

Reference Guide for Parents

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FOR NON-EMERGENCY SERVICES

Call: 604-859-5225
Call Toll-Free: 1-800-898-6111
Fax: 604-859-4812

2838 Justice Way
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Addiction Services

Abbotsford Community Services

One-on-One Counseling

Provides counseling to those seeking help around issues with drugs and alcohol use. Also, counseling is provided to family members and friends who are affected by the use of alcohol/drugs by a family member.

Contact: (604) 850-5106

Support Group

For Indo-Canadian men every Wednesday evening, through the Abbotsford Addictions Centre. Languages offered: Punjabi, Hindi, Urdu and English No cost. Must attend an orientation before being admitted for counseling or group sessions.

Contact: (604) 850-5106

Multicultural School Based Prevention

Educates the youth in middle and high schools about drug prevention and offers one-on-one support to high risk Indo-Canadian youth and their families. Also runs an Indo-Canadian Teen Support Group. Languages offered: Punjabi and English. No cost.

Contact: (604) 850-5106

Parent of Teen Group (Punjabi)

Groups for parents focusing on conflict resolution, communication, self-esteem, anger management, social skills, assets for effective parenting and living harmoniously with youth. Language offered: Punjabi. No cost.

Contact: (604) 859-7681 Local 299

Teen Support Group

Group for local middle and high school youth. Youth address concerning issues and collaborate on solutions. Focus on communication skills, anger management, social skills, self-esteem building, alcohol and drug information and prevention. Language offered: Punjabi and English. No cost.

Contact: (604) 859-5106 or (604) 613-1557



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Family Education – Abbotsford Community Services

Provide support and education to promote change, encourage personal growth and enhance healthy families.

(604-859-7681)



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Courses for Parents

The Incredible Years

This program is designed to promote parents' self-confidence and competence in using positive parent management skills with children age 5 - 12. Effective use of encouragement, positive involvement, limit setting and discipline strategies are discussed.

Anger Awareness

Objectives are to develop a clear understanding of anger, to learn how anger can work for you, not against you, to learn skills for managing anger in a healthy way.

Parent Project

An intensive experiential parenting class for parents of preschool age children. Child care, transportation and two healthy snacks are provided.

Raising Your Spirited Child

"Spirited kids are like roses - they need special care, and sometimes you have to get past the thorns to truly enjoy their beauty." This course, based on the book 'Raising Your Spirited Child' by Mary Sheedy Kurcinka, looks at understanding and working with the spirited child.

Free To Be Me

This program is designed just for moms and gives an opportunity to discuss topics such as personal boundaries, developing self-esteem and how to take care of one's self during the challenging years of parenting.

Effective Parenting

This program allows parents to explore areas of parenting such as different parenting styles, healthy communication, development of self-esteem, positive discipline strategies, and an understanding of child behavior patterns

Learning to Deal with a Child's Anger

For parents whose children are registered in Me, Myself and Anger. This course introduces parents to the material used in their child's program and provides tools to support and encourage children in dealing appropriately with anger.



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Groups For Children

Me, Myself and Anger

A group for children in grades 3 - 7 to discuss the messages we learn about how to deal with anger and how these messages work.

Self-Esteem for Girls

This group is for girls in grades 5 - 7 and addresses issues around self-esteem, body image, boundaries, physical and emotional development and making safe choices.

To register for any of these programs, call: 604-859-7681

Website: www.abbotsfordcommunityservices.com/

Family Outreach – Abbotsford Community Services

Families with children aged 0 – 12 identified through the Ministry of Children and Families as experiencing problems in parent-child relationships (e.g. conflict, substance abuse, various forms of abuse and neglect), families whose children have been determined to be in need of protection, conflict or difficulty in other life domains (e.g. schools, peers, work, justice system), underdeveloped understanding of normative and non-normative child development, harmful lifestyle choices, social isolation, unsuccessful coping strategies, or disruption and/or potential for familial disruption due to extraordinary stressors (e.g. blended families, death of a family member, mental health issues, divorce, incarceration). Referred families are assigned a worker to help them resolve the identified issues. Work is done primarily in the family's home or in the community. The service is available in English, Punjabi and French. Requests for service in other languages are provided in partnership with our Multicultural Program.

604-870-3765

E-mail: Jeff.Thompson@abbotsfordcommunityservices.com

Neighborhood Place & ABC-123 Preschool Literacy Program

Provides community drop-ins, preschool classes, parent and tot activities and staff support providing referral and family support information. Languages offered: English and Punjabi

Contact: (604) 859-7681 Local 266

Nobody's Perfect (Punjabi and English)

Funded by the Fraser Health Authority, this program is for parents of children 0 - 6 years of age.



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Participants will learn how to understand their child(ren) better, share ideas, tips and experiences and receive information on children's behavior, health and safety. Languages offered: Punjabi and English

Contact: Denny Petersen (604)859-7681 Local 302

Child Care Subsidy

This program helps parents who are students or are working to complete the child care subsidy application form. Languages offered: Arabic, Swahili, Mandarin, Cantonese, Bosnian, Serbo-Croatian, Albanian, Turkish, Macedonian, Russian, Punjabi, Hindi, Urdu, Spanish, Korean, Japanese, Vietnamese, Farsi, German, Afghani, Taiwanese and Pashto.

Contact: (604) 859-7681 local 273 or 319

Child Care Resource and Referral

Helps parents find child care. Ongoing support and visits, workshops and training for in home child care.

Contact: (604) 850-7934 local 224

Best for Babies

Provides prenatal referral for pregnant women and women up to 6 months postnatal; also, Moms with children age 3 and younger. One-on-one groups at the Sikh Temple and Abbotsford Community Services. Languages offered: Punjabi and English

No cost (transportation may be provided).

Contact: (604) 859-7681 Local 288

South Asian Community Resource Office (SACRO)

Outreach, support and referrals for South Asian youth and families. Languages offered: Punjabi and English.

Contact: (778) 809-4400



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Immigration – Abbotsford Community Services

Enhancing Harmony ITFAK Program

Offers a Respectful Relationship Counselling Program to men focusing at preventing family violence. Offers intake, assessment and weekly group counseling to men on probation. Also provides crisis response and support to victims. Languages offered: Punjabi, Hindi, Urdu and English. No Cost. Community Corrections Referral.

