



VANCOUVER 2018/2019

WHAT IS IT?

HELP is intended for all individuals, families and friends that lack Human Rights and Social Mobility resources either because of an emergency situation and/or cultural lack of resources to live effectively. Examples are single individuals, families, single parents, children and the elderly.

It is to be used to locate and acquire basic Human Rights Needs: Food, Accommodation, Medical & Legal Services, Social Mobility, Finance & Jobs, Communication, Transportation & Educational resources.

These sources are readily available at little or no cost if resources are shown to be limited.

Each resource listed in this directory has been screened for Quality, Cost, Safety and availability. All contacts are updated constantly.⁽¹⁾

The best method to use HELP is to start at the beginning and check off those Human Rights and Social Mobility resources not needed then construct a game plan for those needed.

NOTE: To expedite the acquisition of needed resources **Equal & Open Access** operates **RAPID Forms** which is a process to quickly complete & submit large numbers of applications within approx. 1 hour. Contact HELP.Forms.Vancouver@gmail.com for locations that RAPID Forms can be completed.

⁽¹⁾ All screens are conducted by Carnegie Community Organization.

VANCOUVER 2017/2018 **HELP**

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SERVICES RATING

XXXXX	EXCELLENT
XXXX	VERY GOOD
XXX	GOOD
XX	BASIC
X	BAD

LEGEND

-  Men Only
-  Women Only
-  Wheelchair Access
-  Wi-Fi Available
-  Rapid Forms Applications

LEGEND

- Seawall Walk/Cycle
- Ferries
- SkyTrain
- Sights & Attractions
- Hospital
- Services
- One Way Streets
- Police
- Westcoast Express



FOOD

FREE FOOD

THE DUGOUT

604-685-5239 | 59 Powell St.
Coffee, soup at 7:15am (8:30am
Sun Hol.); Bread, snacks &
Eggs\$

MISSION POSSIBLE

604-253-4469 | 543 Powell St.
Drop-in Tues-Fri, 1-3:30pm
coffee/snack. Sat 9-10

FIRST UNITED CHURCH

604-681-8365 | 320 E. Hastings St.
7 days/week: Breakfast 8:30
am, Lunch 12:00 pm,
Dinner tickets given out at 5:15
pm and 6:10 pm

LUMS

320 E. Hastings St.
On 2nd & 4th Saturdays
Homemade Meals; Doors at
10am, Meal at 11am

FOOD BANKS

604-876-3601
Call for locations.

ANCHOR OF HOPE DROP-IN

134 E Cordova St.
M-F 1-4pm

WOMEN'S CENTRE ♀

604-681-8480 | 302 Columbia St.
Hot lunches, 12:30 weekdays.
(Women only).

***HARBOUR LIGHT /
SALVATION ARMY**

119 E. Cordova St.
Lunch 11-11:55am weekdays;
supper nightly at 4:30pm
except Tues & Thurs.

***UNION GOSPEL MISSION**

616 E. Cordova St.
Lunch 2pm weekdays;
supper 6:30pm

MEALS ON WHEELS

604-732-38
Lunch 2pm weekdays;
supper 6:30pm

PET FOOD

604-709-4650, 543 Powell St.
10am - 12pm, Thursday
*Religious services before meal.

FOR PSYCHIATRIC CLIENTS

**KETTLE FRIENDSHIP
SOCIETY**

604-251-2854 | 1725 Venables
Lunch at 11:30am, \$1

COAST CLUB HOUSE

604-872-3502 | 295 E.11th Ave.
Lunch noon, M-F, \$1

INEXPENSIVE MEALS AND FOOD

411 SENIORS CENTRE

604-684-8171 | 704-333 Terminal
Cafeteria; breakfast to \$3,
lunch to \$3.25; Monday- Fri-
day, 8:15-3pm, Sat. 9-2pm

CARNEGIE CENTRE

604-665-2220 | 401 Main St.
Concession/kitchen; Operated
by staff & volunteers. Set #
of meals. Breakfast (45) \$2;
Lunches 6 days 12pm \$2.25;
Dinners (40) 5 days 5pm \$3.25

**DOWNTOWN EASTSIDE
COMMUNITY STORE**

778-371-0063 | 58 E. Hastings St.
Sells low cost groceries to
low-income residents.

EVELYNE SALLER CENTRE/44

604-665-3075 | 320 Alexander
Cafeteria; breakfast, 10am, \$2;
lunch, 11- 2:50pm, \$2; supper
3:30-5:50pm, \$2.

ORGANIC, WHOLE FOODS

**SWEET CHERUBIM,
CHOICES, E.E.FOOD**

1000 Block, Commercial Dr.

THE GATHERING PLACE

604-665-2391 | 609 Helmcken St.
Breakfast 10-11am \$2.00 /
Lunch 12-1:25pm \$2.75 /
Dinner 4-5:25pm \$3.25 – \$3.75

POTLUCK CAFE

604.609.7368 | 30 W Hastings St.
M-F 10am-2pm offering
affordable breakfast and lunch
options.

VCC CAFETERIA

604-443-8479 | 250 W. Pender St.
Student/faculty run. Breakfast,
lunch and dinner menus for
under \$15.

**SWEET CHERUBIM,
CHOICES, E.E.FOOD**

1000 Block, Commercial Dr.

SMALL POTATOES

604-215-7783 | 1660 E. Hastings St.
Order by phone, home
delivery.

HELP CARD FOOD SUPPLIERS *

MCDONALDS**TIM HORTONS**

ACCOMMODATION

SHELTER & HOUSING

VANCOUVER NATIVE HOUSING

320-3312 | 1726 E. Hastings St.
Part of Skookum Hub

MAIN & HASTINGS HOUSING SOCIETY

604-331-8757
40 E. Hastings St. or 380 Main St.
New projects

LOW-COST HOUSING

500 Dunsmuir St.

PORTLAND HOTEL SOCIETY

683-0073 | 20 W. Hastings St.
Residential hotels, psychiatric support.

