

# 2025 Seniors Directory



Finances  
Health and  
Support Services  
Housing Services  
Information  
Services  
Legal Resources  
& Personal Security  
Meal Programs  
& Shopping  
Social, Education  
and Recreation  
Programs  
Transportation  
Volunteer  
Opportunities



North Shore  
Community  
Resources

north shore  
**news**

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**Transportation**

**Transition Care**

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[info@globalseniorcare.com](mailto:info@globalseniorcare.com)

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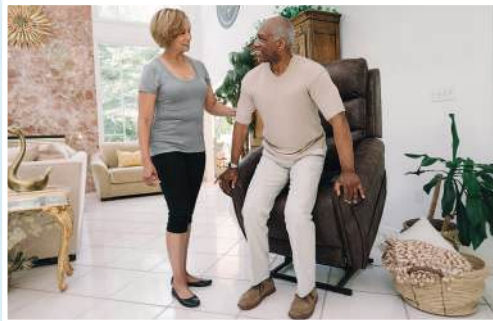
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WITH DIFFERENT NEEDS**



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# North Shore Community Resources (NSCR)

North Shore Community Resources is a non-profit dedicated to individual and community wellbeing through facilitating social connections, empowerment, and community participation. We offer programs and services for all ages including children and families, seniors, and younger adults. Whether you need assistance with child care, tax preparation, information and support for seniors and caregivers, legal advice, volunteer opportunities, or anything else, NSCR is here for you. Contact us to find out how we can help.



## Seniors Programs

**Seniors One Stop (SOS)** and **Seniors Community Connectors (SCC)** provide information and referral services as well as extended one on one support and community connection to seniors and their families. **Better at Home** supports local seniors by providing them with basic, non-medical services aimed at helping them maintain their independence while remaining in their homes.

The **Caregiver Support** Program supports individuals who care for others so the caregiver can maintain their own well-being.



## Child & Parent Programs

Our **North Shore Child Care Resource and Referral Program (CCRR)** provides assistance and training to child care providers, early childhood educators, and families to find quality, affordable child care.

The **Community Action Program for Children (CAPC)** supports the healthy development of young children and families facing challenging life circumstances.



## Legal & Housing Advocacy

Our **Community Legal Services** program provides free legal information, referral, advice and representation on various legal issues. **The Community Housing Action Committee (CHAC)** advocates for improved affordable housing on the North Shore.

## Community Engagement

**Information North Shore** provides information and referral for services available in our community.

**Democracy Café** is a platform to nurture citizens' participation in democratic life such as our North Shore Young Civic Forum.

**Volunteer North Shore** helps individuals find volunteer positions and connects organizations with willing volunteers.

helps low-income North

The **Community Volunteer Income Tax Clinic** helps low-income North Shore residents to file their income tax.



**For further information regarding our services, to volunteer, or to make a tax-deductible donation, please contact NSCR today at 604.985.7138 or [nscr@nscr.ca](mailto:nscr@nscr.ca)**



# 2025 Seniors Directory

A RESOURCE FOR SENIORS LIVING ON THE NORTH SHORE

**Our Seniors One Stop Navigation Center (SOS)** and the **North Shore News** partner to bring you this informative resource directory annually.

Our *Seniors One Stop* (SOS) has been a program of NSCR, a non-profit organization and registered charity, since 1992. We support seniors and their families access a wide range of public and private resources.

Our team is available to meet with you or talk over the telephone during office hours Monday to Friday. All information is handled in a confidential and private manner. Please give us a call to find out how we can help you.

**You can find us at:**

**North Shore Community Resources (NSCR)**  
**Seniors One Stop Navigation Center (SOS)**

#201 - 935 Marine Drive

Capilano Mall, North Vancouver, B.C. V7P 1S3

**604-982-3302 • [www.nscr.ca](http://www.nscr.ca) • [nscr@nscr.ca](mailto:nscr@nscr.ca)**

We would like to thank the following organizations for their financial support which has made the *Seniors One Stop* (SOS) program possible.



Funded in part by the  
Government of Canada's  
Age Well at Home Initiative

Canada



**and donors like you!**

## Let's build our community together!

Whether you want to give back through volunteering or learn what our community has to offer, we are here to help.

If you're not sure where to start looking for an opportunity that's right for you, give **Volunteer North Shore** a call and make an appointment to connect with us. We can help you find rewarding volunteer work that fits your interests and availability.

**Call 604-985-7138**

We endeavor to provide you with the most up to date information but we recognize that changes do occur after publication. Please contact individual organizations for additional program details directly.



### Seniors Directory 2025

For information regarding the editorial listings, please contact **SOS** at **604-982-3302**.

For information regarding advertising, contact the **North Shore News** at **604-998-3520**.

This directory is brought to you in partnership:



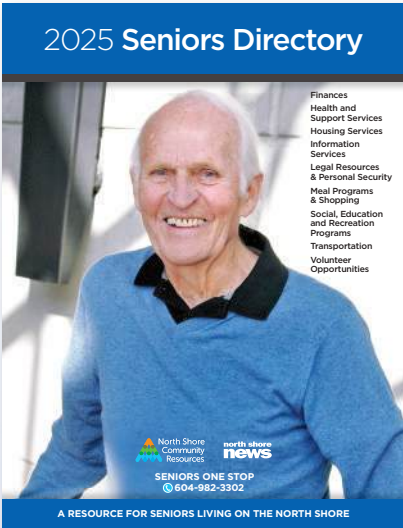
**“Volunteering is at the very core of being human. No one has made it though life without someone else's help.”**

*Heather French Henry*

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(Police/Fire/Ambulance Call 911)



**ON THE COVER:** Graham Parkes has been a long time volunteer with North Shore Community Resources for the Better at Home program. He started as a volunteer driver and has been with us for over 10 years now assisting seniors with minor home repairs to improve their safety, security and comfort in their homes. With every service delivered there is an opportunity to provide a friendly connection and Graham has spent countless hours staying on to have a cup of tea or enjoy a conversation along with providing a helping hand. He has also been in the community band scene for 40 years playing trombone and tuba. Graham is a long-time member of the Deep Cove Big Band playing at many community events, festivals and senior retirement homes throughout the lower mainland. He likes to contribute even more of his time sitting on advisory boards, strata councils, Block Watch groups, etc. He also donates blood regularly and has made about 150 donations to date. Graham is a true example of giving back to his community. We thank you Graham for the many ways you participate, thrive and inspire others!

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For a detailed, alphabetical list of services and resources available to North Shore seniors, please refer to the index beginning on page 68.

HOUSEKEEPING • COMPANIONSHIP • PERSONAL CARE • ERRANDS & RIDES



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## IMMEDIATE SUPPORT

**Police/Fire/Ambulance ..... Call 911**

**24/7 Alcohol & Drug  
Information & Referral ..... 604-660-9382**  
**24/7 Health Service Navigation ..... 811**  
including finding a new family Dr/NP Registration,  
advice, clinic/pharmacy/hospital referral (Health Link)  
**24/7 Indigenous Crisis Support Line  
(KUU-US)..... 1-800-588-8717**  
**24/7 Non-emergency Resource Navigation  
Helpline ..... 211**  
**24/7 Seniors Distress Line..... 604-872-1234**  
Phone support for anyone experiencing distress  
or despair, or if you need someone to talk to  
**24/7 Suicide/Crisis Line..... 988**  
Phone or text support for anyone experiencing distress  
**24/7 Women's Support Line ..... 604-987-3374**  
**Crime Stoppers... 1-800-222-TIPS | 1-800-222-8477**

**Power Outage & Repair Line ..... 1-800-224-9376**  
**(BC Hydro, 24 hours) or \*HYDRO (\*49376)**  
on your cell phone

**Fortis Gas/Natural Gas Leaks  
(24 hours)..... 1-800-663-9911**  
**KUU-US Adult/Elder Line..... 250-723-4050**  
**Poison Control Centre ..... 1-800-567-8911**  
(all areas, 24 hours)  
**Victim Link BC (24/7 call or text) ... 1-800-563-0808**  
**Victim Services**  
North Vancouver (RCMP)..... 604-969-7540  
West Vancouver (WV Police)..... 604-925-7468  
**Water/Sewer Emergency**  
North Vancouver District ..... 604-990-2311  
(after hours)..... 604-990-3666  
North Vancouver City ..... 604-987-7155  
(after hours)..... 604-988-2212  
West Vancouver ..... 604-925-7100  
(after hours)..... 604-925-7100

## USEFUL NUMBERS

**Access to BC Gov Information..... 1-800-663-7867**  
TDD 711  
**Access to Federal Gov Information .. 1-800-622-6232**  
TTY 1-800-926-9105  
**Ambulance Billing/Non-Emergency .. 604-660-6897**  
(Admin) ..... 1-800-665-7199  
**BC Hydro/Non-Emergency ..... 1-800-224-9376**  
**BC Mental Health Support Line ..... 310-6789**  
**BC Vital Statistics..... 1-888-876-1633**  
**Canada Revenue Agency..... 1-800-959-8281**  
**Directory Assistance**  
(Phone Book/Yellow Pages) ..... 411  
**Fire/Non-Emergency**  
North Vancouver City ..... 604-980-5021  
North Vancouver District ..... 604-980-7575  
West Vancouver District ..... 604-925-7370  
**First Link® Dementia Helpline ..... 1-800-936-6033**  
**Fortis Gas/Non-Emergency ..... 1-888-224-2710**  
**Health Insurance BC  
(MSP & Pharmacare)..... 604-683-7151**  
**Lions Gate Hospital..... 604-988-3131**  
**Municipal Halls**  
North Vancouver City ..... 604-985-7761  
North Vancouver District ..... 604-990-2311  
West Vancouver District ..... 604-925-7000  
**North Shore Home &  
Community Care Services.... 604-983-6700 Option 2**  
**North Vancouver Urgent and  
Primary Care Centre ..... 604-973-1600**  
**Office of the Seniors Advocate ..... 1-877-952-3181**  
**Passport Canada ..... 1-800-567-6868**  
**Police/Non-Emergency**  
North Vancouver..... 604-985-1311  
West Vancouver ..... 604-925-7300  
**ReAct Adult Protection, VCH ..... 604-904-6173**  
1-877-732-2899

**Seniors Abuse - Information ..... 604-437-1940**  
1-866-437-1940  
**Seniors One Stop..... 604-982-3302**  
**Service BC ..... 1-800-663-7867**  
**Service Canada (CPP/OAS/GIS).... 1-800-277-9914**  
**Telus..... 604-310-2255**  
**Shaw/Rogers..... 604-629-8888**  
**TransLink Customer Info ..... 604-953-3333**  
**West Van Blue Bus Info ..... 604-985-7777**

## NORTH SHORE MLAs AND MPs

**Susie Chant ..... 604-983-9859**  
**MLA - North Vancouver - Seymour**  
217 - 1233 Lynn Valley Road, NV, BC V7J 0A1  
**E: Susie.Chant.MLA@leg.bc.ca**  
**Bowinn Ma ..... 604-981-0033**  
**MLA - North Vancouver - Lonsdale**  
50-221 West Esplanade, NV, BC V7M 3J3  
**E: Bowinn.Ma.MLA@leg.bc.ca**  
**Lynne Block ..... 604-981-0050**  
**MLA - West Vancouver - Capilano**  
2235 Marine Drive, WV, BC V7V 0B3  
**E: Lynne.Block.mla@leg.bc.caa**  
**Jeremy Valeriote ..... 236-880-4782**  
**MLA - West Vancouver - Sea to Sky**  
38551 Loggers Lane, Squamish, BC V8B 0H2  
**E: Jeremy.Valeriote.mla@leg.bc.ca**  
**Jonathan Wilkinson ..... 604-775-6333**  
**Liberal MP - North Vancouver**  
201-310 East Esplanade, NV, BC V7L 1A4  
**E: Jonathan.Wilkinson@parl.gc.ca**  
**Patrick Weiler..... 604-913-2660**  
**Liberal MP - West Van/Sunshine Coast/Sea to Sky Country**  
6367 Bruce Street, WV, BC V7W 2G5  
**E: Patrick.Weiler@parl.gc.ca**  
**Terry Beech..... 604-718-8870**  
**Liberal MP - Burnaby North - Seymour**  
3906 Hastings Street, Burnaby, BC V5C 6C1  
**E: Terry.Beech@parl.gc.ca**





# FINANCES

## FEDERAL BENEFITS

### Service Canada

[www.canada.ca](http://www.canada.ca)

**1-800-622-6232**

Website provides a single point of access to a wide range of government services and benefits. Full details of benefits and eligibility are available on the website.

#### Service Canada, North Shore Office:

#100 – 221 Esplanade West, North Vancouver

### Old Age Security (OAS) **1-800-277-9914**

Provides a taxable monthly pension to an individual at age 65. To qualify you need to:

- Be 65 years of age or older
- Be a Canadian citizen or legal resident of Canada
- Have lived in Canada for at least 10 years after the age of 18, 20 years if living outside of Canada (periods of residence and/or contributions in a country with which Canada has a social security agreement may be used to help meet the residence requirement for eligibility).
- Applications can be made up to 11 months before your 65th birthday. Forms are available by calling the above number, on the website, and at the Service Canada office.

- **Guaranteed Income Supplement (GIS):** A non-taxable monthly payment to OAS Pension recipients whose annual income is lower than the maximum annual threshold. To be eligible, you must:

- Qualify to receive an OAS pension (full or partial); and
- Live in Canada

In many cases you may be enrolled automatically and receive a letter the month after you turn 64 otherwise you need to apply for GIS. Service Canada reviews eligibility yearly based on income tax return.

- **Allowance:** A non-taxable monthly payment to those age 60-64 whose spouse or common-law partner is in receipt of the OAS Pension and GIS. You must have lived in Canada for at least 10 years and be a Canadian citizen

or legal resident; and your combined annual income is less than the maximum annual income threshold for the allowance.

- **Allowance for the Survivor:**

A non-taxable benefit payment to people aged 60 to 64 who have a low income, who are living in Canada, and whose spouse or common law partner has died and you have not remarried or entered a common law relationship. You must have lived in Canada for at least 10 years and be a Canadian citizen or legal resident.



## Hon. Jonathan Wilkinson

Member of Parliament for North Vancouver

Immediate assistance with:

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| ✓ Old age pension | ✓ Tax issues                   |

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[Jonathan.wilkinson@parl.gc.ca](mailto:Jonathan.wilkinson@parl.gc.ca)

210 - 310 E. Esplanade, North Vancouver



## FINANCES cont.



and the start date of the pension. The pension can commence as early as age 60 but on a reduced basis and is payable for life. You must apply to receive this benefit.

