



COMMUNITY RESOURCES CARE PACKAGE



Butterfly by Colby Gates



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS

Compiled by the Federation of BC
Youth in Care Networks
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INTRODUCTION

This resource was created by the Federation of BC Youth in Care Networks as a way for youth attending post-secondary school on Tuition Waivers to have one place to refer to when in need of support, resources or crisis services.

Connecting with supports can be overwhelming and asking for help is not always easy. Our hope is that in your times of need, this resource will remind you that you are not alone and that help is available.

Our goal was to highlight key organizations and agencies that offer supports to youth in and from care that are accessible, affordable and safe. This is in not an exhaustive list. If you cannot find an agency that offers support for what you are needing, please don't hesitate to connect with your post-secondary navigator or the Federation of BC Youth in Care Networks (the Fed).

We wish you all the best as you work towards your educational goals. You can do this!



The Fed Family

POST-SECONDARY NAVIGATOR CONTACT

Name: _____

Phone: _____

Email: _____

Office Room & Hours: _____

FEDERATION OF BC YOUTH IN CARE NETWORKS CONTACT

Phone: 604-527-7762 ext. 101 or 1-800-565-8055

Email: info@fbcyicn.ca

Address: 500-625 Agnes St, New Westminster, BC V3M 5Y4

Facebook: Federation of BC Youth in Care Networks

Twitter: @fbcyicn

Instagram: @fbcyicn

PROVINCE-WIDE RESOURCES

Resources	Contact	Services They Offer
Federation of BC Youth in Care Networks (FBCYICN)	604-527-7762 ext 101 Monday to Friday 9:00 AM to 5:00 PM	Variety of programs and supports for youth 14-24 in and from care in BC.
Representative of Children & Youth (RCY)	1-800-476-3933 rcy@rcybc.ca	Supports the province's young people and their families in dealing with the provincial child and youth welfare system. Assists with advocacy for children/youth rights.
Public Guardian Trustee (PGT)	Vancouver: 604-660-2421 Victoria: 250-387-6121 Rest of BC: 1-800-663-7867	Protects the legal and financial interests of children under the age of 19 years and can help older youth manage their finances.
Agreements with Young Adults (AYA)	Reach out to your local Ministry of Child & Family Development (MCFD) Office or call Toll Free 1-877-387-7027.	A program to help cover the cost of things like housing, child care, tuition and health care while you go back to school, or attend rehabilitation, vocational or approved life skills program.
Community Living BC (CLBC)	1-877-660-2522	CLBC supports adults who have a developmental disability. CLBC also helps adults who have Autism or FASD, and also need support with daily tasks.
AgedOut.com	https://agedout.com/	Learn life skills, seek out information, and earn gift cards. Resource and life skills information for youth in and from care across BC.
211	2-1-1 on any phone or http://www.bc211.ca/	A provincial service that specializes in providing information and referral regarding community, government and social services.
Kids Help Phone	1-800-668-6868. Always There App - (downloadable for Android and iPhone)	Kids Help Phone is always there for you. No matter what you want to talk about, they're here to listen. No judgment, totally private, 24/7.
Suicide Support Line	1-800-SUICIDE or 1-800-784-2433	The Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre) is a non-profit, volunteer organization committed to helping people help themselves and others deal with crisis.
Women Against Violence Against Women (WAVAW)	24-Hour Crisis and Information Line: 604-255-6344 1-877-392-7583	Provides support services to survivors of sexualized violence who have shared experiences of gender marginalization: cis and trans women, Two-Spirit, trans and/or non-binary people.

