counselling program for residents of Langley and Aldergrove who are 16 years and older

Langley Youth and Family Services

Phone: 604-514-2900

Early prevention counselling program dedicated to supporting children, youth, and their families in the Langley area.

Stepping Stones Community Services Society Langley

Phone: 604-530-5033

Providing programs and services for people in Langley living with mental health issues.

Options Surrey: Family Counselling

Phone: 604-584-5811 ext.11301

For families with children (ages 18 and under) living in Surrey who are looking for free, short-term counselling and support.

Diversecity Family Counselling

Phone: 604-547-1202

For families who reside in Surrey, Delta, White Rock and Langley

BC 211

Text or Call 211

www.bc211.com

For referrals and connections to local community services and supports

Langley and Surrounding Areas

SUBSTANCE USE

Lookout Housing and Health Society

102-5714 Glover Road

Phone: 604-812-5277

Please call in advance to confirm when drug checking is offered.

Langley Mental health and Substance Use Centre

Phone: 604-514-7940

**305-20300 Fraser Highway
Langley**

Offering a range of self-referral services that provide support for people 19+ years of age who are experiencing mental illness and substance use problems in the community.

B.C Alcohol and Drugs Information and Referral Service

Phone: 604-660-9382

Provides information and referral to education, prevention and treatment services and regulatory agencies.

Substance Use Services Langley Community Services

Phone: 604-534-7921

Provides information, education, counselling and referrals for persons attempting to create change regarding their personal substance use problems

The Foundry

Phone: 604-546-2700

Offering young people 12-24 and their families/supporters, free and confidential access to mental health and substance use support, primary care, trans care (coming soon), peer support and social services.

Drop in Counselling M-W from 2-6

Abbotsford Addictions Centre

31943 South Fraser Way

Phone: 604-850-5106

Providing free alcohol and drug outpatient services, with multicultural and seniors addictions components.

Diversecity: Substance Use Counselling

Phone: 604-547-1202

Providing individual and group support to substance-affected individuals living in the South Fraser region.

Langley and Surrounding Areas

LGBTQIA2S+

The Foundry Langley

Phone: 604-546-2700

Offering young people 12-24 and their families/supporters, free and confidential access to mental health and substance use support, primary care, trans care (coming soon), peer support and social services.

QMUNITY

Phone: (604) 684-5307

www.qmunity.ca

QMUNITY is a non-profit organization based in Vancouver, BC that works to improve queer, trans, and Two-Spirit lives.

Prideline BC

Phone: 604-684-6869

Peer support, information and referrals for anyone in BC
Available weeknights (Monday to Friday) from 7:00 pm to 10:00 pm

Trans Care BC

www.phsa.ca/transcarebc

Trans Care BC is a BC-wide information service and resource hub. We work to make sure people have the information they need to access gender-affirming health care and supports.

Friends of Dorothy

Phone: 604-546-2700

Friends of Dorothy is an inclusive, safe, LGBTQ2S+ centered, weekly drop-in for ages 12-24.

**Thursdays 4-6pm at The Foundry
20616 Eastleigh Crescent**

Surrey PFLAG

Phone: 1-888-530-6777

www.pflagsurrey.ca

Provide a friendly, supportive, respectful, diverse and safe environment to our friends, families and allies in the LGBTQ2 community through education

Providing support for parents, families, friends, and allies of the 2SLGBTQ+ community.

Trans Life

Phone: 877-330-6366

www.translife.ca

Provides trans peer support; run by and for trans people

Langley and Surrounding Areas

INDIGENOUS SPECIFIC

Lower Fraser Aboriginal Society

Phone: 604- 427-2664

Family Navigator: Heather Diewert 604-308-4925

We are comprised of a dedicated group of individuals who promote, support and advocate for services to meet the needs of our Aboriginal families in Langley.

Fraser Health: Indigenous Mental Health Liaisons

Phone: 1-866-766-6960

Provide assessment, referral, counselling support services and mental health education to clients and families

Fraser Region Aboriginal Friendship Centre Association

Phone: 604-595-1170

**A101-10095 Whalley Blvd,
Surrey**

Foster the health and well-being of urban Indigenous people in the Fraser Salish Region by providing culturally relevant services, support, and advocacy.

Fraser Valley Aboriginal Children and Family Services Society

Phone: 604-533-8826

Fraser Valley Aboriginal Children and Family Services Society (FVACFSS) is a fully delegated Aboriginal child welfare agency providing culturally appropriate and holistic services through prevention, community development and child welfare programs to Aboriginal (Status, Non-Status, On Reserve, Off Reserve, Stó:lō and other First Nation, Inuit, and Métis) children, youth and their families residing throughout the Fraser Valley.

Metis Nation British Columbia 13401 108 Ave, Surrey

www.mnbc.ca

Phone: 604-557-5851

Provides information on programs and services, work programs and community resources