- **CPP Death Benefit:** A one-time, lump sum payment made to the estate or other eligible individual of a deceased CPP contributor. You must apply to receive this benefit.
- **CPP Survivors Pension:** A taxable monthly payment provided to the person who, at the time of death, is the legal spouse or common-law partner of the deceased contributor. You must apply to receive this benefit.
- **CPP Disability Pension:** A taxable monthly payment that is available to people who have contributed to the CPP and who are not able to work regularly because of a physical or mental disability. Once you apply for your CPP Retirement Pension or attain age 65 your Disability Pension will be changed to a CPP Retirement Pension. Available to people 60 to 64.

### Canadian Dental Care Plan (CDCP)

**1-833-537-4342**

(select language/press 2)

**TTY 1-833-677-6262**

**[www.canada.ca](http://www.canada.ca)**

If you are over 65, a Canadian resident, have completed the most recent year's tax return, and have income below 90 000, you may be eligible for CDCP. Apply online or call for more information.

### Canada Revenue Agency (CRA)

**[www.canada.ca](http://www.canada.ca)**

**1-800-959-8281**

### Canada Caregiver Credit (CCC) 1-800-959-8281

A non-refundable tax credit for those who support a spouse or common-law partner, or a dependent with a physical or mental impairment. An individual is considered to depend on you for support if they rely on you to regularly and consistently provide them with some or all of the basic necessities of life, such as food, shelter and clothing.

### Canada Pension Plan (CPP) 1-800-277-9914

CPP provides benefits to contributors and their families as a partial replacement of income due to retirement, death or disability. Note: If you have lived outside of Canada you may also qualify for a pension from that country as well. If you set up a "My Service Canada Account" you can get an estimate of monthly benefits online.

#### • CPP Retirement Pension:

A taxable monthly payment provided to an individual who has worked and made contributions to the CPP. The pension amount is based on how long contributions were made, the level of contributions





## Making Canada Home

Specialized Services for Im/migrant Seniors  
604-988-2931 | [office@impactnorthshore.ca](mailto:office@impactnorthshore.ca)







## FINANCES cont.

### **Disability Tax Credit**

**1-800-959-8281**

Available to people with a severe and prolonged mental or physical impairment. The disability credit is a non-refundable tax credit used to reduce income tax payable on your income tax return. This amount includes a supplement for persons under 18 years of age at the end of the year. All or part of this amount may be transferred to your spouse or common-law partner, or another supporting person. It can be claimed retroactively to when the disability started, to a limit of 10 years.

### **Employment Insurance (EI) 1-800-206-7218**

Seniors who are employed and wish to continue working after age 65 are eligible for the same EI benefits as other workers in Canada. You must meet the eligibility criteria.

### **Employment Insurance (EI) 1-800-206-7218 Caregiving Benefits**

Paid to an individual who is eligible for regular EI benefits and who must be away from work to care for a critically ill, injured or end-of-life family member, as verified by a medical practitioner. Must have accumulated 600

insured work hours in the last 52 weeks or since the start of the last claim. You may be able to receive these benefits for up to 35 weeks.

### **GST/HST Tax Credit**

**1-800-387-1193**

A tax-free quarterly payment available to low or moderate income Canadians to offset the GST/HST they pay. Eligibility determined by Canada Revenue Agency (CRA) when income tax is filed.

### **Veterans Affairs Canada**

**[www.veterans.gc.ca](http://www.veterans.gc.ca)**

**1-866-522-2122**

Veterans Affairs Canada offers a range of services and benefits to qualified, eligible veterans (and their dependents), members and ex-members of the Armed Forces and of the RCMP.

Benefits may include:

- War veterans allowance – based on war service, income, age or health
- Disability pension
- Health care e.g. dental, glasses, hearing aids, medication, equipment, contributions toward home care

## MEN'S SHED

**A social group  
for Men on the  
North Shore**

**Free/by Donation (Drop-In)**

**Every 1st and 3rd Thursday  
(1:30 PM to 3:30 PM)**

**Lions Gate Community  
Recreation Centre (Canyon Room)  
1733 Lions Gate Lane**

Capilano Community Services' Seniors Programs offers opportunities to build social connections, maintain friendships, and promote active living – assisting seniors to live in their homes for longer and stay connected to their community. Our programs are open to all seniors aged 55+.

For more information: [austin@capservices.ca](mailto:austin@capservices.ca)  
or call 604-988-7115 (ext 2009)



**CAPILANO COMMUNITY  
SERVICES**



## FINANCES cont.

- Funeral and burial expenses
- Veteran was receiving housekeeping, home maintenance or personal care help at time of death, widow may continue receiving benefit.



## PROVINCIAL BENEFITS

### Senior's Supplement [www2.gov.bc.ca](http://www2.gov.bc.ca)

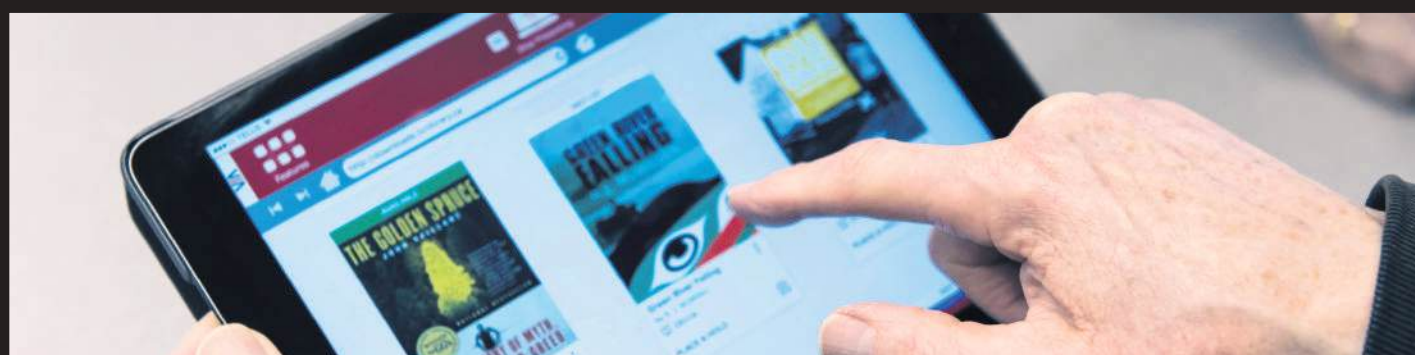
**1-866-866-0800**  
follow prompts

A monthly payment to low-income seniors who are receiving federal OAS and the GIS or federal Allowances. The maximum rate is \$99.30 per single and \$220.50 for senior couple. It is paid automatically to those who are eligible – no need to apply.

### Funeral Costs [www2.gov.bc.ca](http://www2.gov.bc.ca)


**1-866-866-0800**  
follow prompts

A supplement may be provided to pay necessary funeral costs of any person who dies in BC if the estate of the deceased person or any responsible person has no immediate resources to meet these costs. There is no requirement that the deceased person, or the person's family, must be BC Employment and Assistance recipients to qualify for the supplement. Costs are to be recovered whenever possible. Contact the Ministry to apply 1-866-866-0800.




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**Public Library**  
604.990.5800 | nvdpl.ca

**west vancouver  
MEMORIAL LIBRARY**  
604.925.7400 | wvml.ca



## FINANCES cont.

### **ICBC Vehicle Insurance Savings and Discounts** **www.icbc.com**

**604-661-2800**  
**1-800-663-3051**

- Low kilometre discount available if you drive your vehicle less than 5,000 kilometres per year. You must provide your odometer reading at time of renewal.
- If you drive less than 10,000 km a year in 2025, you may be eligible for a distance based discount.
- Senior Savings for seniors 65+ for pleasure use insurance
- Disability Discount of up to 25 per cent on basic Autoplan if you have been approved for CRA Fuel Tax Refund. Must provide documentation at time of renewal.
- Discounted renewal fees on driver licenses and BCID cards for seniors age 65 or older.

### **BC Sales Tax Credit** **1-800-387-1193** **www2.gov.bc.ca**

The credit, up to \$75 per person, offsets the cost of sales tax for low-income taxpayers and their families residing in BC as of December 31st of the tax year. Application included in income tax package.

### **BC Motor Fuel Tax Refund** **1-877-388-4440** **www2.gov.bc.ca**

Owners or lessees of a motor vehicle who cannot use public transit due to a medically certified disability may register for the program and could be eligible for a refund of the tax paid on fuel purchases for their vehicle (to a maximum of \$500 per calendar year).

### **Income Assistance for Seniors** **not receiving Old Age Security** **www2.gov.bc.ca** **1-866-866-0800** **follow prompts**

**North Shore Office:** 902 West 16th St., North Vancouver  
Some seniors who are 65 or over and not eligible for OAS and GIS benefits, may be able to apply for some assistance. You must meet the eligibility required (income based).



### **Shelter Aid for Elderly Renters (SAFER)** **www.bchousing.org** **604-433-2218**

Provides monthly assistance to eligible BC residents who are aged 60+ and renting. The amount depends on the amount of rent paid and monthly income. To qualify, you need to have lived in BC for 12 months immediately preceding application, pay more than 30% of your gross household income in rent and meet other eligibility requirements. Existing clients need to reapply each year.

### **Home Owner Grant** **1-888-355-2700** **www2.gov.bc.ca**

Reduces the amount of property tax you pay for your principal residence. If you're a senior aged 65 or older, your property is assessed at \$2,175,000 or less, you may qualify.

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# FINANCES cont.

There is an additional grant if you are a senior, veteran or person with a disability and meet the income requirements. You must apply for it each year separately to Home Owner Grant application.

## Home Renovation Tax Credit for Seniors & Persons with Disabilities

**[www2.gov.bc.ca](http://www2.gov.bc.ca)**

**1-800-959-8281**

A refundable personal income tax credit to assist with the cost of permanent home modifications that improve accessibility or be more functional or mobile at home. Must be a resident of BC, and a senior, person with a disability or a family member living with the individual. Maximum amount of credit available is \$1,000 or 10% for qualifying renovation of \$10,000.



## Home Accessibility Tax Credit (HATC)

**[www.canada.ca](http://www.canada.ca)**

**1-800-959-8281**

Individuals aged 65 years of age or older by the end of the year, or those who are eligible for the disability tax credit, or spouse/caregiver of a qualifying individual can claim. Renovation must be permanent and allow the qualifying individual's accessibility, mobility, or functionality.

## PROPERTY TAXES

### Property Tax Deferment

**[www2.gov.bc.ca](http://www2.gov.bc.ca)**

**1-888-355-2700**

Homeowners aged 55+, surviving spouses of any age, and persons with disabilities may defer the payment

of property taxes on their principle residence via a low interest loan. Taxes and interest on the loan must be repaid when the home owner passes away or the home is transferred to a new owner other than the surviving spouse. Apply between May and December each year.

## COMMUNITY SUPPORT

### Credit Counselling Society

**[www.nomoredebts.org](http://www.nomoredebts.org)**

**604-527-8999**

Offers confidential credit counselling, debt repayment and consolidation programs and personal budget planning. Counselling appointments are in-person or by telephone and are free, non-judgmental and solution-focused. Nominal sliding fee scale for debt repayment programs. Educational workshops and presentations available on credit and debt management as well as budgeting. Toll free 1-888-527-8999.

### Income Tax Clinics

Trained volunteers prepare income tax returns for eligible individuals who have low to modest income and a simple tax situation through the Canada Revenue Agency's Community Volunteer Income Tax Program. Call for information and eligibility. Clinics operate March and April. Check [canada.ca](http://canada.ca) for other free tax clinics in your area.

### North Shore

**Community Resources**

**604-985-7138**

### North Shore

**Neighbourhood House**

**604-987-8138**

**North Vancouver City Library** 604-998-3476

**Silver Harbour Seniors**

**Activity Centre**

**604-980-2474**

**West Vancouver Seniors**

**Activity Centre**

**604-925-7280**

**North Shore Women's Centre**

(women only)

**604-984-6009**

### Memorial Society of BC

**604-733-7705**

**[www.memorialsocietybc.org](http://www.memorialsocietybc.org)**

Not for profit organization offering comfort, convenience, and price protection in the planning and organization of end-of-life arrangements. One time, lifetime fee of \$50.

## EMPLOYMENT SERVICES

**WorkBC Centre North Shore** 604-988-3766

106 - 980 West 1st Street, North Vancouver

Offers a range of services that support job seekers to find employment and improve employment readiness.





**Bowinn Ma, MLA**  
North Vancouver-Lonsdale

**Community Office**  
50-221 West Esplanade  
North Vancouver, BC V7M 3J3  
Bowinn.Ma.MLA@leg.bc.ca  
604-981-0033

**Susie Chant, MLA**  
North Vancouver-Seymour

**Community Office**  
217-1233 Lynn Valley Road  
North Vancouver, BC V7J 0A1  
Susie.Chant.MLA@leg.bc.ca  
604-983-9859



## Which riding are you in?



## MLA Community Offices can:

- Connect you with your MLA on provincial matters.
- Receive feedback and answer questions on provincial programs or policies.
- Provide information about community or government resources and services.
- Attempt to resolve issues you may be having with provincial ministries or agencies.



## Follow us on Social Media:





# HEALTH AND SUPPORT SERVICES

## PROVINCIAL HEALTH SERVICES

### BC Services Card

The BC Services Card is government-issued identification. It has replaced the CareCard, and is used to provide access to insured provincial health care benefits for eligible BC residents. There are three types of BC Services Cards:

- **Photo BC Services Card:** If you're enrolled in the Medical Services Plan (MSP), you can get a Photo BC Services Card to replace your CareCard. Take two pieces of ID to ICBC DLO to apply. There is no fee to get a BC Services Card.
- **BC Driver's Licence and BC Services Card:** if you are 19+ years old, are enrolled in the Medical Services Plan (MSP), and qualify for a driver's licence, you can get the combined card when you renew your driver's licence. Fee for driver's licence applies.
- **Non-Photo BC Services Card:** If you are age 75 or over, contact Health Insurance BC (HIBC) at 604-683-7151 to request a Non-Photo BC Services Card.

### ICBC Driver's Licensing

Office (DLO) North Shore

1-800-950-1498

1331 Marine Drive, North Vancouver

### Replace a Lost or Stolen Card

The steps to replace a lost or stolen card depend on the type of card.

### If you have a Photo BC Services Card or a combined BC Driver's Licence and BC Services Card:

Report your missing card by phoning the ICBC Driver Licensing Centre as soon as possible: 1-800-950-1498.