CARNEGIE OUTREACH

604-665-3318 | 360 Jackson Ave.
Call or drop-in for help with housing, inc & med serv.

EMERGENCY SHELTER

DAYS & NIGHTS: 211**CATHOLIC CHARITIES**

604-443-3292 | 828 Cambie St.

CROSSWALK

136 E Cordova
In by 9:30pm.

FIRST UNITED CHURCH ♿

604-681-8365 | 320 E. Hastings
Pets & Carts allowed.

SLEEPING ACCOMMODATIONS AVAIL. 24/7

ABORIGINAL SHELTER ♿

604-682-5556 | 201 Central St.
4:30pm-10am. Pets OK, carts OK, wheelchairs OK.

BEACON ♂

604-646-6846 | 138 E. Cordova St.
In 5:30pm.

HAVEN ♂

604-646-6806 | 128 E. Cordova St.
Overnight 30-bed shelter.
Intake begins at 5:30pm.

LOOKOUT

604-681-9126 | 346 Alexander St.
Accommodation for about 40 people.

TRIAGE

604-254-3700 | 707 Powell St.
28 beds with psychiatric, alcohol, drug counselling.

CRISIS SHELTER FOR WOMEN ♀

604-872-7774 (EMERGENCY)**HELPING SPIRIT LODGE**

604-872-6649

House for aboriginal women & children.

RAPE RELIEF

604-872-8212 (24-hour phone)
Counselling, shelter.

POWELL PLACE

604-606-0403 | 625 Powell.

KATE BOOTH HOUSE

604-872-0772

For domestic violence victims (women & children). 24-hr crisis line, but stay is short-term.

HOUSING FOR PSYCHIATRIC CLIENTS

VANC ADULT MENTAL**HEALTH INTAKE**

604-675-3997

Referrals to psychiatric boarding homes.

MENTAL PATIENTS**ASSOCIATION**

604-482-3700 | 2275 Fir St.

Access to 5 halfway houses

COAST FOUNDATION

604-872-3502 | 293 E.11th Ave.

Operates psychiatric boarding homes.

LOOKOUT

604-681-9126 | 346 Alexander St.

HOSTELS

HI-VANCOUVER DOWNTOWN 📶

604-684-4565 | 1114 Burnaby St.

Hostel with wi-fi, open 24 hours, check-out at 11am. Book online at www.hihostels.ca

FREE SHOWERS, LAUNDRY, DE-LOUSING

EVELYNE SALLER CENTRE

320 Alexander

Laundry taken at 9am, M-F, (daily limit); showers, de-lousing, first aid... 9am-9pm.

FIRST UNITED CHURCH

320 E. Hastings St.

Showers available for men and women

TENANT RIGHTS / RENT ASSISTANCE

RESIDENTIAL TENANCY BRANCH

604-660-1020

390 Main St. | 520 Richards St.

Rights and possibilities with landlords.

TENANTS RIGHTS ADVISORY CENTRE

255-0546

Excellent resource - info. & aid

VANCOUVER RENT BANK (OPERATED BY NICCSS)

604-566-9685 | 200-739 Gore Ave.

| www.niccss.ca/VRB

Financial aid for those in CoV who are "at risk of eviction or essential utility disconnection due to a temporary shortage of funds." Conditions apply, in-depth app/interview req. Drop-in hours every Tues. from 12-3pm, offering more info and help with your app.

SENIOR INDEPENDENCE SERVICES

S.U.C.C.E.S.S. 604-408-7274 ext.1084 | 604-375-0248

Light Housekeeping, Transportation, Friendly Visits, Weekly grocery shopping on Fridays. Eligible if 60+ years of age & living in Hastings-Sunrise.

MEDICAL

FREE CLOTHING

FIRST UNITED CHURCH
604-681-8365 | 320 E. Hastings St.
Emergency clothing only.

UGM-CORNERSTONE
604-253-3323 | 601 E Hastings

**DOWNTOWN EASTSIDE
WOMEN'S CENTRE**
604-681-8480 | 302 Columbia St.
Women & children.

CRABTREE CORNER
604-216-1650 | 533 E. Hastings St.
Women & children.

INEXPENSIVE CLOTHING, FURNITURE & HOUSEHOLD GOODS

**FIRST UNITED THRIFT
STORE**
569-1117, 340 E. Hastings St.
Monday to Saturday 10-5pm

UGM MARKET
659 E. Hastings St.
Clothes, blankets, dishes,
furniture.

VALUE VILLAGE
1820 E. Hastings St.
New, used furniture, clothing,
household goods, shoes.

SALVATION ARMY
261 E.12th Ave.
Beds, furniture, appliances,
household, clothing, recon-
ditioned items

NEIGHBOURHOOD

**NEIGHBOURHOOD
HOUSING SOCIETY**
604-331-8757
Call for information.

**DTES NEIGHBOURHOOD
HOUSE**
604-215-2030 | 573 E. Hastings St.
Volunteers welcome. Pro-
grams, activities for Moms +
tots, others. Mon-Sat.

**NEIGHBOURHOOD
HELPERS PROJECT**
604-254-6207 | 509 E. Hastings St.
Connects volunteers with
isolated seniors & persons with
disabilities.

**BC MEN'S RESOURCE
CENTRE**
604-878-9033

MOVING FOR LOW INCOME PEOPLE

**AARON'S LOW COST
MOVING**
604-655-7858

TWO NICE MOVERS
604-781-0297

**TWO SMALL MEN WITH
BIG HEARTS**
604-436-3338

LARA TRANSPORT
778-323-0466

HEALTH SERVICES EMERGENCY

AMBULANCE, INHALATOR, FIRE - 911
PSYCHIATRIC - 874-7307 (POLICE - CAR 87)

HOSPITALS

VANCOUVER GENERAL
604-875-4111 | 855 W. 12th Ave.