LOCAL RESOURCES

MULTI-SERVICE AGENCIES

Aunt Leah's	604-525-1204 auntleahs@auntleahs.org	Helps prevent youth in and from foster care from becoming homeless and mothers in need from losing custody of their children. To support them on their journey to self-sufficiency, we provide supported housing, job training, and coaching on essential life skills.
Pacific Community Resource Society (PCRS)	Head Office: 604-412-7950 Fraser Region: 604-951-4821	Offers a wide variety of programs to youth ranging from addictions, counselling, education, employment and housing.
PLEA	604-871-0450 info@plea.bc.ca	Offers addictions, counselling, independent living, mentoring, residential care, peer support, school and work, youth justice and outreach programs and services to youth.
Share Family & Community Services	604-540-9161 info@sharesociety.ca	Offers youth substance use programming, general counselling services, child and family supports, school-age therapies and mental health initiatives.
SOS Children's Village BC	604-574-2964 office@sosbc.org Monday - Friday 8:30AM-4:30PM	Provides services and programs such as Transition to Adulthood (16-24), and Year Intensive Housing program where youth pay subsidized rent and \$100/month is put aside for the youth for when they complete the program they have a damage deposit for their next rental agreement.
Elizabeth Fry Society of Greater Vancouver	604-520-1166 Toll-free: 1-888-879-9593 info@elizabethfry.com	Their programs help women break the cycle of poverty, addiction, mental illness, homelessness and crime.
YMCA	Surrey: Tong Louie 604-575-9622 Vancouver: Robert Lee 604-689-9622 Langara: 604-324-9622	Programs include, recreation, fitness, youth engagement, education and training, immigrant services and more.
YWCA	604-895-5800	Provides a variety of programs ranging from housing, child care, employment, mentorship, legal education, single mothers support and more.

HOUSING

BC Housing	Applicant Services Phone: 604-433-2218 Toll-free: 1-800-257-7756 https://www.bchousing.org/home	Housing Assistance including low income housing, rent subsidies and housing support for women escaping violence.
Ready to Rent BC	Local: 250-388-7171 Toll Free: 833-333-7171	Ready to Rent provides housing education courses for tenants, landlords, and community partners and homelessness prevention programs.
TRAC	604-255-0546 or 1-800-665-1185	Promote the legal protection of residential tenants across British Columbia by providing information, education, support and research on residential tenancy matters.

FOOD

Greater Vancouver Food Bank	Head Office: 604-876-3601	Provides assistance to help address the immediate needs of the community, but also recognize that emergency food as a stand-alone is not a long-term solution. Their goal is to build strong, connected communities through the power of food and employ principles of sustainability, education and training, and quality nutrition.
Quest Food Exchange	Main Office: 604-602-0186 info@questoutreach.org	Provides dignified access to a variety of affordable and healthy foods to individuals facing food security challenges. For individuals to become a client at Quest Food Exchange and access our not-for-profit markets: <ul style="list-style-type: none"> • They must be either low-income, have a disability or be on old-age pension. • Contact their local partnering Community Resource Partners. • Have the Community Resource Partner complete and remit a Client Referral Form.

HEALTH & WELLNESS

Nurses Hotline - 811	Call 8-1-1 on any phone	By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.
Foundry	General Inquiries: info@foundrybc.ca https://foundrybc.ca/	Foundry offers young people aged 12-24 health and wellness resources, services and supports – online and through integrated service centres in eight communities across BC.

Youth Pregnancy & Parenting Program (Vancouver Coastal Health)	604.675.3982 ypppp@vch.ca www.vch.ca/ypppp	A free service supporting pregnant Vancouver youth (24 and under) and their babies
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EMPLOYMENT

WorkBC	https://www.workbc.ca/ Multiple locations across the province	WorkBC helps people find jobs, explore career options and improve their skills. We also help employers fill jobs, find the right talent and grow their businesses.
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CULTURAL CONNECTIONS

