

THE CINDERELLA PROJECT RESOURCE LIST FOR YOUTH

Compiled by: The Adler School of Professional
Psychology

Updated: May 22, 2011

Cinderella Project Resource List

Social/Recreation

Ray-Cam Community Co-op

920 East Hastings
Vancouver BC V6A3T1
TEL: 604.257.6949
FAX: 604.257.6944

A neighborhood centre, and a place for recreation and social activities. Also a place where new skills can be learned. Raycam provides personal and family support services. It has an out of school, pre-school and day-care for children. It's a place where friends meet – lots of social activities are provided and facilitated. It has a gym, weight room, jam space (for playing music) and club rooms. Too many great programs to list. It also provides a drop-in lounge, and has many programs for youth.

Some programs offered:

- Childcare (at a cost, but subsidies available to low-income families)
- Weight room
- Floor Hockey (women's and men's groups)
- Photography club
- Computer lab
- Bright Family Futures –for young parents & their friends
- Community Resources such as Counseling, Employment, Child Development and Nurse Practitioner visits.

To get involved: Drop in or call. Youth workers to help orientate you: Alex or Paul.

Community Centers

FREE programs:

<http://www.northvanrec.com/programs/free-low-cost/free-programs.aspx>

-Free Internet Café, weight room, basketball at various community centers. Check website for details.

Low Cost programs:

<http://www.northvanrec.com/programs/free-low-cost/low-cost-programs.aspx>

-\$1 public swimming and skating, youth/teen afterschool sports drop-in. For adults, 89 cent aerobics, fitness classes, basketball and badminton.

Housing

Aunt Leah's-Independent Lifeskills Society

668 Carnarvon Street, Unit 200
New Westminster, BC
V3M 5Y6
Tel: (604) 525-1204

www.auntleahs.org

- **Housing for Youth and Single Mothers**
- **Job Training for Work in Restaurants, Cafes and Retail**
- **Thresholds Residential Program** – Thresholds Residential Program is a supportive housing and life skills program for adult moms who are working on establishing a positive community for themselves and their young child.
- **Aunt Leah’s House** – Aunt Leah’s House is a supportive housing and lifeskills program for teen mothers who are working on parenting skills, lifeskills and establishing a positive community for themselves and their young child.
- **Support Link** – Support Link is a residential semi-independent living program for youth that integrates housing with lifeskills training and pre-employment opportunities.
- **Cooking Club and Community Meal** – The Cooking Club and Community Meal program is designed to provide employment and lifeskills training through classroom and on-site learning in cooking and serving skills, while providing a nutritious meal for community members.

BC Housing

Information and resources on subsidized housing, housing programs, transition houses for women, and more. Information on how to apply and eligibility also provided on the website.

Website: <http://www.bchousing.org/>

Directions Youth Services Centre

Main Office: 1134 Burrard St, Vancouver

Phone: 604.633.1472

Seeks to help at-risk youth find and secure affordable housing.

Transition Homes/ Shelters

BC Transition Housing Spreadsheet:

http://www2.news.gov.bc.ca/news_releases_2005-2009/2007CS0091-001388-Attachment1.htm

BC Housing Transition Housing list:

http://www.bchousing.org/programs/transition_housing/Contacts

BC Society of Transition Housing:

<http://www.bcsth.ca/> - has huge directory of all transition houses in BC and their contact

Covenant House: Covenant House Vancouver exists for those young people for whom there is often no one else — young people aged **16 - 24** who have fled physical, emotional and/or sexual abuse, those who have been forced from their homes or those who have aged out of foster care information. *A 6-34 month transitional housing program is also available to those eligible.

By Phone : 604-685-7474

Toll free: 1-877-685-7474

Updated Vancouver shelter list as of January, 2011:

www.gvss.ca/PDF2011/Shelters%20list%20Jan%2031%202011.pdf

Food

Quest Food Exchange

Website: <http://questoutreach.org>

Phone: 604-602-0186

Quest helps to provide food assistance to individuals and families in the Lower Mainland through partnered Social Service Agencies, and four food distribution programs:

- Three Low-Cost Food Stores
- Gift Certificates
- Bulk Food Purchases
- Community Kitchen

Greater Vancouver Food Bank Society

Website: <https://www.foodbank.bc.ca/main/>

Phone: 604-876-3601 **Email:** foodbank@foodbank.bc.ca

The Greater Vancouver Food Bank Society provides supplementary food to thousands of recipients each week by way of 15 depots located throughout Vancouver, Burnaby, New Westminster and the North Shore. The majority of the depot sites are donated facilities managed by hundreds of generous, dedicated volunteers.

