

## Outreach, Counselling & Support Services

### Broadway Youth Resource Centre

Life skills, counselling, health services, employment training, meals, housing supports and referrals.

691 East Broadway **604-709-5720**

### Directions Youth Services Centre

Life skills, counselling, health services, employment training, meals, housing supports and referrals. [www.fsgv.ca](http://www.fsgv.ca)

1134 Burrard Street **604-633-1472** or **1-866-249-6884**

### South Vancouver Youth Centre

Youth services, family services and family supports.

4920 Fraser Street **604-325-2004**

### Urban Native Youth Association (UNYA)

Outreach, counselling, drop-in, school support, prevention services and more. [www.unya.bc.ca](http://www.unya.bc.ca)

1618 East Hastings Street **604-254-7732**

### Hey'-Way'-Noqu' Healing Circle for Addictions Society

401-1638 East Broadway

**604-874-1831**

### NEXUS (Boys and Girls Club of Greater Vancouver)

Substance abuse counselling and outreach program for youth aged 12-24. [www.bgc-gv.bc.ca](http://www.bgc-gv.bc.ca)

550 Cambie Street **604-660-5216**

### Odyssey II (Boys and Girls Club of Greater Vancouver)

Substance abuse counselling program for youth aged 12-24 and their families. [www.bgc-gv.bc.ca](http://www.bgc-gv.bc.ca)

2875 Saint George Street **604-879-8853**

### Parents Together (Boys and Girls Club of Greater Vancouver)

Professionally supported, mutual support/self-help program for parents of teens aged 12-18.

7595 Victoria Drive **604-325-0556**

### Parents Forever (Boys and Girls Club of Greater Vancouver and From Grief to Action)

Professionally supported, mutual support/self-help program for parents of adult children (19 and over).

7595 Victoria Drive **604-524-4230**

### Prism Alcohol & Drug Services

Counselling and groups for substance-use affected lesbian, gay, bisexual, Two Spirit and queer people, and for trans people regardless of sexual orientation. [prism@vch.ca](mailto:prism@vch.ca)

303-1290 Hornby Street **604-658-1214**

### Watari Youth, Family & Community Services

Counselling services for children, youth, adults and families.

[www.watari.org](http://www.watari.org)

301-877 East Hastings Street **604-254-6995**

## Youth Substance Use Treatment Services

### DAY TREATMENT

#### Watari Youth, Family & Community Services

7-week alcohol and drug day treatment program for youth and young adults aged 13-24. [www.watari.org](http://www.watari.org)

**604-438-3755**

### RESIDENTIAL TREATMENT

#### Peak House - Pacific Youth and Family Services Society

10-week, co-ed, residential alcohol and drug treatment program for youth aged 13-18. [www.peakhouse.ca](http://www.peakhouse.ca)

**604-253-6319**

#### Urban Native Youth Association (UNYA) – Young Bears Lodge

Culturally-based empowerment programming with a focus on alcohol and drugs for youth aged 13-18. [www.unya.bc.ca](http://www.unya.bc.ca)

**604-322-7577**

#### The Crossing at Keremeos

Long-term residential treatment centre for youth aged 14-18.

**1-877-218-7746**

### SUPPORT RECOVERY PROGRAM

#### PLEA Community Services Society of BC

28-day stabilization placements for youth aged 21 and under who are determining their next steps for addiction treatment.

[www.plea.ca](http://www.plea.ca) **604-708-2616**

### DETOX SERVICES

#### Family Services of Greater Vancouver

Community-based detox service for youth aged 16-21. Voluntary admission program with a harm reduction approach as the primary service delivery model.

Youth D-Talks Intake: (9:00am - 7:45pm daily) **1-866-658-1221**

Afterhours intake: **1-877-872-4349**

#### PLEA Community Services Society of BC

Community-based detox service for youth aged 16 and under.

[www.plea.ca](http://www.plea.ca) or [youthdetox@plea.bc.ca](mailto:youthdetox@plea.bc.ca) **604-708-2616**

Youth D-Talks Intake: (9:00am - 7:45pm daily) **1-866-658-1221**

## Youth Concurrent Disorder Services

### The Centre for Concurrent Disorders

Support and counselling for youth and families both with mental health and addiction issues (parent groups, intake, assessment, counselling and education). Ages 15-24. Group programs for clients 18 and older and some psychiatric assessments followed by recommendations to physicians.

255 East 12th Avenue **604-255-9843**

### Family And Community Enhancement Services (FACES) – Youth Concurrent Disorders

Provides assessment, counselling and education to youth 18 and under with concurrent mental health and substance use issues.

