

## ALDERGROVE COMMUNITY RESOURCES LIST

### Food Security Resources:

#### Aldergrove (Langley) Food Bank

<http://langleyfoodbank.com/aldergrove/>

27309 Fraser Hwy, Aldergrove, V4W 3P9 / 604-857-1671 / [info@langleyfoodbank.com](mailto:info@langleyfoodbank.com)

- Open the 1<sup>st</sup> four Tuesdays of each month from 11:30am to 2pm
  - To Register: Contact food bank to arrange appointment (appointments are scheduled on Tuesdays) <http://langleyfoodbank.com/how-to-register-2/>  
Need proof of current Langley/Aldergrove address, 2 pieces of government ID (one with photo), care card/birth certificate for children, and proof of income

### Community Meals:

#### St. Andrew's – Fort Langley site Social Lunch

<http://www.unitedchurchesoflangley.ca/events>

9025 Glover Road, Fort Langley, Contact Number: 604-530-2929

- Meals are provided from 12:00pm to 1:00pm, every third Wednesday of the month. This is open to members of their congregation and community.
- Cost: By donation

#### Brookwood Baptist Church:

<http://www.brookwoodbaptist.com/OutreachLangleyDinners2017>

10550 Douglas Crescent., Douglas Park Recreation Centre, Langley, Contact Number: 604-530-5440

- Meals are provided from 5:45pm to 7:00pm around the third Friday of every month,. Please Consult website for more details. This is open to those in need who live in the Langley area.
- Cost: Free

#### Aldergrove Vineyard:

<http://aldergrovevineyard.com/>

27309 Fraser Highway, Aldergrove, Contact Number:604-625-4484

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- Free pancake breakfast every Sunday from 11am-12:30pm. This is open to the public and church members.

## Muslim Food Bank

5768 203 St., Langley B.C. V3A 1W3, Contact Number: 604-644-9357

- Distribution hours: Will be told if qualified. Hamper can be picked up once a month.
- Those with special dietary needs and if determined qualified after interview, living in the lower mainland area.
- How to register: Phone to book an appointment for an interview. They will be given a date and time for interview, and if qualified after interview they will receive a hamper immediately. Must be able to provide income proof, photo I.D. for all household members older than 18 years old, care card for all household members under 18 years old, and their rental contract.

## Family Resources:

### Encompass Support Services Society

<http://www.encompass-supports.com/>

20618 Eastleigh Crescent, Langley, V3A 4C4 / 604-534-2171

- **Family Mediation/Reunification & Parent Support**
  - o *Parent Teen Mediation/Parental Support Program* - provides short term support and conflict mediation to parents, youth and families in crisis, with the common goal of preventing family breakdown. <http://www.encompass-supports.com/youth-and-family-support.html>
  - o *Family Strengthening Program (FSP)* - is a short term strength-focused service for families where there has been an MCFD child protection report (low to medium protection risk concerns have been identified). Safety concerns are managed through FDR rather than through an MCFD child protection investigation. <http://www.encompass-supports.com/youth-and-family-support.html>
- **Youth Support Services**
  - o *Transitional Supports for Youth* - Youth who are unable to reside in the family or a caregivers home are provided provincial funding and supported by our outreach workers to live independently. Youth on these agreements are preparing to or in transition out of care in of the Ministry of Children and Family Development and are provided with assistance to gain independence, return to school and/or gain work experience and life skills. Youth under the age of 16 and are struggling with where they are living, or are couch-surfing or are at risk of living on the streets, can be referred to our Pre-Transition Support as well. The goal is to support youth who are struggling with their living arrangements and/or moving to this community with little to no supports. We support youth to mediate with their family (when possible) and help them navigate through community resources and supports.
- **Youth & Family Groups**