Prior to receiving assistance, all clients must present a piece of **Government issued ID with a current address** for themselves, each immediate family member and/or other members of the household. Clients can visit a food depot once per week, excluding social assistance cheque week.

Emergency food bags are also available to clients at our main office **twice within a 12 month period**.

Clothing

Working Gear Clothing Society

87 East Pender Street

Vancouver, B.C.

<http://www.workinggear.ca/>

Open Saturdays 10am-2pm

Relieves poverty by providing interview clothing and/or industry appropriate clothing to low income or unemployed men in search of employment.

Dress for Success

Website: <http://www.dressforsuccessvancouver.blogspot.com/>

Main Office: 685 West Hastings St., Mezzanine Level Vancouver, BC V6B 1N9

Tel: 604.408.7923

Dress for Success solves the catch-22 that confronts disadvantaged women trying to enter the workforce: without a job, how can you afford a suit? But without a suit, how can you get a job?

The organization provides suits to disadvantaged women returning to or entering the workforce. Each Dress for Success client receives one suit when she has a job interview and additional apparel up to a week's worth of clothing when she becomes employed. After a client finds work, she can return to Dress for Success for her employment suiting, during which we provide her with enough additional apparel to mix and match for up to a week's worth of outfits.

Thrift Stores:

Mis'cel'la'ny Finds

Phone: (604) 254-9999

Address: 2615 E Hastings St., Vancouver, BC V5K 1Z5

First United Thrift Store

Address: 340 East Hastings Street

Phone: 604-569-1117

The Salvation Army –Thrift Store

Address: 2116 41st Ave W, Vancouver, BC V6M 1Y7

Phone: (604) 261-0616

The Salvation Army – Thrift Store

Address: 1906 W 4th

Vancouver, BC V6J 1M7

Phone: (604) 737-2444

The Salvation Army – Thrift Store

Address: 241 Lonsdale Ave, North Vancouver, BC V7M 2E9

Phone: (604) 980-4413

***Salvation Army Thrift Stores give clothing vouchers to low-income individuals/families.

Value Village

Address: 6415 Victoria Drive, Vancouver, BC V5P 3X5

Phone: (604) 327-4434

Pet Care / Food/Vet care

Website: <http://itchmoforums.com/canada/lowcostfree-veterinary-care-t10026.0.html;wap2=>

Support for low income families/individuals with pets. Include a Pet Food Bank and vet services.

Phone: 604-288-6622

Charlie's Food Bank

The goal of the BC SPCA is to help improve the welfare of all animals. Dr. Jamie Lawson, Chief Animal Health Officer for the BC SPCA started the pet food bank in 2000 with the Vancouver Food Bank as an outreach program for the Downtown Eastside.

The program is open on **Thursdays 10am-12pm at Mission Possible, 54 Powell Street Powell Street,** Vancouver BC.

The Vancouver Animal Hospital provides:

- Free pet-food for dogs, cats, birds and small animals.

- Toys, treats, leashes, collars, litter, litter boxes and carriers
- Information on behaviour, training, basic care and local animal by-laws
- Free spay & neuters

Childcare

Mount Pleasant Family Place

Family drop in center with three locations in the Mount Pleasant area.

Website: <http://www.mpfamilycentre.ca> **Phone:** 604-872-6757

East Side Family Place

Address: 1655 William St., Vancouver, BC, V5L 2R3

Website: <http://www.eastsidefamilyplace.org/> **Phone:** (604) 255-9841

Free licensed childminding, drop-in for parents and their young children, support programs, small food cupboard, clothing exchange, and resource hub for everything from housing to counseling.

Email: info@eastsidefamilyplace.org

Kitslano Family Place

Family drop in, many other programs for children, and families, support groups

Website: <http://www.kitshouse.org>

Address: 2325 7th Avenue West, Vancouver, BC V6K 1Y4

Phone: (604) 736-3588

Richmond Family Place

Main Location: 8660 Ash Street, Richmond, BC V6Y 2S

Phone: (604) 278-4336

Website: <http://www.richmondfamilyplace.ca/>

Richmond Family Place is a non-profit multi-service family resource program established in 1979 and is open to ALL families in Richmond. Programs include drop-in, parenting programs, children's programs, family support and resources.