Contact: (604) 859-7681 Local 278

Host Program

A friendship programs that brings new immigrants together with Canadian adults (and/or their families) to help them learn about Canadian culture, Abbotsford and practice their English. Language offered: English. No cost.

Contact: (604) 217-3055

Immigrant Family Connections

Provides information, support and English language services for immigrant adults and their families. No cost.

Contact: (604)859-7681 Local 228

Punjabi Mothers/Grandmothers

Provides basic ESL support and parenting information to mothers and grandmothers of pre-school and elementary school children. Free enhanced childcare. No cost.

Contact: (604)859-7681 Local 228

Friendships Across Cultures

A friendship program for youth who attend secondary school in Abbotsford. New immigrant youth are matched with a youth from Abbotsford. Activities are offered at participating secondary schools for youth to participate in. No cost.

Contact: (604) 859-7544 local 225

Youthemes

A recreation program for youth in grades 6-12. Activities promote friendship, fun and being violence



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free. Drop-in sports and discussion programs are offered. Languages offered: Punjabi and English. No cost.

Contact: (604) 825-4111

Immigrant Youth and Young Adult Program (I.Y.Y.A.)

For Immigrant youth who are ages 15-25, and in Canada for less than 5 years. Looking for help with literacy training and ESL, computer and life skills. No cost. Languages offered: English and Punjabi

Contact: (604) 859-7544 local 227



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Abbotsford Youth Commission

After School Drop-In (604) 854-5785

PS2, X-box, Wii, ping pong, air hockey, youth resource library, games, music, couches, videos, basketball, DDR and more. Ages: 12 - 18 Hours: see website for full schedule

Website: www.abbyyouth.com

Drop-In Basketball (604) 854-8785

Ages: 12 - 18

Hours: Wednesdays 8:00pm – 10:00pm

Where: Abby Middle

Website: www.abbyyouth.com

Drop-In Floor Hockey (604) 854-8785

Ages: 12 - 18

Hours: Thursdays 3:30pm – 5:00pm

Where: Ag Rec Building

Website: www.abbyyouth.com

Girls Nite Out (604) 854-8785

Hip-hop dance, swimming, self-defense, rock climbing, tae-box, weight training, fencing and nutritious cooking are some examples of what Girls Nite Out may participate in. It is a fun atmosphere to enjoy at your own pace - no skill required.

Ages: 12-16

Hours: Mondays and Wednesdays 7:00pm – 8:30 pm

Website: www.abbyyouth.com

Grade 7 & 8 Dances (604) 854-8785

Come check out our fully supervised Gr. 7 and 8 dances. Great music and prizes! Cost is \$7.00. Proceeds go towards new and existing programs in the community. Located at the Air Cadet Building. Student ID and ticket required to get in.

Ages: Grades 7 & 8

Website: www.abbyyouth.com

Guys Alive (604) 854-8785

Is a preventative program for gr. 7 boys that provides a safe group in which boys can explore their



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feelings, talk about issues concerning their lives and develop skills that help them become well rounded men.

Ages: Grade 7 boys

Website: www.abbyouth.com

Guys Nite (604) 854-8785

Boys can try new and exciting sports and activities once a week for 8 weeks. Call the Abbotsford Youth Commission for more info.

Ages: 13 - 16

Hours: Tuesdays 7:00pm – 9:00pm

Website: www.abbyouth.com

Just For Girls (604) 854-8785

Just For Girls is a preventative program for gr. 7 girls. It provides an opportunity for girls to talk about issues that may influence their self-confidence and helps them develop skills to combat negative experiences resulting from peer pressure and conflicts with friends.

Ages: Grade 7 girls

Website: www.abbyouth.com

Recreational Educational Programs (604) 854-8785

Many exciting recreational and educational programs such as cooking, babysitter training, food safe, employment readiness, dance classes and so much more! Check out our website or give us a call for more information.

Ages: 11 - 18

Website: www.abbyouth.com

Summer Youth Zone (604) 854-8785

A drop-in summer program at the Abbotsford Youth Commission. Different fun filled events geared for youth 12 - 18 years of age.

Ages: 12 - 18

Hours: See website for more information

Website: www.abbyouth.com



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Youth Zone (604) 854-8785

Free drop-in program that provides activities, sports and information for youth at the Abbotsford Youth Commission.

Ages: 12 - 18

Hours: See website for full schedule

Website: www.abbyouth.com



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Addictions & Substance Abuse

Abbotsford Addictions Centre (604) 850-5106

Outpatient alcohol and drug program of Abbotsford Community Services is under the funding of Fraser Health Authority. Free counseling for adults or youth affected by their own or someone else's alcohol or drug misuse.

Ages: All ages

Hours: Monday to Friday (office hours) 8:30am - 4:30pm

Some evening counseling & groups as well.

Contact: Madeleine Dalton, Office Manager

Email: aac@paralynx.com

Website: www.abbotsfordcommunityservices.com

Al-A-Teen (604) 870-9774

Support group for teens affected by someone else's drinking or their own.

Ages: 8-19

Hours: Tuesday at 7:15pm

Website: www.bcyukon-al-anon.org

BC Tobacco Facts

www.bclung.ca/smoking_and_tobacco.html

Tobacco prevention program designed to help adults to support youth to stay tobacco free.

D-Talks Line (866)658-1221

An information line for youth on detox issues.

Ages: 12 - 21

Hours: Monday to Friday 9:00am – 7:45pm

Impact (604) 853-1766

Offers support and help to live a drug and alcohol free life professional counselors use 12-step model of recovery.

Ages: 12-24

Hours: Monday to Friday 10:00am - 5:30pm

Website: www.impactabby.com



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Kelty Resource Centre (800) 665-1822

The Centre offers information and resources on a wide range of mental health and substance use issues affecting children and youth in our province. These include, but are not limited to: depression, anxiety, attention deficit, behavioral problems, child/youth eating disorders and substance use. Peer support workers are available to answer questions.

Ages: All Ages

Hours: Monday to Thursday 9:00am – 5:00pm

Website: www.keltymentalhealth.ca

Tobacco Control Program (800) 663-7867

Program to protect everyone, especially young people, from the harmful effects of tobacco.