### If you have a Non-Photo BC Services Card:

Call HIBC as soon as possible to report your missing card: 604-683-7151.

### BC Ambulance Service

[www.bcehs.ca](http://www.bcehs.ca)

**604-660-6897**  
(non-emergency number)

The cost of transporting a BC resident (covered by MSP), by ambulance is subsidized by the Province of British Columbia. Where an emergency medical problem requires that you be transported by

## Family Services of the North Shore provides individual support, group sessions, volunteer opportunities and counselling for seniors.

### We Offer:

- Individual support for seniors living with chronic or terminal illness.
- Grief support groups for those who have lost a loved one.
- Caring phone calls and friendly visits by volunteers.
- Caregiver support groups, workshops and resources.
- Monthly gatherings for low-income seniors to socialize and access clothing and resources.
- Volunteer opportunities.
- Counselling for a wide range of issues including depression and anxiety.
- Assistance with food access and delivery for seniors with low income who are isolated.

Many of our services are free or offered at a reduced rate.



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visit [www.familyservices.bc.ca](http://www.familyservices.bc.ca)  
or call **604.988.5281**

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@fsnorthshore



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# HEALTH AND SUPPORT SERVICES cont.

ambulance, MSP recipients will be billed a user fee of \$80. Those receiving Income Assistance may have charges waived by calling 1-800-665-7199. When an ambulance is called to a residence, care facility or patient's place of employment and transportation is not required or is refused, a response fee of \$50 is charged.

## **BC Emergency Health Services (BCEHS)** **www.bcehs.ca** **604-660-6897**

Provides pre-hospital emergency services and inter-facility patient transfers throughout the province and oversees the BC Ambulance Service and the BC Patient Transfer Network.

## **HealthLink BC** **811** **www.healthlinkbc.ca**

A trained health service representative will answer 8-1-1 telephone calls, and where appropriate, calls will be transferred to a registered nurse, pharmacist or dietitian for further information and advice. The 8-1-1 service can provide answers to questions about a variety of health topics, help in identifying symptoms and advice on when to seek medical treatment and referral to mental health supports. 8-1-1 has translation services available in over 130 languages, and can connect to an interpreter. For deaf or hard of hearing dial 7-1-1.

## **Health Insurance BC (HIBC)** **604-683-7151** Automated Service (24 hours/day, 7 days/week) **www2.gov.bc.ca**

PO Box 9678 Stn Prov Gov, Victoria, BC V8W 9P7  
Administers medical coverage through the Medical Services Plan (MSP) and drug coverage through the PharmaCare and Fair PharmaCare programs.

### **Medical Services Plan (MSP)**

Enrollment in Medical Services Plan is mandatory for all BC residents and you must meet certain eligibility criteria.

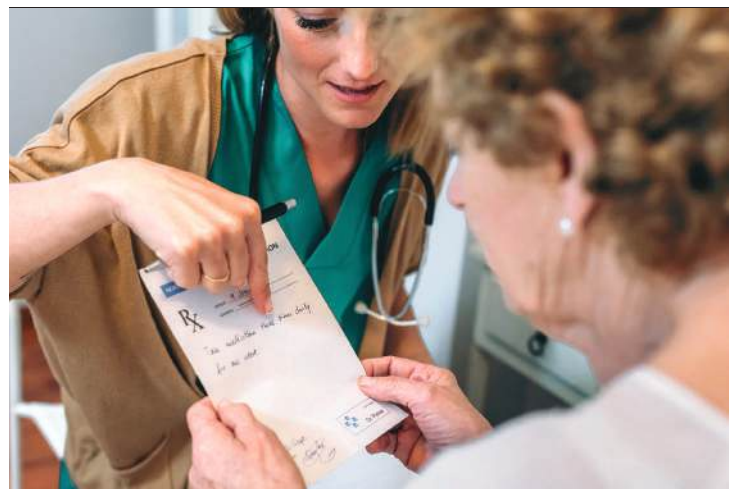
New residents are eligible for coverage after completing a waiting period that consists of the remainder of the month of arrival, plus two months. MSP pays for medically required services of physicians and surgeons, diagnostic x-rays and laboratory services (enrolled in MSP). In addition, MSP will cover dental and oral surgery when it is medically required and must be performed in a hospital. Routine eye examinations are a benefit for those 18 years of age and under, or 65 years of age and older. If provided by an optometrist, seniors pay a reduced fee.

**Apply online at:**  
**my.gov.bc.ca/msp/enrolment/check-eligibility**

## **MSP Supplementary Benefits** **www2.gov.bc.ca** **604-683-7151**

Supplementary benefits provide partial payment for certain medical services obtained in BC and may provide access to other income-based programs. MSP supplementary benefits support the following services from approved providers: acupuncture, chiropractic, massage therapy, naturopathy, physical therapy; and non-surgical podiatry.

Those who may be eligible for MSP coverage of these supplementary benefit services include: those who have applied and been deemed eligible based on their annual net income; Income Assistance recipients; Convention refugees; Inmates of B.C. Correctional Facilities; individuals enrolled with MSP through the At Home Program; residents of long term care facilities receiving the Guaranteed Income Supplement (GIS); individuals enrolled with MSP as Mental Health Clients; and First Nations individuals with valid B.C. Medical Plan coverage through the First Nations Health Authority.



## **PharmaCare** **604-683-7151** **www2.gov.bc.ca**

PharmaCare helps BC residents, enrolled in the Medical Services Plan of BC (MSP), with the cost of eligible prescription drugs, devices and medical supplies.

Available Mon-Fri 8 am – 8 pm; Sat 8 am – 4 pm

## **Fair PharmaCare Plan** **604-683-7151** **www.gov.bc.ca (search “Fair Pharmacare”)**

All BC residents are encouraged to register. The one-time registration is free and there are no premiums. Coverage is based on your net family income: the lower the income, the more financial assistance in paying for eligible drugs and supplies. (If you do not



## HEALTH AND SUPPORT SERVICES cont.

register, you still have coverage, but your deductible is set at \$10,000 for each member of your family.)

Register by telephone, online or using a paper form.

Upon registration, PharmaCare will mail a consent form to allow them to check the registrant's income with the Canada Revenue Agency. Sign and return consent form right away. PharmaCare bases coverage on family net income from two years earlier.

### Monthly Deductible Payment Option

British Columbians registered with Fair PharmaCare have a deductible based on their family net income. Families with the lowest incomes do not have a deductible and receive immediate coverage of eligible prescriptions and medical supplies/devices under the Fair PharmaCare Plan. All other families have a deductible, based on their family net income. PharmaCare offers a monthly payment option so that deductible payments can be spread over the year.



## VANCOUVER COASTAL HEALTH

### Vancouver Coastal Health (VCH)

[www.vch.ca](http://www.vch.ca)

**604-983-6700**

132 West Esplanade, North Vancouver

VCH is one of 5 regional health authorities in BC. VCH provides health-care services through a network of hospitals, primary care clinics, community health centres and long-term care homes within the geographic area of the North Shore, Vancouver,

Richmond, Sea-to-Sky, Sunshine Coast, through to Central Coastal and Bella Coola Valley.

Frequently called services follow:

### Health Connection Clinic (VCH) **604-984-3777**

148 East 15th Street, North Vancouver

Hours: Mon-Fri 9 am – 4 pm, closed for lunch 12 pm – 1 pm

A multi-disciplinary team providing primary care services to individuals who have been adversely impacted by inequities in the Healthcare Systems, have no Family Doctor (GP) or Nurse Practitioner (NP), and face complex medical, mental health, substance use, and socio-economic needs (e.g., housing, income, access to food). If not an existing patient, call to discuss eligibility requirements.

Entrance to clinic via a walkway on the North side of 15th St E.

### HOpe Centre

**604-984-5000**

1337 St. Andrews Avenue, North Vancouver

Mon-Fri 10 am – 4 pm

Supports for individuals experiencing mental illness.

Kelty Dennehy Mental Health Resource Centre located on the first floor.

### Lions Gate Hospital (LGH)

**604-988-3131**

231 East 15th Street, North Vancouver

A recognized trauma centre, LGH provides a full range of general and specialized acute care services including general medicine, emergency and critical care, general surgery, orthopaedics, maternity, pediatrics, psychiatry, chemotherapy, cardiac care, diagnostics, nuclear medicine, palliative care, rehabilitative services and neurosurgery.

#### - Discharge Planning

Contact the head nurse on the particular ward.

#### - Palliative Care Program

**604-984-3743**

Physical care and emotional support for terminally ill patients and their families.

#### - Patient Information

**604-988-3131**

### North Vancouver Urgent and Primary Care Centre (UPCC)

[www.vch.ca/UPCC](http://www.vch.ca/UPCC)

**604-973-1600**

221 West Esplanade, 2nd Floor, North Vancouver

Open 7 days a week, 365 days a year.

Monday-Saturday 8 am – 10 pm; Sunday 9 am – 5 pm

The UPCC is for non-life threatening illnesses or injuries when you are unable to see your primary care provider. Visit the UPCC if you are experiencing sprains and strains; cuts, wounds, or skin conditions; high fever; nausea, diarrhea and constipation; new or worsening pain; mental health concerns such as low mood, anxiety and depression.





## HEALTH AND SUPPORT SERVICES cont.

### **Urgent and Primary Care Centre (UPCC)**

#### **Social Work Services 604-973-1593**

Drop-in or phone-in Social Work support is available to all ages at the North Vancouver UPCC. Social Workers offer support for a variety of practical, emotional, and mental health needs, and can also provide short-term counselling. All services are free, 7 days a week, 9 am – 5 pm (hours may vary). Call for more information or to self-refer.

### **HOME AND COMMUNITY CARE SERVICES – VANCOUVER COASTAL HEALTH**

A wide range of community-based, supportive health care services are available to persons with health problems and disabilities who need support and assistance. Services include assessment, individual service delivery plan, coordination of health services and referral to appropriate community resources. Services are provided in community health centres, patient's homes, in the community and in residential facilities.

### **Home Support Services 604-983-6700**

Home Support is a service that is designed to supplement, rather than replace, the efforts of individuals to care for themselves at home with assistance of family, friends and community. A referral to the home care program can be made by a family member, friend or health care provider. After referral you may be visited in your home by a care coordinator who will assess your needs and identify the type and amount of service required and the cost if applicable. Services include simple meal preparation, assisting with activities of daily living such as bathing, dressing, mobility and transfers, safe medication management, and respite for caregivers. Home support services are subsidized services that are available for eligible clients who are living at home and have acute, chronic, palliative or rehabilitative health care needs and are provided by qualified professionals. You may choose to hire a caregiver privately. Many individuals and agencies are skilled and caring. However, it is a sensible precaution to check references and look into the background of those who will have access to your home. For a list, please contact Seniors One Stop at 604-982-3302.

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# HEALTH AND SUPPORT SERVICES cont.

## Home Care Nursing

**604-983-6700**

Assessment, direct nursing care, support and service co-ordination to clients in their homes. Focus is on client goals for health, client independence and autonomy. All home care nurses are experienced in palliative care and can support you and your family during end-of-life. Through compassionate care, nurses focus on managing symptoms and enhancing comfort.

## Home Rehabilitation Services **604-983-6700**

Physiotherapy and occupational therapy services are provided to homebound and/or those that require comprehensive Home Management Safety Assessment. Promotes and maintains a client's optimal functional independence in a safe home environment and will help determine the need for specific medical equipment and supplies.

Call Seniors One Stop (604-982-3302) for private physiotherapists who make home visits.

## North Shore Older Adult Mental Health Team

**604-982-5600**

#350 - 145 West 17th Street, North Vancouver  
Geriatric psychiatry assessment, case management, psychosocial rehab, functional assessment, and group engagement to North Shore residents, generally aged 65+ who require an interdisciplinary team. Individuals must have a physician referral and meet one or more of the following criteria:

- A progressive cognitive disorder with psychiatric and/or behavior management problems and/or co/occurring misuse of alcohol, prescription medications or other substances,
- A recently developed serious mental illness and physical/functional decline
- A persistent mental illness with cognitive, physical, or functional decline

Individuals under 65 will be seen if they have a progressive memory disorder with associated psychiatric and/or behaviour management problems.



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- 📅 MON-FRI: 9AM - 5PM

- 📍 1417 St Georges Ave  
North Vancouver
- ☎ 604-985-1481
- 📅 MON-SAT: 9AM - 5PM

**davieshh.com**

### Squamish Location:

- 📍 119 - 1201 Commercial Way  
Squamish
- ☎ 604-567-6604
- 📅 MON-FRI: 9AM - 5PM





# HEALTH AND SUPPORT SERVICES cont.

## RESPITE SERVICES

### Respite

**604-983-6700**

Respite is available to caregivers of clients who are registered with the VCH Home & Community Care Services program. Respite may be provided in the home through extra home care hours or by the client attending an Adult Day Program. Subsidized respite beds located at Cedarview Lodge are accessed through your case manager.

### Cedarview Lodge

**604-904-6400**

1200 Cedar Village Close, North Vancouver  
Overnight and day respite

### Health & Home Care Society of BC

[www.carebc.ca](http://www.carebc.ca)

**604-327-9525**

Family Respite Centre, 711 East 49th Avenue, Vancouver  
Assessment and booking arranged through your VCH Case Manager.

## ADULT DAY PROGRAMS

Referrals through Vancouver Coastal Health,  
Home and Community Care **604-983-6700**  
Press 2

Supportive community programs offered for seniors and people with disabilities to help them remain at home and provide respite for family caregivers. A range of health, personal, social and recreational services and activities are offered by nursing and recreation staff in a safe, caring environment.

### Margaret Fulton Centre

**604-904-3550**

1601 Forbes Avenue, North Vancouver  
8 am - 4 pm, Monday to Friday

### West Vancouver Adult Day Centre

**604-922-2022**

#139 - 2151 Gordon Avenue, West Vancouver  
8:30 am - 4 pm, Monday to Thursday

# avenue.

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10AM - 10PM

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CANNABIS SHOP FOR 2025

LARGE HEALTH & WELLNESS SECTION



## HEALTH AND SUPPORT SERVICES cont.

### **Community Bathing Program 604-904-3550**

1601 Forbes Avenue, North Vancouver

The Community Bathing Program is available to eligible seniors and others with disabling chronic care problems. Services include a hydrosound tub and access to a bath once a week in a well-equipped, suitably private environment that is staffed all times by a bathing program assistant.

The twice weekly program is supported by staff and trained community volunteers and provides low cost creative care in the form of fellowship, fitness, leisure and social activities, with a mission to support and enhance the lives of all who participate and their care partners. For more information, contact Capilano Community Services at number above.