North Delta Family Place

Provides drop in for caregivers and children ages 0-6.

Address: New Hope Christian Church 11838 88th Ave, North Delta, BC V4C 3C5

Phone: 604-591-9262

Work/Employment

YWCA

Focus at Work services for women: **Focus at Work** helps women of any age to assess their skills, establish clear career goals and get the job search skills necessary to obtain and maintain employment.

Website: http://www.ywcavan.org/content/Focus_at_Work_services_for_women/185

Address: 602 - 1281 West Georgia Street, Vancouver, BC V6E 3J7

Phone: 604 688 4666

Program Highlights

- No cost to participate
- Full time program from Monday to Friday, 9:00am to 4:00pm
- One-to-one employment counselling
- Job-search support until you find work
- Eligible participants can apply for financial assistance to cover transportation and partial child care costs

Includes workshops on gaining employment skills, job search skills, and Assessments, including: effective communication, help with interview skills, and networking techniques.

Join YWCA Vancouver's services for single moms and connect to the resources and support you need to move forward. Single Mother's Network, you will have access to all the facilities and amenities available to a member of the Health and Fitness Centre in downtown Vancouver at 535 Hornby Street

Lower Mainland Employment Resources

Website: <http://www.lmer.ca/index.asp>

Large amount of resources and information available for youth.

LGBT Support

Queer BC

Website: <http://www.queerbc.com/youth.htm>

A website with a list of resources of supportive organizations in the Lower Mainland

Qmunity Youth Resources

Website: <http://www.qmunity.ca/youth/youth-resources/>

Includes a variety of topics from coming out to sexual health, as well as a list of queer and transgender youth friendly services from across the province.

Health:

Youth Health Clinics

<http://youthinbc.com/lower-mainland-youth-health-clinics/>

Website lists over a dozen health clinics for youth in the lower mainland. **Youth clinics (up to age 24) are free and confidential**, and offer counselling and support on all medical, health, sexual and wellness-related issues. No appointment, Care Card (usually) or parental accompaniment required.

Youth clinics offer services on:

- Birth control options
- Emergency contraceptive pills (ECP)
- Condoms

- Pregnancy testing
- HIV and STI (sexually transmitted infections) testing
- Pap tests
- Stress
- Drug & alcohol/Addictions counseling

Free or low cost dental care

Downtown Eastside Walk-In Dental Clinic

Vancouver Native Health Society
449 East Hastings Street
Vancouver, BC V6A 1P5
Telephone: 604-254-9949

This clinic offers free dental care to the residents of the Downtown Eastside. The clinic's focus is primarily on the relief of pain. The clinic is staffed with volunteer dental professionals and the hours vary. Please call to inquire about hours.

Mid-Main Community Health Centre

3998 Main Street
Vancouver, BC V5V 3P2
Telephone: 604-873-3602

The clinic accepts dental insurance. If a patient does not have dental insurance, the patient will be charged 10% below the fee guide. Please call for hours.

Vancouver Community College - Dental Clinic

City Centre Campus
250 West Pender
Vancouver, BC
V6B 1S9
Telephone: 604-443-8499

A low cost dental service. Patients are screened by the dentist. Six appointments are required. The clinic runs from September through to June. Please call for hours and to make an appointment.

Vancouver Community College - Denture Clinic

City Centre Campus
250 West Pender
Vancouver, BC V6B 1S9
Telephone: 604-443-8500

A low cost dental service for people who need dentures, either partial or full. The clinic runs from September through to June. Please call for hours and to make an appointment.

Reach Community Health Centre

1145 Commercial Drive
Vancouver, BC
V5L 3X3
Telephone: 604-254-1331

Low-cost dental treatment and preventive dental services.

University of British Columbia - Faculty of Dentistry

John B. MacDonald Building
2199 Westbrook Mall
Vancouver, BC V6T 1Z3
Telephone: 604-822-2112

Fees are 20% to 25% less than what dentists can charge in private practice. Student Dentists are supervised by an experienced and licensed Dentist. Clinic is open from September until April. Serves the lower

mainland. Please call for hours.

North Community Health Centre

200-1651 Commercial Drive
Vancouver, BC V5L 3X3
Telephone: 604-215-3935

This clinic offers dental treatment and prevention for children under the age of 6. It also offers emergency services for children up to Grade 7 who do not have dental insurance.