Access to psychiatric assessment if necessary. **604-675-3896**

### Provincial Youth Concurrent Disorders Program

Provides outpatient psychiatric consultations for BC youth (ages 12-24). Referral from physician required.

Located at BC Women's and Children's Hospital. **604-875-2010**

## Self-Help Resources

**Alcoholics Anonymous** **604-434-3933**

**Narcotics Anonymous** **604-873-1018**

**Alateen & Al-Anon** **604-688-1716**

**SMART Recovery** [www.smartrecoverybc.ca](http://www.smartrecoverybc.ca)

## Other Resources

**Alcohol & Drug Information & Referral Services**  
**604-660-9382** or **1-800-663-1441**

**24-Hour Vancouver Crisis Line** **1-866-661-3311**  
[www.youthinbc.com](http://www.youthinbc.com)

**Kids Help Phone** **1-800-668-6868**

**Provincial Child and Youth Advocate** **1-800-476-3933**

**VictimLink BC Service**  
Service provided in over 110 languages. **1-800-563-0808**

**BC Nurse Line** **8-1-1**

**Kelty Mental Health Resource Centre** **1-800-665-1822**

**Watari Survival Manual** [www.survivalmanual.org](http://www.survivalmanual.org)

For more copies, go online at <http://vch.eduhealth.ca> or email [pheh@vch.ca](mailto:pheh@vch.ca) and quote Catalogue No. JB.556.Y58  
© Vancouver Coastal Health, April 2011

# Youth Wellness Services

A range of services to support youth, families and communities.



## Community Health Centres & Youth Addictions Counselling

VCH Community Health Centres (CHCs) offer a range of services for youth and adults including:

- Youth, adult, older adult, family and group counselling for issues related to substance use
- Addictions Nurse and Addictions Doctor
- Withdrawal management (19+)
- Needle exchange and methadone maintenance
- Free public Addictions Education series (Pacific Spirit & Raven Song CHCs)

### VCH Youth Addiction Counsellors

Free, confidential counselling and support for youth/young adults aged 12-24, and their families, with substance use concerns and related issues. Contact the nearest VCH Community Health Centre below to book an appointment.

<b>Three Bridges CHC</b> 1290 Hornby Street (at Drake)	<b>604-736-9844</b>
<b>Grandview Woodland CHC</b> 1669 East Broadway (Commercial and Broadway)	<b>604-675-3990</b>
<b>Raven Song CHC</b> 2450 Ontario Street (2 blocks west of Main on Broadway)	<b>604-709-6400</b>
<b>Evergreen CHC</b> 3425 Crowley Drive (1 block south of Joyce Skytrain)	<b>604-872-2511</b>
<b>Pacific Spirit CHC</b> 2110 West 43rd Avenue (43rd & West Blvd)	<b>604-261-6366</b>
<b>South Addictions Services</b> 700 West 57th Ave (57th Ave near Cambie)	<b>604-301-3860</b>
<b>Pender CHC</b> 59 West Pender Street (near Pender and Abbott)	<b>604-669-9181</b>
<b>Downtown CHC</b> 569 Powell Street (near Powell and Princess Ave)	<b>604-255-3151</b>

## Vancouver Youth Clinic Services

Youth clinics offer free and confidential drop-in services for youth up to and including age 24. Services are provided by trained health care providers and include:

- Testing for sexually transmitted infections
- Free condoms and water-based lubricant
- Emergency contraception
- Pap tests
- Free or low-cost birth control options
- Pregnancy testing and options counselling
- General counselling
- Mental health and addictions counselling

Visit: [youth.vch.ca](http://youth.vch.ca) for more information and additional youth clinic locations.

<b>Boulevard Youth Clinic</b> 2110 West 43rd Ave Hours: Tues 2:30 - 5:00pm, Fri 1:30 - 4:00pm	<b>604-261-6366</b>
<b>Broadway Youth Resource Centre Youth Clinic</b> 691 East Broadway Hours: Mon 2:30 - 5:00pm, Thurs 2:30 - 5:00pm	<b>604-786-2228</b>
<b>East Van Youth Clinic</b> 1669 East Broadway (at Commercial) Hours: Mon, Tue, Wed 3:00 - 6:00pm, Fri 2:00 - 5:00pm	<b>604-675-3986</b>
<b>English Bay Youth Health Centre</b> 1655 Barclay Street Hours: Tues 2:30 - 5:00pm	<b>604-736-9844</b>
<b>Knight Street Youth Clinic</b> 6405 Knight Street Hours: Mon 2:00 - 4:30pm, Thurs 5:30pm - 8:00pm	<b>604-301-2227</b>
<b>Three Bridges Community Health Centre – Youth Services</b> 1292 Hornby St Hours: Mon-Fri 5:00 - 8:00pm, Sat 10:00am - 5:00pm	<b>604-736-9844</b>
<b>Pine Free Community Health Clinic</b> 1985 West 4th Ave Mon 9:00am - 5:00pm, Tues 9:00am - 6:30pm, Wed 9:00am - 6:30pm (closed 1:30 - 3:30 1st Wed of every month), Thurs 9:00am - 6:30pm, Fri 9:00am - 5:00pm, Sat 12:30pm - 4:30pm	<b>604-736-2391</b>

