



## Community Resources for Families with Children

Child Care and Preschool			
Child Care Licensing	604-587-3936	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>Responsible for the licensing of child care facilities in the Fraser Health region.</i>
Affordable Child Care Benefit	1-888-338-6622	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>	<i>A monthly payment to assist eligible British Columbia families with the cost of child care.</i>
Province of British Columbia, Child Care	1-888-338-6622	<a href="http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care">www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care</a>	<i>Child care information and resources.</i>
YMCA Child Care Resource & Referral	604-294-1109	<a href="http://www.gv.ymca.ca/ccrr">www.gv.ymca.ca/ccrr</a>	<i>Child care information and referrals; assistance with the BC Affordable Child Care Benefit; referrals to community services and resources.</i>
Crisis and Help Lines			
Centralized Provincial Child Protection Reporting	1-800-663-9122	<a href="http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse">www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse</a>	<i>24 hour centralized screening for reporting suspected or imminent abuse of children.</i>
Crisis Line	310-6789 (area code not required)	<a href="http://www.crisislines.bc.ca">www.crisislines.bc.ca</a>	<i>24 hour phone service offering emotional support, information, and resources specific to mental health.</i>
Suicide Crisis Line	1-800-suicide (784-2433)	<a href="http://www.crisislines.bc.ca">www.crisislines.bc.ca</a>	<i>24 hour phone service for those who are considering suicide or are concerned about someone who may be.</i>
Fraser Health Crisis Line	604-951-8855	<a href="http://www.options.bc.ca/program/fraser-health-crisis-line">www.options.bc.ca/program/fraser-health-crisis-line</a>	<i>Immediate, free and confidential crisis intervention and community resource information to people of all ages.</i>
VictimLinkBC	1-800-563-0808	<a href="http://www.victimlinkbc.ca">www.victimlinkbc.ca</a>	<i>Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.</i>

Helpline for Children	310-1234 (area code not needed)	<a href="http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse">www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse</a>	<i>If you are a child or youth and would like to talk to someone call the Helpline for Children at 310-1234 any time day or night. You do not have to give your name.</i>
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### Early Intervention: Who to call if you have concerns about your child's development

Aboriginal Infant Development (Spirit of the Children)	604-524-9113	<a href="http://www.sotcs.ca/">www.sotcs.ca/</a>	<i>Serves Aboriginal families with children who are at risk for, or who already have, a developmental delay.</i>
Aboriginal Supported Child Development (Spirit of the Children)	604-524-9113	<a href="http://www.sotcs.ca/">www.sotcs.ca/</a>	<i>Serves Aboriginal families whose children require extra support in their preschool and child care settings.</i>
Autism Community Training	604-205-5467 1-866-939-5188	<a href="http://www.actcommunity.ca">www.actcommunity.ca</a>	<i>Information and referral service that supports individuals with Autism Spectrum Disorder and their families.</i>
Early Intervention Services (SHARE Family and Community Services)	604-521-8078	<a href="http://sharesociety.ca">http://sharesociety.ca</a>	<i>Provides the following: speech and language therapy, physical therapy, and occupational therapy.</i>
New Westminster Public Health	604-777-6740	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>Child development, speech and language, hearing, vision.</i>
Infant Development (Kinsight)	604-521-8078	<a href="http://www.kinsight.org">www.kinsight.org</a>	<i>Serves children birth to 3 years who are at risk for, or who already have, a delay in development.</i>
Supported Child Development (Kinsight)	604-521-8078	<a href="http://www.kinsight.org">www.kinsight.org</a>	<i>Serves families whose children require support in their preschool or child care setting.</i>
Friend 2 Friend Social Learning Society (Friend 2 Friend)	604-528-0560	<a href="http://www.friend2friendsociety.org">www.friend2friendsociety.org</a>	<i>Enhances social interaction, communication, and friendships between individuals on the autism spectrum and their typically developing peers.</i>
Western Society for Children	604-515-0810		<i>Aims to create an inclusive barrier-free community for families and children with disabilities.</i>