ST. PAUL'S
604-682-2344 | 1081 Burrard

BURNABY GENERAL
604-434-4211 | 3935 Kincaid

LIONS GATE
604-988-3131 | 15th & St. George

UBC HEALTH SERVICES
604-822-7515 |
Psychiatric Unit, 2255 Wesbrook Mall

RIVERVIEW
604-524-7000 | 500 Lougheed

CRISIS SERVICES

CRISIS CENTRE
604-872-3311
Emergency phone for emo-
tional crisis, family violence,
prevent suicide

RAPE RELIEF ♀
604-872-8212
24-hour phone; shelter

**WOMEN AGAINST VIOLENCE
AGAINST WOMEN /
RAPE CRISIS CENTRE**
604-255-6344 | 412 E. Cordova St.
24-hour line for victims of
sexual assault and violence.
Workshops, Medical & Legal
support.

FREE RAPE CRISIS LINE
1-877-392-7583

**DRUG & POISON
INFORMATION CENTRE**
604-682-5050
Poison I.D.

VENTURE
604-879-8222 | 220 E.13th Ave.
Mobile team providing service
from 8pm-3am

VICTIM SERVICES
604-717-2737 | 2120 Cambie St.

VICTIM LINK
1-800-563-0808

FREE/LOW COST MEDICAL SERVICES

**DOWNTOWN COMMUNITY
HEALTH CENTRE**
255-3151, 569 Powell
Basic health care, mental & ad-
diction treatment, counselling,
podiatry, on-site pharmacist.
Hours vary. Call for info.
On Tuesdays, 5-8:30pm,
women only.

**NATIVE HEALTH WALK-IN
CLINIC**
255-9766 | 449 East Hastings St.
Services for all every day.

**PENDER COMMUNITY
HEALTH CENTRE**
604-669-9181 | 59 W. Pender St.
A&D counselling, basic
services, methadone, spec. for
infections, podiatry, alternative
therapies. 8:30-4:30, M-F

FREE/LOW COST MEDICAL SERVICES cont.

THE KETTLE CLINIC
604-251-5237 | Rec. 251-2801
1725 Venables St.
No Care Card required.
Mon 9:30-4:30pm
Wed-Thur 9:30-3pm.

BRIDGE HEALTH CLINIC
604-709-6540 | 2450 Ontario St.
Immigrants & refugees; services and interpretation daily.

BUTE ST. CLINIC
604-660-7949 | 1170 Bute St.
(LGBT)

PINE FREE CLINIC
604-736-239 | 1985 W 4th
(Youth)

STI CLINIC

604-707-5600 | 655 W.12th Ave.
Make Appt.

WOMEN'S HEALTH COLLECTIVE
604-736-5262 | 29 W Hastings St.
Nurse hours: Mon-Thur 1:30 - 4:30pm, Friday 10am - 1pm

REACH COMMUNITY HEALTH CENTRE
604-251-3000 | 1145 Commercial

VANCOUVER GENERAL
604-875-4111, 711 W.12th Ave.
Outpatient: Eligible low income persons.

FREE HEARING TESTS
The Carnegie - 401 Main St.
Every Month on the Wed.
before Cheque Day.

FREE OR LOW COST DENTAL SERVICES

EASTSIDE WALK-IN DENTAL CLINIC
604-254-9900 | 455 E Hastings St.
Emergency pain relief,
non-profit. Mon 9-4, Fri 9-12.

PORTLAND COMMUNITY DENTAL CLINIC
778-371-0060 | 360 Columbia
Low cost service for DTES
Residents; Appts. Mon-Thur,
9-5pm

REACH DENTAL CLINIC
604-254-1331 | 1145 Commercial

VCC
604-443-8499
Cleanings -\$35

VGH DENTAL CLINIC
604-875-4006 | 805 W.12th Ave.
Cost reduced by 20% if uninsured.
8:30am-4pm

WALL CENTRE DENTAL
604-879-3333 | 1065 Hornby St.
24 hour emergency treatment.

WELFARE
1-866-866-0800
Call for information.

ALCOHOL & DRUG OUTPATIENT SERVICES

AVALON WOMEN'S CENTRE
604-263-7177

ODYSSEY 11 (YOUTH)
604-879-8853

A&D DAY TREATMENT
604-638-3390

YOUTH DETOX
604-872-4349

NEXUS
604-660-5216
Assistance to street youth with
substance misuse issues. Crisis
counselling, alcohol & drug
info, and assistance with detox.

COUNSELLING, SUPPORT, INFORMATION

DRUG USERS RESOURCE CENTRE
604-678-8278 | 412 E. Cordova
Free showers, lunch, coffee,
movies, LD phone programs
for women & men. Mon-Fri,
10-4.

ALCOHOL & DRUG SERVICE WATARI YOUTH/FAMILY
604-254-6995 | 301-877 E. Hastings
Free confidential counseling,
education, referrals and
prevention programs. Offers
encouragement through training
and skill development

DRUG USERS

SAFE INJECTION SITE
687-7483 | 139 E. Hastings St.
Supervised by Health personnel;
clean rigs. Drugs are not
supplied. Ref. for treatment.

HIV/IDU CONSUMER BOARD
688-6241 | 105 - 177 E. Hastings St.
Information and advocacy.

HEALTH & WELLNESS

KARMA YOGA
604-445-2762 | 45 W Hastings St.
Call/Drop-in for details +
class times. By donation.

NATIVE PEOPLE

ABORIGINAL FRIENDSHIP CENTRE
251-4844 | 1607 E. Hastings St.
9am-10pm.