### **My Parkgate Break**

**www.parkgatesociety.ca 604-983-6376**

A gathering place for individuals experiencing the changes associated with early to moderate dementia. The twice weekly program is supported by staff and trained volunteers. Providing low-cost member directed programming to promote social connectedness. The program incorporates daily interactive activities, cognitive stimulation, mild physical exercise, indoor and outdoor when possible, laughter, and music. We empower our members to find joy in the moment while giving members and care partners a BREAK from one another. For referral contact Pam Havens at phavens@parkgatesociety.ca.

### **PRIVATE PAY RESPITE**

Please contact the Seniors One Stop at 604-982-3302 for a list.

### **ASSISTED LIVING**

Includes rental accommodation, hospitality services, as well as personal care services to individuals in need. If you are living alone, isolated, and need help with meals and personal care, this may be an option for you. There are three subsidized assisted living centres on the North Shore: Cedar Garden and Chartwell Churchill House in North Vancouver and Kiwanis Manor in West Vancouver.



### **NON-VCH RESPITE SERVICES**

#### **My Lions Gate Break 604-988-7115 ext 2009**

Lions Gate Community Centre

1733 Lions Gate Lane, North Vancouver

A gathering place for individuals experiencing the changes associated with early to moderate dementia.

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# HEALTH AND SUPPORT SERVICES cont.

## SUBSIDIZED ASSISTED LIVING FACILITIES

Placement in subsidized assisted living facilities is coordinated through Vancouver Coastal Health, Intake. They can be reached at 604-983-6700.

### **Cedar Garden Assisted Living** **604-904-6409**

1250 Cedar Village Close, North Vancouver

### **Chartwell Churchill House** **778-382-0099**

(has both subsidized and private options)  
150 West 29th Street, North Vancouver

### **Kiwanis Manor** **604-913-9083**

959 21st Street, West Vancouver

## PRIVATE PAY ASSISTED LIVING FACILITIES

For a list of private pay assisted living facilities, please contact Seniors One Stop at 604-982-3302.

## LONG-TERM CARE FACILITIES

Long-term care facilities are for those who have complex needs, require 24-hour nursing care and supervision, and are not able to remain safely in their own homes.

Admissions to subsidized long-term care facilities are coordinated through Vancouver Coastal Health and are made on a priority basis. Clients typically agree to accept the first available, appropriate bed within 48 hours of it being made available. To contact Vancouver Coastal Health, please call Intake at 604-983-6700. If client is in hospital, the Patient Care Coordinator will make all necessary arrangements. Google *VCH long-term care* for more information.

## SUBSIDIZED LONG-TERM CARE FACILITIES IN NORTH VANCOUVER:

### **Berkley Care Centre** **604-924-8300**

2444 Burr Place

### **Cedarview Lodge** **604-904-6400**

1200 Cedar Village Close

### **Creekstone Care Centre** **778-729-0270**

1526 Oxford Street

### **Evergreen House** **604-984-5811**

231 East 15th Street

### **Lynn Valley Care Centre** **604-988-4181**

(has both subsidized and private pay beds)  
1070 Lynn Valley Road

## SUBSIDIZED LONG-TERM CARE FACILITIES IN WEST VANCOUVER:

### **Inglewood Care Centre** **604-922-9394**

725 Inglewood Avenue

## PRIVATE PAY LONG-TERM CARE FACILITIES

For a list of private pay long-term care facilities, please contact Seniors One Stop at 604-982-3302.

## VANCOUVER COASTAL HEALTH (VCH) NORTH SHORE PALLIATIVE CARE SERVICES

Any person on the North Shore with a life-limiting illness (regardless of prognosis or diagnosis) can access our supports. Palliative care can be appropriate at any stage in a serious illness and can be provided alongside active treatment.

### OUR PROGRAMS INCLUDE:

### **VCH North Shore Palliative and Supportive Care Program** **604-984-3743**

Palliative care can occur in any setting including home, clinic, hospital, hospice, and long-term care facilities. Palliative care focusses on comfort care and may

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# HEALTH AND SUPPORT SERVICES cont.

include active treatments. Any health care provider can submit a referral on your behalf for enrolment to the North Shore Palliative & Supportive Care Program.

## **VCH Everyday Counts Program**

**[www.everydaycounts.ca](http://www.everydaycounts.ca) 604-363-0961**

A free VCH program designed for patients living with a life limiting or end of life illness. Open to individuals living on the North Shore, and their support circle of family and friends. Program provides education, guidance and wellness activities to patients and family members or caregivers connected to the North Shore Palliative and Supportive Care Program.

Please visit the website or call, to self-refer.

## **VCH North Shore Hospice 604-984-3743**

319 East 14th Street, North Vancouver

The North Shore Hospice is located 1 block east of Lions Gate Hospital. All rooms are single occupancy, with private bathrooms and space for visitors to spend time with their loved ones. The hospice is an option for those in their last few months of their life and home is not an option due to care needs, symptomatic needs or patient and family goals.

## **OTHER NON VCH PALLIATIVE SUPPORT**

### **Palliative Support Centre**

**[www.palliativesupport.ca](http://www.palliativesupport.ca) 778-729-1555**

4613 Woodburn Road, West Vancouver

The Palliative Support Centre is an independent service that offers a community centre where individuals living with an advanced illness, as well as their families and other caregivers can find compassionate, helpful and supportive care. All services, programs and supports are free. Established through the Paul Sugar Palliative Support Foundation.

## **VCH COMMUNITY HEALTH CENTRES & SERVICES**

Community health centres provide a range of health care services in a single location, including access to public and community health nurses, mental health and addiction counsellors, dental clinics for children, speech therapists, nutritionists, youth drop-in health clinics and more. There are three Community Health Centres on the North Shore.

### **Central Community Health Centre**

**604-983-6700**

5th floor, 132 West Esplanade, North Vancouver

This centre is the base for the North and South Community Health Teams that work together with a wide range of community partners to support the health needs of residents living in North Vancouver.

### **Parkgate Community Health Centre**

Parkgate Community Centre, 2nd floor

3625 Banff Court, North Vancouver

Serves the residents who live east of Lynn Creek, North Vancouver

### **West Vancouver Community Health Centre**

**604-904-6200**

#241 - 2121 Marine Drive, West Vancouver

Serves the residents who live in West Vancouver, Lions Bay, and Bowen Island.

### **Chronic Disease Services 604-984-5752**

Provides diabetes education, diabetes foot care, nutritional counselling, respiratory disease education, and pulmonary rehabilitation program. Client must be referred by their doctor. Most programs located at West Vancouver Community Health Centre.

\*A chronic disease management nurse is also available for clients with complex needs (e.g., 2 or more chronic conditions)

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# HEALTH AND SUPPORT SERVICES cont.

## Dietitian

**604-983-6700**

Nutritional Assessment and counselling can be provided for registered clients of Home and Community Care or call HealthLinkBC (8-1-1).

## Immunization

**604-983-6700**

**Press 3 for Public Health**

The local health department provides free flu clinics every fall for seniors and administers adult, non-travel immunization throughout the year. Call your community health centre for information.

## Osteoarthritis Service Integration System (OASIS)

**www.oasis.vch.ca**

**604-875-4544**

Clients can access information about self-managing their osteoarthritis through the Oasis education sessions. Class information and schedules are on the website. Within VCH there are three Hip and Knee Arthritis Surgical Assessment programs (ASAP). This program provides surgical triage for hip or knee arthritis. Patients must have a referral. Details and contact information on VCH website.

## FIRST NATIONS HEALTH AUTHORITY (FNHA)

### First Nations Health Authority (FNHA)

**www.fnha.ca**

**604-693-6500**

The first province-wide health authority of its kind in Canada. Community-based services are largely focused on health promotion and disease prevention, including chronic disease prevention and management, mental wellness and substance use, health information governance, environmental health, and traditional healing.



## BC Elders' Guide

**www.fnha.ca/EldersGuide**

A comprehensive guide making sure that Elders, their families and caregivers have access to information about the programs, services, and resources they need. Topics include but aren't limited to wellness, health services, benefits, transportation, finances, safety and security. Available online, to order printed copy, contact the Office of the Seniors Advocate at 1-877-952-3181.

## First Nations Virtual Doctor of the Day

**1-855-344-3800**

Open to all First Nations people and their families living in BC. If you have a family doctor or nurse practitioner, please reach out to them first. If they are



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# HEALTH AND SUPPORT SERVICES cont.

unavailable, call to make an appointment. 7 days a week, 8:30 am to 4:30 pm

## Health Benefits & Services 1-855-550-5454

The FNHA Health Benefits Program provides status First Nations people living in BC with a comprehensive and community-driven health benefits plan. Call for an overview of the benefits provided and how to access them.

## Virtual Substance Use & Psychiatry Service 1-833-456-7655

Referral-based service. Access to specialists in addictions medicine and psychiatry as well as mental health and allied health care professionals available at no cost to all First Nations people and their families living in BC.

## MEDICAL EQUIPMENT AND SUPPLIES

### Adaptive Clothing 604-982-3302

For a list of adaptive clothing suppliers call Seniors One Stop information line at the number above.

### Long Term Program (Equipment Loans) (A Canadian Red Cross Program)

**www.redcross.ca 604-270-4224**

Many coping with long term illness and injury do not have the financial resources required to purchase or rent medical equipment. This specialized program (formerly AIL Program) is available in the Lower Mainland under the Medical Equipment Provision program with a referral from an authorized Health Authority care provider. For more information contact Vancouver Coastal Health.

## Capilano Community Services Society

Red Cross Short Term Health Equipment Loan Program

**www.capservices.ca**

**604-988-7115**

Lions Gate Community Recreation Centre parkade (underground level) 1733 Lions Gate Lane, North Vancouver

Lends medical equipment, wheelchairs etc. for up to three months by donation. Depends on availability. Must have referral from a health care professional stating type and/or size of equipment needed, height and weight of client. Physicians and health professionals can download referral form from the website.

## Wavefront Centre for Communication Accessibility

**www.wavefrontcentre.ca**

**604-736-7391**

Communication Aids Department and Showroom, of this not-for-profit organization (formerly Western Institute for the Deaf and Hard of Hearing), provides information, a hands-on display and rentals of assistive listening devices, signaling devices, telephone and television devices and TTYs. Offers "Lend-An-Ear" Loaner Hearing Aid program, providing reconditioned hearing aids at nominal cost to individuals. Also offers a full-service hearing clinic including hearing tests, evaluation and sales of new digital hearing aids, and speech reading classes. Employment counselling services also available.

## MEDICAL CLINICS (WALK-IN)

For information about walk-in medical clinics in your area, check HealthLink BC (call 811 or visit [www.healthlink.bc.ca](http://www.healthlink.bc.ca)) or call Seniors One Stop at 604-982-3302.



## NORTH SHORE NEIGHBOURHOOD HOUSE

The NSNH Seniors Centre at JBCC is a warm and welcoming community space for adults 55+ where they come to exercise, learn, play, socialize, volunteer, take bus trips, have fun, and make new friends. We offer fitness, art, music, wellness, socialization, and dementia programs, low-cost activities and games as well as a variety of free services including the Seniors Peer Support, information, and referral programs.

Please Contact: Tooka Hashemi  
Seniors Program Coordinator  
[seniors@nsnh.bc.ca](mailto:seniors@nsnh.bc.ca) | 604-983-6496  
Visit: [www.nsnh.bc.ca](http://www.nsnh.bc.ca)







# HEALTH AND SUPPORT SERVICES cont.

## HELPLINES

<b>24/7 Emergency Services</b> .....	<b>911</b>
<b>24/7 Suicide Crisis Helpline</b> .....	<b>988</b>
<b>24/7 Health Advice (HealthLink)</b> .....	<b>811</b>
<b>24/7 Seniors' Distress Line</b> .....	<b>604-872-1234</b>
<b>24/7 Alcohol &amp; Drug Information and Referral Line</b> .....	<b>604-660-9382</b>
Provides 24-hour information and referral to a variety of drug and alcohol counselling, detox, treatment, and support groups for individuals and family members.	
<b>24/7 Alcoholics Anonymous</b> .....	<b>604-434-3933</b>
<b>24/7 Indigenous Crisis Support Line (KUU-US)</b> .....	<b>1-800-588-8717</b>
<b>24/7 Hope For Wellness Indigenous Helpline</b> .....	<b>1-855-242-3310</b>
<b>24/7 Mental Health Support</b> .....	<b>310-6789</b>
<b>24/7 Métis Crisis Line (BC)</b> .....	<b>1-833-638-4722</b>
<b>Arthritis Answers Line</b> .....	<b>1-800-321-1433</b>
Press 2	

Trained volunteers provide general information, emotional support, assistance to locate community resources and guidance to access the health care system.