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- o *The Connect Program* - is a Community-University Partnership between researchers at Simon Fraser University, the Maples Adolescent Treatment Centre, and the BC Ministry of Children and Family Development.  
How CONNECT Works  
A 10 week Attachment-Based program to support Parents and Caregivers of teens with difficult behavioural and emotional problems. Parents meet in small, confidential groups with two trained group leaders for one hour each week. The program gives a new perspective on parent-teen relationships in which parents/caregivers try exercises and encourage more choices for responding to their teens difficult behaviour.  
<http://www.encompass-supports.com/youth-and-family-groups.html>  
Contact [support@encompass-supports.com](mailto:support@encompass-supports.com)
- o *Family Skills Development* - At Family Skills, you will meet other parents of teens and discuss real-life parenting situations. All groups are supported by a trained, knowledgeable facilitator who will guide you in discovering positive parenting strategies and provide you with tools to deal with every day parenting stress.  
Family Skills is FREE and runs for 1 hour per session, for 6 weeks.  
<http://www.encompass-supports.com/youth-and-family-groups.html>  
Contact [support@encompass-supports.com](mailto:support@encompass-supports.com)
- o *Friends of Dorothy (LGBTQ2)* -  
A program to support the LGBTQ2 youth between the ages of 12-19 years old (although some exceptions can be made for youth 19-24 yo). This youth lead drop in group is a safe place for our LGBTQ2 youth to be, a place from them to learn about LGBTQ2 issues, to share their experiences with other youth as well as connect with each other and support one another. This group is supported by Encompass Outreach workers who act as allies and work to increase accessibility to services in our community to meet their needs.  
Contact Phoenix 604-723-5173 or [Phoenix@Encompass-Supports.com](mailto:Phoenix@Encompass-Supports.com)  
<http://www.encompass-supports.com/youth-and-family-groups.html>
- o *YOLO / Emotional Coping Strategies for Youth* - YOLO / Emotional Coping Strategies for Youth is an 8 week group that supports adolescents in discovering their ability to better manage their emotional health. Often relates as "not what we expected" this program focuses on coping with Anger as well as underlying emotions. The group is designed to engage youth in developing conflict resolution skills and developing healthy relationships with peers and adults.

Emotional Coping Strategies for Youth is FREE and runs one 1.5 hour session per week for 8 weeks.

<http://www.encompass-supports.com/youth-and-family-groups.html>

Contact [Support@Encompass-Supports.com](mailto:Support@Encompass-Supports.com)

- **Youth Homelessness Initiative -**

<http://www.encompass-supports.com/youth-homelessness-initiative.html>

- o The Youth Homelessness Initiative provides individualized support to participants up to the age of 25 which includes:
  - Increased Access to Services
  - Connecting with Resources and Core Services
  - Filing for Government Funding
  - Housing Loss Prevention
  - Housing Search / Placement Support
  - Tenancy Support and Information
  - Support with Housing Applications

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- Financial Literacy
- and other Prevention Services

Participants can self-refer to the program by accessing drop in at

**20626 Eastleigh Crescent (9am-1pm Monday to Friday) or contacting 604-530-6477.**

Contact Alison 604-530-6477 or [Alison@Encompass-Supports.com](mailto:Alison@Encompass-Supports.com)

### ● Other

- o *Langley Youth Hub* - drop-in centre, Tuesdays & Thursdays 4pm-8pm  
20561 Logan Ave, Langley

<http://www.encompass-supports.com/langley-youth-hub.html>

<http://www.langleyyouthhub.com/>

Contact Phoenix 604-723-5173 or [Phoenix@Encompass-Supports.com](mailto:Phoenix@Encompass-Supports.com)

- o *Cardinal House Receiving Program (Emergency Receiving Home)* - In partnership with the Ministry of Child and Family Development, Cardinal House is an emergency receiving home for youth 13-19 under care of the Ministry.

Cardinal House is a short term, safe and predictable environment for youth in government care who need short term stable living, or are being brought into government care. The Ministry of Child and Family Development refers youth to this program who are supported by 24 hour staffing to assist in learning social and life skills important to further develop independence and assist them in reaching their goals.

Many of the youth residing at Cardinal House are in different stages of their lives which may include the need for:

- Safety and Security
- Unable to return home and are in care of the Ministry of Child and Family Development
- Support with trauma, mental health or emotional regulation.

Youth who attend this program will be treated with dignity, respect and equality through the use of empowerment, empathy and compassion.

<http://www.encompass-supports.com/cardinal-house-emergency-receiving-program.html>

Contact 778-777-5013 or [Suzie@encompass-supports.com](mailto:Suzie@encompass-supports.com)

### ● Clinical Counselling Services

- o *Sexual Abuse Support Services* - SASS is a confidential counselling program funded by the Ministry of Children and Family Development. The SASS program provides professional counselling, education and support for children and youth, up to the age of 19, who have experienced sexual abuse and sexual assault. This program offers free, confidential short and long-term counselling for children, youth and families in the Langleys.  
Our clinical counsellor provides a variety of modalities (e.g., art, play and cognitive behavioural) found to be essential when working with children and youth who are healing from sexual abuse or display sexualized behaviors.

Children, Youth and Families can self-refer by contacting our clinical counsellor or referrals can be made through the Ministry of Child and Family Development, Victim Services, Police, School Counselors, Family Doctors and other Professionals.

