

(Lower Income continued)

Re-Use-It Centre: is a second hand store in Function Junction open seven days a week 10am-5:30pm. All proceeds to WCSS programs and services. WCSS (604) 932-1121

Recreation Credit Program: offers \$115 credit to lower income Whistler residents to be applied to programs offered by the Sports Centre and Community Centre. RMOW & WCSS (604) 932-0113

KidSport: provides financial assistance to enable children of financially restricted families to participate in sport programs. WCSS (604) 932-0113

Bus Subsidy: financially restricted families and singles can apply for a one-month or 5-ride bus pass. Applications at WCSS office in Myrtle Phillip School (604) 932-0113. RMOW sponsored.

COUNSELLING AND MENTAL HEALTH

Crisis Centre Distress Line: 24 hour service. Call to speak with someone if you are in crisis or distress. 1-866-661-3311

Whistler Mental Health & Addiction Services: provides support, assistance, counseling and consultation to individuals who are experiencing emotional, psychological, and psychiatric concerns such as depression/anxiety, and addiction concerns such as substance use or misuse. VCHA (604) 698-6455

Howe Sound Women's Centre Drop In Services: Drop-in Services at 38021 Third Avenue, Squamish, 10am to 5pm. Walk-in services to women, including emotional support, referral, advocacy and resource information. Free legal advice available by appointment. HSWC (604) 892-5748

Counselling Assistance Fund: bursaries toward private counselling are available to financially restricted residents. WCSS (604)932-0113

Counselling Services for Women: provides confidential one-on-one or group counselling to women who a) have been or are in an abusive relationship b) are survivors of childhood sexual abuse c) have been sexually assaulted. VCHA & SSCS (604) 938-3354

Stopping the Violence: counselling services for women in difficult relationships and/or survivors of childhood sexual abuse and/or victims of sexual assault. 1-877-892-2022

Child and Youth Mental Health Services: wide range of community-based specialized mental health services to mentally ill children and their families. MCFD 1-800-663-7867

Children Who Witness Abuse: counselling for children who have been exposed to high level conflict or violence at home. HSWC (604) 892-5748

RELIGIOUS SUPPORT SERVICES

Spiritual and emotional support.
Church of the Mountain (604) 902-4111
Our Lady of the Mountain Catholic Church (604) 905-4781 or (604) 938-6643
Whistler Community Church (604) 932-3139
Whistler Village Church (604) 935-8450
Victory Christian Centre 1-800-450-9996

SEXUALITY – HEALTHY

Whistler SAFE (Sexual Awareness for Everyone) Clinic: comprehensive services related to healthy sexuality. Clinics held at Whistler Health Care Centre on Tuesdays 4:30-7:30pm & Thursdays (winter only) 5pm-7pm. All services confidential. **VCHA** (604) 932-3202
STI/HIV/AIDS Helpline: Testing information. 1-800-661-4337

SUPPORT GROUPS

N.A. (Narcotics Anonymous) – see Addictions
A.A. (Alcoholics Anonymous) – see Addictions

YOUTH & YOUNG ADULT

Adapt-a-Yad (Young adult): links local families with young adults who are new to town for support and resource information. **WCSS** (604) 932-0113

Youth Outreach: provide guidance and assistance to youth and young adults with issues. (604) 938-3902 or (604) 902-0670 **WCSS** (604) 932-0113

Peer Educators: Free peer support training for young adults. **WCSS** (604) 932-0113

Youth In BC: 24-hour Distress Line, email support also available. 1-866-661-3311/ www.youthinbc.com

Whistler Welcome Week: a week of fun, healthy events aimed at welcoming newcomers to town and providing some orientation. **WCSS** (604) 932-0113

Youth Centre: drop-in lounge for youth 13-18. Whistler Youth Centre has ping pong, a pool table, TV/VCR, big screen movies, Playstation, Wii, Rock Band, internet access, mini ramp, \$3 Friday Dinners, random activities like paintball & funny looking staff & books about math! Located at Millennium Place. **RMOW (604)935-8187**

LUNA (Late & Unique Nighttime Alternatives): Affordable, alcohol-free nightlife offered year-round in Whistler for those 18+, and young adult training and community engagement programs. **RMOW (604)935-8372** www.lunawhistler.com

Zero Ceiling: Whistler-based charity that operates innovative and sustainable community programs delivering adventure-based learning for disadvantaged and at-risk youth in Lower Mainland and Sea to Sky corridor. www.zeroceiling.org

Social Support Programs and Services Chart is Produced by Whistler Community Services Society

SOCIAL SUPPORT PROGRAMS AND SERVICES

Serving Whistler B.C.