Ages: All ages

Hours: Monday to Friday 8:00am – 4:30pm



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Call: 604-859-5225
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Body Image & Eating Disorders

Caregivers Support Group (Child and Youth Mental Health) (604) 870-5880

A support group for parents, friends, and caregivers of those 18 and under struggling with an eating disorder. We meet the LAST Tuesday of every month from 6-7:30pm at Child and Youth Mental Health on the 2nd Floor.

Ages: All Ages

Hours: The last Tuesday of every month from 6:00 – 7:30 pm

Eating Disorder Support Services (Child and Youth Mental Health) (604) 870-5858

Non-judgmental environment. Support and counseling for individuals and groups.

Ages: 18 and under

Hours: Monday to Friday 8:30am - 4:30pm

Kelty Resource Centre (800) 665-1822

The Centre offers information and resources on a wide range of mental health and substance use issues affecting children and youth in our province. These include, but are not limited to: depression, anxiety, attention deficit, behavioral problems, child/youth eating disorders and substance use. Peer support workers are available to answer questions.

Ages: All Ages

Hours: Monday to Thursday 9:00am – 5:00pm

Website: www.keltymentalhealth.ca

Why Weight (604) 870-5880

Providing support and therapy for children and youth with eating disorders.

Ages: 12-18

Hours: Monday to Friday 8:30am - 4:30pm



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Community Programs for Youth

Air Cadets (604) 852-5755

Involves training in leadership, citizenship aviation, navigation physical fitness, drill & survival.

Ages: 12-18

Hours: The best time to call is Mondays 6:30 – 9:30 pm during the school year.

C-21 Drop-in Centre (YFC/Youth Unlimited) (604) 852-2725

Wii, pool tables, air hockey, foosball, basketball, computer games...

After school Drop-in Wednesdays 2:30 to 4:30 (ages 10-13)

Wednesday s dinner 6 – 7 pm and club 7 – 9 pm (ages 13-18)

Friday night drop-in 7:30 to 11:30 pm (ages 13-18)

Ages: 10 - 18

Website: www.youthunlimited.com

Email: maria@youthunlimited.com

Empowerment Programs For Girls

Empowered By Horses offers unique programs that teach personal power and build self-esteem by allowing girls to see the reality of their choices as they are reflected back by a herd of horses. The whole experience creates real and lasting change. Herd dynamics are powerful metaphors for leadership, teamwork, non-verbal communication, setting boundaries, and for illustrating group and family dynamics. Horses show us a different way of relating with ourselves, others, and our environment, while teaching us awareness, trust, integrity and respect.

To learn more about group and individual programs visit www.empoweredbyhorses.com or contact Carla Webb at 604.809.3494.

Fraser Valley Youth Society (778)241-2867

Fraser Valley Youth Society is a safe social place for lesbian, gay, bi-sexual, transgender, and questioning youth and their friends. All youth are welcome.

Ages: 13-25

Hours: Thursdays 6:00pm - 9:00pm @YRC

Website: www.fraseryouth.com



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Parks, Recreation & Culture Commission (604) 859-3134

See Abbotsford Programs guide

Ages: All Ages

Website: www.abbotsford.ca/parksrecreationandculture.htm

The Reach Gallery Museum Abbotsford (604) 864-8087

The Reach offers exhibitions, classes, workshops and special events for all ages. Programs for youth include workshops/classes in photography, visual arts, drama, dance, special events, volunteer opportunities, concerts and more. See The Reach Program Guide for full information or visit us at 32388 Veterans Way.

Ages: All Ages

Website: www.thereach.ca

Restorative Justice (604) 864-4857

As an alternative to the criminal justice system, restorative justice provides support to both victims and offenders, allowing an incident to be resolved directly between the affected parties without going to court. ARJAA also works with Abbotsford School District 34, delivering training in conflict resolution for staff, students and their families, and helping schools implement Restorative Action—a restorative justice program specially designed to address bullying and other forms of conflict in schools.

Ages: All ages

Hours: Monday to Friday 9:00am - 5:00pm

Website: www.arjaa.org

Youthemes (604) 859-7544 or (604) 859-7681 ext. 270

Recreation activities on Friday nights and during the summer for youth in grades 6-12 call for more information and program times and locations.

Ages: Grades 6-12

Hours: Office open from 8:30am – 4:30pm



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Employment Services & Training

MCC BC Employment & Community Development Program (604) 859-6790

A program teaching life and employability skills, computer training and first aid. You can also receive guided work experience, job search, resume and cover letter help.

Ages: 15 - 30

Hours: Monday to Friday 9:00am – 4:30pm

Website: www.mccecd.bc.ca

Youth Employment Resource Centre (Myert Corps) (604) 859-9454

Employment preparation, maintenance, employment coaching, and job search program.

Ages: 15-30

Hours: Monday to Friday 9:00am – 4:00pm

Website: www.myert.com



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Family Issues

Cyrus Centre (604) 859-5773

Cyrus Centre is an inner city mission, providing a safe and welcoming place for youth to get food, shelter, do laundry, have a shower, receive referrals, advocacy and exit the streets. They also offer 10 beds for extreme weather shelter and outreach services.

Ages: 12 - 18

Hours: 7 days per week

Website: www.cyruscentre.com

South Asian Community Resource Office (SACRO) (778) 809-4400

SACRO is a program of Abbotsford Community Services that provides information, outreach, referrals, and support to South Asian youth and their families. The program coordinator and staff speak English and Punjabi.

Ages: All ages

Hours: Monday to Friday 8:30am – 4:30pm

Website: www.abbotsfordcommuntiyserVICES.com

Email: hardeep.teja@paralynx.com

Youth Resource Centre (604) 870-4972 - (604) 807-6421 (Sorina Gibson)

A one-stop-shop for youth and their families who want a helping hand to connect with each other and/or the community. The YRC offers services you need, where and when you need them. This may include: individual and family support, street outreach, parenting and life skills classes, crisis intervention, outreach support, justice support and supervision.

Ages: 12 - 18

Hours: Monday to Friday 8:30am – 4:30pm

Website: www.yrc.ca

Email: info@yrc.ca



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Family Violence

Abbotsford Children Who Witness Abuse Program (604) 855-3363 ext. 103

Provide individual and group counseling for children and youth ages 3-19 who have witnessed abuse in the home.