Contact Kristin Kendrick SASS Clinical Coordinator 604-534-2171 x. 104 / Josh Hon SASS Clinical Counsellor 604-534-2171 x. 108

<http://www.encompass-supports.com/sexual-abuse-support-services.html>

- o *Trauma Therapy Program* - provides therapy to children and youth who have experienced trauma, as well as their immediate family members. This is a "fee-for-service" program. Funding is often available through sources such as the BC Crime Victim Assistance Program (we bill directly) and through extended health benefits.  
Our Trauma Therapists use a variety of modalities (e.g., art, play and cognitive behavioural)

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found to be essential when working with children and youth who are healing from trauma. Children, Youth and Families can self-refer by contacting our clinical counsellor or referrals can be made through the Ministry of Child and Family Development, Victim Services, Police, School Counselors, Family Doctors and other Professionals.

Contact Kristin Kendrick Clinical Coordinator 604-534-2171 x. 104

<http://www.encompass-supports.com/trauma-therapy-program.html>

## Fraser Valley Aboriginal Children & Family Services Society (Xyolemeylh)

<http://www.fvacfss.ca/>

604-858-0113 / EMERGENCY HELPLINE 310-1234

[info@xyolemeylh.bc.ca](mailto:info@xyolemeylh.bc.ca)

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

### ● Cultural Programs

- Traditional Kitchen: A workshop for any parent or caregiver to learn traditional cooking and meal preparation in a communal setting. Each person will help to prepare traditional aboriginal food and then sit down together for the meal to discuss other relevant topics.
- Wellness Circles: We offer preventative and remedial programs that are flexible and tailored to meet the needs of our communities. Our skilled facilitators provide culturally appropriate and holistic services to children, families and communities. The focus is to provide awareness, education, skills building, and enhancement of lifestyles to all communities we serve. Meetings are held weekly.
- Four Directions: Based on the four quadrants of the medicine wheel, our Four Directions workshop takes traditional lessons from each quadrant and applies them to enhancing family life and child development. During these workshops, parents will improve their understanding of traditional approaches to parenting and how behaviours and culture impact children and development
- Cultural Connections/Parenting Empowerment: The Cultural Connections program helps parents and caregivers develop positive cultural identity and raise self-esteem through cultural activities. Cultural Connections also shows participants the role of culture in developing self-esteem, cultural wellness, and positive attachments. Participants will be able to demonstrate an improved understanding and use of traditional practices in resolving conflict and building positive cultural identity. Attendees will also gain further understanding of their community history, traditional roles, and key responsibilities towards children and families. Activities may include: Powwow Dancing, Drum Making, Dancing, Singing

### ● Child Welfare

- Tool Time: Tool Time helps youths aged 14 – 19 develop necessary skills for life while enhancing their connection with culture. This program covers a variety of topics including practical life skills and cultural based learning. The goal of Tool Time is to prepare youths with the skills they need to manage life and connect with their own culture. By the end, those participating will be able to demonstrate positive social and family connections; improved, effective conflict resolution, and stress management; positive cultural identity; and essential skills required to live independently.
- Supported Connections: FVACFSS supports keeping families together whenever possible. Supported connections is a program available at FVACFSS in Surrey that allows parents to spend quality time with their child-in-care. Supported connections provides a safe place where families can spend time together, cook meals, and play, with staff always on hand to provide support as needed.

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- Sexual Abuse Intervention Program: The Sexual Abuse Intervention Program (SAIP) was created to provide support to any Aboriginal child, youth, parent, or caregiver impacted by sexual abuse. By working one-on-one with a SAIP worker (a social worker specializing in this area), those in the program will learn to cope and manage their trauma. Additionally, SAIP workers also provide community educational workshops, coping and skill development to caregivers and parents concerning sexual abuse impact and trauma, and support through the court process to those in the program.
- **Family Preservation**
  - Family Preservation: We work collaboratively with families and communities to develop strategies in problem-solving, life skills, conflict resolution, and to develop or enhance parenting skills.
  - Risk Assessment and Reduction Planning: Services consist of individual support, modelling, providing information, advocacy, and conducting family circles and family meetings. Families as a whole and/or their individual members can receive support in developing communication, parenting, problem-solving, home management and other important life skills.
  - Family Support: The Family Enhancement Team focus is to provide information, guidance and modelling to families at risk. Available to those who may have lost contact with their culture, extended family systems, natural supports and/or communities.