**BC Bereavement Helpline (BCBH)** . . . **604-738-9950**  
**Canadian Cancer Society Information and Support Helpline** ..... **1-888-939-3333** || Press "1" for English, then "2" |  |

**Counselling & Crisis Support Help Lines (Success BC)**  
Mandarin Line: ..... **1-888-721-0596 Ext.1** || Cantonese Line: ..... | **1-888-721-0596 Ext.2** |
Korean Line: .....	**1-888-721-0596 Ext.3**
Farsi-Dari Line: .....	**1-888-721-0596 Ext.4**
Ukrainian Line: .....	**1-888-721-0596 Ext.5**

**First Link Dementia Helpline**  
- English ..... **1-800-936-6033** || **First Link Dementia Helpline**  - Chinese (Mandarin & Cantonese) . . . | **1-833-674-5007** |

**First Link Dementia Helpline**  
- South Asian (Punjabi, Hindi, Urdu) . **1-833-674-5003**  
**Narcotics Anonymous (Find a Meeting)** ..... **1-855-562-2262** || **North Shore Peer Assisted Care Team (PACT)** ..... | **1-888-261-7228** |
| Mobile crisis response team attending crisis calls related to mental health and/or substance use. |  |
| **Seniors Abuse & Information Line (SAIL)** ..... | **604-437-1940** |



## LOW-COST COUNSELLING

**Canadian Mental Health Association (CMHA)**  
**www.northwestvancouver.cmha.bc.ca**  
**604-987-6959**

#312 - 2030 Marine Drive, North Vancouver  
CMHA believes that good mental health is essential to overall health and well-being. Mental health promotion and mental illness recovery-focused

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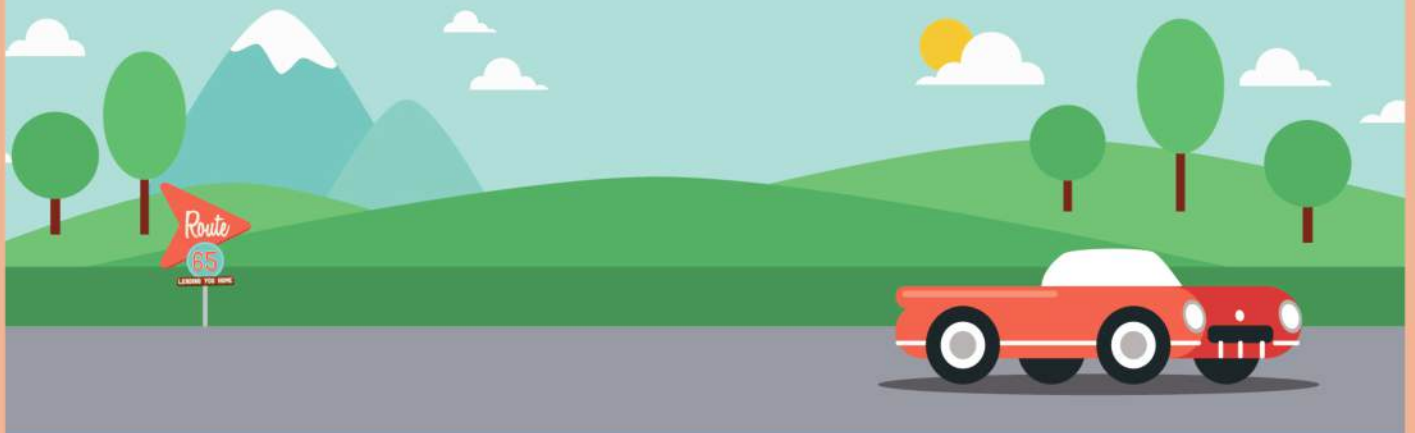
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## HEALTH AND SUPPORT SERVICES cont.

programs and services are offered for people 18 years and up and their families including counselling for people experiencing mild to moderate depression and a chronic illness, BounceBack program, and Peer Assisted Care Team (PACT) for anyone who needs referral to mental health services.

### Clinical Counsellors

**www.bc-counsellors.org 1-800-909-6303**  
Press 0

The BC Association of Clinical Counsellors has a referral system accessible by phone or internet.

### Family Services of the North Shore

**www.familyservices.bc.ca 604-988-5281**  
Counselling

Clinical Counsellors provide confidential support for a wide range of issues, including depression and anxiety. Counselling support is offered in person or online, and available at a reduced rate.

### Hollyburn Family Services

**www.hollyburn.ca 604-987-8211**

267 West Esplanade, North Vancouver

Offers low cost counselling for seniors in addition to full fee service. Counsellors work with individuals, couples and families.

### Living Systems Counselling

**www.livingsystems.ca 604-926-5496**

Offers Bowen Family Systems Therapy to couples and families experiencing difficulty adjusting to some aspect of life. Fees charged on a sliding scale.

### The Woods Arts & Wellness

**www.thewoods.org 778-989-6637**

1:1 counselling, groups, and programs in various arts, body-based and nature-based therapy. Evidence-based programs led by trained therapists and facilitators. Income-based rates available.

**Contact Seniors One Stop at 604-982-3302 for more counselling options**



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# HEALTH AND SUPPORT SERVICES cont.

## SUPPORTIVE PROGRAMS & SERVICES

### Alano Club of the North Shore

**www.northshorealano.com 604-987-4141**

176 East 2nd Street, North Vancouver

A meeting place that provides a safe, clean, alcohol and drug-free environment for recovery groups.

### Alcohol and Drug Addiction Program

**“Stepping Stones” 604-982-5610**

#250 - 145 West 17th Street, North Vancouver

Stepping Stones is a holistic day program for addiction and substance abuse. It is also open to people who have a mental illness in addition to substance abuse.

### Alzheimer Society of BC Resource Centre

**www.alzheimer.ca/bc 604-984-8348**

(North Shore and Sunshine Coast office)

Helps those concerned with or facing dementia build the knowledge, skills, and confidence to maintain quality of life. Resource centres offer information, educational opportunities, and support groups in English and Farsi.

#### • First Link Dementia Helpline

**1-800-936-6033 (English)**

**1-833-674-5007 (Chinese)**

**1-833-674-5003 (South Asian)**

If you are living with dementia, caring for someone with dementia, or have questions call First Link. The helpline, through the Alzheimer Society of BC, assists individuals in building the confidence to maintain quality of life when facing dementia. A trained, caring team of staff and volunteers will answer your call and can provide information and support.



### Arthritis Society

**www.arthritis.ca**

**604-714-5550**

**1-866-414-7766**

Provides information, education and social support for those with arthritis. Raises funds for research, advocacy, community-based self management programs, and public forums.

### Avalon Women's Centre

**604-913-0477**

2225 Marine Drive, West Vancouver

Provides supportive drop-in environment with resources and meetings for women and families recovering from addiction.

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North Vancouver**



# HEALTH AND SUPPORT SERVICES cont.

## **BC Balance and Dizziness Disorders Society** **www.balanceanddizziness.org 604-878-8383**

Provides information and support for persons with balance, dizziness and all vestibular disorders. The society sponsors talks by professionals, compiles lists of support and information resources and holds meetings in Vancouver and surrounding suburbs each year.

## **Canadian Hard of Hearing Association** **www.chha-nsb.com 604-926-5222**

Provides support and information for the public through presentations and social programs. Association works closely with other community groups to promote the installation of appropriate equipment in public places. Online webinars for members.

## **Canadian National Institute for the Blind (CNIB)** **www.cnib.ca 604-431-2121** **1-800-563-2642**

Works with people experiencing any degree of low vision. Help includes counselling, rehabilitation, teaching, orientation and mobility adjustments. Call CNIB Intake Services for information.

## **Family Services of the North Shore** **www.familyservices.bc.ca 604-988-5281**

### • Caregivers Connect

This free community program provides services for family and friend caregivers supporting older adults living at home. Online and in person support meetings and one-to-one support as well as resources and referrals. Workshops at North Shore community partner locations include connecting with other caregivers, healthcare navigation, and dementia support.

### • Seniors Connect

This community volunteer program offers free support for isolated seniors, family caregivers, older adults living with life-limiting illnesses, and those grieving the

recent loss of a loved one. Services include weekly, supportive phone calls, walking companions, friendly visits, and 8-week grief support groups.

## **Health Connect Registry** **www.healthlinkbc.ca/health-connect-registry** **811**

If you need a family doctor or nurse practitioner (NP) in British Columbia, call or visit the website to register yourself, your family members or a person in your care. Your personal health number, address, email, and phone number are required to register. The team in your community will contact you when a family doctor or NP becomes available.

## **Lower Mainland Grief Recovery** **www.lmgr.ca 604-696-1060**

Program of education and group discussion offered over a six-week time period. Ongoing support group may follow the initial program depending on the need of the participants. Evening meetings are offered at various times throughout the year. There is a registration fee, however if there is financial need, subsidies are available. Programs offered in three locations in Vancouver.

## **North Shore Better at Home Program** **www.nscr.ca 604-982-3321**

Provides seniors 65 and older living independently in the community with basic, non-medical support in the form of light housekeeping, transportation, grocery delivery, some meal delivery, minor home repairs, light yard work and friendly visiting. Clients pay for services based on total annual income and may be eligible for subsidy. A formal intake is required. If you are 55 and older and have a PWD designation you may also apply. Bowen Island residents can now access services through the Bowen Island satellite location directly at 236-988-9704.



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## HEALTH AND SUPPORT SERVICES cont.

### **North Shore Community Resources Caregiver Support Program**

**[www.nscr.ca](http://www.nscr.ca)**

**604-982-3320**

For those who provide emotional or practical support to a friend or family member with health issues. Learn how to access health care and community services, take care of yourself, and increase your confidence in your caregiving skills. Join us in a respectful, encouraging environment of shared learning. Workshops, Caregiver Bereavement, Mens Support Groups, Persian and Korean Wellness and Education Groups, and our Peer-to-Peer Support Program help create a safe space for new caregivers, those that have lost loved ones, and people that have been in the role for sometime.



### **North Shore Community Resources Seniors Community Connector Program**

**[www.nscr.ca](http://www.nscr.ca)**

**604-982-3312**

Working alongside our Seniors One Stop Navigation Center and using the principles of Social Prescribing, the Community Connector team will support seniors one on one with areas that matter to them providing resource assistance, help with forms, connection and referral to community supports. Through a series of meetings and follow up, we can assist with social needs to empower seniors and assist in improved wellbeing. Referral to program available through physician or calling us directly.

### **North Shore Disability Resource Centre**

**[www.nsdrc.org](http://www.nsdrc.org)**

**604-985-5371**

3158 Mountain Highway, North Vancouver

Provides residential services, community support, information and advocacy to individuals with

disabilities and their families, including assistance with CPPD and PWD applications and reconsiderations.

### **North Shore Keep Well Society**

**[www.keepwellsociety.ca](http://www.keepwellsociety.ca)**

**604-988-7115 ext. 3001**

These free programs for seniors take place weekly in various locations. Activities include mild exercises, blood pressure monitoring, massage (shoulder, hand and foot), nutrition counselling, medication awareness, speakers and social events. Call the above number for program times across the North Shore.

### **North Shore Solutions Navigators - North Shore Neighbourhood House**

**[www.nsnh.bc.ca/north-shore-](http://www.nsnh.bc.ca/north-shore-)**

**solutions-navigator**

**604-220-8431**

The Navigators help individuals identify their needs, goals, and assist in accessing community resources and support from existing service providers. Service topics include but are not limited to housing, mental health, childcare, and settlement services. The program is free with no formal eligibility, low-income individuals are prioritized. You can access the Navigators once or on an ongoing basis.

### **North Shore Stroke Recovery Centre**

**[www.nssrc.org](http://www.nssrc.org)**

**778-340-5803**

The centre provides post-hospital, peer-based support and therapeutic rehabilitative programs for survivors of stroke and caregivers living in the community. Wellness and independence are the primary goals of this program. Programs take place in both North and West Vancouver.

### **North Shore Women's Centre - Health and Wellness Program**

**[www.northshorewomen.ca/](http://www.northshorewomen.ca/)**

**health-wellness-program**

**604-984-6009**

A broad range of health and wellness services aimed at profoundly improving the health of women on the North Shore, particularly those faced with barriers to healthcare access (financial, social, etc). To qualify, you must: self-identify as a woman, live on the North Shore, and have a household income of \$50 000 per year or less before tax. Services include but are not limited to holistic treatments, weekly yoga, monthly hair cuts and styling, and a health library.

### **Osteoporosis Canada**

**[www.osteoporosis.ca](http://www.osteoporosis.ca)**

**1-800-463-6842**

Supports people who have, or are at risk for osteoporosis. Works to educate, empower and support individuals and communities in the risk-reduction and treatment of osteoporosis.





## HEALTH AND SUPPORT SERVICES cont.

### **North Shore Primary Care Network (NSPCN)** **www.nspcn.ca**

NSPCN provides a website for resources including the North Shore Health Guide for preventative healthcare with information on immunizations, screenings, and more to help keep you healthy for life. Stay updated by signing up for the quarterly newsletter, Connecting the Dots.

### **Parkgate Social Prescribing 604-983-6376**

Social Prescribing is a non-clinical method of support for seniors in the community. Through a series of one-on-one meetings, small goal setting and guided introduction to community programs, we help seniors create and maintain healthy lifestyles. If you are interested ask your doctor, medical office for referral or call directly.

### **Parkinson Society British Columbia** **www.parkinson.bc.ca 604-662-3240**

Provides support and education as well as events and groups which provide social time to exchange experiences and ideas for patients, family and friends. Event information online.

### **Pathways Serious Mental Illness Society** **www.pathwayssmi.org 604-926-0856**

101 - 315 W 1st Street, North Vancouver

The support centre offers information on all major mental illnesses as well as personal support to family members.

### **Self-Management Programs** **www.selfmanagementbc.ca 604-940-1273** **1-866-902-3767**

Free health programs for adults living with one or more ongoing health conditions. Programs are offered virtually, online, by telephone, or by mail for adults living in BC. Schedule of upcoming workshops on website.

### **Route65.ca** **www.route65.ca 1-877-955-6565**

Developed by BC Care Providers Association, Route65.ca is a free resource designed to help the public navigate B.C.'s seniors living, wellness, and care continuum. The platform features a provincial directory of independent living, assisted living, long-term care, and home care options, along with wayfinding tools and educational resources to support system navigation and accessing services.

### **Seniors Peer Support,** **North Shore Neighbourhood House** **www.nsnh.bc.ca 604-983-6490**

Trained volunteers meet on a one-to-one basis with North Shore seniors to address challenges in relation to aging, relocation, loneliness, bereavement, retirement, relationships, etc. Confidential emotional support is free of charge. Languages spoken include English and Farsi, with access to Spanish and German. Regional member of Seniors Peer Counselling BC. Email: [lharding@nsnh.bc.ca](mailto:lharding@nsnh.bc.ca)

### **Telus Relay Service Assistance** **www.telus.com**

The Telus Relay Service provides specially trained operators to communicate with users by having the operator transcribe spoken words into text (Voice to TTY), type the TTY message and speak it aloud (TTY to Voice), connects two TTY users, allowing them to exchange typed messages (TTY to TTY), or communicate with a relay operator via text, who then reads or types the conversation as needed (IP Relay).

<b>Voice to TTY</b> .....	<b>1-800-855-0511</b>
<b>TTY to Voice</b> .....	<b>711</b>
<b>TTY to TTY</b> .....	<b>1-800-855-1155</b>
<b>IP Relay</b> .....	<b>1-877-584-4747</b>



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# HOUSING

## AFFORDABLE HOUSING

Affordable Rental Housing is housing with rents equal to, or lower than, average rates in the private-market. It comprises a mix of subsidized housing, below-market rental housing, co-operative housing and housing subsidies to help individuals living in market rental situations.

## SUBSIDIZED HOUSING

Long-term housing for people who permanently reside in British Columbia. Rental fees are calculated on a rent geared to income basis (30% of household total gross income, subject to minimum rent based on # of people). If you live in BC, have a low income, can live independently, and meet eligibility criteria, you may qualify for subsidized housing. Applications for the following subsidized properties can be made through BC Housing. Call every 6 months to keep your file active.