Portland Community Clinic

100-360 Columbia Street
Vancouver, BC V6A 4J1
Telephone: 604-609-7366

Provides dental services at a reduced fee, or through dental insurance, to Downtown Eastside residents. Residents must live in postal code areas V6A or V6B. Please call for hours.

Strathcona Community Clinic

Telephone: 604-713-4485
601 Keefer Street
Vancouver, BC V6A 3V8

Low cost dentistry to children under 19 years of age, their family members and seniors. Please call for hours.

Low Cost or Pro Bono (Free) Legal Aid

Legal Services Society

Telephone: 601-6206

Address: 4th floor, 510 Burrard Street, Vancouver.

Legal aid services available; must have proof of income. 9-12, 1-3 Mon-Fri, closed Wed afternoon.

The Law Line 601-6100

PIVOT 696-1322 Non-profit legal advocacy.

Law Students@ Legal Advice Program 822-5791

U.B.C. Legal Clinic 822-5791- Provides free advice & assistance. 9-4, Monday to Friday

Vancouver Community Legal Assistance Society 604- 685-3425

Dial-A-Law: www.dialalaw.org

Dial-A-Law is a library of free legal information prepared by lawyers. The program is funded by the Law Foundation of BC and operated by the Canadian Bar Association, BC Branch.

Lawyer Referral Service

It's a public service offered by the BC Branch of the Canadian Bar Association, the same organization that operates Dial-A-Law. Call 604.687.3221 in the Lower Mainland or 1.800.663.1919 toll-free elsewhere in British Columbia. Explain briefly the type of problem, and the service will give you the name of a lawyer. Phone the lawyer and make an appointment. Tell the lawyer that Lawyer Referral Service sent you. The lawyer will give you up to a 30-minute appointment for \$25. At the appointment, the lawyer will tell you if you have a legal problem. Then, if you and the lawyer agree, you can hire that lawyer at their normal rate.

But you don't have to use that lawyer. You may decide you don't have a legal problem and don't need a lawyer. Or you may decide to shop around and find another lawyer.

Legal Services Society (LSS): www.legalaid.bc.ca

Legal Aid: www.legalaid.bc.ca/legal_aid/

The Legal Services Society will pay for a lawyer to represent you if: your legal problem is covered by our legal aid rules, you meet the financial guidelines, and you have no other way of getting legal help. Legal problems that may be covered by legal aid include criminal charges, mental health and prison issues, serious family problems, child protection matters, and immigration problems. To find a legal aid location near you, see the LSS website at www.legalaid.bc.ca and under “Legal aid,” click “Legal aid offices”. Or you can call the LSS province-wide Call Centre at 604.408.2172 (Greater Vancouver) or 1.866.577.2525 (call no charge, elsewhere in BC).

Pro Bono Legal Services

“Pro bono” basically means “free,” and in these programs, private and experienced lawyers volunteer to provide free legal advice to those who can’t reasonably afford a lawyer or can’t get Legal Aid.

- **Access Pro Bono Society of BC:** www.accessprobono.ca
On April 1, 2010, the Western Canada Society to Access Justice merged with Pro Bono Law of British Columbia to become the Access Pro Bono Society of British Columbia. Access Pro Bono's mission is to promote access to justice in British Columbia by providing and fostering quality pro bono legal services for people and non-profit organizations of limited means. The client access number is 604.878.7400 in Greater Vancouver or 1.877.762.6664 from anywhere else in the province. Please also check on its Civil Chambers Pro Bono Duty Counsel Project.
- **BC Public Interest Advocacy Centre:** www.bcpiac.com
BCPIAC is a non-profit, public interest law office. Its task is to provide representation to groups that would not otherwise have the resources to effectively assert their interests. Call 604.687.3063 in Vancouver.
- **Community Legal Assistance Society (CLAS):** www.clasbc.net
The purpose of the Community Legal Assistance Society (CLAS) is to provide legal advice and assistance and to use and develop the law for the benefit of people who are physically, mentally, socially, economically or otherwise disadvantaged or whose human rights need protection. Call 604.685.3425 in Vancouver or toll free 1.888.685.6222.
- **Immigration & Multicultural Services:**
 - **Affiliation of Multicultural Societies and Service Agencies of BC (AMSSA):** www.amssa.org
AMSSA provides leadership in advocacy and education in British Columbia for anti-racism, human rights, and social justice. AMSSA supports its members in serving immigrants, refugees and culturally diverse communities. Call 604.718.2780 or 1.888.355.5560 in Vancouver.
 - **Immigrant Services Society of BC:** www.issbc.org
Immigrant Services Society of BC (ISS) will continue to be a leader in identifying the needs of immigrants and refugees and in developing, demonstrating and delivering effective, quality programs and services which meet those needs. Call 604.684.7498 or 604.684.2561 in Vancouver.
 - **MOSAIC:** www.mosaicbc.com
MOSAIC is a multilingual non-profit organization dedicated to addressing issues that affect immigrants and refugees in the course of their settlement and integration into Canadian society. Call 604.254.9626 in Vancouver.
 - **S.U.C.C.E.S.S.:** www.successbc.ca
S.U.C.C.E.S.S. supports the well being of Canadians and immigrants from diverse ethnic origins through the provision of social, educational and health services, business and community development, and advocacy. Call 604.684.1628 in Vancouver for general inquiries.