## Langley Association for Community Living

<http://www.langleyacl.com/>

23535 44 Ave, Langley, V2Z 2V2 / 604-534-8611 / [main@langleyacl.com](mailto:main@langleyacl.com)

- **Family Support** [http://www.langleyacl.com/family\\_support.html](http://www.langleyacl.com/family_support.html)
  - Family Support Services offers a variety of collaborative services to families such as information sharing, advocacy and support to assist families in making informed decisions. Coordinators sit on a number of committees in the Langley community to stay connected, collaborate in community initiatives and advocate for needed supports and programming for families. Contact Shirley Yamashita-Paterson 604-534-8611 x. 226 or [SPaterson@langleyacl.com](mailto:SPaterson@langleyacl.com)
- **Children's Respite** [http://www.langleyacl.com/childrens\\_respite.html](http://www.langleyacl.com/childrens_respite.html)
  - Respite provides rest and renewal to primary caregivers for children / youth with special needs. Referrals and funding come from the Ministry of Children and Family Development. Respite Service Coordinators match qualified and screened caregivers to families whose children with special needs live at home. Respite helps parents spend time together or with their other children or youth, or do things they would not usually be able to do. During respite, family members can also have time to pursue their own interests, or spend time alone or with someone special. Contact Shirley Yamashita-Paterson 604-534-8611 x. 226 or [SPaterson@langleyacl.com](mailto:SPaterson@langleyacl.com)
- **Other Services** [http://www.langleyacl.com/other\\_services.html](http://www.langleyacl.com/other_services.html)
  - *Individualized & Family-Centered Services* - When the needs of individuals and / or families cannot be met by existing programs and services, we will assist individuals and families to design services that are tailored to their unique needs. Use of a host agency is an example of this approach.
  - *In-home Personal Care Supports* - LACL will recruit, train and supervise in-home family support services where requested. For information, call Teresa Griffiths at 604-534-8611 (Extension 230) or email her at [tgriffiths@langleyacl.com](mailto:tgriffiths@langleyacl.com)
  - *Person-centered Planning* - Trained staff can provide person-centered planning to individuals and their families. Available planning tools to ensure a comprehensive individualized plan is



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developed include PATH, Essential Lifestyle Planning, or MAPS. Receiving planning supports does not require LACL to be chosen to provide service.

### Langley Child Development Centre (a division of Langley Association for Community Living)

<http://www.langleycdc.com/>

203-5171 221A St, Langley, V2Y 0A2 / 604-534-1155 / [info@langleycdc.com](mailto:info@langleycdc.com)

#### **Programmes Provided:**

- **Infant Development:** From birth to 3 years for children with a diagnosis or who have a developmental delay or are at risk for developmental delay in one or more areas. Anyone one can refer to this program. Provides home visits, weekly playgroup sessions, daycare, and community programs. Provides:
  - Strategies and resources to encourage development
  - Assessments, developmental checklists
  - Opportunities for families to network
  - Family support
  - Assistance with the transition to preschool
  - Referrals to and cooperation with other services.
- **Supported Child Development:** From birth to 19 years for children and youth who have a developmental delay, disorder or extra support needs or attend licensed preschools, group daycares, family child care, school age care and license-not-required centres. Provides:
  - Provide family support
  - Provide consultation with child care settings
  - Assist with community and Kindergarten transitions
  - Referrals to and cooperation with other services.
- **Aboriginal Infant and Supported Child Development:** From birth to 19 years for children and youth who have a diagnosis, have a developmental delay or are at risk for delay in one or more skill area, or would benefit from additional program support while attending child care or preschool. Support provided at home, preschool or childcare setting Drop-in Playgroup sessions. Provides:
  - Culturally sensitive and family centered support for Aboriginal families and children
  - Aboriginal Family Nights
  - Speech assessments, group and direct therapy for children under six (priority given to children who have not received therapy services and are entering kindergarten)
- **Child & Youth:** From school-aged to 19 years. Includes after school programs, spring day camps, summer day camps, and youth socials.

### Lower Fraser Valley Aboriginal Society

<https://www.lfvas.org/>

20685 56 Ave, Langley, V3A 3Y9 / 604-427-2664 / [info@lfvas.org](mailto:info@lfvas.org)

- **Housing Programs** <https://www.lfvas.org/housing/>
  - *Journey Home Program* - offers one-on-one outreach support to individuals and families who are currently homeless or at risk of homelessness. Aimed at assisting with housing and related supports.
  - *Full Circle Program* - provides supports for Aboriginal People at risk of homelessness. Outreach services and program services include:
    - One-on-one outreach support
    - Monthly community and culture program
    - Cooking Workshop

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- Financial literacy workshop
- Anger management workshop
- Youth leadership program
- **Children & Family Programs** <https://www.lfvas.org/children-families/>

## Langley Community Service Society:

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

5339-207 Street, V3A 2E6, Phone number: 604-534-7921 Fax Number: 604-534-3110

Langley Community Service Society (LCSS) provides a wide variety of services free of charge to families, refugees and individuals facing multiple barriers.