Ages: All Ages

Hours: Monday to Friday 8:30am – 4:30pm

Email: cwwa@shaw.ca or admin@wrsfv.ca

Website: www.wrsfv.ca/programs/cwwa/cwwa.html

Abbotsford Women's Support Services (604) 855-3363

Individual or group counseling for children and youth who have experienced or witnessed verbal, emotional, or physical abuse. Free and confidential.

Ages: All Ages

Hours: Monday to Friday 8:30am – 4:30pm

Email: admin@wrsfv.ca

Website: www.wrsfv.ca

Abuse Prevention & Response (604) 850-6639 / (604)845-0841

The MCC Abuse Response and Prevention Program offers support to women impacted by abuse in intimate relationships. They also offer abuse prevention education for churches and community agencies and training for professionals on understanding and responding to abuse.

Ages: All Ages

Hours: Tuesday to Thursday 9:00am – 4:00pm

Contact: Elsie Goerzen

Email: endabuse@mccbc.com

Website: www.mcc.org/abuse

Children's Help Line (604) 310-1234

Call answered by a social worker to provide protection and guardian services.

Ages: All Ages

Hours: 24 hrs

Website: www.safekidsbc.ca/helpline.htm



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Kids Help Phone (800) 668-6868

Counselors answer calls and online questions from across Canada. No matter what the problem or concern counselors are there to provide immediate and caring support, as well as information and referrals to the kids who reach out to us.

Ages: 5-20

Hours: 24 hrs

Website: www.kidshelpphone.ca

Ministry of Children & Family Development (604) 870-5880

Responsible for issues relating to the safety and well-being of children and youth.

Ages: All Ages

Hours: Monday to Friday 8:30am - 4:30pm

Website: www.gov.bc.ca/mcf

Transition House (604) 852-6008

Safe place for women and their children who have been abused. Provides food and basic needs for up to 30 days. Practical help and information about legal rights, social assistance, childcare and local resources.

Ages: Women and their children

Hours: 24hrs

Email: ath@wrsvf.ca

VictimLINK (800) 563-0808

VictimLINK is a province-wide telephone help line for victims of family and sexual violence and all other crimes.

Ages: All Ages

Hours: 24 hrs

Website: www.victimlinkbc.ca

Women's Resource Society of the Fraser Valley (604) 820-8455

Support and information for women and their families, transition house.

Ages: Women and their children

Hours: Monday to Friday 8:30am – 4:30pm

Website: www.wrsfv.ca



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Food Services

Abbotsford Food Bank (604) 859-5749

Provide food and hampers to those in need.

Ages: All Ages

Hours: 9:00am – 4:00pm

Cyrus Centre (604) 859-5773

Cyrus Centre is an inner city mission, providing a safe and welcoming place for youth to get food, shelter, do laundry, have a shower, receive referrals, advocacy and exit the streets. They also offer 10 beds for extreme weather shelter and outreach services.

Ages: 12 - 18

Hours: open 7 days a week

Website: www.cyruscentre.com

Salvation Army Care & Share Center (604) 852-9305

Offers hot meals from 12:15 pm – 1:00 pm and pastries when available.

Ages: All Ages

Hours: Office Hours Monday to Friday 8:30am – 4:00pm

Website: www.careandshare.ca



FOR NON-EMERGENCY SERVICES

Call: 604-859-5225
Call Toll-Free: 1-800-898-6111
Fax: 604-859-4812

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Abbotsford Police Department – CRIME PREVENTION

Grief & Loss

Abbotsford Hospice Society (604) 852-2456

The Abbotsford Hospice Society is a support and resource centre for those living with a terminal illness or grieving the loss of someone significant. Dedicated professionals and volunteers provide emotional, spiritual and practical support to adults, teens and children who are anticipating a death, facing their own death or grieving the loss of someone significant.

Ages: All Ages

Hours: Monday to Friday 9:00am – 5:00pm

Email: General information - info@abbotsfordhospice.org

Bereavement - bereave@abbotsfordhospice.org

Website: www.abbotsfordhospice.org

Child & Youth Mental Health (604) 870-5880

Individual, family and group counseling for children and youth with mental health disorders such as: anxiety, depression, eating disorders, trauma and other Mental Health conditions. We also have night clinics on Tuesday and Wednesday nights from 8:30 am until 8:30 pm during winter and Wednesday nights for the summer months.

Ages: All Ages

Hours: Monday to Friday 8:30am-4:30pm



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Help Lines

1-800-SUICIDE (800) 784-2433

Counseling by professionally trained volunteers for people experiencing emotional distress.

Ages: All Ages

Hours: 24hrs

Website: www.crisiscentre.bc.ca

Abbotsford Police Department Youth Help Line (604) 864-4787

For youth who are or know someone that is involved in criminal activity and want help to get out of criminal activity. Adults can call this number as well.

Ages: All ages

Hours: 24 hour phone line, will be answered by a police officer

Website: www.abbypd.ca

Alcohol & Drug Info & Referral Services (800) 663-1441

Information and ideas of what to do when concerned about a young person in connection with alcohol or drug abuse. Can call anonymously.

Ages: All Ages

Hours: 24hrs

BC Mental Health & Addiction Information/Resources (800) 661-2121 / 310-6789 (24 hour distress line)

Provides information and referrals for mental health issues or addiction issues.

Ages: All Ages

Hours: 24 hrs

Website: www.heretohelp.bc.ca

The BC Smokers Helpline (877) 455-2233

Free, confidential service that provides information and support from trained specialists.

Ages: All Ages

Hours: 24hrs



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BC Tobacco Facts

Tobacco prevention program designed to help adults support youth to stay tobacco free.

Website: www.tobaccofacts.org

Children's Help Line (604) 310-1234

Call answered by a social worker to provide protection and guardianship services.

Ages: All Ages

Hours: 24 hrs

Crime Stoppers Hotline (800) 222-TIPS

For those who have information on crimes committed or planned. Anonymous.

Ages: All Ages

Hours: 24 hrs

Website: www.solvecrime.ca

Cybertip / Child Pornography / Sexual Exploitation Helpline (866) 658-9022

Cybertip is Canada's national tipline for reporting the online sexual exploitation of children.

Ages: All Ages

Hours: 24hrs

Website: www.cybertip.ca

D-Talks Line (866) 658-1221

An information line for youth on detox issues.

Ages: 12 - 21

Hours: Monday to Friday 9:00am – 7:45pm

Fraser Valley Regional Crisis Line 1-877-820-7444

If you are experiencing emotional distress, the Fraser Valley Regional Crisis Line will provide you with counselling by a well-trained volunteer.