ABORIGINAL WELLNESS PROG.
604-675-2551 | 288-2750 E Hastings St.

HEY-WAY-NOQU'
604-874-1831 | 401-1638 E Broadway
Healing Circle for Addictions
Society.

FAMILY SERVICES ASSOC.
604-731-4951 | 616 W 7th Ave.
Low fees according to income;
marital / family / group
counselling.

ACCESS CENTRAL DETOX LINE
866-658-1221

HARBOUR LIGHT DETOX
604-646-6844 | 119 E Cordova

ALCOHOL & DRUG DETOXES
604-660-9382
Run by Ministry of Labour &
Consumer Services

VANDU (VANCOUVER AREA NETWORK OF DRUG USERS)
683-6061, 380 E. Hastings St.
Peer support, harm reduction,
education.

MOBILE NEEDLE EXCHANGE
604-657-6561 | needlevan@phs.ca

CARNEGIE CENTRE YOGA
604-665-2220, | 401 Main St.
Free

VANCOUVER NATIVE HEALTH SOCIETY
604-254-9949 | 449 E. Hastings St.
Clinic: 604-255-9766
Walk-in clinic. Physician
service for all with or without
medical coverage. Daily;
evenings (4:30-8:30pm)
Mon-Thur. Referrals and other
services.

PEOPLE WITH DISABILITIES

DOWNTOWN EASTSIDE HANDICAPPED ASSOC.

333 Terminal
Peer support, counselling; trips.

BC COALITION OF PEOPLE WITH DISABILITIES

872-1278 | 204-456 W. Broadway
Help with disability benefits and appeals

PSYCHIATRIC

COAST FOUNDATION

604-872-3502 | 295 E.11 Ave

COMMUNITY CARE TEAMS

604-874-7626
Referrals, counselling; Boarding homes & rehab programs.

DUAL DIAGNOSIS

255-9843 | 255 E.12th Ave.
Outpatient and treatment options. 8:30-5pm, M-F

SHOWERS FOR PSYCHIATRIC CLIENTS

COAST FOUNDATION

604-872-3502, 295 E.11th Ave.
Showers at the clubhouse, 8-4 daily.

SENIORS

411 SENIORS' CENTRE

604-684-8171 | 333 Terminal
Counselling on Pensions, Social Assistance, Housing, etc. Mon-Fri, 8:30-4pm

CONTINENTAL SENIORS CENTRE

1067 Seymour (3rd floor)
Cafeteria, TV room, cards, pool table, outdoor deck.

DOWNTOWN EASTSIDE CENTRE

604-254-2194 | 509 E. Hastings St.
Services include social, housing, referrals, advocacy, help.

ADULT LEARNING DISABILITIES ASSOCIATION

683-5554, 603-409 Granville
Drop-in re-source centre; counselling, referrals

BC PARAPLEGIC ASSOC.

324-3611
Resource centres for people with disabilities.

KETTLE FRIENDSHIP SOCIETY

604-251-2801 | 1725 Venables

MENTAL HEALTH ACTION, RESEARCH & ADVOCACY

604-689-7938 | 163 W. Pender
Housing finance, substance abuse, appeals, etc. M-F, 9:30-4.30

STRATHCONA MENTAL HEALTH TEAM

253-4401 | 201- 330 Heatley

MENTAL PATIENTS ASSOCIATION

604-482-3700 | 2275 Fir St.
Showers for members, 10am-7:30pm.

ELDERS' NETWORK

732-0812
Info on services available for seniors.

STRATHCONA COMMUNITY CENTRE

713-1838 | 601 Keefer
Offers a wide range of social & recreational activities.

SENIORS' WELL AWARE (SWAP)

662-7927
NEIGHBOURHOOD HELPERS PROJECT
254-6207

SEX-TRADE WORKERS

BOYS R US - THREE BRIDGES

604-633-4200 | 1292 Hornby St.
7-9pm Tues-Thurs. Drop-in centre/support program for male sex trade workers of all ages. Safe, confidential and offers different services ranging from health care to counselling to social services.

PACE (Providing Alternatives Counselling & Education)

604-872-765 | 49 W Cordova
Cell: 604-786-5437
Help with housing, detox, welfare, food, clothing, shelter. (Founded by former pros).

WOMEN ♀

BATTERED WOMEN'S SUPPORT SERVICES

Business: 604-687-1868
Counselling: 604-687-1867
10-week & drop-in group for heterosexuals & lesbians who've been emotionally and/or physically abused; counselling, legal advocacy. Date violence program for teens.

CRABTREE CORNER

604-216-1650, 533 E. Hastings St.
Emergency daycare, babysitting, Single Moms Support Group. Food Bank for single moms on Tues; free soup & bannock Mon/Wed/Fri. Free phone, condoms, clothes. Resource & referrals.

DOWNTOWN EASTSIDE WOMEN'S CENTRE

604-681-8480 | 302 Columbia
Counselling, free clothes,

WISH DROP-IN CENTRE

604-669-WISH | 681-9244
330 Alexander
Office 515 - 119 W. Pender
Safe place for women working the streets. Shower facilities, food, relax with various ongoing programs. 6-10pm Sun-Fri; Intercom/entrance is in the alley south of Alexander.

showers, laundry, workshops, programs, welfare & housing advocacy. Safe, confidential.

SHEWAY PROJECT

604-216-1699 | 533 E. Hastings St.
Pregnancy outreach program, maternity clinic, counselling and nutrition info, housing advocate, donated kids' clothing often available.

VANCOUVER STATUS OF WOMEN

255-6554, | 2652 E. Hastings St.
Excellent resource.

VANCOUVER WOMEN'S HEALTH COLLECTIVE

604-736-5262 | 29 W Hastings St.
Services include resource centre, nurse practitioner clinic, yoga, and art therapy. M 9 am - 5 pm, TWT 12 pm - 5 pm, F 9 am - 1:30 pm.