- **Early Learning Program:** is designed for refugees and other newcomers aged 0-6 and their caregivers who experience multiple barriers associated to integration. The program is culturally sensitive and designed to meet the cultural, developmental, parenting and life skill needs of the participant. LCSS also provides a Family Support Circle for families who have difficulty accessing resources and community services. They also provide off-site family support, resources, advocacy, settlement assistance and accompanies participants to government and non-government appointments.
- **Nutritionist/Life Skills Program:** helps participants develop and implement healthy lifestyle choices. LCSS also accepts funds to support refugees in their resettlement, provides housing leads for affordable housing and provides employment opportunities and leads for refugees.
- **Settlement and Integration Services:** provides workshops, as well as needs assessments and settlement plans for refugees. LCSS also assist newcomers with taxation, financial information, transportation and assistance with various government and non-government applications.
- **Addiction Counselling:** provides addiction services and 1 to 1 counselling for families, adults and youth. The waiting lists for this service varies depending on the individual. Youth and families with children aged 14 and under are given priority and the waiting list is roughly 1-2 weeks. The waiting list for adults with addiction issues are roughly 4-6 weeks.
- **Family Services:** provides individualized family counselling, groups, outreach, Family Place Drop-Ins, food support, information and referral, and child care provider resources.
- **Intensive Case Management Team:** The Langley ICMT is a multi-disciplinary team that engages with clients that meet eligibility criteria through street outreach with a primary focus on client engagement, housing stability and brokering services, including provision of and access to health care including mental health services. They work with clients where they are at, to create a plan to improve and stabilize their lives. The team consists of 9 staff from a variety of backgrounds and experiences. 4 Case Managers; 1 peer Support Worker, 2 Nurses, 1 Addiction Specialist, 1 Housing Specialist, 1 Nurse Practitioner (1 day/week), 1 Psychiatrist (1 day/week) and a Team Lead. The team specifically works with clients 19 years and older, who have problematic/chronic or dependent substance use (with or without mental illness, concurrent disorders or coexisting functional impairment). These individuals may also be experiencing homelessness either chronically or episodically. Services are provided 7 days a week, 12 hours a day. Services include housing support; substance use counselling and/or access to treatment; Rent supplements; Life skills support/skill building; Connecting individuals to community resources; Connecting clients to income services; Assessing need for/and facilitating access to medical care; Medication management if required; Supporting and encouraging healthy lifestyle choices, personal hygiene and short/long term goal setting.

## Suicide Prevention Education & Counselling (SPEAC):

[www.options.bc.ca/counselling/suicide-prevention-education-counselling-\(speac\)](http://www.options.bc.ca/counselling/suicide-prevention-education-counselling-(speac))

9815-140 Street, Surrey, V3T 4M4, phone number 604-584-5811, fax number: 604-584-7628



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Open Monday - Friday from 8:30-4:30

The SPEAC program provides outreach, risk assessment, urgent-response and short-term counselling for children and youth. This program offers a maximum of 10 session to youth who are moderate to high risk of suicide in the Surrey, Langley, White Rock area. This is a voluntary service, therefore, anyone can self-refer. The types of services offered include:

- Individual and family counselling
- Risk assessment
- Consultation

**Suicide Prevention Workshops:** For schools, community agencies and special interest groups, SPEAC is available for workshops. Participants identify warning signs of suicide and ways of providing support to those at risk.

## START TEAM:

<http://www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/child-youth-mental-health-services/short-term-assessment-response-treatment-team/>

Abbotsford Regional Hospital and Cancer Centre 32900 Marshall Road, Abbotsford BC V6G 1K6 King George Hwy, Surrey Contact number: 1-844-782-7811

Open Monday to Friday 9:00 am to 9:00 pm, weekends and holidays 12:00 pm to 9:00 pm

The Short Term, Assessment, Response, Treatment (START) Team provides confidential mental health crisis intervention services for children and teens. Formerly known as the Child and Youth Crisis Program. This service is for children and teens aged 6 to 18 years who are experiencing the rapid onset (in the past 2-4 weeks) of extreme mental health symptoms resulting in the child/teen being unable to participate in their typical daily activities or relationships.

Mental health crisis may include: self-harming, suicidal thoughts or attempts, intense anxiety or depression, distorted thinking, or high risk of significantly harming others. Child or teen must live in the Fraser region. Can be self-referred.

## Program Offered

- Mental health assessment
- Safety planning
- Resource and referral coordination
- Brief crisis stabilization treatment (individual and/or group) if needed
- Family support
- Psychiatric assessment by a psychiatrist if needed
- Professional consultation

## Traditional Kitchen Workshop Series:

Location is at the Aldergrove Kinsman Community Centre, 26770-29 Ave, Aldergrove, V4W 3B8, 604-533-6144 or contact Julia at 604-533-8826.

### Details:

- This workshop is held every Monday at 5:30-8:30 for people of Indigenous heritage.