### BC Housing

**604-433-2218**

#101 - 4555 Kingsway Avenue, Burnaby, V5H 4V8  
Apply online, or download an application from the website: [www.bchousing.org](http://www.bchousing.org)

### BC HOUSING - NORTH VANCOUVER:

- **Capilano House**

1551 Bridgman Avenue, NV, V7P 3N3  
Eligibility: 55+ or disabled

- **Chelsea North**

121 West 15th Street, NV, V7M 1R8  
Eligibility: 55+

- **Grant McNeil Place**

236 West 1st Street, NV, V7M 1B4  
(Seniors, Families, PWD)

- **Lynn Woods**

2551 Whiteley Court, NV, V7J 0E1  
Eligibility: 55+

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## HOUSING cont.

- **Manor House**

145 West 5th Street, NV, V7M 1J7  
(Single, Couple, Seniors, Families, PWD)

- **Mount Sea View**

885 West 16th Street, NV, V7P 1R2  
(Seniors, Families, PWD)

- **Oxford Street Project**

267 Orwell St, NV, V7J 2G2  
(Seniors, Families, PWD)

- **St. Andrew's Place**

95 St. Andrews Avenue, NV, V7L 4M8  
(Seniors, Families, Singles, PWD)

- **Twin Towers**

172 East 2nd Street, NV, V7L 4N3  
Eligibility: 60+

### BC HOUSING - WEST VANCOUVER:

- **Klahanee Park Lodge**

380 Klahanie Court, WV, V7P 3P5  
Eligibility: 55+ or disabled (Family units also)

- **Libby Lodge**

6645 Nelson Avenue, WV, V7W 2A5  
Eligibility: 55+

- **Sunnyside Manor**

1495 Esquimalt Avenue, WV, V7T 2V9  
Eligibility: 55+ or disabled

### BELOW-MARKET & NON-PROFIT HOUSING

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**Kim Gould**

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Email: kim@smeatoncook.com



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## HOUSING cont.

### **Anavets Senior Citizens Housing Society**

**604-874-8105**

245 East 3rd Street, NV, V7L 1E8  
Eligibility: 55+ or disabled

### **Capilano Towers**

**604-922-5220**

1475 Esquimalt Avenue, WV, V7T 1L2  
Apply to Capilano Senior Citizens' Housing Society  
in-person at above address.  
Eligibility: 55+

### **Kiwanis North Shore Housing Society** **[www.kiwanisnorthshorehousing.org](http://www.kiwanisnorthshorehousing.org)**

Eligibility: 60+ (except where noted), capable of  
living independently and be a non-smoker, resident  
of BC for at least 12 months, no pets. Income and  
assets assessed at time of application. Heat and basic  
cable are included in rent. Limited parking available.  
Application form is available on the website and can  
be used for both North and West Vancouver locations.  
Detailed information on form.

### **North Vancouver Office: 604-984-9166**

2555 Whiteley Court, NV, V7J 3G9

- **Kiwanis Lynn Manor**

2555 Whiteley Court, NV, V7J 3G9  
Eligibility: 65+

- **Kiwanis Lynn Woods**

2551 Whiteley Court, NV, V7J 0E1

- **Kiwanis St. Andrews Place**

1480 St. Andrews Avenue, NV, V7L 0A5

- **Kiwanis Towers**

170 West 2nd Street, NV, V7M 1C4

### **West Vancouver Office: 604-926-0102**

100-975 21st Street, WV, V7V 0B5

- **Kiwanis Court**

2151 Gordon Avenue, WV, V7V 1W1

- **Kiwanis Cypress**

999 21st Street, WV, V7V 0B4



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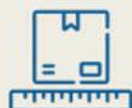
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[christoph.nextphase@gmail.com](mailto:christoph.nextphase@gmail.com)





## HOUSING cont.

- **Kiwanis Manor**

959 21st Street, WV, V7V 4Y3

- **Kiwanis Terrace**

975 21st Street, WV, V7V 0B5



**Metro Vancouver Housing Corp. (MVHC)** **604-432-6300**

10th floor, 4515 Central Blvd, Burnaby, V5H 0C6

**[www.metrovancouver.org/services/housing/Pages/default.aspx](http://www.metrovancouver.org/services/housing/Pages/default.aspx)**

Affordable home options to suit different incomes, ages, abilities and family size. Income and occupancy restrictions apply.

**North Shore Locations:**

- **Manor House**

145 West 5th Street, NV

- **St. Andrews Place**

95 St. Andrews Avenue, NV

**Mount Seymour Lions Housing Society** **604-929-9499**

#147 -1300 Parkgate Avenue, NV, V7H 2Y2

Complete an application online at:  
[www.mountseymourlions.org/housing/society](http://www.mountseymourlions.org/housing/society)

- **Lions Plaza** (Seniors, Families, PWD)

800 Apex Avenue, NV, V7H 2R3

- **Lions Ron Morrice Manor** (Seniors 55+)

4290 Naughton Avenue, NV, V7G 2N1

**Quay View Housing** **604-980-5529**

150 West 2nd Street, NV, V7M 1C3

Apply in-person/by mail:

Quay View Housing Society, 1070 Roosevelt Crescent, NV, V7P 1M3

**Sanford Housing Society** **604-732-5105**

Salal Apartments

267 Orwell St, NV, V7J 2G2

Rent-geared-to-income and below market units.

Apply online at:

[www.sanfordhs.ca/vacancy-salal-apartments](http://www.sanfordhs.ca/vacancy-salal-apartments)

**Silverlynn Apartments** **604-904-4400**

1335 East 27th Street, NV, V7J 1S6

Apply to Lowland Senior Citizens' Housing Society at above address.

**Zajac Norgate House** **604-983-6629**

1280 West 16th Street, NV, V7P 1R6

Eligibility: 55+ or disabled

### COOPERATIVE HOUSING:

Apply directly.

**Cooperative Housing Federation of BC**  
**[www.chf.bc.ca](http://www.chf.bc.ca)** **604-879-5111**

220 - 1651 Commercial Drive, Vancouver, V5L 3Y3

A housing co-op is an organization incorporated under the Cooperative Association Act that provides housing to its members. Members purchase a share to join and elect directors to govern the co-op. Most housing co-ops in BC are non-profit with a rental (not equity) model of housing. Individual co-ops manage their own marketing, application, selection processes and waiting lists. To see which properties are accepting applications, check the Co-operative Housing Federation website.

Vacancies are limited and wait lists can be lengthy.

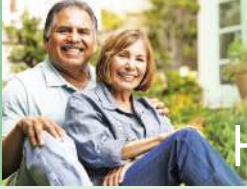
**For a list of co-operative developments on the North Shore and for other housing options, call Seniors One Stop at 604-982-3302.**

### SENIORS' RETIREMENT LIVING

Retirement living is independent housing with a combination of onsite supports available to residents including: a private living space, monitoring or emergency response, at least one meal per day, housekeeping, and recreational activities.

**Retirement Living on the North Shore is provided by private companies. For a list, please contact the Seniors One Stop program at 604-982-3302**





# HOUSING cont.

## HOUSING PROGRAMS AND SERVICES

### BC Rebate for Accessible Home Adaptations (BCRAHA)

**www.bchousing.org** **604-433-2218**

Helps low and moderate income people with permanent physical disabilities finance home modifications for accessible, safe, and independent living. The adaptations should directly address the limitations or loss of ability. Eligible BC residents can receive up to \$20,000 (lifetime maximum) per home in the form of a rebate. Please note this program will close on March 31, 2025 or sooner if funds have been exhausted. New applications are accepted starting April 1, 2025.

### Hollyburn Community Services Society Seniors at Housing Risk Program

**www.hollyburn-society.ca/seniors** **604-968-3721**

Program provides assistance in finding housing for seniors (over 50) who are homeless or at imminent risk of homelessness. Outreach workers are available to help find appropriate and affordable housing, fill out application forms, make connections to income supports, and provide referrals to mental health care or primary healthcare providers as needed.

### Lookout Housing and Health Society

**www.lookoutsociety.ca** **604-982-9126**

North Shore Shelter:  
705 West 2nd Street, North Vancouver  
Short term emergency housing for adults 18 and older.

### Residential Tenancy Branch

**www2.gov.bc.ca/gov/content/housing-tenancy** **604-660-1020**

A provincial government agency that provides information to landlords and tenants about their rights and responsibilities. The branch also helps to resolve disputes related to tenancy, such as claims for damages to premises, return of security deposits or disputing an eviction notice.

### Seniors Services Society **604-520-6621**

**www.seniorsservicesociety.ca**

Provides information on a wide range of housing options for seniors (60+) in the Lower Mainland and outreach support to those seniors who are homeless or at risk of homelessness across the Lower Mainland.

### Shelter Aid for Elderly Renters (SAFER)

**www.bchousing.org** **604-433-2218**

The SAFER program provides direct financial assistance to eligible residents of BC who are age 60 and over who pay rent for their homes. You will not be eligible if you live in subsidized housing, a housing co-op, or receive provincial income assistance. The amount depends on the amount of rent paid and your monthly income. To qualify, you or your spouse, with whom you are living, need to have lived in BC for the full 12 months immediately preceding your application, pay more than 30% of your gross household income in rent for your home and meet other eligibility criteria. The amount of subsidy you receive depends on the amount of your rent and on your monthly income. For application forms and assistance, contact the Seniors One Stop program at 604-982-3302.

### Tenant Resource & Advisory Centre (TRAC)

**www.tenants.bc.ca** **604-255-0546**

Non-profit organization which provides information on tenants' rights in the areas of evictions, repairs, security deposits, rent increases, and arbitration hearings.

## JUST LIKE FAMILY HOME CARE

### In-House Care Options

**778-244-7742**  
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- Medication Reminders
- Palliative & Cancer Care
- Parkinson's & Chronic Illness Care
- Stroke Recovery

We offer a complimentary care assessment. Reach out to us.



# INFORMATION SERVICES

## **BC211**

**www.bc211.ca**

**211**

A 24/7 confidential, free, multilingual, navigation helpline. Directs and connects to community, health, government, and other resources. Topics include but aren't limited to mental health, finances, housing, health care, immigration, legal, and transportation.

## **“Do Not Call List” for Telemarketers**

**www.innate-dncl.gc.ca**

**1-866-580-3625**

**Hearing Impaired (TTY): 1-888-362-5889**

To add your phone number to the national “Do Not Call List” for telemarketers, Register online or call 1-866-580-3625 and follow the prompts.

## **HealthLink BC**

**811**

**www.healthlinkbc.ca**

Call to talk to a registered nurse, pharmacist, exercise professional or dietitian for help with any health concern, any time of the day or night. Learn when you can treat a problem safely at home, or when you need to see a doctor, or go to the emergency room. The service is available for those who are deaf or hearing impaired by calling 711, and multilingual translation is also available.

## **Information North Shore**

**www.nscr.ca**

**604-985-7138**

#201-935 Marine Drive (2nd floor, Capilano Mall), North Vancouver

Provides drop-in and telephone information and referral to community services on the North Shore and the Lower Mainland. A wide variety of free brochures are available in the office.

## **Lionsview Seniors Planning Society**

**www.lionsviewseniorsplanning.com**

**604-988-7115 ext. 4001**

Lions Gate Community Centre, 1733 Lions Gate Lane, North Vancouver  
Acts as a strong voice for seniors on the North Shore through research, planning and education. Promotes the participation of seniors in the ongoing coordinated planning and delivery of health, social and other activities that affect their quality of life on the North Shore. Lionsview hosts the Services to Seniors Coalition, the Seniors Action Tables, the Seniors Working Group and the Seniors Planning Table for the North Shore. Email: lions\_view@telus.net

## **Nidus Personal Planning**

**Resource Centre & Registry**

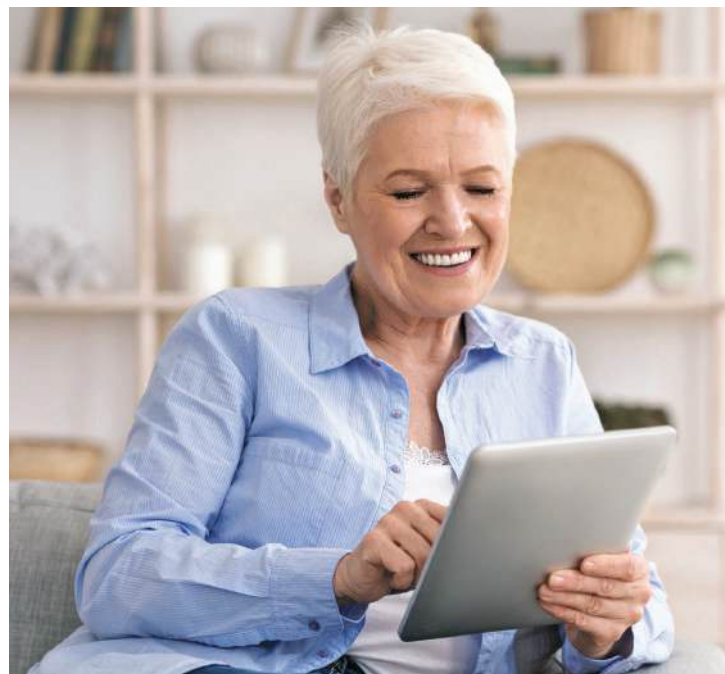
**604-408-7414**

**www.nidus.ca**

**info@nidus.ca**

Nidus provides online information and assistance

with planning for incapacity, end-of-life and other life situations. A Representation Agreement is the only legal document for authorizing someone to make health and personal care decisions on your behalf. It can also cover routine financial affairs. Nidus also has information about the Enduring Power of Attorney, a common legal document for routine and broader financial and legal affairs. Refer to website for details.



## **North Shore Emergency Management**

**www.nsem.ca**

**778-338-6300**

North Shore Emergency Management (NSEM) is the emergency management department for the City of North Vancouver, District of North Vancouver, and District of West Vancouver. Visit nsem.ca to learn about hazards on the North Shore and how to prepare for an emergency, including signing up for Alertable, the North Shore's public emergency notification system. If you have a question or would like to request a group presentation on emergency preparedness, please call or email nsem@nsem.ca.

## **North Shore Women's Centre**

**www.northshorewomen.ca 604-984-6009**

131 East 2nd Street, North Vancouver

Provides confidential, free information and referrals to a variety of services. Has a drop-in centre, a legal clinic, a resource library with resources on topics of interest to women, public access computers, and offers support groups and workshops throughout the year.

## INFORMATION SERVICES cont.

### Office of the Seniors Advocate

**[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca) 1-877-952-3181**

6th Floor, 1405 Douglas Street, PO Box 9651,  
STN PROV GOVT, Victoria, BC, V8W 9P4  
Monitors seniors' services and issues in BC, and  
makes recommendations to government and service  
providers to address systemic issues. Provides  
information and referrals for individuals who are  
navigating seniors' services in the areas of health care,  
housing, income supports, personal supports and  
transportation, and tracks their concerns.

