



## Resources List for Families

## Counselling Resources

\*Counselling services may have wait times and it may be difficult to find the right one on your own. Please do not hesitate to speak with a victim support worker for more information on the most appropriate program to meet your or your child's needs. To speak to a victim support worker in Surrey, please call the Surrey Women's Centre Support Line at 604 583 1295.

Name	Description	Contact	Website
<b>Options Prevention Education Advocacy Counselling and Empowerment Program (PEACE)</b>	Offers services for children who have witnessed or been exposed to abuse, who are no longer living with the offending parent.	604-584-5811 or peace@options.bc.ca.	<a href="https://www.options.bc.ca/program/peace-children-youth-experiencing-violence">https://www.options.bc.ca/program/peace-children-youth-experiencing-violence</a>
<b>DIVERSEcity Prevention Education Advocacy Counselling and Empowerment Program (PEACE)</b>	Offers culturally informed services for children from immigrant or refugee families who have witnessed or been exposed to abuse, who are no longer living with the offending parent.	604-547-1202 or intake@dcrs.ca	<a href="https://www.dcrs.ca/our-services/violence-prevention-services/peace-program/">https://www.dcrs.ca/our-services/violence-prevention-services/peace-program/</a>
<b>Sexual Abuse Counselling Centre</b>	Provides assessment, individual counselling, and parent support for children (3-18) living in Surrey in cases of confirmed or suspected sexual abuse.	604-584-5811 ext. 11301	<a href="https://www.options.bc.ca/program/sexual-abuse-counselling-centre">https://www.options.bc.ca/program/sexual-abuse-counselling-centre</a>
<b>Family Counselling</b>	Provides free, short-term counselling for families with children 0-18. Call MCFD Centralized Screening 604-660-4927 and ask to be referred.	604-584-5811 at ext. 11301	<a href="https://www.options.bc.ca/program/family-counselling">https://www.options.bc.ca/program/family-counselling</a>
<b>Family Enhancement Program</b>	Only families with an open MCFD file may be referred. Ask your assigned social worker for more information. Provides strength-based, solution-focused, and culturally sensitive support education and clinical counselling through a trauma-informed lens to encourage and inspire families and develop community.	604-596-4321 ext. 21152	<a href="https://www.options.bc.ca/program/family-enhancement-program">https://www.options.bc.ca/program/family-enhancement-program</a>
<b>Residential Historical Abuse Program</b>	Offers free counselling for those who were sexually abused while under the care of the province (foster care, group homes, etc.).	604-777-8400	<a href="https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/residential-historical-abuse-program">https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/residential-historical-abuse-program</a>
<b>Moving Forward Family Services</b>	Offers low cost and free individual counselling, group counselling, and coaching. No one will be turned away due to financial circumstance.	877-485-5025	<a href="https://movingforward.help/">https://movingforward.help/</a>

<b>Kids Help Phone</b>	Supports children and youth 24 hours a day, 7 days a week through a mental health support line staffed by trained counsellors.	Call 1-800-668-6868 or text 686868	Online resources at: <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a>
<b>Crime Victim Assistance Program (CVAP)</b>	Assists victims, immediate family members and some witnesses in coping with the effects of violent crime, including child abuse. It provides financial benefits to help offset financial losses and assist in recovery. These benefits can be used for trauma counselling and other expenses related to the crime.	Toll-free: 1-866-660-3888 Lower Mainland: 604-660-3888	Fill out online application form or call a victim services organization for help with the application <a href="https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/cvap-forms">https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/cvap-forms</a>
<b>Surrey Women's Centre</b>	Offers trauma counselling services for women. Also, provides gently used clothing and household items to women in need.	Resource centre: 604-589-1868 Support line: 604-583-1295	<a href="https://surreywomenscentre.ca/">https://surreywomenscentre.ca/</a>
<b>BC Society for Male Survivors of Sexual Abuse and Domestic Violence</b>	Provides counselling support for adult male survivors of recent or past sexual abuse or domestic violence; accepts Crime Victim Assistance Program benefits.	778-222-6885	<a href="https://bc-malesurvivors.com/">https://bc-malesurvivors.com/</a>
<b>Child and Youth Mental Health</b>	Performs intakes and provides referrals, assessment, and therapy.		Find a clinic near you: <a href="https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics">https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics</a>
<b>Sources Crime Victim Assistance Program Counselling</b>	Provides trauma counselling for children, adolescents, and adults of all genders who have been approved for counselling benefits through the Crime Victim Assistance Program.	604-335-5035 or trauma.counselling@sourc esbc.ca	<a href="https://www.sourcesbc.ca/our-services/crime-victim-assistance-counselling/">https://www.sourcesbc.ca/our-services/crime-victim-assistance-counselling/</a>