### Purpose:

- The objective of this workshop is to create a meal with others in a positive environment, learn and share recipes, learn how to shop for foods on a budget, learn about healthy eating habits and experience traditional Aboriginal foods. Please note that child minding is available.

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**Triangle Community Resources Inc:**

<http://www.triangleresources.com/>

Triangle Community Resources Inc. provides a 6-week comprehensive Job Readiness Training program that builds Participants' skills, confidence and experience while supporting them to find and maintain sustainable employment. Participants will receive 6 weeks of classroom based training providing life skills, career decision making, job readiness/search skills and basic computer skills and then 4 weeks of next steps/follow up planning and individual support to support client's job search or provide access to training, leading to sustainable employment.

***Participants will obtain:***

- Skills to market themselves effectively to employers in order to move them along the employment continuum towards obtaining meaningful employment,
- Resources and referrals to appropriate agencies for the purpose of further skills development.
- Assistance with their entry to the workforce
- Gained self-esteem and confidence for entering the labour market
- Marketable skills and certification that will allow them to fully participate in the current and future labour market
- Job maintenance skills to assist in maintaining employment.

***Locations:***

- **ABBOTSFORD LOCATION**  
101-2296 McCallum Road Abbotsford, V2S 3P4  
Telephone: 604-859-0033 Fax: 604-859-0041  
Email: [riteab@triangleresources.com](mailto:riteab@triangleresources.com)
- **MAPLE RIDGE LOCATION**  
#100-22575 Lougheed Hwy, Maple Ridge, BC V2X 2V2  
Telephone: 604-476-1202 Fax: 604-476-1675  
Email: [ritemr@triangleresources.com](mailto:ritemr@triangleresources.com)
- **CHILLIWACK LOCATION**  
8850 Young Road, Chilliwack, BC V2P 4P5  
Telephone: 604-792-8000 Fax: 604-792-8122  
Email: [ritechwk@triangleresources.com](mailto:ritechwk@triangleresources.com)
- **LANGLEY LOCATION**  
5724 Glover Road, Langley, BC V3A 4H8  
Telephone: 604-534-4905 Fax: 604-534-9215  
Email: [ritela@triangleresources.com](mailto:ritela@triangleresources.com)

**Ishtar Transition House Society:**

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

101-6350 203rd Street, Langley, V2Y 1L9, Office number: 604-534-1011, Fax: 604-534-1929

The Society provides supportive services to assist women, children and men in our community, from all walks of life, race and belief systems who have experienced abuse. The programs are designed to help

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individuals become the very best that they can be through counselling, support and empowerment. The staff and volunteers of the Society work with other community agencies such as the courts, the hospital, mental health and social services to ensure that each resident/client is given as many options as possible from which to choose.

### Free Counselling Programs & Services:

- Children Who Witness Abuse Program: 604-534-1011 ext 234
- Community Outreach Services: 604-534-1011 ext 230
- Community-based Victim Services: 604-534-1011 ext 241 or 228
- Women's Counselling Services: 604-534-1011 ext 225
- Isabelle's Store: 604-534-1011 ext 232
  - provides women fleeing abuse with household items and clothing
- Transition Houses:
  - Ishtar: 604-530-9442 (located in Langley)
  - Libra House: 604-857-5797 (located in Aldergrove)

### Ministry for Child & Family Development (MCFD):

<https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/children-and-family-development>

Building 100, 120-20434 64th Avenue, Langley, V2Y 1N4 Contact: 604-514-2711

Provides child protection intake and investigation services, child and family services, child and youth mental health services, services for children and youth with special needs, adoption and guardianship services, youth justice services, and services for children and youth in care. Also provides services for foster parents, group homes, and contract resources. Province-wide programs are described in the Ministry of Children and Family Development (MCFD) listing. Serves Langley. Office hours are 8:30 am to 4:30 pm Monday to Friday.

### Adolescent Day Treatment Program:

[http://www.fraserhealth.ca/find-us/services/our-services?&program\\_id=10875](http://www.fraserhealth.ca/find-us/services/our-services?&program_id=10875)

Shirley Dean Pavilion, Surrey Memorial Hospital, 9634 King George Boulevard, Surrey, BC V3T 0G7 Contact number: 604-585-5660

Provides individualized mental health services and educational programming for youth ages 13 to 18 with acute psychiatric illnesses. Youth attend the outpatient program four days a week for six months. A referral is required from the Adolescent Psychiatric Unit at Surrey Memorial Hospital; Early Psychosis Intervention Program; Adolescent Crisis Response Program; Ministry of Children and Family Development, Child and Youth Mental Health; community psychiatrist; or a school. Serves Delta, Langley, Surrey, and White Rock. Office hours are 8:30 am to 4:30 pm Monday to Friday.