### Seniors One Stop Navigation Centre (SOS)

**[www.nscr.ca](http://www.nscr.ca) 604-982-3302**

Free and confidential information, referral, and  
assistance during office hours (Monday to Friday, 9  
am - 4:30 pm) for older adults and those reaching  
out on their behalf. Areas of navigation include but  
aren't limited to financial benefits, housing, food,  
health service, accessing home support, social, and  
transportation. Further one-on-one support available  
through the Seniors Community Connector program.

### Service BC

**[www.servicebc.gov.bc.ca](http://www.servicebc.gov.bc.ca) 604-660-2421  
TDD 711 / VRS 1-800-663-7867**

Can assist you in contacting a provincial government  
program, service or person. If the government number  
you have to call is long distance and within BC, the  
operator will put you through free of charge.

You can now text 604-660-2421 for quick answers. Do  
not provide personal info in text.

Hours: Monday to Friday, 7:30 am - 5 pm

### Service Canada

**1-800-622-6232**

**Hearing Impaired (TTY): 1-800-926-9105**

**[www.canada.ca](http://www.canada.ca)**

Callers can inquire about pension benefits, how to  
apply for the HST/GST credit or a social insurance  
number, get information about passport applications  
and taxes, locate their Member of Parliament and  
get general information about federal government  
programs and services.

(1-800-O-CANADA or 1-800-622-6232)

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## LEGAL RESOURCES & PERSONAL SECURITY



### ABUSE AND NEGLECT RESOURCES

If you, or someone you know, is experiencing harm or mistreatment, (this may include intimidation, humiliation, fraud, misuse of power of attorney, invasion of privacy; failure to provide necessary care etc.), contact one of the following resources.

**24/7 Emergency Police Services** ..... 911

**Non Emergency Police Services:**

**-North Vancouver** ..... 604-985-1311

**-West Vancouver** ..... 604-925-7300

**24/7 Suicide Crisis Helpline** ..... 988

**24/7 Indigenous Crisis Line**

**(KUU-US)** ..... 1-800-588-8717

**24/7 Crisis Line - Indian Residential**

**School Survivors Society BC** ..... 1-800-721-0066

**24/7 Crisis & Information Line - Salal**

**Sexual Violence Support Centre** ..... 1-877-392-7583

**24/7 Women's Support Line -**

**North Shore Crisis Services Society** . . . 604-987-3374

Offers support services for women and their children who are at risk of abuse.

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### CONTACT US

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# LEGAL RESOURCES & PERSONAL SECURITY cont.

## **VictimLinkBC**

**[www.victimlinkbc.ca](http://www.victimlinkbc.ca)**

**1-800-563-0808**

Provides confidential, multilingual information and referral services to victims of crime and immediate crisis support to victims of family and sexual violence. Operates 24/7.

## **North Shore Crisis Services Society**

**[www.nscss.net](http://www.nscss.net)**

**604-987-0366**

Supports women and children leaving domestic abuse and violence on the North Shore.

## **North Shore Community Response Network**

**[www.bccrns.ca](http://www.bccrns.ca)**

The North Shore CRN is a network of service providers and community members who provide education and prevention of the abuse and neglect of vulnerable adults. Email: northshorecrn@gmail.com to contact

## **Public Guardian & Trustee**

**[www.trustee.bc.ca](http://www.trustee.bc.ca)**

**604-660-4444**

The mandate of the PGT is to protect the legal and financial interests of children under the age of 19 years; protect the legal, financial, personal and health care interests of adults who require assistance in decision making; and administer the estates of deceased and missing persons.

## **ReAct Adult Protection, VCH 1-877-REACT99**

**[www.vchreact.ca](http://www.vchreact.ca)**

**1-877-732-2899**

**604-904-6173**

(Monday to Friday 8 am - 5 pm)

This program receives reports, provides consultation, and coordinates responses to adults who are abused, neglected or self-neglected. These people may be unable to seek support and assistance on their own due to restraint, physical or mental limitation or illness, disease, injury or other conditions that affect their ability to make decisions about the abuse and neglect.

Referrals to this program will be responded to in accordance with the Adult Guardianship Act. Referrals may come from professionals or community members. Referral sources are kept confidential. For people with disabilities please contact Community Living BC 604-981-0321 (NS office) or 1-800-663-9122. If you believe it's an emergency, please call 911.



## **Seniors First BC**

**[www.seniorsfirstbc.ca](http://www.seniorsfirstbc.ca)**

#502 - 1281 Georgia Street, Vancouver V6E 3J7

### **• Seniors Abuse and Information Line (SAIL)**

**604-437-1940**

**Toll free 1-866-437-1940**

8 am - 8 pm daily (except statutory holidays)

Language interpretation: Available 9 am - 4 pm, Monday to Friday



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# LEGAL RESOURCES & PERSONAL SECURITY cont.

SAIL is a safe place for older adults, and those who care about them, to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention.

- **Seniors Reaching out to Seniors Program**

Offers free workshops on elder abuse, powers of attorney, joint bank accounts and representation agreements, frauds and scams, bullying between older adults in communal settings, residential tenancy for older adults and government benefits for older adults.

- **Victim Services Program**

Provides information, support and referrals to people age 50+ who are victims of abuse, including family and sexual violence and anyone who has witnessed the abuse of an older adult.



## CONSUMER PROTECTION

### BC Identification Card (BCID)

**1-800-950-1498**

ICBC Driver's Licensing Office (DLO) North Shore  
1331 Marine Drive, North Vancouver  
A BCID card is a reliable piece of government photo ID with the same security features as a BC Drivers

License. BCID cards are also useful if you are not a driver and do not have a driver's license.

Take one piece of primary identification and one piece of secondary identification to the Driver's Licensing Office of ICBC. Pay the BCID card fee (\$15 for those over 65 and free to those giving up their license) and have your photo taken. Your new card will be mailed within 4-6 week. Valid for 5 years.

See also BC Services Card on page 17

### BC Securities Commission:

**Investment/Fraud 604-899-6854**  
**www.investright.org or 1-800-373-6393**

Through InvestRight, the BC Securities Commission offers independent, unbiased information to help seniors avoid fraud and make informed investment decisions. It can also help family and friends recognize the warning signs that someone they love is the target of fraud, or dealing with investment losses. Speak to someone in the BCSC Inquiries group, 8 am – 5 pm, or visit **www.InvestRight.org** online 24/7.

### Consumer Protection BC

**www.consumerprotectionbc.ca**

**1-888-564-9963**

Offers information and services to help consumers handle unscrupulous business practices. Regulates travel agents, cemeteries and funeral services, debt collection agencies, telemarketing, home inspections and bailiffs.

Hours: Monday to Friday: 8:30 am – 4:30 pm

## CRIME PREVENTION AND COMMUNITY POLICING

The Community Policing Centres operate various programs for the residents of the City and District of North Vancouver. These programs include Business Link, Speed Watch, Home Vacation Check and Citizens' Crime Watch.

**North Vancouver Community Police Services (RCMP Detachment) 604-969-7423**

147 East 14th Street, North Vancouver

### City Community Policing Centre

**604-969-7465**

112 East 3rd Street, North Vancouver (9 am – 4 pm)

### District Community Policing Centre

**604-990-2342**

North Vancouver District Hall,  
355 West Queens Road, North Vancouver  
(9 am – 4 pm)





# LEGAL RESOURCES & PERSONAL SECURITY cont.

## LEGAL SERVICES

### Access Pro Bono Society of BC

**www.accessprobono.ca**      **604-878-7400**  
**1-877-762-6664**

### Several North Shore Locations

Pro bono lawyers provide summary legal advice to low- and modest-income individuals on a wide range of legal issues, including family, immigration, criminal, and civil law (such as debt, employment, welfare and housing). Same eligibility guidelines that are used for legal aid apply. An appointment is needed. See website for a useful guide to help you communicate with a lawyer. Wills clinics available - contact [willsclinic@accessprobono.ca](mailto:willsclinic@accessprobono.ca) (preferred) or call 604-424-9600.

### Everyone Legal Clinic

**everyonelegal.ca**      **778-200-4478**

Affordable legal service under Access Pro Bono by highly-trained legal professionals with fixed fee and client-centered services locally or virtually in a wide range of areas covering everyday legal problems.



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- Construction
- Powers of Attorney
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North Vancouver  
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[www.lakeswhyte.com](http://www.lakeswhyte.com)



# LEGAL RESOURCES & PERSONAL SECURITY cont.

## **Lawyer Referral Service 604-687-3221**

Operated by Access Pro Bono

This service provides the name of a lawyer in private practice in BC who will meet for a free 15-minute legal consultation.

## **Clicklaw**

**[www.clicklaw.bc.ca](http://www.clicklaw.bc.ca)**

A website that provides legal information, education, and help for British Columbians.

## **Dial-A-Law: The Law in BC 604-687-4680**

**[dialalaw.peopleslawschool.ca](http://dialalaw.peopleslawschool.ca)**

A library of pre-recorded tapes and on-line resources gives legal information about laws in B.C. Available 24 hours a day, seven days a week.

## **Legal Services Society (Legal Aid BC)**

**[www.legalaid.bc.ca](http://www.legalaid.bc.ca) 604-408-2172**

Non-profit organization provides legal information, advice, representation, legal aid services to residents of BC with low incomes.

## **North Shore Community Resources**

**Community Legal Services 604-985-7138**

#201 - 935 Marine Drive (2nd floor, Capilano Mall), North Vancouver

Offers legal information, referral, advice and representation to lower income residents on a variety of legal issues.

## **North Shore Women's Centre Legal Program**

**[www.northshorewomen.ca](http://www.northshorewomen.ca) 604-984-6009**

131 East 2nd Street, North Vancouver

Female lawyers provide private legal information and advice consultation for one hour on family law issues (separation, divorce, division of assets/property) for women. Intake necessary. Call for appointment: Monday to Thursday 10 am – 3 pm.

## **Peoples Law School**

**604-331-5400**

**[www.peopleslawschool.ca](http://www.peopleslawschool.ca)**

People's Law School is a non-profit society in British Columbia, dedicated to making the law accessible to everyone. They provide free education and



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# LEGAL RESOURCES & PERSONAL SECURITY cont.

information to help people effectively deal with the legal problems of daily life.

## Public Guardian & Trustee

**www.trustee.bc.ca 604-660-4444**

The Public Trustee's Office gives information on Power of Attorney, Representation Agreements and Committee of the Estate to people wishing to ensure proper help for those who cannot manage their finances on their own.

## Seniors First BC - SAIL Legal Programs

**www.seniorsfirstbc.ca 604-437-1940**

- **Legal Advocate:** government benefits, pensions and appeals, residential tenancy issues and debt.
- **Elder Law Clinic:** financial exploitation, incapability, guardianship, institutional care and abuse, wills, small claims court preparation.



## Silver Harbour Seniors' Centre Seniors' Legal Advice & Referral Clinic

**604-980-2474**

144 East 22nd Street, North Vancouver

Free confidential half-hour appointment with a lawyer who may give advice and/or referral for more assistance.

## UBC Law Student's Legal Advice Program

**604-822-5791**

Offers free legal advice to those who cannot afford a lawyer. Eligibility based on income. Help with simple wills and estates, small claims, criminal (no risk of jail), WCB, social assistance, landlord/tenant, human rights, consumer, employment insurance, debts. Nothing dealing with real property.

Appointments take place during the school term. More frequent appointments during the summer. Call for an appointment.

## MONITORING SERVICES

For information on the private companies which provide monitoring services, please contact the Seniors One Stop program at 604-982-3302.

## Canadian Medic Alert Foundation

**www.medicalert.ca 1-800-668-1507**

Supplies necklaces or bracelets with the MedicAlert emblem that will alert health care professionals of your medical condition in the event of an emergency. Keeps a 24-hour medical record on members for immediate access by doctors, hospitals and ambulance paramedics. Identification Bracelets can be purchased at drug stores, large department stores or jewelry stores. Can be engraved with the telephone number of the person plus a second contact number.

## LEAVE A LEGACY

Leaving a gift in your Will to support the charities and causes you care about says a lot about who you are and what you value.

If you want to give back to your community, we can help ensure that your generosity creates a lasting impact, today and for years to come.

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info@westvanfoundation.ca [westvanfoundation.ca](http://westvanfoundation.ca)



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# MEAL PROGRAMS & SHOPPING

## FOOD RESOURCES IN COMMUNITY

### Family Services North Shore

[www.familyservices.bc.ca](http://www.familyservices.bc.ca) 604-984-9627

943 Marine Drive, North Vancouver

This community program provides weekly senior meals or groceries to those with low income who are isolated and qualify for the programs. To apply for support, call for an intake appointment.

### Food Hub - North Shore 604-987-8138 (North Shore Neighbourhood House)

225 East 2nd Street, North Vancouver

Partners with Greater Vancouver Food Bank to distribute food every Wednesday from 9 am to 6 pm (with the exception of income assistance cheque issue day). Must be registered with Greater Vancouver Food Bank and bring food bank card. Call Greater Food Bank to register 604-876-3601.

### Harvest Project

[www.harvestproject.org](http://www.harvestproject.org) 604-983-9488

1073 Roosevelt Crescent, North Vancouver

Provides food, clothing and client care services for those experiencing difficult life circumstances. Focus is to work with clients to set goals, direct them to appropriate support services and assist in rebuilding their lives.

### Quest Food Exchange

[www.questoutreach.org](http://www.questoutreach.org) 604-566-0110

167 East 1st Street, North Vancouver

Quest is a non-profit organization that ensures people living on low income have access to healthy and affordable food. To become a client at Quest and access the not-for-profit grocery market, a local social service agency must first complete a Client Referral Form on your behalf. Entry is from LoLo Lane. Contact for hours.

### Salvation Army Food Hampers

604-988-7225

105 West 12th Street, North Vancouver

Provides fresh food boxes once a month for those who qualify (through an intake assessment appointment). Must call to request and pick up.



## HOT OR PREPARED MEALS IN THE COMMUNITY

Pricing, days, and location are subject to change, follow-up directly.

### A Loving Spoonful

[www.alovingspoonful.org](http://www.alovingspoonful.org) 604-682-6325

A non-profit organization providing free healthy meals at the following locations:

**North Lonsdale United Church**

Frozen meals for pickup on Tuesdays from 3-5pm.



## JOIN US FOR OUR SENIORS PROGRAMS

Silver Harbour has more than 75 seniors' programs and services. Come find the one that's right for you!