LASER TATTOO REMOVAL

ARION SKIN LASER

604-559-9956 | 622 Bute St. | www.arionskinlaser.com
Spectra system for laser tattoo removal available.

HIV+ / AIDS

AIDS VANCOUVER

604-893-2201 | 803 E. Hastings St.
Services for people affected by HIV/AIDS including financial, transportation, medical, food, housing or other problem/emergency.

HEALING OUR SPIRIT

604-879-8884 | 100-2425 Quebec
Care, support for Aboriginal People infected and affected by this disease.

POSITIVE LIVING BC

604-893-2200 | 803 E. Hastings St.
Lounge, iCafé, support groups, peer counselling, assistance with legal & housing issues, and complementary health services such as massage and dental clinic for people living with HIV. Free membership required. 10-4pm, Mon-Fri.

CARECARD

CARE CARD (MSP-BC)

604-683-7151
8-4:30pm

INFORMATION

ALCOHOL & DRUG REFERRAL

604-660-9382

PROBLEM GAMBLING

1-888-795-6111

MINISTRY OF CHILDREN & FAMILY DEVELOPMENT (MCFD)

604-660-4927

Provides support services to children & families in order to protect children from physical, emotional, and social harm.

POSITIVE WOMEN'S NETWORK

692-3000 | 614-1033 Davie St.
Supports women living with HIV/ AIDS in making their own choices about HIV related care, including treatments, reproduction, and advocacy.
Mon-Fri, 9-5; drop-in 11-4.

VANCOUVER NATIVE HEALTH SOCIETY

604-254-9949 | 449 E. Hastings St.
Positive Outlook - drop-in, outreach, medical, social services.

A.S.I.A. [ASIAN SOCIETY FOR INTERVENTION OF AIDS]

604-669-5567 | 210-119 W Pender

ADOLESCENT SERVICES UNIT (A.S.U.) MINISTRY FOR CHILDREN AND FAMILIES

604-660-9376 | 550 Cambie Street
Drop-in or phone in service for youth under 19 that offers child protection, youth agreements, mental health and drug and alcohol counselling.

MENTAL HEALTH CONSUMERS

INFORMAL: You are in hospital because you requested admission.

- You can accept / refuse specific treatments. You must agree first.
- You must consent without ultimatums or threats being put to you.
- You will be discharged within 72 hours unless status is changed to involuntary.

INVOLUNTARY: POLICE say you act in a way likely to endanger yourself and/or another's safety.

A JUDGE believes you are a mentally disordered person and/or dangerous to be at large and/or that usual procedure causes a dangerous wait;

A DOCTOR determines you are mentally disordered require treatment (care, control, supervision) for your own or others' safety.

- 2 doctors have to fill out forms
- You can appeal admission on 1st day.
- Admission as an involuntary patient can be good for 30 days.
- Unless a doctor reports that you should (have to) stay in hospital, you must be let go after 30 days.
- If a doctor reports that you have to stay it can be for 90 days.

IF YOU ARE IN A PROVINCIAL MENTAL HEALTH FACILITY, CONTACT THE MENTAL PATIENT'S ADVOCATE. IT'S FREE.

MENTAL HEALTH ADVOCATES

CLAS 604-685-3425

BCCPD 604-872-1278

KETTLE 604-251-2801

MPA 604-482-3700

SMITH & HOSPITAL

www.smith-hospital.com
Excellent source of Body & Mental Information, Symptoms, Research, Therapies, and Cures.
Open 24/7 and Free

LEGAL

LEGAL SERVICES SOCIETY
604-601-6206 | 4th fl, 510 Burrard
Legal aid services available;
must have proof of income.
9-12, 1-3 Mon-Fri,
Closed Wed afternoon.

THE LAW LINE
604-601-6100

PIVOT
604-255-9700, 121 Heatley
Non-profit legal advocacy;
local legal clinics. Does not
provide any drop-in services.
Phone or go online.

**LAW STUDENTS' LEGAL
ADVICE PROGRAM**
604-822-5791

Students under the supervision
of lawyers help with advice &
assistance.

UBC LEGAL CLINIC
604-822-5791
Provides free advice & assis-
tance. 9-4, M - F (Seasonal)

**VANCOUVER COMMUNITY
LEGAL ASSISTANCE SOCIETY**
685-3425 | 300-1140 W. Pender St.
Programs, services in
Disability, Mental Health and
Community law.

JOHN HOWARD SOCIETY
604-872-5651 | 763 Kingsway
Support and services for those
in contact with the criminal
justice system.

ADVOCACY RESOURCE LIST

DISABILITY ALLIANCE BC
604-875-0188 | 204-456 W. Broadway
WD/PPMB, access, housing,
employment, rights, mental
& physical disabilities.
Advocates: 872-1278

FIRST UNITED CHURCH
604-681-8365 | 320 E. Hastings
Welfare, RTA, Mon-Wed-Fri
9-11am; Tuesday, Thursday
12:30-2:30; Mon only 6-8pm.

MENTAL PATIENTS ASSOC.
738-2811 | 2275 Fir St.
9-4, Monday to Friday.

**MENTAL HEALTH ACTION,
RESEARCH & ADVOCACY**
689-7938, 163 W Pender St.
M-F, 9-4:30

**ADVOCATE FOR CHILDREN
& YOUTH**
Toll-Free: 1-800-476-3933

PIVOT
604-255-9700
Non-profit legal advocacy.

THE KETTLE ADVOCATES
604-253-0669 | 1725 Venables
Street: income assistance,
tenancy issues, debt, child
protection, mental health.