### Alateen:

604-688-1716

Alateen is a recovery group for adolescents ages 9–19 that helps children and teenagers who are relatives or friends of alcoholics cope with the issues of alcoholism that are affecting their lives in some way.

### Al-Anon:

[www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

604-688-1716 or 1-888-425-2666

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Al-Anon is a support and discussion group for the relatives of people suffering from alcoholism, who operate in conjunction with Alcoholics Anonymous.

Day/Time	Location	Notes
Monday 07:30 PM	Saint Dunstan's Church 3025 264 st Aldergrove V4W 2W4	Handicap Access
Friday 08:00 PM	Timms Community Centre Langley City Hall And Library 20399 Douglas Crescent Langley BC V3A 4B3 <a href="#">Map</a>	Second floor multi-purpose room one Handicap Access
Monday 07:00 PM	The Grove Church 20784 93 Ave Langley BC V1M 2W5 <a href="#">Map</a>	Handicap Access Also open to professionals / students
Tuesday 05:00 PM	St. Joseph's Catholic Church 20676 Fraser Hwy Langley BC V3A 4G5 <a href="#">Map</a>	Parish building Handicap Access
Tuesday 07:30 PM	Douglas Rec Centre 20550 Douglas Cres Langley BC V3A 4B4 <a href="#">Map</a>	Preschool room Handicap Access Beginners
Wednesday 10:00 AM	Douglas Rec Centre 20550 Douglas Cres Langley BC V3A 4B4 <a href="#">Map</a>	Games room

### Options for Sexual Health (Opt Langley):

<https://www.optionsforsexualhealth.org/providers/opt-langley>

5339-207th Street, Langley, V3A 2E6, Contact number 604 530-8155, **Fax:** (604) 530-8103

By appointment Thu 6:00 p.m. - 9:00 p.m. No referral needed.

Our clinics provide sexual and reproductive health services for all genders, all orientations and all ages. Our clinicians are committed to providing you with confidential, nonjudgmental, youth-friendly, pro-choice, and sex-positive services.

Our services include low-cost contraception, STI care, Pap screening, pregnancy testing and pregnancy options counselling. The specific services provided in each of our clinics are clinician dependent and may vary from clinic to clinic.

Questions about sexual health call: 1-800-SEX-SENSE

## ALDERGROVE COMMUNITY RESOURCES LIST

### Immigration Service Society of BC:

<http://issbc.org/>

20621 Logan Ave, Langley, BC V3A 7R3, Contact number: 604-510-5136

Assistance for immigrants and refugees through a variety of programs and services.

#### **Programs:**

- Career services
- Settlement services
- Language instructions for newcomers
- Language and career college

### BC Housing:

<https://www.bchousing.org/home>

#### **Apply online at:**

[https://housingapplication.bchousing.org/olf/faces/welcome.jsessionid=6T-X2hTVKUN3mtm\\_V\\_ecfdpWYhzCZIK5qWe3l8BOtZABxFAMAU-x!-1193370553](https://housingapplication.bchousing.org/olf/faces/welcome.jsessionid=6T-X2hTVKUN3mtm_V_ecfdpWYhzCZIK5qWe3l8BOtZABxFAMAU-x!-1193370553)

4555 Kingsway #101, Burnaby, BC V5H 4V8, Contact Number: 604-439-4727 or 1-844-365-4727

- Provides subsidized and/or affordable housing all over British Columbia. BC Housing works in partnership with the private and non-profit housing sectors, provincial health authorities and ministries, other levels of government and community groups to develop a range of housing options. They also provide services for independent supported living, emergency shelter, elder housing services, women fleeing abuse and housing services for Aboriginal people.

## Health Resources:

### Langley Memorial Hospital:

<https://lmhfoundation.com/>

22051 Fraser Hwy, Langley, V3A 4H4, Hospital information number: 604-534-4121

Contact information: 604-533-6422

### Adolescent Psych Unit (APU):

<http://www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/child-youth-mental-health-services/adolescent-psychiatric-unit/>

13750 96 Ave, Surrey, V3V 1Z2 (Surrey Memorial Hospital) Contact number: 604-585-5978

(APU teacher- ext: 778165)

The Adolescent Psychiatric Unit (APU) team at Surrey Memorial Hospital cares for youth (12-17 inclusive) who require a stay in hospital because of a serious mental health concern.