## Family Resources, Supports and Counselling

Baby & Me	604-659-2225	<a href="https://www.burnabyfamilylife.org/programs/pregnancy-outreach-program/">https://www.burnabyfamilylife.org/programs/pregnancy-outreach-program/</a>	<i>A support group for high risk women with babies aged birth to six months. Bus tickets and childminding are available for clients.</i>
BC 211	211	<a href="https://bc.211.ca/">https://bc.211.ca/</a>	<i>Looking for a community or government service? Dial 2-1-1, a multilingual phone and texting service, or visit BC211 online.</i>
Best Beginnings		<a href="http://www.fraserhealth.ca/health-info/pregnancy-and-babies/">www.fraserhealth.ca/health-info/pregnancy-and-babies/</a>	<i>Information for expectant parents and families with babies and toddlers up to 2 years of age.</i>
Big Brothers of Greater Vancouver	604-876-2447	<a href="http://www.bigbrothersvancouver.com">www.bigbrothersvancouver.com</a>	<i>Caseworkers match mentors with a Little Brother who has similar interests.</i>
Big Sisters of BC Lower Mainland	604-873-4525	<a href="http://www.bigsisters.bc.ca">www.bigsisters.bc.ca</a>	<i>Caseworkers match mentors with a Little Sister who has similar interests.</i>
Burnaby Community Services	604-299-5778	<a href="http://www.BbyServices.ca">www.BbyServices.ca</a>	<i>Community Resource Guide for Burnaby and New Westminster. Available online, by order, and pick-up at a variety of locations.</i>
Burnaby Family Life	604-659-2205	<a href="http://www.burnabyfamilylife.org">www.burnabyfamilylife.org</a>	<i>A multi-service organization that delivers a continuum of programs to children and families.</i>
Cameray Child and Family Services	604-436-9449	<a href="http://www.cameray.ca">www.cameray.ca</a>	<i>Provides a variety of services including parent education, family support programs and counselling programs.</i>
Elizabeth Fry Society	604-520-1166	<a href="http://www.elizabethfry.com">www.elizabethfry.com</a>	<i>Provides services to women, girls and children at risk of involvement, involved in or affected by the justice system.</i>
Family Law in BC		<a href="https://family.legalaids.bc.ca/">https://family.legalaids.bc.ca/</a>	<i>Provides information about family law in BC.</i>
Family Services of Greater Vancouver	604-525-9144	<a href="http://www.fsgv.ca">www.fsgv.ca</a>	<i>A multi-service organization that provides a variety of programs including counselling, parenting groups, workshops and ESL classes.</i>
Fraserside Community Services	604-522-3722	<a href="http://www.fraserside.bc.ca">www.fraserside.bc.ca</a>	<i>A multi-service agency that supports people needing housing, seeking work, and/or living with developmental disabilities, mental health, substance use or low income.</i>

St. Leonord's Youth and Family Services	604-524-1511	<a href="http://www.stleo.ca">www.stleo.ca</a>	<i>Offers a range of services and programs to strengthen children, youth, and families.</i>
Grandparents Raising Grandchildren (Parent Support Services Society of BC)	1-855-474-9777	<a href="http://www.parentsupportbc.ca">www.parentsupportbc.ca</a> <a href="mailto:GRGline@parentsupportbc.ca">GRGline@parentsupportbc.ca</a>	<i>Assists grandparents and other relatives raising a family member's child with information and resources.</i>
Immigrant Services Society of BC	604-684-2561	<a href="http://www.issbc.org">www.issbc.org</a>	<i>Provides a variety of support services for immigrants and refugees.</i>
Information Children	778-782-3548	<a href="http://www.informationchildren.com">www.informationchildren.com</a>	<i>Provides information, support and referrals to parents on matters related to the care and well-being of their children.</i>
Kids New West		<a href="http://www.kidsnewwest.ca">www.kidsnewwest.ca</a>	<i>Kids New West connects families with information, resources and events.</i>
La Leche League Canada	604-520-4623	<a href="http://www.lllc.ca">http://www.lllc.ca</a>	<i>Breast feeding, nutrition, weaning, and family life support. Check website for meeting details.</i>
Learning Disabilities Association	1-250-370-9513 <a href="mailto:info@ldabc.ca">info@ldabc.ca</a>	<a href="http://www.ldabc.ca">www.ldabc.ca</a>	<i>Information and resources to ensure full participation of children, youth and adults with learning disabilities.</i>
Ministry of Children and Family Development - Burnaby and New Westminster	604-660-9495	<a href="https://www2.gov.bc.ca">https://www2.gov.bc.ca</a>	<i>Child protection and family support services.</i>
New Westminster Community Service Asset Map		<a href="http://newwestassetmap.ca/">http://newwestassetmap.ca/</a>	<i>Use this map to find out about community, settlement, and social services in the City of New Westminster.</i>
New Westminster Schools Welcome Centre	604-517-6200	<a href="https://newwestschools.ca">https://newwestschools.ca</a>	<i>Provides support to new families entering SD40. Connect with a City Navigator – a reference specialist who can help local residents explore and connect with all that the city has to offer. A City Navigator can also connect families new to Canada with community and in-house supports and services, such as settlement workers who can provide support in a variety of languages.</i>