**VANCOUVER ABORIGINAL
CHILD & FAMILY SERVICES**
872-6723, 210 W. Broadway
Counselling for Native fami-
lies. Advocacy and assistance
with foster situations + appre-
hensions.

UNITED NATIVE NATIONS
688-1821 | 110-23 W. Pender St.
Employment, Environmental
Youth Corps, veterans' affairs,
MAMLE (child advocacy),
education, housing, status &
rights.

**BC PUBLIC INTEREST
ADVOCACY CENTRE**
687-3063, 208-1090 W. Pender St.

NATIVE PEOPLE

HELPING SPIRIT LODGE
604-872-6649 | 3965 Dumfries
Native family violence coun-
selling.

**NATIVE COURTWORKERS &
COUNSELLING ASSOCIATION**
604-985-5355 | 520 Richards St.

**ABORIGINAL CHILD &
FAMILY SERVICES**
604-872-6723 | 210 W. Broadway:
Counselling for Native fami-
lies. Advocacy and assistance
with foster situations + appre-
hensions.

IMMIGRANT SERVICES

SETTLEMENT SECTION
604-684-7498 | 530 Drake St.
Housing, jobs, social services,
translation.

LANGUAGE INSTRUCTION
604-684-2561, 501-333 Terminal
Classes. All welcome.

MOSAIC
604-254-9626, 1720 Grant
Services in 22 languages trans-
lation. Settlement & aid.

BRIDGE HEALTH CLINIC
604-709-6540 2450 Ontario St.
Immigrants & refugees;
Mon, Tue & Fri 1-4pm, Wed,
Thur 1:30-4:30

S.O.S.
604-255-4611
Chinese settlement worker
for advocacy & immigration
counselling.

IDENTIFICATION

BIRTH CERTIFICATE
660-2937 | 502-605 Robson

BCID/DRIVER'S LICENSE
661-2255 | 254-800 Hornby or
2750 Commercial Drive

PASSPORT
800-567-6868 | 200-757 W. Hastings

INDIAN STATUS
604-666-2059 | 601-1138 Melville

S.I.N. CARD
681-8253 | 415-757 W Hastings

INFORMATION

POLICE INFORMATION
717-3321

COURT INFORMATION
604-660-4200 | 222 Main St.
To find out court appearance
dates & times for Provincial
Court on Main.

VICTIM SERVICES
1-800-563-0808

YOUTH AGAINST VIOLENCE
1-800-680-4264

CHARTER OF RIGHTS & FREEDOMS

EEDY LYMBURNER FOUNDATION
e.l.foundation@perpetuity.com
Charter Posters & Cards

FINANCIAL & JOBS

TRADEWORKS

604-253-9355 | 882 E Cordova
Training in construction, computers, home imp. Internet access, job search & resumes, email, other help. "Job Shop" program. 8:30-4pm, Mon-Fri

EMPLOYMENT SERVICES CENTRE

872-0770 | 112 W Hastings St.
Referrals and training, job placement and creation, economic & business enhancement aid, Call or drop in. 9:30am-4:30pm

WORK RESOURCE CTR

253-4469 | 659 E Hastings

MEGAPHONE

255-9701 | 121 Heatley
Training to sell Vancouver's street paper. First 10 copies free. Mon. to Fri. 9-5pm, Sat. 10-3 pm.

FINANCIAL INSTITUTIONS

VANCITY

www.vancity.com

MOGO

www.mogo.ca

GOOGLE WALLET

google.ca/wallet

ABORIGINAL CONNECTIONS TO EMPLOYMENT

687-7480 | 390 Main St.
Free access to resources Internet, job board, phone & message service for employment purposes. Counselling, case management, action plans, referrals.

ADECCO

604-669-1203 | 505 Burrard St.
Manual, clerical, professional job placement agency.

BLADERUNNERS

604-688-9116 | 390 Main St.
Skills, etc. placement on construction. Call first: 9-5, M-F

BETTER BUSINESS BUREAU

682-2711
8:30am-3:30pm

SERVICE CANADA

1-800-622-6232 | Sinclair Centre
125 - 757 W. Hastings St.
Job bank for Canadian and foreign workers available as well as assistance.


PIGEON PARK SAVINGS

604-678-8276 | 92 E Hastings
Banking services to low-income residents. Flat rate cheque cashing. Mon-Thur 11-5 Fri 12-6.

COMMUNICATION

FREE/LOW COST COMPUTER SERVICES

CARNEGIE CENTRE

COMPUTER ROOM 
665-2220 | 401 Main St., 3rd Fl.
7 days, 9:15am - 9:45pm
Carnegie membership req. \$1/yr. 60 min/day. Learning Centre (M-F, 9-5) Intro Courses, tutors; Library 10-10, 2 30m/day. Oppenheimer Park 1 PC & Wi-Fi.

OPEN DOOR SOCIAL SERVICES (WORK BC)

604-872-0770 | 112 W Hastings St.
M-F 8-4:30pm. Priority to jobseekers. Free Computers/Internet/Fax/Telephone

411 SENIORS CENTRE

684-8171 | 704 - 333 Terminal Ave.
M-F 9:40-4pm


ACE

604-687-7480, 390 Main St.
For Aboriginal people seeking employment

RAY-CAM CO-OP CENTRE

257-6949 | 920 E Hastings St.
M-F 9am-10 pm. S & S to 5pm. Public has 20 minute time limit. 10 computers for members M-F, 9-3 (2-hr sign-up)

UBC LEARNING EXCHANGE

 408-5164 | 612 Main St.
Computer drop-in hours Tu-F 1-5pm. Free public access & Wi-Fi. Tutors.

TECH RECYCLING

UNITED WE CAN

604-681-0001 | 449 Industrial Ave
7am-6pm, Fri+Sat -8pm :
[Also bike repair and street/ alley cleaning.]