#### **Services include:**

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- A psychiatric assessment for the youth's specific mental health symptoms. If the team decides that assessments specific for emotional and psychological functioning are required, that may also happen during their hospital stay.
- Treatment, including learning skills and counselling, for both the youth and family may be provided individually, in group settings, and in family meetings.
- A care team that organizes physical activities, including getting out of the hospital for periods of time. On the unit there are group activities to promote social interaction and learning as well as creative projects to help promote healthy leisure activity and life skills.
- A classroom/school program that supports youth in continuing with their school work. This classroom setting helps to create a normal day to day routine and support the youth to attend school regularly. This program also helps to assess the youth's education needs for when they are discharged from the hospital.

### Langley Youth Wellness Centre:

[https://www.fraserhealth.ca/find-us/services/our-services?program\\_id=9996](https://www.fraserhealth.ca/find-us/services/our-services?program_id=9996)

Langley Public Health Unit, 20389 Fraser Highway, Langley, B.C. V3A 7N2 Contact number: 604.539.2900

- Provides free confidential information and education regarding sexuality and health to **youth 21 and under**. This includes birth control education and some provision, pregnancy testing and decision making, STI information, examinations and treatment and HIV education and testing.

### Healthy Kids Program:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses>

Contact number: 1-866-866-0800

- Children of low income families receiving support for basic dental care and prescription eyewear. Eligible for \$1,400 of dental care every two years, and prescription eye glasses once a year.
- If your family receives MSP and the child is under 19 years old. Must present carecard or BC services card, and confirm coverage prior to the appointment.

### UBC Dentistry Children's Dental Program:

<http://www.dentistry.ubc.ca>



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- UBC Dental Clinic – Nobel BioCare Oral Health Centre, 2151 Westbrook Mall, Vancouver, BC. Phone: 604-822-2112
- Douglas College Clinic – Be referred through local public health unit by calling this number: 604-539-2900
- During the school year, at either UBC Dental Clinic or a satellite dental clinic at Douglas College in New Westminster offers free basic dental and maintenance care to low income school aged children in the lower mainland.
- Also offers reduced fee dental care for patients who don't meet the school age requirement

#### **Pacific Oral Health Society:**

<http://www.pohs.ca/>

Suite 300 – 15850 24 Avenue Surrey BC V3Z 0G1, Contact number: 604-536-2700

Open Monday to Sunday, appointment required.

- Offers dental care at a reduced fee for those who can prove they are on income assistance in the Fraser Valley.

#### **Langley Mental Health Center:**

<http://careregistry.ca/item/langley-mental-health-centre/>

Address: #305 – 20300 Fraser Highway Langley, B.C. V3A 4E6, Tel: 604-514-7940

Hours: Monday – Friday 8:30am- 4:30pm

- Provide a wide variety of supports for people who experience mental illnesses. Services include community support and short-term assessment and treatment for adults, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, concurrent disorders services, group therapy, peer support, and after-hours mental health support

#### **The F.O.R.C.E. Society for Kid's Mental Health:**

<http://www.forcesociety.com/support>

- Support, educate and empower families and young people who experience mental health, while working collaboratively with professionals and systems to meet their needs.

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BC FRIENDS Parent Program: developed for parents by parents and is a partnership between The FORCE Society for Kids' Mental Health (The FORCE) and the Ministry of Children and Family Development (MCFD).

<http://www.friendsparentprogram.com/>

- The Child-Youth website (active link) is for parents of children and youth aged 9 to 13, and contains new parent information, a parent blog and discussion group where parents can connect with other parents and share skills and resources that are helping their children who are feeling anxious.

Parent & Youth in Residence (PiR & YiR) : These are mentorship programs to act as a navigator and support for families where their child(s) is in residence with mental illness. These program also promotes the sharing of mental health information to families and youth to promote prevention and early intervention of mental health challenges.

<http://www.forcesociety.com/youth-in-residence>

Contact the local Langley PiR or YiR representative Tammy Music [tammy@forcesociety.com](mailto:tammy@forcesociety.com)

#### Stepping Stone Community Services Society:

[www.sscss.org](http://www.sscss.org)

Tel: 604-530-5033, Fax: 604-530-3811

- Provides psychosocial rehabilitation programs for adults living in Langley who are recovering from a mental illness. a Clubhouse Program, Therapeutic Volunteer Program, Supported Independent Living Program, Community Living Support, Employment Program, Homeless Outreach Program and a range of housing services .

#### Emergency Resources:

##### Help Lines:

- **Crisis Centre (Immediate crisis/distress):** 1-800-784-2433
- **South Fraser Crisis Line:** 604-951-8855
- **Helpline for Children (reporting abuse):** 604-310-1234 (Please note that a child does not have to use the full number to call, as all they have to do is dial 1234 and they will be connected to the helpline.
- **Kids Help Line:** 1-800-668-6868
- **Culturally Sensitive Crisis Line for Aboriginal peoples:** 1-800-KUU-US17 (588 8717)

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