Ages: All Ages

Hours: 24hrs

Kids Help Phone (800) 668-6868

Counselors answer calls and online questions from across Canada. No matter what the problem or



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concern counselors are there to provide immediate and caring support, as well as information and referrals to the kids who reach out to us.

Ages: 5 - 20

Hours: 24 hrs

Website: www.kidshelpphone.ca

Ministry of Children & Family Development (604) 870-5880

Responsible for issues relating to the safety and well-being of children and youth.

Ages: All Ages

Hours: Monday to Friday 8:30am - 4:30pm

Website: www.gov.bc.ca/mcf/

Problem Gambling Information & Referral Services (888) 795-6111

Free information and referral services offering counseling, prevention, resources and self-help groups.

Ages: All Ages

Hours: 24 hrs

Website: www.bcreponsiblegambling.ca

Rape Relief Line (Vancouver) (604) 872-8212

Offers free and confidential support, information, advocacy and referral services to women and children who have experienced sexual violence.

Ages: All Ages

Hours: 24 hrs

Website: www.rapereliefshelter.bc.ca

S.U.C.C.E.S.S Chinese Helpline Cantonese: (604) 270-8233 Mandarin: (604) 270-8222 Coordinator: (604)278-4011

To promote the well-being of Chinese Canadians who are experiencing difficulties in accessing social service because of language and cultural barriers, and/or fear of social stigma.

Ages: All Ages

Hours: 10:00 a.m. – 10:00 p.m. (7 days a week)

Website: www.successbc.ca



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Telecare Crisis & Caring Line (604) 852-9099

Trained, Christian volunteers ready to deal with a variety of issues. Confidential.

Ages: All Ages

Hours: 24 hours

VictimLINK (800) 563-0808

VictimLINK is a province-wide telephone help line for victims of family and sexual violence and all other crimes.

Ages: All Ages

Hours: 24 hrs

Youth against Violence Line (800) 680-4264

Confidential number to report information concerning violence, drug activity or gang actions. This line is also used to alert police of an upcoming crime or fight. This line is checked every 1/2 hour; all tips are looked into.

Ages: All Ages

Hours: 24hrs

Website: www.youthagainstviolenceline.com

Youth in BC (604) 872-3311

Provides crisis center services for youth, online crisis intervention and suicide prevention.

Ages: 29 and under

Hours: 24 hour website, chat 2:00pm-12:00pm daily

Email: youthinbc@crisiscentre.bc.ca

Website: www.youthinbc.com



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Call: 604-859-5225
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Housing

Autumn House (604) 870-5880

Four, two-bedroom apartments for youth on independent living agreements. Referrals through MCFD.

Ages: 16 - 18

Cyrus Centre (604) 859-5773

A drop-in resource centre providing basic needs for youth (showers, laundry, meals, advocacy, counseling, etc). Open 7 days a week – even on Christmas.

Ages: 18 and under

Hours: open 7 days a week

Website: www.cyruscentre.com

Transition House (604) 852-6008

A safe place for women and their children who have been abused. Provides food and basic needs for up to 30 days. Practical help and information about legal rights, social assistance, childcare and local resources.

Ages: Women and their children

Hours: 24 hrs

Email: ath@wrsfv.ca



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Mental Health

Adolescent Crisis Response Program (604) 557-2095

Dealing with youth in acute crisis related to their mental health conditions professional referrals accepted only via telephone.

Ages: 6-18

Hours: Monday to Friday 10:00am – 10:30pm

Saturday & Sunday 11:30am – 10:30pm

BC Mental Health & Addiction Information/Resources (800) 661-2121 / 310-6789 (24 hour distress line)

Provide information and referrals for mental health issues or addiction issues.

Ages: All Ages

Hours: 24hrs

Website: www.heretohelp.bc.ca

Child and Youth Mental Health (604) 870-5880

Individual, family and group counseling for children and youth with mental health disorders such as: anxiety, depression, eating disorders, trauma and other Mental Health conditions. We also have night clinics on Tuesday and Wednesday nights from 8:30 am until 8:30 pm during winter and Wednesday nights for the summer months.

Ages: Up to 19 years

Hours: Monday to Friday 8:30am - 4:30pm

Counselling (YFC/Youth Unlimited) Dale: (604) 857-7202

Dale Peters, M.A. Qualified, confidential counselling from a registered Clinical Counsellor for youth, families and couples.

Ages: All Ages

Website: www.youthunlimited.com

Email: dale@youthunlimited.com

Kelty Resource Centre (800) 665-1822

The Centre offers information and resources on a wide range of mental health and substance use issues affecting children and youth in our province. These include, but are not limited to: depression, anxiety,



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attention deficit, behavioral problems, child/youth eating disorders and substance use. Peer support workers are available to answer questions.

Ages: All Ages

Hours: Monday to Thursday 9:00am – 5:00pm

Website: www.bcmhas.ca/supportcentre/kelty



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Multicultural Services

Aboriginal Neighbors Program (604) 850-6639

MCC's Aboriginal Neighbours program works to repair the broken relationships between broader Canadian society and Aboriginal peoples.

Ages: All Ages

Hours: Monday to Friday 8:30am - 4:30pm

Contact: Darryl Clark

Diversity Education & Resources (DEARS) (604) 859-7681 loc. 270

Promotes diversity awareness and responding to discrimination through workshops for students as well as other programs in the community.

Ages: All Ages

Hours: Monday to Friday 8:30am - 4:30pm

Website: www.abbotsfordcommunityservices.com

Email: mcaccess@paralynx.com

Immigrant Youth and Young Adults (IYYA) (604) 859-7544 ext. 222

For immigrant youth, age 15-25, and in Canada for less than 5 years; interested in better opportunities in life, employment or education; and looking for help with ESL/COMPUTER/LIFESKILLS. IYYA offers up to 12 weeks of ESL/COMPUTER/LIFESKILLS TRAINING; strength Based Assessment and Portfolio Development with a Money Incentive; Referrals/Personal and Career Planning; and FREE academic support and recreational activities

Ages: 12 - 25

Hours: Monday to Friday 8:30am - 4:30pm

Website: www.abbotsfordcommunityservices.com

Settlement Workers in Schools (604) 859-7681 loc. 235

Workers help new immigrant students and families adapt to life in Canada.

