

Community Resources for Families with Children (New Westminster)

Child Care and Preschool			
Child Care Licensing	604-587-3936	fraserhealth.ca	Responsible for the licensing of child care facilities in the Fraser Health region.
Affordable Child Care Benefit	1-888-338-6622	www2.gov.bc.ca	A monthly payment to assist eligible British Columbia families with the cost of child care.
Province of British Columbia, Child Care	1-888-338-6622	www2.gov.bc.ca	Child care information and resources.
YMCA Child Care Resource & Referral	604-294-1109	gv.ymca.ca/ccrr	Child care information and referrals; assistance with the BC Affordable Child Care Benefit; referrals to community services and resources.
Crisis and Help Lines			
Centralized Provincial Child Protection Reporting	1-800-663-9122	www2.gov.bc.ca	24 hour centralized screening for reporting suspected or imminent abuse of children.
Canadian Mental Health Association	310-6789 (area code not required)	cmha.ca	24 hour phone service offering emotional support, information, and resources specific to mental health.
Suicide Crisis Line	1-800-SUICIDE (784-2433)	crisislines.bc.ca	24 hour phone service for those who are considering suicide or are concerned about someone who may be.
Fraser Health Crisis Line	604-951-8855	options.bc.ca	Immediate, free and confidential crisis intervention and community resource information to people of all ages.
VictimLinkBC	1-800-563-0808	victimlinkbc.ca	Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.
Helpline for Children	310-1234 (area code not required)	www2.gov.bc.ca	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.
Early Intervention: Who to call if you have concerns about your child's development			
Aboriginal Infant Development (Spirit of the Children)	604-524-9113	sotcs.ca	Serves Aboriginal families with children who are at risk for, or who already have, a developmental delay.
Aboriginal Supported Child Development (Spirit of the Children)	604-524-9113	sotcs.ca	Serves Aboriginal families whose children require extra support in their preschool and child care settings.
Autism Community Training	604-205-5467 1-866-939-5188	actcommunity.ca	Information and referral service that supports individuals with Autism Spectrum Disorder and their families.
Early Intervention Services (SHARE Family and Community Services)	604-540-9161	sharesociety.ca	Provides the following: speech and language therapy, physical therapy, and occupational therapy.
Friend 2 Friend Social Learning Society (Friend 2 Friend)	604-528-0560	friend2friendsociety.org	Enhances social interaction, communication, and friendships between individuals on the autism spectrum and their typically developing peers.

Infant Development (Kinsight)	604-521-8078	kinsight.org	<i>Serves children birth to 3 years who are at risk for, or who already have, a delay in development.</i>
New Westminster Public Health	604-777-6740	fraserhealth.ca	<i>Child development, speech and language, hearing, vision.</i>
PLEA	604-871-0450	plea.ca	<i>Through unique services tailored to individual strengths and needs, PLEA helps children, youth, adults and families who face significant challenges lead fulfilling lives within their communities.</i>
Supported Child Development (Kinsight)	604-521-8078	kinsight.org	<i>Serves families whose children require support in their preschool or child care setting.</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, Support and Counselling			
Baby & Me	604-659-2200	burnabyfamilylife.org	<i>A support group for high risk women with babies aged birth to six months. Bus tickets and childminding are available for clients.</i>
United Way BC Helpline Services	211	bc.211.ca	<i>Looking for a community or government service? Dial 2-1-1, a multilingual phone and texting service, or visit BC211 online.</i>
Big Brothers of Greater Vancouver	604-876-2447	bigbrothersvancouver.com	<i>Caseworkers match mentors with a Little Brother who has similar interests.</i>
Big Sisters of BC Lower Mainland	604-873-4525	bigsisters.bc.ca	<i>Caseworkers match mentors with a Little Sister who has similar interests.</i>
Burnaby Community Services	604-299-5778	bbyeservices.ca	<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	604-659-2200	burnabyfamilylife.org	<i>A multi-service organization that delivers a continuum of programs to children and families including prenatal and postnatal programs</i>
Cameray Child and Family Services	604-436-9449	cameray.ca	<i>Provides a variety of services including parent education, family support programs and counselling programs.</i>
Elizabeth Fry Society	604-520-1166	elizabethfry.com	<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	604-408-2172	family.legalaid.bc.ca	<i>Provides information about family law in BC.</i>
Family Services of Greater Vancouver	604-525-9144	fsgv.ca	<i>A multi-service organization that provides a variety of programs including counselling, parenting groups, workshops and ESL classes.</i>
Fraser Side Community Services	604-522-3722	fraserside.bc.ca	<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>
Grandparents Raising Grandchildren (Parent Support Services Society of BC)	1-855-474-9777	parentsupportbc.ca	<i>Assists grandparents and other relatives raising a family member's child with information and resources.</i>
Health Link BC		healthlinkbc.ca	<i>Print resources on a variety of child safety topics</i>
Immigrant Services Society of BC	604-684-2561	issbc.org	<i>Provides a variety of support services for immigrants and refugees.</i>
Information Children	778-782-3548	informationchildren.com	<i>Provides information, support and referrals to parents on matters related to the care and well-being of their children.</i>
Kids New West	knwtable@gmail.com	kidsnewwest.ca	<i>Kids New West connects families with information, resources and events.</i>