BC Association of Aboriginal Friendship Centres (BCAAFC)	adminassist@bcaafc.com 250-388-5522	BCAAFC is an umbrella organization for the 25 friendship centres across the province that help indigenous people have space to celebrate culture, share knowledge and connect with others.
Lower Fraser Valley Aboriginal Society (LFVAS)	604-427-2664 Info@Lfvass.org	LFVAS provides support, assistance and referrals to urban Aboriginals and their families. They provide programs in areas including but not limited to, social, cultural, recreational, economic, community development, and cultural and historical restoration.
Fraser Valley Aboriginal Children and Family Services Society (FVACFSS)	Toll Free: 1-866-851-4619 Local: 604-858-0113 General Inquiries info@xyolhemeylh.bc.ca	Fraser Valley Aboriginal Children and Family Services Society (FVACFSS) is a fully delegated Aboriginal child welfare agency providing culturally appropriate and holistic services through prevention, community development and child welfare programs to Aboriginal (Status, Non-Status, On Reserve, Off Reserve, Stó:lō and other First Nation, Inuit, and Métis) children, youth and their families residing throughout the Fraser Valley.
Urban Native Youth Association (UNYA)	604-254-7732 info@unya.bc.ca	A wide range of services, resources, and opportunities that support Vancouver's Indigenous youth. Programs support youth with Education and Training, Health and Wellness, Housing and Transition, and Community Connection.
Vancouver Aboriginal Friendship Centre Society (VAFCS)	604-251-4844 info@vafcs.org http://www.vafcs.org/	Provides programs in health and welfare, social services, human rights, culture, education, recreation and equality for all Aboriginal people.
IndigenEYEZ	inspire@indigenEYEZ.com 250-328-9634	IndigenEYEZ offers programs that focus on strengthening four essential relationships in life: with self, with others, with nature and with culture.

NEWCOMERS TO CANADA

Immigrant Services Society of BC (ISSofBC)	https://issbc.org/contact	ISSofBC provides a supportive environment for newcomers to Canada of all backgrounds. They are here to meet your settlement, English language and employment needs.
Mosaic	604 254 9626 info@mosaicbc.org	Supports immigrant, refugee, migrant and mainstream communities in Greater Vancouver and the Fraser Valley as well as throughout the province of BC.
Fresh Voices	778-228-3737 contactfreshvoices@gmail.com	Fresh Voices emerged from a partnership between Vancouver Foundation and the Representative for Children and Youth. Now as the first registered non-profit society in Canada to be led by immigrant and refugee youth, we offer a way for racialized newcomer youth from across B.C. to engage in dialogue and action to identify and remove barriers to their success.
S.U.C.C.E.S.S	Head Office 604-684-1628 info@success.bc.ca	SUCCESS Youth Services promotes the personal growth and career development of young people through a wide variety of programs ranging from the volunteer buddy program, youth volunteer group, youth counselling, leadership training, employment and entrepreneurial development.

LGBTQ2S+

Pride Line BC	Toll Free 1-800-566-1170 Local 604-684-6869 Available weeknights (Monday to Friday) from 7:00 PM to 10:00 PM	Provides telephone support to LGBTQ2S folks of all ages throughout BC. Trained volunteers listen with a welcoming, non-judgmental, affirming ear. They also give information and referrals to other queer, mental health and substance abuse resources. PRIDELINE is not a crisis line, but volunteers will give callers information about crisis resources if needed.
Qmunity	reception@qmunity.ca 604-684-5307 ext. 100	Youth Program consists of group drop-in spaces, our Bras, Binders, and Breast Forms Exchange Program, one-on-one support, and referrals and resources for LGBTQ2S youth ages 25 and under.
Rainbow Refugee Committee	info@rainbowrefugee.ca	A Vancouver based community group that supports people seeking refugee protection in Canada because of persecution based on sexual orientation, gender identity, gender expression (SOGIE) or HIV status.

Bute St. Clinic	604-707-5603 Monday: 9am – 4pm Tuesday: 10am – 4pm Wednesday: 9am – 4pm Thursday: 9am – 4pm Friday: 9am – 4pm	An independent, drop-in, sexually transmitted infections (STIs) clinic affirmingly serving the LGBTQ2S community. Their services are free and no ID is required.
Three Bridges Community Health Centre	604-331-8900	Offers free and confidential services for youth up to and including age 24. LGBTQ2S Friendly.