Ages: 5 - 18

Hours: School Hours

Website: www.abbotsfordcommunityservices.com



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S.U.C.C.E.S.S Chinese Helpline Cantonese: (604) 270-8233 Mandarin: (604) 270-8222

To promote the well-being of Chinese Canadians who are experiencing difficulties in accessing social service because of language and cultural barriers, and/or fear of social stigma.

Ages: All Ages

Hours: 10:00 a.m. – 10:00 p.m. (7 days a week)

Website: www.successbc.ca

South Asian Community Resource Office (SACRO) (778) 809-4400

SACRO is a program of Abbotsford Community Services that provides information, outreach, referrals, and support to South Asian youth and their families. The program coordinator and staff speak English and Punjabi.

Ages: All ages

Hours: Monday to Friday 8:30am – 4:30pm

Website: www.abbotsfordcommunityservices.com

Email: hardeep.teja@paralynx.com

Youth Buddy Program (Friends Across Cultures) (604) 859-7544

The Youth Buddy Program matches Canadian youth with new immigrant youth to facilitate understanding, provide orientation to Canadian society and build feelings of connectedness.

Ages: 13 - 18

Hours: Monday to Friday 8:30am - 4:30pm



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Physical & Sexual Abuse / Assault

Abbotsford Women's Support Services (604) 855-3363

Individual or group counseling for children and youth who have experienced or witnessed verbal, emotional or physical abuse. Free and confidential.

Ages: All Ages

Hours: Monday to Friday 8:30am – 4:30pm

Email: admin@wrsfv.ca

Abuse Counselling and Support Services (604) 859-7681 ext. 766 or 209

Offers free support and group therapy to victims of sexual abuse or sexual assault. Individual counsellors and support groups.

Ages: All Ages

Hours: Monday to Friday, 8:30am – 4:30pm

Website: www.abbotsfordcommunityservices.com

Email: abusecounselling@paralynx.com

Abuse Prevention & Response (604) 850-6639 / (604) 845-0841

The MCC Abuse Response and Prevention Program offers support to women impacted by abuse in intimate relationships. They also offer abuse prevention education for churches and community agencies and training for professionals on understanding and responding to abuse.

Ages: All Ages

Hours: Tuesday to Thursday 9:00 am – 4:00 pm

Contact: Elsie Goerzen

Email: endabuse@mccbc.com

Website: www.mcc.org/abuse

Child and Youth Mental Health (604) 870-5880

Individual, family and group counselling for children and youth with mental health disorders such as: anxiety, depression, eating disorders, trauma and other Mental Health conditions. Also have night clinics on Tuesday and Wednesday nights from 8:30 am until 8:30 pm during winter and Wednesday nights for the summer months.

Ages: Up to 19 years

Hours: Monday to Friday 8:30am - 4:30pm



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Fraser Valley Regional Crisis Line 1-877-820-7444

For those experiencing emotional distress, the Fraser Valley Regional Crisis Line will provide counseling by a well-trained volunteer.

Ages: All Ages Hours: 24hrs

Rape Relief Line (Vancouver) (604) 872-8212

Offers free and confidential support, information, advocacy and referral services to women and children who have experienced sexual violence.

Ages: All Ages

Hours: 24 hrs

Website: www.rapereliefshelter.bc.ca

Transition House (604) 852-6008

A safe place for women and their children who have been abused. Provides food and basic needs for up to 30 days. Practical help and information about legal rights, social assistance, childcare and local resources.

Ages: Women and their children

Hours: 24 hrs

Email: ath@wrsfv.ca



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Pregnancy

Abbotsford Options for Sexual Health Clinic (OPT) (604) 731-4252

This clinic is staffed by doctors, nurses, and trained volunteers. Offers information, health screening, birth control methods, pregnancy testing, counseling, and referrals. Education programs and resources are available. Call the number above to book an appointment or drop in Wednesdays, 7:00 – 9:00 at 104-34194 Marshall Road.

Ages: All Ages

Hours: Wednesdays 7:00pm – 9:00pm walk-in (104-34194 Marshall Road)

Website: www.optbc.org

Best For Babies Canada's Prenatal Nutrition Program (604) 859-7681 loc. 288

Ongoing individual counseling/support, free food vouchers, prenatal vitamins, group support, postnatal follow-up. All services are free. Call for more information.

Ages: All Ages

Hours: Monday to Friday 8:30am – 4:30pm

Fraser Valley Pregnancy Center (604) 856-9151

Free, confidential, information, counseling, free pregnancy testing, emotional support, community referrals and also provides clothing for little babies.

Ages: All Ages

Hours: Monday to Thursday 11:00am – 6:00pm

Website: www.fvpc.ca

Hope Services (604) 850-1002

Counseling, clothing and help with planning adoption available. Confidential & free.

Ages: All Ages

Hours: Monday to Friday 9:00am – 5:00pm

New Beginnings (604) 850-7303 ext. 3401 (Coordinator)

Full/part time school for young parents. On site childcare. Support and referral service.



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Ages: All Ages

Hours: Monday to Friday 8:00am – 3:00pm

Website: www.abbynewbeginnings.ca

Youth Prenatal Classes (604) 864-3400

Prenatal classes. Hospital tours, baby basics and infant nutrition. Counseling and information regarding options.

Ages: 12-18

Hours: Monday to Friday 8:30am - 4:30pm



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Sexual Exploitation

Children of the Street Society (877) 551-6611

Public awareness, education, and prevention strategies to decrease the number of sexually exploited children and youth while offering support to families.

Ages: 11 & older

Hours: Monday to Friday 8:30am - 4:30pm

Website: www.childrenofthestreet.com

Fraser Valley Community Action Team (604) 854-8785

The FVCAT is a community group made up of youth service providers. Mandate: to identify social issues related to sexual exploitation and develop community responses to identified issues.

Website: www.fvcat.ca

Safe Online Outreach Society

The Safe Online Outreach Society's purpose is to educate the public about exploitation on the internet by doing research, creating materials and delivering presentations and workshops that will train youth, professionals and parents on how to recognize and respond to online sexual exploitation and assist children and youth affected by this issue.