- **Justice Access Centres (Nanaimo and Vancouver):** www.justiceaccesscentre.bc.ca
The justice access centres are the place to come when you need help with family and civil law issues that affect your everyday life, such as separation or divorce, income security, employment, housing or debt. The Justice Access Centres have information and services you need to reach solutions to your problems. Services are provided in person, but you can call for information:
 - Nanaimo: toll free 1.800.578.8511
 - Vancouver: 604.660.2084
- **Tenant Resource & Advisory Centre (TRAC):** www.tenants.bc.ca
TRAC is a Vancouver-based non-profit organization that offers services on legal information for tenants, publications on tenants' rights, organizing tenants and workshops. Call 604.255.0546 in Vancouver or toll free 1.800.665.1185.
- **The Salvation Army BC Pro Bono Lawyer Consultant Program:** www.probono.ca
It is offered through the Salvation Army, and clinics are offered throughout the province. The volunteer lawyers won't actually do the legal work for you, but they will help prepare and lead you through the court process. Call 604.694.6647. You'll be put in touch with the appropriate clinic closest to you, where you can make an appointment to see a lawyer.

Victims Services

VictimLink provides information and help 24 hours a day: **Call 1.800.563.0808**

- Toll free anywhere in B.C. or Yukon, 24 hours a day, 7 days a week
- Confidential and anonymous
- Multilingual and TTY accessible

Crime Victim Assistance Program (CVAP)

CVAP is a financial benefits program to assist victims, immediate family members, and witnesses in dealing with the effects of violent crime. CVAP helps to offset financial loss and assist in recovery from injury. CVAP is part of a network of victim service programs throughout B.C. For more information and a link to the application, please visit the Crime Victim Assistance Program website:
<http://www.pssg.gov.bc.ca/victimservices/>

Victim Safety Unit

The Victim Safety Unit provides information to victims about the status of the accused (person charged with the crime) or offender (person convicted of the crime) when the person is supervised by B.C. Corrections. Victims must register for this service.
Please visit the Victim Safety Unit website for more information and application form:
<http://www.victiminfo.ca/en/services/victim-safety-unit>

Victim's Info an Online Resource for Victims and Witnesses of Crime - <http://www.victiminfo.ca/>

Family Services of Greater Vancouver – Victim Service Program

604.525.9144 (Burnaby/New West)
604.279.7100 (Richmond)

Victim Services

302-815 Hornby Street
Vancouver, BC V6Z 2E6
Tel: (604) 660-5199
Fax: (604) 660-5340
Email: VSDVictimsServices@gems2.gov.bc.ca

RCMP Victim/Witness Services

Creston, B.C.
Telephone: (250) 428-9313

Provides free services to Victims, Secondary Victims and Witnesses of Crime. Will also provide referrals to other agencies across the province. Questions? Call the victim information line at 1-800-563-0808.

BC Association of Specialized Victim Assistance and Counselling Programs

A voice for survivors of violence and the community-based services that support them. They have created a strong communication network among Sexual Assault Centers, Woman Assault Centers, Specialized Victim Assistance programs and Stopping the Violence Counselling programs across BC

728-602 West Hastings Street

Vancouver BC V6B 1P2

Telephone: (604) 633-2506

Fax: (604) 633-2507

Email: evabc@endingviolence.org

Website: www.endingviolence.org

Vancouver community agencies that provide specialized victim services:

- Aboriginal Wellness Program: 255 12th Ave E, Vancouver, BC V5T 2H1 (604) 875-6601
- Broadway Youth Resource Centre: 691 East Broadway Vancouver, BC V5T 1X7 - (604) 709-5720
- Battered Women's Support Services: Crisis and Intake Line 604-687-1867
- B.C. Society for Male Survivors of Sexual Abuse: 604-682-6482
- Downtown Eastside Women's Centre: 604-681-8480
- MOSAIC Multicultural Victim Services (multi-language): <http://www.mosaicbc.com/>
- Vancouver & Lower Mainland Multicultural Family Support Services Society (immigrant and visible minority women, youth and children): 604-436-1025
- Vancouver Incest and Sexual Abuse Centre: 604.874.2938
- Women Against Violence Against Women / Rape: 877-392-7583

Counselling/Resources

Directions Youth Services Centre

Main Office: 1134 Burrard St, Vancouver

Phone: 604.633.1472

At Directions Youth Services Centre, homeless youth and youth living in at-risk situations have access to an extensive range of services designed to assist them in taking the next steps with their life—be it to return to their home or home communities, to seek and secure affordable housing, to become employable and find employment, to work towards literacy and educational goals, or to access a doctor or a nurse, addictions services and mental health counsellors. The door is always open—24 hours a day, 7 days a week, 365 days a year.

Resources: Day program (Friday from 8:00 am – 4:00 pm) 18 and under.

Night program 4pm- midnight. Youth 21 and under.

The Night Resource Centre and Peer Support program at Directions offers a drop-in program for homeless and at-risk youth aged 21 and under. It provides youth with a safe space and access to laundry facilities, showers, clothing, toiletries, one-to-one peer

counselling, health services (including a doctor and street nurse clinic), and needs assessment and service referrals. A group of community volunteers provide a hot meal each evening. Also provides After-hours crisis program, 7 days a week.
Skills Training: Street Youth Job Action, Youth Advisory Committee
Support: Housing, Outreach, Counselling.

The Survival Manual

Website: <http://survivalmanual.org/Default.aspx>

The Survival Manual is a list of resources and agencies to assist those who are struggling with illness, homelessness, hunger and/or addiction or people looking for ways they can contribute to their communities by helping those in need.

Aunt Leah's Community Outreach

Main Office: 668 Carnarvon Street, Unit 200
New Westminster, BC
V3M 5Y6
Phone: (604) 525-1204

Website: www.auntleahs.org

One-to-one worker provides confidential support to youth experiencing personal difficulty. Goal is to reconnect youth with peers, family members, and the community, while improving the youth's self esteem and confidence. Fee for service.

Youth Space

Website: youthspace.ca

Youthspace offers online support to people under 25 years old. They provide an online live chat service and forum discussion board, as well as a way to connect to a professional e-counsellor. The live chat is open Thursday to Sunday, 5pm to 11pm.

Watari

Phone: 604-254-6995

Web: www.watari.org **Email:** info@watari.org

Main office: 301-877 East Hastings St, Vancouver BC, V6A 3Y1

Watari offers support and resources to youth around substance misuse, life skills training and street issues. Programs include a youth day treatment program, a community addictions counseling team, and various life skills programs.

Other ideas:

<http://www.partnersinhope.ca/services> *amazing Vancouver organization with resources for housing, shelters, low cost dental care, employment, and more.

http://carnegie.vcn.bc.ca/november_33_2005#id7bgIjSpvSFWpW2Aj5eIWDQ - huge list of resources for those living in the Downtown Eastside.

<http://www.usedvancouver.com/> - site to buy/sell used items for free. Has a "free" section where you can find everything from couches to kitchen cabinets and bed frames.

<http://www.vancouver.reuses.com/> - place to find used items

<http://freegeekvancouver.org/> - resource that provides used laptops to those who need/can't afford one.

<http://www.rebootvancouver.ca/services> – also for laptops, provides reduced maintenance services with a “Special Service Labour Discount”.

<http://vancouver.ca/parks/cc/falsecreek/website/youth.cfm> – False creek community centre has youth programs.

<http://www.accessfutures.com/resources/> - Aboriginal Community Career Employment Services Society, 604 251-7955.

<http://www.charityvillage.com/cv/nonpr/nonpr26.html>- Describes poverty/social justice programs in all of Canada/

<http://www.pcrs.ca/> - Pacific Community Resources. Provides alternate education, employment, addiction counselling and prevention services, housing search support, and cultural enrichment for children, youth, adults and families.

*******youthinbc.com – AWESOME website with more resources than I could ever list! Everything from resources on Life Skills, employment, and education to resources for help with eating disorders. A wonderful place to check out.**