UNION GOSPEL MISSION

253-3323 | 601 E Hastings St.
Free Drop-in use. M-F 930-4pm


VANCOUVER COMMUNITY NETWORK

604-257-3811 | 705-333 Terminal
Mondays, 10-4, free drop-in help.


FREE GEEK COMMUNITY TECH CENTRE

879-4335 | 1820 Pandora
Tue-Sat 11-6. Free access in exchange for volunteer hours. Ltd. Internet access.

VPL CENTRAL BRANCH


331-360 | 350 W Georgia St.
M-Th 10-9pm F-S 10-6, Su 12-5 Free Comp/Internet with Library card. 2 hrs/day

VPL STRATHCONA BRANCH

 665-3967 | 592 E Pender St.
M-F 9-5, S 11-4. Free Comp 1 hr/day

GEEK SQUAD

1-800-433-5778 | Best Buy locations
Over the phone computer support & device repair services available.

ELECTRONIC RECYCLING ASSOCIATION

604-215-4483 | 2028 Wall St.
Non-profit; focus on reuse of IT equipment. Donates various hardware items to charities and low-income people.

INFORMATION

GENERAL INFORMATION

604-875-6381

Greater Vancouver Info. & Referral.

FREE PHONES

CARNEGIE CENTRE

401 Main St.

9-9 daily. Members only
(Membership: \$1/yr)

CRABTREE/SHEWAY

216-1650, 533 E Hastings

DRUG USERS CENTRE

412 E Cordova St. M-F 10-4 LD

GATHERING PLACE

665-2391 | 609 Helmken

LOOKOUT SHELTER

348 Alexander

During visiting hours only
2-4:30pm & M-F 6:30-8pm

WOMEN'S CENTRE

302 Columbia

M-F 10-5pm, S & S 12-5.
Women only.

UBC LEARNING EXCHANGE

612 Main

Tu-F 1-5pm

TABLETS*

(FREE APPS)

- PHONE CALLING (WORLDWIDE)
- E-MAILING
- AMAZON SHOPPING
- NEWSPAPERS, BOOKS & MAGAZINES
- RADIO/NEWS: CBC, NBC, BBC, ABC & CNN
- MOVIES & VIDEOS
- BANKING ACCOUNT & DEBIT (VISA) CARD LOAN APP.
- SECURITY: ANTI-VIRUS, ANTI-THEFT & KILL SWITCH
- VIDEO CONFERENCING (WORLDWIDE)
- MAPS
- WEATHER
- HEALTH MONITORING
- ACCOMMODATION SEARCH
- MY_LAWYER
- HELP BROCHURE
- TRANSLATE (95 LANGUAGES)

* TABLETS & ACCESSORIES ARE FREE / LOW COST FOR QUALIFIED CHILDREN, ADULTS & ELDERLY.
APPLICATIONS FOR TABLETS ARE PART OF RAPID FORMS PROGRAM
CONTACT HELP.FORMS.VANCOUVER@GMAIL.COM.

TRANSPORTATION

INFORMATION PULLED FROM TRANSLINK.BC.CA

TRANSIT INFORMATION

General Info: 604-953-3333

Lost & Found: 604-682-7887

Crisis Centre: 604-872-3311

HandyDART: 604-575-6600

West Coast Express: 604-683-7245

BC Ferry Info: 1-888-223-3779

FARE DEALER OUTLETS

Day passes, FareCards, and FareSaver tickets:

Safeway, PharmaSave, Shoppers Drug Mart, 7-11 Stores, London Drugs.

FARES

REGULAR FARES: Regular fares apply before 6:30pm Monday to Friday. During regular fare hours, the service area is divided into three zones. The fare you pay depends on how many zones you travel in (see map).

DISCOUNT FARES: Discount fares apply Monday to Friday after 6:30pm and all day Saturday, Sunday and Statutory holidays. During discount fare hours, zone boundaries do not apply and you can travel across the system for a one zone fare.

CONCESSION FARES: Reduced fares available to children (5-13 inclusive), seniors over 65 with proof of age, secondary students 14-19 with a valid GoCard and persons with a current HandyPass ID. Children under 5 ride free when accompanied by an adult.

Fare Zone Map



CASH FARES

EXACT COIN ONLY

Adult

Concession

	EXACT COIN ONLY	Adult	Concession
Regular Fares (Weekdays from start of service to 6:30pm)	1 Zone	\$2.85	\$1.80
	2 Zones	\$4.10	\$2.80
	3 Zones	\$5.50	\$3.80
Discount Fares (All day Sat., Sun., holidays & weekdays after 6:30pm)	1, 2 or 3 Zones	\$2.80	\$1.80

PRE-PAID FARES

Monthly FareCard

Concession

	Monthly FareCard	Concession
	1 Zone 2 Zones 3 Zones	\$93.00 \$126.00 \$172.00
Daypass	\$10.75	\$7.75
Concession FareCard		\$53.00

ADULT LEARNING DISABILITIES ASSOCIATION

683-5554 | 603 - 409 Granville St.
Drop-in resource

CARNEGIE LEARNING CENTRE

604-665-3013 | 401 Main St.
GED (Grade 12 equivalent),
ESL (English as a Second
Language) one-to-one tutors,
reading/writing/math, re-
sumes, computers...

FIRST UNITED CHURCH

681-8365

LEARNING EXCHANGE

604-408-5164 | 612 Main St.
UBC outreach. Internet &
other resources.

NATIVE EDUCATION COLLEGE

604-873-3772 | 285 E 5th Ave.
Drop By In Person M-F 8-4pm.

SERVICIOS DE ORIENTACION

(SOS) 604-255-1881 |
207-744 W Hastings St.

Immigration counselling, ad-
vocacy, emergency aid. English
classes, Referrals. 9:30am-
5pm, Mon to Fri, call first.