## Prevention Services

### SACY

SACY is a multifaceted substance use prevention initiative that engages youth, families, communities and school staff. To learn more about this VSB/VCH initiative and the front-line staff affiliated with each VSB secondary school, please visit [www.vsb.bc.ca/sacy](http://www.vsb.bc.ca/sacy)

### Watari STAR Program

StopThinkAssessRespond is a strengths-based health promotion/education curriculum for youth in grades 5 & 7. For more information, or to book a session, please call **604-254-6995**.

### PlanetAhead-Condomania

Facilitating a range of sexual health workshops in high schools with a focus on grades 8 through 10. [www.planetahead.ca](http://www.planetahead.ca) For more information, call **604-714-3771 Ext. 2373**.

### C.A.L.L. Out!

C.A.L.L. Out! (Creating Action, Learning and Leadership) works with organizations across BC to engage lesbian, gay, bisexual, trans, Two Spirit, queer, questioning and allied youth in healthy, meaningful activities that increase their leadership capacity and connection to community. [www.vch.ca/prism](http://www.vch.ca/prism) (toll-free in BC) **1-877-515-3668**

## Other Wellness Services

### Aboriginal Wellness Program

The Aboriginal Wellness Program develops and delivers culturally safe mental wellness and addictions programs for Aboriginal children, youth, adults and families. Services include counselling, outreach support, victim support, education, training and research. **604-875-6601**

### Child & Youth Mental Health Intake Line

A single point of access for child and youth mental health services (up to and including age 18) in Vancouver. **604-675-3895**

### Child & Adolescent Response Team (CART)

Urgent response to mental health related crises involving school age children/youth and their families. Short-term therapy, resources and referral coordination. Weekdays only. **604-874-2300**

### Family And Community Enhancement Services (FACES)

**ADHD Parent Program** - Program for caregivers of children and youth (3-15 years) who have a primary diagnosis of ADHD.  
**Connect Parent Group** - Program for parents of children and youth (8-18 years) which focuses on strengthening the parent/child attachment relationship. **604-675-3896**

### Healthy Attitudes Program (for problematic eating)

Dietician, nurse, physician and counsellor available for youth aged 11-24. **604-321-6151**

### Qmunity

BC's Queer Resource Centre. Prideline, information, referral and peer support. [www.qmunity.ca](http://www.qmunity.ca)  
1170 Bute Street **604-684-5307** or **1-800-566-1170**

### SAFER (Suicide Attempt Follow-up, Education and Research)

Providing counselling for people aged 19 and older who are feeling suicidal or have attempted suicide, support and education for those concerned about loved ones at risk for suicide, and counselling for those bereaved by a suicide death.  
1669 East Broadway (Commercial and Broadway) **604-675-3985**

## Services in Richmond

### Richmond Addiction Services

**Youth and Family Program** – Outpatient and outreach counselling, drop-in, assessment and referral services, community and school-based prevention services, alternative therapies  
**Problem Gambling Program** - Services for those who are problem gambling or impacted by problem gamblers.  
[www.richmondaddictions.ca](http://www.richmondaddictions.ca) **604-270-9220**

### Richmond Youth Service Agency (RYSA)

Counselling, career/employment support, after-school and recreation programs, and Aboriginal supports for children, youth and families.  
[www.rysa.bc.ca](http://www.rysa.bc.ca) **604-271-7600**

### Richmond Eating Disorders Services

A free, voluntary, community-based program that offers assessment and treatment services for youth with anorexia nervosa, bulimia nervosa or an eating disorder not otherwise specified. GP referral required.  
**604-244-5486**

## Services in North Vancouver

### 15th Street Youth Services

Providing mental health and addiction services for families and youth aged 13-18. (M-F 8:30am-4:30pm) **604-904-4336**