Kinsight	604-525-9494	kinsight.org	<i>Provides a range of services that support healthy development and inclusion.</i>
La Leche League Canada	604-520-4623	lllc.ca	<i>Breast feeding, nutrition, weaning, and family life support. Check website for meeting details.</i>
Learning Disabilities Association	1-250-370-9513 info@ldabc.ca	ldac-acta.ca	<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 West	604-660-9495	www2.gov.bc.ca	<i>Child protection and family support services. Provides counselling, supervised access, and family support services in partnership with a variety of community agencies.</i>
New Westminster Community Service Asset Map	604-527-4532	newwestassetmap.ca	<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	newwestschools.ca	<i>The program assists new families in SD40 by connecting them with a City Navigator, who can help them explore and connect with the city's resources. The service also provides settlement workers for families new to Canada in various languages, offering community and in-house supports and services.</i>
Parent Support Services Society	1-877-345-9777	parentsupportbc.ca	<i>Promotes health of families by providing support, education, advocacy, research and resources to those in a parenting role.</i>
Pregnancy and Baby Health Guide	604-520-4420	fraserhealth.ca	<i>Information for your pregnancy and parenting journey.</i>
Purpose Society	604-526-2522	purposesociety.org	<i>A community based multi-service organization that delivers a continuum of programs to children & families.</i>
Salvation Army	1-800-725-2769	salvationarmy.ca	<i>Provides community and family services.</i>
Spirit of the Children	604-524-9113	sotcs.ca	<i>Aboriginal non-profit society which works to empower and strengthen Aboriginal families by providing support and resources.</i>
St. Leonord's Youth and Family Services	604-524-1511	stleo.ca	<i>Offers a range of services and programs to strengthen children, youth, and families.</i>
Food & Housing			
Aunt Leah's	604-525-1204; 604-525-1295	auntleahs.org	<i>Offers assistance with supportive housing and life skills training to young moms.</i>
BC Housing	604-433-2218	bchousing.org	<i>Rental assistance program for working families with children. Visit the website to learn how to apply.</i>
YWCA Housing	604-282-3113	ywcavan.org	<i>Provides housing for single women and their dependent children.</i>
Monarch Place Transition House	604-521-1888	monarchplace.org	<i>Shelter and support for women and children fleeing domestic violence</i>
New Westminster Rent Bank	604-526-2522	purposesociety.org	<i>Provides support to keep low to moderate-income individuals and families housed</i>
Free and Low Cost Food Directory		fraserhealth.ca	<i>A list of free and low cost food programs available.</i>
Greater Vancouver Food Bank Society	604-876-3601	foodbank.bc.ca	<i>Offers food assistance to those in need. Call for locations.</i>
Quest Food Exchange	604-602-0186	questoutreach.org	<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>

Health Services & Supports			
Anxiety BC	604-620-0744	anxietybc.com	<i>Resources and information for those living with anxiety.</i>
BC Healthy Kids Program	1 866 866-0800	www2.gov.bc.ca	<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	fraserhealth.ca	<i>Community Hospital serving New Westminster residents.</i>
The F.O.R.C.E. Society for Kids Mental Health	604-878-3400	heretohelp.bc.ca	<i>Peer support, education, system navigation and resources for families with children and youth living with mental health challenges.</i>
Family Respite Program	1-888-888-0029	bcss.org	<i>Program provides essential reprieve to people caring for a loved one with a mental illness. Available throughout the Fraser Valley.</i>
FOUNDRY	1-800-784-2433	foundrybc.ca	<i>Health and wellness services and support for young people aged 12-24 - online and through integrated service centres in communities across BC.</i>
Healthlink BC	811 (or 711 for deaf & hearing impaired)	healthlinkbc.ca	<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 Resource Centre	604-875-2084	keltymentalhealth.ca	<i>Free resources related to mental health challenges and disorders.</i>
MCFD - Child and Youth Mental Health Services	604-660-9495	www2.gov.bc.ca	<i>A variety of child, teen, and family services are available through the province. Find services closest to you.</i>
New Westminster Public Health	604-777-6740	fraserhealth.ca	<i>General public health information. Offers a range of services to promote health and wellness in the community.</i>
Pacific Post Partum Support Society	604-255-7999	postpartum.org	<i>Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.</i>
Prenatal and Perinatal Classes	604-527-5472	douglascollege.ca	<i>Offers in-person and online prenatal and perinatal classes.</i>
Smile	604-524-1511	stleo.ca	<i>Provides free pregnancy testing, support, education, and prenatal classes for parents ages 24 and under.</i>
Walk-in Medical Clinic Search		healthlinkbc.ca	<i>Non-emergency health care services on a walk-in basis.</i>
Libraries			
Main Branch	604-527-4660	nwpl.ca	<i>Check out your local library and see what services and programs are available to you. Drop-in story times are available for babies, toddlers, and preschoolers. Visit</i>
Queensborough Branch	604-636-4450		
Recreation			
New Westminster Parks, Culture, and Recreation	604-521-3711	newwestcity.ca	<i>Park, Recreation and Culture 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>