Parent Support Services Society	604-669-1616	<a href="http://www.parentsupportbc.ca">www.parentsupportbc.ca</a>	<i>Promotes health of families by providing support, education, advocacy, research and resources to those in a parenting role.</i>
Purpose Society	604-526-2522	<a href="http://www.purposesociety.org">www.purposesociety.org</a>	<i>A community based multi-service organization that delivers a continuum of programs to children and families.</i>
Salvation Army	1-800-725-2769	<a href="https://salvationarmy.ca/">https://salvationarmy.ca/</a>	<i>Provides community and family services.</i>
Kinsight	604-525-9494	<a href="http://www.kinsight.org">www.kinsight.org</a>	<i>Provides a range of services that support healthy development and inclusion.</i>
Spirit of the Children	604-524-9113	<a href="http://www.sotcs.ca">www.sotcs.ca</a>	<i>Aboriginal non-profit society which works to empower and strengthen Aboriginal families by providing support and resources.</i>
<b>Food &amp; Housing</b>			
Aunt Leah's	604-525-1204	<a href="http://www.auntleahs.org">www.auntleahs.org</a>	<i>Offers assistance with supportive housing and life skills training to young moms.</i>
BC Housing	604-433-2218	<a href="http://www.bchousing.org">www.bchousing.org</a>	<i>Rental assistance program for working families with children. Visit the website to learn how to apply.</i>
Free and Low Cost Food Directory		<a href="http://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory#.Xk2b_GhKjcs">www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory#.Xk2b_GhKjcs</a>	<i>Visit the website to download a list of free and low cost food programs available to New Westminister residents.</i>
Greater Vancouver Food Bank Society	604-876-3601	<a href="https://foodbank.bc.ca/">https://foodbank.bc.ca/</a>	<i>Offers food assistance to those in need. Call for locations.</i>
Quest Food Exchange		<a href="http://www.questoutreach.org/">http://www.questoutreach.org/</a>	<i>Offers access to affordable and healthy food for those facing barriers through not-for-profit grocery markets. Clients need a referral to access this service.</i>
<b>Health Services &amp; Supports</b>			
Anxiety BC	604-620-0744	<a href="http://www.anxietybc.com">www.anxietybc.com</a>	<i>Resources and information for those living with anxiety.</i>

BC Healthy Kids Program	1 866 866-0800	<a href="http://www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses">www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses</a>	<i>Children of low-income families can get help with basic dental care and prescription eyewear costs through the Healthy Kids Program.</i>
Royal Columbian Hospital	604-520-4253	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>Community Hospital serving New Westminister residents.</i>
The F.O.R.C.E. Society for Kids Mental Health	604-878-3400	<a href="https://www.heretohelp.bc.ca/force-society">https://www.heretohelp.bc.ca/force-society</a>	<i>Peer support, education, system navigation and resources for families with children and youth living with mental health challenges.</i>
Healthlink BC	811 (or 711 for deaf & hearing impaired)	<a href="http://www.healthlinkbc.ca/services/resources/811/">www.healthlinkbc.ca/services/resources/811/</a>	<i>Speak to a health services navigator to find health information or be connected with a registered nurse, dietitian or pharmacist.</i>
Kelty Mental Health	604-875-2084	<a href="http://www.keltymentalhealth.ca">www.keltymentalhealth.ca</a>	<i>Free resources related to mental health challenges and disorders.</i>
Ministry of Children and Family Development - Child and Youth Mental Health Services	604-660-9495	<a href="https://www2.gov.bc.ca">https://www2.gov.bc.ca</a>	<i>Walk in clinic for child and youth mental health services. Please call for dates and times.</i>
New Westminister Public Health	604-777-6740	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>General public health information.</i>
Pacific Post Partum Support Society	604-255-7999	<a href="http://www.postpartum.org">www.postpartum.org</a>	<i>Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.</i>
Prenatal Classes	604-527-5472	<a href="http://www.douglascollege.ca">www.douglascollege.ca</a>	
Smile	604-298-6245	<a href="http://www.stleo.ca/our-services/young-parents">www.stleo.ca/our-services/young-parents</a>	<i>Provides free pregnancy testing, support, education, and prenatal classes for parents ages 24 and under.</i>
Walk-in Medical Clinic Search		<a href="http://www.healthlinkbc.ca/find/">www.healthlinkbc.ca/find/</a>	<i>Non-emergency health care services on a walk-in basis.</i>

## Libraries

Main Branch	604-527-4660	<a href="http://www.nwpl.ca">www.nwpl.ca</a>	<i>Check the library and see what services and programs are available to you. Drop-in story times are available for babies, toddlers, and preschoolers. Visit the website or call for scheduling information.</i>
Queensborough Branch	604-636-4450	<a href="http://www.nwpl.ca">www.nwpl.ca</a>	

## Parent/Caregiver and Child Drop-In Programs

New Westminster Family Place	604-520-3666	<a href="http://www.newwestfamilies.ca">www.newwestfamilies.ca</a>	<i>Free parent participation drop-in for children 5 and under. Call or visit the website for scheduling details.</i>
Strong Start Centres		<a href="http://www.newwestschools.ca">www.newwestschools.ca</a>	<i>Strong Starts are a free drop-in early learning program for children aged 0-5 accompanied by a parent or caregiver.</i>
Connaught Heights	604-517-6010		
Queensborough Middle School	604-517-6040		
Richard McBride	604-517-6090		

## Recreation

New Westminster Parks, Culture, and Recreation		<a href="http://www.newwestcity.ca">www.newwestcity.ca</a>	<i>Park, Culture and Recreation programs have so much to offer families! There are drop-in programs, gyms, pools, skating rinks and much more! Visit their website and see what's available to you and your family!</i>
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