### Child Care + Parenting Resources

Name	Description	Contact	Website
<b>Child Care Options</b>	Provides resources and childcare referrals for parents (with children aged newborn to 12) living in Surrey, White Rock, and Delta.	604-572-8032	<a href="https://www.options.bc.ca/program/child-care-options-resource-referral">https://www.options.bc.ca/program/child-care-options-resource-referral</a>
<b>BC Council for Families</b>	Offers parenting classes for a wide variety of ages and scenarios.	604-678-8884 or bccf@bccf.ca	<a href="https://www.bccf.ca/">https://www.bccf.ca/</a>
<b>Support for parents of LGBTQ+ Youth</b>	Compiled list of resources available to support parents of LGBTQ+ youth on the website for QMUNITY.	604-684-5307 ext. 100 or reception@qmunity.ca	<a href="https://qmunity.ca/get-support/youth/parents/">https://qmunity.ca/get-support/youth/parents/</a>

<b>Parent Support Services Society</b>	Works with parents, grandparents & kinship caregivers to provide emotional, educational, legal, & child-minding support. Services are free regardless of immigration status and available in 7+ languages.	Toll Free: 1-877-345-9777 Kinship Care Helpline: 604-558-4740	<a href="https://www.parentsupportbc.ca/">https://www.parentsupportbc.ca/</a>
<b>Family Resource Centre</b>	Connects parents, grandparents, or caregivers of children (birth to 6 years old) with other families and with education provided by Early Childhood Educators.	778-868-1802	<a href="https://www.options.bc.ca/program/family-resource-programs">https://www.options.bc.ca/program/family-resource-programs</a>
<b>Family Support Outreach</b>	Provides in home guidance to help parents build parenting skills.	604-583-1017 ext. 1	<a href="https://www.options.bc.ca/program/family-support-outreach">https://www.options.bc.ca/program/family-support-outreach</a>
<b>Multicultural Multi-Language Parenting Classes</b>	Offers educational programs on topic of family violence, parenting classes, and victim support services.	604-436-1025	<a href="https://www.vlmfss.ca/our-organization">https://www.vlmfss.ca/our-organization</a>

### Legal Resources

<b>Name</b>	<b>Description</b>	<b>Contact</b>	<b>Website</b>
<b>Access Justice Pro Bono</b>	Provides legal advice and representation to low to moderate income individuals for a wide variety of legal concerns including mental health, family law, wills and estates, employment law, residential tenancy, and more.	1-877-762-6664 or 604-878-7400	<a href="https://www.accessprobono.ca/">https://www.accessprobono.ca/</a>
<b>Legal Aid BC</b>	Offers legal representation or summary advice services. Call legal aid to determine if you are eligible to apply.	604-408-2172	<a href="https://legalaid.bc.ca/">https://legalaid.bc.ca/</a>
<b>Sources Family Law Advocacy</b>	Provides family law advocacy in English, Punjabi, and Hindi.	778-731-9192	<a href="https://www.sourcesbc.ca/our-services/family-law-advocacy/">https://www.sourcesbc.ca/our-services/family-law-advocacy/</a>
<b>Parent's Legal Centres</b>	Provides legal advocacy, representation, and advice for parents during all stages of a child protection matter.	1-888-522-2752	<a href="https://legalaid.bc.ca/legal_aid/parents-legal-centres">https://legalaid.bc.ca/legal_aid/parents-legal-centres</a>
<b>Family Duty Counsel</b>	Provides up to 3 hours of legal advice for individuals representing themselves in family law or child protection issues. You may qualify even if you don't qualify for legal aid. Call the local # for drop-in hours and more information.	604-595-4379	<a href="https://legalaid.bc.ca/legal_aid/familyDutyCounsel">https://legalaid.bc.ca/legal_aid/familyDutyCounsel</a>
<b>Lawyer Referral Service</b>	Helps British Columbians find a suitable lawyer to resolve their legal problem. Any BC resident can call for family, tenancy, employment, personal injury, will, estate or trust law issues or use the online booking platform to be connected to an expert lawyer who will provide up to a half-hour of free legal consultation.	604-687-3221 or 1-800-663-1919	<a href="https://www.accessprobono.ca/our-programs/lawyer-referral-service">https://www.accessprobono.ca/our-programs/lawyer-referral-service</a>