TENANTS RIGHTS ADVISORY CENTRE

255-0546
Excellent resource - info. & aid

COURSERA

www.coursera.org
Coursera provides universal
access to the world's best
education, partnering with top
universities and organizations
to offer courses online.

UNIVERSITY OF BC (UBC)

www.ubc.ca | 2329 West Mall
604-822-2211

2 Campus locations one in
downtown Vancouver and
main campus in West End.

SIMON FRASER UNIVERSITY

www.sfu.ca | 515 W Hastings St.
3 campus locations in Burnaby,
Surrey and Vancouver.

CAPILANO U

2055 Purcell Way, North Vancouver
604-986-1911

VANCOUVER COMMUNITY COLLEGE (VCC)

604-871-7000 | 250 W. Pender St.
2 Campus locations, downtown
vancouver at Cambie St. and
West Broadway.

COMMUNITY CENTRES

CARNEGIE COMMUNITY CENTRE

604-665-2220, 401 Main St.
Open daily 9am-11pm. Food
services & kitchen, library
cards (Native, French, Spanish,
Chinese collections), board
games, Seniors Lounge, gym,
learning centre with tutors, a
pool room, weights, theatre,
poetry, music, computer
room, art gallery, haircuts...
(newsletter!)

EVELYNE SALLER CENTRE

604-665-3075 | 320 Alexander
Cafeteria, TV lounges (TSN),
pool table, cards & board
games, showers, laundry,
crafts.

GATHERING PLACE

6604-665-2391 | 609 Helmken
Low-income Community Cen-
tre with library, a pool room,
various fitness classes, food ser-
vices, music, poetry, laundry,
computers...

RAY-CAM CO-OP CENTRE

604-257-6949 | 920 E. Hastings St.
Full-sized gym, variety of
recreational programs. Kid's
Klub.

MENTAL HEALTH CONSUMERS

C.M.H.A. RECREATION

872-3148

with a mental health history
welcome.

MOTIVATION POWER ACHIEVEMENT

738-1422 / 738-5177 | 2275 Fir St.
Drop-In Centre 10am-9:30pm,
Mon to Fri; 12-7pm Sat &
Sunday.

KETTLE FRIENDSHIP SOCIETY

604-251-285 | 1725 Venables St.
Recreation, social activities,
meals, showers, life skills, etc.

THE LIVING ROOM

604-255-7026, 528 Powell St.
Drop-in, recreation. People

W COAST MENTAL HEALTH NETWORK

604-733-5570 | 201-1300 Richards
Peers. Shared resources.

SENIORS

411 SENIORS CENTRE

604-684-817 | 333 Terminal
Membership \$8/yr for 55+;
pool table, cards, crafts, wood-
working, thrift shop, library.

CONTINENTAL SENIORS CENTRE

1067 Seymour St.
Cards, TV, pool table, cafeteria.

DOWNTOWN EASTSIDE SENIORS CENTRE

604-254-2194, 509 E. Hastings St.
Cards, TV, pool table, talk,
companionship, outings

ELDERS NETWORK

604-732-081
Information, services available
for seniors.

WOMEN

DOWNTOWN EASTSIDE WOMEN'S CENTRE

681-8480, 302 Columbia: Drop
in or call for information.
Variety of services

SINGLE MOMS

604-216-1650 | 533 E. Hastings
(Crabtree Corner)
Call for information.

NATIVE GATHERINGS

CULTURAL SHARING

665-3003 | 401 Main St. (Carnegie)
Mondays, 5 pm in the Theatre.

VANCOUVER ABORIGINAL CENTRE

251-4844 | 1607 E. Hastings St.
9am-10pm

YOUTH

UNYA (URBAN NATIVE YOUTH ASSOC.)

604-254-7732 | 1618 E. Hastings St.

"Street involved" Native youth aged 14-19.
Counsel/life skills, health info, arts & crafts,
Recreation/culture.

BYRC (BROADWAY YOUTH RESOURCE CENTRE)

604-709-5720 | 2455 Fraser St.

OTHER SERVICES

DRUG USERS RESOURCE

604-678-8278 | 412 E. Cordova
Free -showers,lunch,coffee,
movies, LD phone; programs
for women & men.
Mon-Fri, 10-3:30

CO-OP RADIO (100.5 FM)

684-8494 | 360 Columbia St
Local music, ethnic issues,
political commentary. Global
audience.

COMMUNITY ACTION PROJECT

GET INVOLVED IN THE FIGHT AGAINST POVERTY... THE FIGHT FOR A SENTIENT PEACE.

CARNEGIE NEWSLETTER.ORG
CARNNEWS@VCN.BC.CA
CARNNEWS@SHAW.CA
WWW.POVNET.ORG
WWW.PROUT.ORG
WWW.PROUTISTUNIVERSAL.ORG

CARNEGIE COMMUNITY ACTION PROJECT

604-665-2105

Research, public education and direct action. Focus on issues
that affect Downtown Eastside neighbourhoods: housing, gen-
trification, homelessness, drug policy, and poverty.

POOR-BASHING...

- It's immoral
- It hurts people
- It helps justify policies which widen the
gap between rich and poor
- It must be stopped

NOTE: If you know of any changes to this information, or have
ideas on how to keep with stuff like this, call 604-655-2289. If you
need more info on agencies or services listed, [CALL THEM.](#)

So many issues, so little time.

THANKS FOR FUNDING, PAST & PRESENT:

Carnegie Assoc, First United Church, PLURA, Four Sisters Co-op,
DERA, Legal Services Society, Rotary Club of Chinatown, VanC-
ity, MHR, Dr.Soma, City of Vancouver, BCGEU, BCTF, VCCFA,
CUPE 15, Simon Fraser University, Portland Hotel Society, Great
Beginnings, Neighbourhood Small Grants