Whistler Community Services Society

LEGEND

Youth: 13-17 years
Young Adult: 18-29 years
Family: Parent or parents with at least one child
Senior: 65 years +

HSWC: Howe Sound Women's Centre 1-877-890-5711 www.sea-to-sky.net/women
MCFD: Ministry of Children and Family Development: 1-800-663-7867 http://www.gov.bc.ca/mcf
MHSD: Ministry of Housing & Social Development 1-866-866-0800 http://www.gov.bc.ca/hsd
RMOW: Resort Municipality of Whistler (604) 932-5535 www.whistler.ca
SSCS: Sea to Sky Community Services (604) 892-5796 www.communityservices.bc.ca
VCHA: Vancouver Coastal Health Authority (604) 932 3202 www.vch.ca
WCSS: Whistler Community Services Society (604) 932 0113 www.mywcsc.org
WHA: Whistler Housing Authority (604)905-4688 www.whistlerhousing.ca

Santa's Helpers: provide Christmas hampers to Whistler families in need. WCSS (604) 932-0113

Whistler Survival Guide: provides all of the information one would ever need as a newcomer to Whistler including housing, employment budgeting, support services and more. WCSS (604) 932-0113

Childcare Subsidy: families may be eligible for financial assistance with their childcare costs. MCFD 1-800-663-7867

Family Maintenance Programs: Services are provided to income assistance recipients who are eligible for spousal or child maintenance. MHSD 1-866-866-0800

Rental Assistance Program provides eligible low-income, working families with cash assistance to help with their monthly rent payments. BC Housing 1-800-257-7756

Child in Home Relative Benefits: for relatives caring for a minor child. MHSD 1-866-866-0800

Temporary Assistance Benefits & Services: for those expected to work. MHSD 1-866-866-0800

Income Assistance (welfare) and Employment programs: available to eligible persons. Application and eligibility details can be viewed on the Ministry website at http://www.gov.bc.ca/hsd.

LOWER INCOME

Dial a Law: www.bccba.org 1-800-565-5297

Aid layer: 1-866-577-2525
You must qualify under the Legal Aid guidelines to get a Lawyer, the Legal Services Society may pay for a lawyer for you.

LEGAL AID
Legal Aid: If you have a legal problem but cannot afford a lawyer, the Legal Services Society may pay for a lawyer for you.

Homeless Outreach Program: provides outreach to individuals who are homeless or at risk of homelessness and link them to the appropriate services and housing.
BC Housing and SSCS 604-892-5796

Interim Housing Project: provides a warm bed and support for newcomers to Whistler who are keen to find work for the winter, have potential to succeed and whom are experiencing challenges. Available Oct-Nov only. WCSS (604) 932-0113

Housing Purchase and Long-term Rental Waitlists: WHA manages a wait list for both long-term accommodation and purchasing of employee restricted housing for eligible Whistler residents. WHA (604) 905-4688

Subsidized Housing for Families: Income geared rental housing for families in Whistler. WHA (604) 905-4688

HOUSING

Elizabeth Manso Visiting Volunteers: Assistance is provided to people who are house-bound due to illness or injury. Help is also available for new mothers. WCSS (604) 932-0113

Long-term Care: a variety of in-home support services to assist people whose ability to function independently is affected by health related problems. VCHA (604) 932-3202

Home Care Nursing: provides in-home professional nursing care for people whose health make it difficult to look after themselves. VCHA (604) 932-3202

Food Buying Club: helps local financially restricted families access groceries at cost as well as skill building opportunities in a supportive group atmosphere. WCSS (604) 932-0133

Community Greenhouse: community members can rent a garden box to grow their own organic veggies. Produce donations are made to the Food Bank. WCSS (604) 932-0113

Community Kitchen: hands-on workshops that teach how to cook healthy and economically. WCSS (604)932-0113

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Mother Goose: offers a group experience for parents and their babies and young children focusing on the pleasure of and power of using rhymes, songs and stories together. SSCS (604) 892-5796

Family Skills Program: a comprehensive family, child, and youth program offering supervised visits, parent-child meditation, parenting classes, support counselling. SSCS (604) 892-5796

Sea to Sky Child Care Resource and Referral Program: provides childcare information and advocacy for Sea to Sky corridor families and childcare providers. SSCS (604) 892-5796

Children and Youth Counselling Programs: Individual, group and family counselling available by appointment. Violence prevention education (VIP) provided to schools and community groups. Special focus on family conflict and trauma. HSWC (604) 892-5748

Healthy Pregnancy Outreach: designed to assist pregnant women in maintaining good health and having healthy babies. SSCS (604) 892-5796

Infant Development Program: an at-home, voluntary program to assist parents with children with special needs, aged 3 years and under. SSCS (604) 892-5796

Service Canada: provides Canadians with one-stop, personalized access to Government of Canada services and benefits. Service Canada: provides Canadians with one-stop, personalized access to Government of Canada services and benefits.

Whistler Adaptive Ski Program: provides ski experiences for people with disabilities. 1-800-766-6044

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