## Newcomer + Multicultural Resources

Name	Description	Contact	Website
<b>Multicultural Outreach Service</b>	Provides services for women who have experienced or are at risk of abuse, threats, or violence in an intimate relationship, or women who have experienced historical sexual abuse and sexual assault, looking for one-on-one support and guidance.	604-572-5883	<a href="https://www.options.bc.ca/program/threshold-multicultural-outreach">https://www.options.bc.ca/program/threshold-multicultural-outreach</a>
<b>Moving Ahead Program</b>	Assists immigrant individuals and families with multiple needs and significant integration barriers.	604-572-4060 ext. 21171	<a href="https://www.options.bc.ca/program/moving-ahead-program">https://www.options.bc.ca/program/moving-ahead-program</a>
<b>Multicultural Family Preservation Program (MFPP)</b>	Only families with an open MCFD file may be referred. Ask your assigned social worker for more information. Provides support to multicultural families to become fully functioning empowered caregivers. MFPP counsellors provide families with intensive support (up to 6 months) in multiple languages.	604-596-4321 ext. 21152	<a href="https://www.options.bc.ca/program/multicultural-family-preservation-program">https://www.options.bc.ca/program/multicultural-family-preservation-program</a>
<b>UMOJA Operation Compassion Society of British Columbia</b>	Provides support and referral services for newcomer families in areas such as housing, language, employments, isolation, parenting, and child-care.	604-581-5574	<a href="https://umojaoperation.ca/">https://umojaoperation.ca/</a>

## Indigenous Services

Name	Description	Contact	Website
<b>Family Connections Worker Program</b>	Supports and advocates for families with children ages 5-18 to access needed government and community-based resources and services to help them thrive.	laura.scheck-bell@fafca.org	<a href="https://fafca.org/programs-services/family-development/family-connections-worker/">https://fafca.org/programs-services/family-development/family-connections-worker/</a>
<b>Ending Violence Against Indigenous Peoples Program</b>	Provides traditional counselling, Crime Victim Assistance Program counselling, Indigenous domestic violence outreach, red path traditional healing, and survivor support for Indigenous peoples that are survivors of violence and/or sexual assault.	604-595-1170 or truellen.thomas@fafca.org	<a href="https://fafca.org/programs-services/trauma-response/ending-violence-against-women/">https://fafca.org/programs-services/trauma-response/ending-violence-against-women/</a>
<b>KUU-US Crisis Line</b>	24-hour provincial aboriginal crisis line for Adults/Elders and Child/Youth.	1-800-588-8717	<a href="https://www.kuu-uscrisisline.com/">https://www.kuu-uscrisisline.com/</a>

## Financial Assistance and Advocacy

Name	Description	Contact	Website
<b>Income Assistance Office</b>	Provides information about government financial assistance. Call to find your local income assistance office and learn if you are eligible to apply for assistance.	1-866-866-0800	<a href="https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance">https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance</a>
<b>Sources Advocacy, Housing &amp; Prevention Services</b>	Provides several mental health, disability, and poverty-related programs. Advocates can connect you to income, disability, mental health, and housing supports.	Advocacy Services Programs: 778-735-1368 Housing Programs: 778-731-9195	<a href="https://www.sourcesbc.ca/our-services/advocacy-housing-prevention-services/">https://www.sourcesbc.ca/our-services/advocacy-housing-prevention-services/</a>
<b>Housing Support + Homelessness Prevention Program</b>	Provides individuals in identified at-risk groups facing homelessness with portable rent supplements and support services to help them access rental housing in the private (non-subsidized) housing. Housing workers can also connect people to shelters and other housing resources.	604-590-7368 or housing.registry@options.b c.ca.	<a href="https://www.options.bc.ca/program/shelters-housing-services">https://www.options.bc.ca/program/shelters-housing-services</a>

### More Information Available at:

**BC 211:** Dial 211 or visit bc211.ca for a directory of community services in British Columbia. Services available in over 150 languages.

**Surrey Libraries:** Call 604-598-7420 to speak to a librarian that can help you find services in your community.



Use your smartphone camera to scan this code to access a comprehensive, searchable list of resources or visit [kpu.ca/NEVR/Resources](https://kpu.ca/NEVR/Resources) to access the Pink Book of Resources.