Ages: 12 and up

Hours: Various

Contact: Merlyn Horton

Email: info@safeonlineoutreach.com

Website: www.safeonlineoutreach.com

SEY (Stop Exploiting Youth) Program (Youth Resource Centre) (604) 870-4972

Outreach support for youth who are on the Identifying Child Exploitation list of the Abbotsford Police Department and are sexually exploited or at high risk of sexual exploitation.

Ages: 12 - 18

Hours: Monday to Friday 8:30am – 9:00pm

Website: www.yrc.ca

Youth Mentorship Program (604) 870-4972

A program to increase youth resiliency and success through provision of positive role models. If you are interested in being a youth or adult mentor please call the YRC intake line.



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Ages: 12-18

Hours: Monday to Friday 8:30am – 9:00pm

Website: www.yrc.ca



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Sexual Health

Abbotsford Area HIV & AIDS Support Group (604) 850-6639

MCC offers support for people living with or affected by HIV & AIDS in the form of support group, one on one support and educational sessions that are available to the general public.

Ages: All Ages

Hours: Monday – Friday 9:00 am – 2:30 am

Abbotsford Options for Sexual Health Clinic (604) 731-4252

This clinic is staffed by doctors, nurses, and trained volunteers. Offers information, health screening, birth control methods, pregnancy testing, counseling, and referrals. Education programs and resources are available.

Ages: All Ages

Hours: Wednesday 7:00pm – 9:00pm, Drop-In Clinic

Website: www.optbc.org

Abbotsford STD Clinic (604) 864-3400

STD screening and treatment services, confidential HIV testing and counseling.

Ages: All Ages

Hours: Monday to Friday 8:30am – 4:30pm

STI Resource (888) 488-7444

Provides information on sexually transmitted infections.

Ages: All Ages

Hours: Monday to Friday 8:30 am – 4:00 pm

Website: www.stiresource.com



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Special Needs

BC Special Olympics (604) 853-7708

Provides individuals with intellectual disabilities the opportunity to enrich their lives and celebrate personal achievements through positive sport experiences.

Ages: All Ages

Contact: Donna Bilous

Months: October to June

Website: www.specialolympics.bc.ca

Gymnastics for Special Needs (604) 850-8500

Twisters Gymnastics offers an adapted gymnastics class for participants who are developmentally challenged but can communicate verbally, make independent positive choices and follow directions. If your child requires some assistance to process language and verbal directions please contact us to discuss options that will allow your child to participate.

Ages: 6 – 12 (please call for other ages)

Hours: Please call for details

Website: www.twistersgymbc.com

Parks, Recreation and Culture ARC: (604) 853-4221 / MRC: (604) 855-0500

Parks, Recreation and Culture offers adapted programs for children and youth with special needs. These programs include Adapted Swimming Lessons and Multi-Sports Programs for Special Needs. Please contact for further information

Ages: 9 - 18

Website: www.abbotsford.ca/parksrecreationandculture.htm

Special Adventures (604) 853-2789

Venture programs for youth with a special challenge.

Ages: 13 and up

Hours: Wednesday 7:00pm – 9:00pm

Special Training and Recreation Club (S.T.A.R. Club) (604) 859-2819

S.T.A.R. Club provides respite for families of children and teens with special needs. The program has a 2:1 staff to participant ratio so the youth gets lots of individual attention. Friday night program for youth ages 13 – 19 and Saturday program for children ages 6 – 12. Call for more information.



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Ages: 6 – 19 years old

Hours: Program hours are Friday evening and Saturday during the day.

Website: www.abbotsfordcommunityservices.com



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Suicide & Depression

1-800-SUICIDE (800) 784-2433

Counseling by professionally trained volunteers for people experiencing emotional distress.

Ages: All Ages

Hours: 24hrs

Website: www.crisiscentre.bc.ca

BC Mental Health & Addiction Information / Resources (800) 661-2121 / 310-6789 (24 hour distress line)

Provides information and referrals for mental health issues or addiction issues.

Ages: All Ages

Hours: 24 hrs

Website: www.heretohelp.bc.ca

Child & Youth Mental Health (604) 870-5880

Individual, family and group counseling for children and youth with mental health disorders such as: anxiety, depression, eating disorders, trauma and other Mental Health conditions. We also have night clinics on Tuesday and Wednesday nights from 8:30 am until 8:30 pm during winter and Wednesday nights for the summer months.

Ages: Up to 19 years

Hours: Monday to Friday 8:30am - 4:30pm

Fraser Valley Regional Crisis Line 1-877-820-7444

If you are experiencing an emotional distress, Fraser Valley Regional Crisis Line will provide you with counseling by a well-trained volunteer.

Ages: All Ages

Hours: 24hrs

Kelty Resource Centre (800) 665-1822

The Centre offers information and resources on a wide range of mental health and substance use issues affecting children and youth in our province. These include, but are not limited to; depression, anxiety, attention deficit and behavioral problems, child/youth eating disorders and substance use. Peer support workers are available to answer questions.



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Abbotsford Police Department – CRIME PREVENTION

Ages: All Ages

Hours: Monday to Thursday 9:00am – 5:00pm

Website: www.bcmhas.ca/supportcentre/kelty

Kids Help Phone (800) 668-6868

Counselors answer calls and online questions from across Canada. No matter what the problem or concern counselors are there to provide immediate and caring support, as well as information and referrals to the kids who reach out.

Ages: 5 - 20

Hours: 24 hrs

Website: www.kidshelpphone.ca

Telecare Crisis & Caring Line (604) 852-9099

Trained Christian volunteers ready to deal with a variety of issues. Confidential.

Ages: All Ages

Hours: 24 hours

Youth In BC 1-866-661-3311

Provides crisis center services for youth, online crisis intervention and suicide prevention.

Ages: 29 and under

Hours: 24 hour website, chat 2:00pm-12:00pm daily

Email: youthinbc@crisiscentre.bc.ca

Website: www.youthinbc.com



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Support Groups

Abbotsford Area HIV & AIDS Support Group (604) 850-6639 ext. 117

MCC offers support for people living with or affected by HIV & AIDS in the form of support group, one on one support and educational sessions that are available to the general public.

Ages: All Ages

Hours: Monday – Friday 9:00 am – 2:30 am

AI-A-Teen (604) 870-9774

Support group for teens affected by someone else's drinking or their own.

Ages: up to 19 years

Hours: Tuesday at 7:15pm

Website: www.bcyukon-al-anon.org

Caregivers Support Group (Child and Youth Mental Health) (604) 870-5880

A support group for parents, friends, and caregivers of those 18 and under struggling with an eating disorder. Meet the LAST Tuesday of every month from 6-7:30pm at Child and Youth Mental Health on the 2nd Floor.

Ages: All Ages

Hours: The last Tuesday of every month from 6:00 – 7:30 pm

Connect Group (Child and Youth Mental Health) (604) 870-5858

Connect is a support group for parents of adolescents ages 11-14 years with behavioral or emotional difficulties.

Ages: Parents of youth ages 11 - 14

Hours: Monday to Friday 8:30am - 4:30pm

Eating Disorder Support Services (Child and Youth Mental Health) (604) 870-5858

Non-judgmental support and counseling for individuals and groups.

Ages: 18 and under

Hours: Monday to Friday 8:30am - 4:30pm

F.O.R.C.E (Child and Youth Mental Health) (604) 870-5880

A monthly support group for parents with children and youth struggling with mental health issues. Ages:



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All Ages Contact: Inger Hours: Wednesdays, 6:30 pm – 8:00 pm @ Clearbrook Library. Call for more details

Website: www.forcesociety.com

Email: abbyforce@gmail.com

Nar-Anon (604) 859-0867

For the relatives and friends of persons with drug addiction.

Ages: 16+

Hours: Thursdays 7:30pm – 9:00pm

Parent Mentorship Program

A positive relationship based program whereby a volunteer parent mentor is matched up with a struggling parent for weekly visits. The visits are for the purpose of encouragement, social and practical support. We embrace positive change and new beginnings. Our hope and desire is to be the beacon of hope in the storms of life while raising children. Call Grace at 604-614-9510 to ask her more about the program.



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Transportation

Central Fraser Valley Transit System (604) 854-3232

Call for information on transit routes and schedules.

Website: www.busonline.ca

SafeRide Program (YFC/Youth Unlimited) (888) 500-1579

SafeRide Home is a free service designed to give Abbotsford youth a way out of potentially dangerous situations.

Ages: 13 - 19

Hours: Friday and Saturdays 9 pm to 2:30 am

Website: www.youthunlimited.com

Email: saferide@youthunlimited.com



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Victim Support Services

Abbotsford Police Victim Services (604) 864-4757

The major purpose of Victim Services is to lessen the trauma associated with being the victim of a crime or trauma, and to try to prevent revictimization.

Ages: All Ages

Hours: Monday thru Friday 9:00 am to 4:00 pm and 9:00 am to 1:00 pm Saturdays 24 hour/ 7 days a week crisis response at the request of the Police 24 hour/ 7 days a week answering machine

Rape Relief Line (Vancouver) (604) 872-8212

Offers free and confidential support, information, advocacy and referral services to women and children who have experienced sexual violence.

Ages: All Ages

Hours: 24hrs

Website: www.rapereliefshelter.bc.ca

Restorative Justice (604) 864-4857

Restorative justice provides support to both victims and offenders, allowing an incident to be resolved directly between the affected parties without going to court. ARJAA also works with Abbotsford Schools, delivering training in conflict resolution for staff, students and their families, and helping schools implement Restorative Action—a restorative justice program specially designed to address bullying and other forms of conflict in schools.

Ages: All Ages

Hours: Monday to Friday 9:00am - 5:00pm

Website: www.arjaa.org

Telecare Crisis & Caring Line (604) 852-9099

Trained, Christian volunteers ready to deal with a variety of issues. Confidential.

Ages: All Ages

Hours: 24 hours

Transition House (604) 852-6008

Safe place for women and their children who have been abused. Provides food and basic needs for up to 30 days. Practical help and information about legal rights, social assistance, childcare and local resources.



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Ages: Women and their children

Hours: 24hrs

Email: ath@wrsvf.ca

VictimLINK (800) 563-0808

VictimLINK is a province-wide telephone help line for victims of family and sexual violence and all other crimes.

Ages: All Ages

Hours: 24 hrs



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Volunteer Opportunities for Youth

Abbotsford Youth Commission - Jr. Leadership (604) 854-8785

Plan community events for your fellow classmates and receive introductory leadership skills.

Grades: 7-8

Contact: Krista Bryde

Abbotsford Youth Commission - Youth Council (604) 854-8785

Develop leadership skills, meet new friends, plan events for youth and make a difference in your community.

Grades: 10-12

Contact: Krista Bryde

Abbotsford Youth Commission –Youth Focus (604) 854-8785

This is a program for youth ages 12-18 who want to have a say in what happens in our youth programs and to get involved with the Youth Commission. Youth will meet each week to learn leadership skills and be a part of something great!

Ages: 12-18

Contact: Krista Bryde

Big Brothers Big Sisters – Teen Mentoring (604) 852-3331

The Teen Mentoring program at Big Brothers Big matches teen volunteers with children in middle school. This program is for teens from community high schools looking to make a difference while earning credits toward graduation

Ages: grades 10-12

Hours: Monday to Friday 9:00am – 4:30pm

Website: www.mentoringworks.ca

Youth Buddy Program (Friends Across Cultures) (604) 859-7544

The Youth Buddy Program matches Canadian youth with new immigrant youth to facilitate understanding, provide orientation to Canadian society and build feelings of connectedness.

Ages: 13 - 18

Hours: Monday to Friday 8:30am - 4:30pm



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Young Offenders

Provincial Ombudsman (800) 567-3247

The Provincial Ombudsman accepts complaints about unfair practices by the provincial government agencies, hospitals, universities, and schools.

Ages: All ages

Hours: 8:30am - 4:30pm

Website: www.ombudsman.bc.ca

Restorative Justice (604) 864-4814

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Ages: All ages

Hours: Monday to Friday 9:00am - 5:00pm

Website: www.arjaa.org

Youth Resource Centre (604) 870-4972

Probation programs such as ISSP (Intensive Support and Supervision Program) and CWOP (Community Work Order Program)

Ages: 12-18

Hours: Varied from 8:30pm – 9:00pm

Website: www.yrc.ca

Email: info@yrc.ca

Youth Probation Services (604) 870-5880

Support, supervise and monitor youth on bail and probation and other court orders. Also provide post-court restorative justice conferences.

Ages: 12 - 17

Hours: Monday – Friday 8:30 – 4:30 pm



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