SILVER  
HARBOUR  
CENTRE



144 East 22nd Street,  
North Vancouver, BC



604-980-2474



[silverharbourcentre.com](http://silverharbourcentre.com)





# MEAL PROGRAMS & SHOPPING cont.

## **St. Andrew's United Church**

Dine in hot lunch on Wednesdays from 1-2pm.

## **St. Christopher's Anglican Church**

Dine in hot dinner on Thursdays from 5:30-6:30pm.

Minimum \$2 donation.

## **Congregate Meal Program 604-761-1474**

Soup and sandwich in various North Vancouver locations. Must call to register. Wednesdays at 11:30am at Mollie Nye and Thursdays at noon at Capilano House. Days and locations are subject to change.



## **St. Andrews United Church**

**[www.st-andrews-united.ca](http://www.st-andrews-united.ca) 604-985-0408**

1044 St. Georges Avenue, North Vancouver

Free community lunch on Thursdays at noon.

Call for more information.

## **Salvation Army: Frozen Meals 604-988-7225**

105 West 12th Street, North Vancouver

Economically priced frozen food items can be ordered in person, by phone, or online. Minimum order of \$25 for free delivery. Mon, Wed, Fri 9 am - 4 pm.

## **Silver Harbour Seniors Activity Centre**

**[www.silverharbourcentre.com](http://www.silverharbourcentre.com)**

**604-980-2474**

144 East 22nd Street, North Vancouver

Delicious and nutritious meals for dine-in and pick-up Monday to Friday. Entree (\$10) or full meal combo (\$14). Menu Online.

## **West Vancouver Seniors' Activity Centre**

**[www.westvancouver.ca/seniors](http://www.westvancouver.ca/seniors)**

**604-925-7280**

695 21st Street, West Vancouver

Monday to Friday 9 - 3 pm, Saturday and Sunday 9 am to 2 pm, Thursdays 9 - 7 pm.

Lunch, dinner and take out.

## **John Braithwaite Community Centre**

**[www.jbcc.ca](http://www.jbcc.ca) 604-983-6488**

145 West 1st Street, North Vancouver

Lunch offered Fridays at noon.

Call for more information and to make a reservation.

## **North Shore Meals on Wheels**

**[www.carebc.ca/north-shore-mow](http://www.carebc.ca/north-shore-mow)**

**604-922-3414**

A volunteer service which delivers meals to ill, disabled, or elderly North Shore residents who are unable to prepare nutritious meals for themselves. Meals are delivered Mondays, Wednesdays, and Fridays between 10 am and 1pm. Meals range from between \$6.50 - 9.75.

Office Hours: Mon/Wed/Fri 8:30 am - 1:00 pm.

## **Parkgate Society**

**[www.parkgatesociety.ca](http://www.parkgatesociety.ca) 604-983-6350**

3625 Banff Court, North Vancouver

Lunch is available at Parkgate Community kitchen every Wednesday for dine in from 11:30am until sold out. Check our website for the menu or call for more information. Free transportation on the last Wednesday of the month.





## MEAL PROGRAMS & SHOPPING cont.

Nutritious entrées and hearty soups, salads and sandwiches, baked goods, and desserts. Menu is posted on Seniors Activity Centre website daily by 9 am. Phone orders Tuesday and Thursday 10 - 12 pm. Minimum \$25 purchase for free delivery in West Vancouver for seniors with limited mobility.

**For more information and updates, call Seniors One Stop at 604-982-3302**

### SHOPPING DISCOUNTS FOR SENIORS

Many businesses offer discounts to seniors. For more information, please contact the Seniors One Stop program at 604-982-3302.

### SHOPPING PROGRAMS

#### Capilano Community Services Society – Seniors' Hub

**[www.capservices.ca](http://www.capservices.ca) 604-988-7115 ext. 2009**

North Vancouver clients are accompanied door-to-door for their shopping needs. Escorts can be provided if required.

Monday: Capilano Mall shop & walk: 12 - 1:30 pm

Tuesday: grocery shopping at Save-on Foods plus an optional stop at Capilano Mall: 12 pm - 1:30 pm

Wednesday: Capilano Mall shop & walk: 10:30 am - noon

#### HandyDART **604-575-6600** **[www.translink.ca/rider-guide/transit-accessibility/handydart](http://www.translink.ca/rider-guide/transit-accessibility/handydart)**

Those registered with HandyDART may call and make a booking for a trip to a grocery store. Clients must arrange for the store to deliver groceries. HandyDART allows two bags per person. Drivers do not carry bags.



#### North Shore Better at Home Program **604-982-3313**

Seniors, 65+ and living independently, can phone in their grocery list and a volunteer from NSCR will shop on their behalf and drop off their groceries. Orders will be scheduled as soon as possible, usually within 1-2 days, depending on volunteer availability. A small fee may apply and clients are expected to pay for own groceries. Preregistration to program is required.

#### Parkgate Society – Seymour Access Bus **[www.parkgatesociety.ca/seniors/bus-trips](http://www.parkgatesociety.ca/seniors/bus-trips) 604-983-6350**

This free service picks local residents up and returns them to their homes after a social shopping adventure. Serving Deep Cove/Blueridge area. Call to register.

## REDEFINING HOME HEALTH CARE



Amie, a Massachusetts University Nursing MA graduate, proudly owns and operates Amie Family Care, providing compassionate support for seniors and individuals with disabilities.

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236.862.1580 [ameneh@amiefamilycare.com](mailto:ameneh@amiefamilycare.com)





# SOCIAL, EDUCATION & RECREATION PROGRAMS

## Choose to Move

[www.choosetomove.ca/locations](http://www.choosetomove.ca/locations)

**604-875-4111 Ext. 21713**

Choose to Move is a free physical activity support program to help increase motivation and connect you with a supportive community. A knowledgeable activity coach will help to create an activity plan based on your preferences and abilities and connect with like-minded peers for eight dynamic group meetings to share goals, stay accountable, and explore health and wellness topics together. Programs are typically launched in January, April, and September. Call or visit the website for more information.



## Community Integration Services Society

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

**604-986-1511**

Provides community-based programs for developmentally disadvantaged people. Participants are integrated both socially and physically through recreation, leisure, education and vocational opportunities.

## Elder College

**at Silver Harbour**

**604-980-2474**

[www.silverharbourcentre.com](http://www.silverharbourcentre.com)

Offers bookclub, lecture series, outdoor learning and more. Parkgate Society also offers a current events discussion group called "What's News" for people interested in a wide range of issues reported in the media and news. Call 604-983-6350 for more information.

## Impact North Shore

(formerly N.S. Multicultural Society)

[www.impactnorthshore.ca](http://www.impactnorthshore.ca) **604-988-2931**

123 East 15th Street, North Vancouver

Provides services and information for immigrant seniors to learn about and participate in the community. Programs include Seniors Learning Circle, settlement support services, digital literacy workshops, Seniors Bridging Program, Language Instruction for Newcomers to Canada (LINC), and more. All services are government funded and free of charge. Services are available in English, Farsi, Mandarin, Ukrainian, Korean, and Cantonese; and are available year-round.

## Intellectual Disability Society - The Summit

[summitprograms@idsbc.org](mailto:summitprograms@idsbc.org)

**604-904-0842**

The Summit program provides leisure programs for seniors with intellectual disabilities. Programs are



Museum & Archives  
of North Vancouver

TALKS, TOURS, SOCIAL ACTIVITIES, TEA & COFFEE

# TIMELESS TALES

FOR SENIORS, MONTHLY

**10AM - 12PM | PAY-WHAT-YOU-CAN**

Join us on the **second Thursday each month** for this delightful, social program for seniors. Enjoy tea, treats and warm company as we share stories & connect.

GENEROUSLY SUPPORTED BY  
 Neptune

Get social at the Museum of North Vancouver 115 West Esplanade, V7M 0G7

[monova.ca](http://monova.ca)





# SOCIAL, EDUCATION & RECREATION PROGRAMS cont.

recreational and educational. Conversation groups, fitness programs, crafting, and sing-alongs are offered. In late spring, "Adventure Week" program features day long community outings. All seniors from the community are welcome to access The Summit programs. Seniors that would like to participate in adaptive programming, focused on socialization rather than skills, please call for a program guide. Membership: \$45  
The Summit: 1095 Churchill Cresc, North Vancouver

## **MONOVA: Museum & Archives of North Vancouver**

**monova.ca**

**604-990-3700**

### **Museum of North Vancouver**

115 West Esplanade, North Vancouver

### **Archives of North Vancouver**

3203 Institute Road, North Vancouver

MONOVA offers a range of programs for seniors that unravel the rich history of the North Shore. Drop in for Timeless Tales (Pay-What-You-Can) on the second Thursday of every month for talks, tours, social activities, tea & coffee.



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# SOCIAL, EDUCATION & RECREATION PROGRAMS cont.

Groups programs available at a low cost include Coast Salish wool weaving, canvas painting, guided gallery experiences, scrapbooking and more. Email [programs@monova.ca](mailto:programs@monova.ca) for more information.

## **Simon Fraser University – Liberal Arts and Adults 55+ Program** **[www.sfu.ca/seniors](http://www.sfu.ca/seniors) 778-782-8000**

SFU offers intellectually challenging non-credit courses to older adult learners year round. Topics covered range from art and literature to history, science, philosophy and more.

Classes are open to learners of all ages, with a tuition discount for those 55+. Visit website for more information.

## **LIBRARIES**

### **North Vancouver City Library 604-998-3450** **[nvcl.ca](http://nvcl.ca)**

Selection of downloadable books and websites to browse, and virtual programs available.

#### **Home Services:**

Free home delivery of library materials for City residents who are unable to come to the library due to some disability. Large-print books and audio books are available if you require these types of materials. Once you have registered for home services, a personalized selection of material will be delivered to your home by a library staff member.

### **North Vancouver District Public Library** **[nvdpl.ca](http://nvdpl.ca) 604-990-5800**

**Home Library Service: ext. 8124**

**Talking Books: ext. 8125**

If you are unable to get to the library because of a physical disability, the Home Service Librarian can choose a selection of large or regular print books or audio books and audiovisual materials based on your interests or you can request specific titles. Hosts library afternoons in care facilities and seniors' complexes.

### **West Vancouver Memorial Library** **[westvanlibrary.ca](http://westvanlibrary.ca) 604-925-7400** **Accessible Services and Talking Books** **604-925-7437**

If you are unable to travel from home or living in a local residential care facility, a wide selection of library materials can be delivered.

Extensive collection of books in large print format and audio books available.

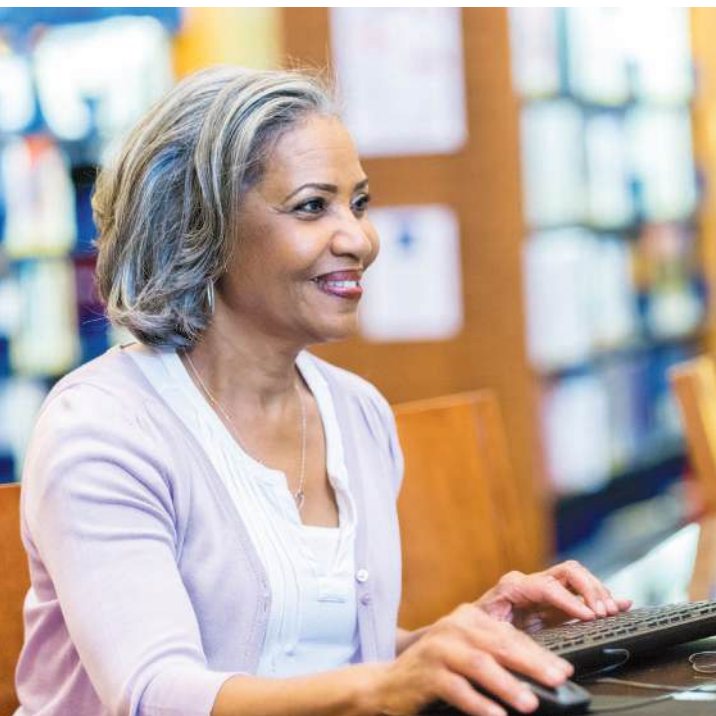
## **RECREATION CENTRES & FACILITIES**

### **North Vancouver Recreation & Culture** **[www.nvrc.ca](http://www.nvrc.ca) All Enquiries 604-987-7529**

**Recreation Information in Farsi**  
**604-983-6416**

#### **NORTH VANCOUVER**

- **Centennial Theatre**  
**Box Office 604-984-4484**
- **Delbrook Community Recreation Centre**  
851 West Queens Road **604-983-6530**
- **Harry Jerome Community Recreation Centre**  
123 East 23rd Street **604-983-6403**
- **John Braithwaite Community Centre**  
145 West 1st Street **604-983-6471**
- **Karen Magnussen Community Recreation Centre**  
2300 Kirkstone Road **604-983-6550**
- **Lions Gate Community Centre**  
1733 Lions Gate Lane **604-983-7650**
- **Lynn Valley Community Centre**  
3590 Mountain Hwy **604-983-6550**
- **North Vancouver Tennis Centre**  
280 Lloyd Avenue **604-983-6483**
- **Parkgate Community Centre**  
3625 Banff Court **604-983-6350**





# SOCIAL, EDUCATION & RECREATION PROGRAMS cont.

- **Ron Andrews Community Recreation Centre**

931 Lytton Street

**604-983-6500**

- **Seylynn Community Centre**

625 Mountain Hwy

**604-983-6550**

## WEST VANCOUVER

- **Ambleside Par 3** (seasonal) **604-922-3818**

900 Par 3 Road

- **Aquatic Centre**

**604-925-7270**

2121 Marine Drive

- **Gleneagles Community Centre**

6262 Marine Drive

**604-925-7270**

- **Gleneagles Golf Course**

**604-921-7353**

6190 Marine Drive

- **Ice Arena**

**604-925-7250**

786 22nd Street



- **Seniors' Activity Centre** **604-925-7280**

695 21st Street

- **West Vancouver Community Centre**

2121 Marine Drive

**604-925-7270**



NORTH VANCOUVER

**Recreation  
& Culture**



## Meet friends, be active & get creative with NVRC

- Drop-in at a fitness centre • Join an AquaFit or yoga class
- Meet with friends for swimming or skating • Try dance, pottery, painting or music
- Play a sport in a gymnasium or racquet court • Financial assistance available

[nvrc.ca](http://nvrc.ca)

**604-987-7529**



# SOCIAL, EDUCATION & RECREATION PROGRAMS cont.

## Royal Canadian Legion

Provides socialization for veterans, their immediate families and friends.

- **Lynn Valley (#114)** **604-987-2050**  
1630 Lynn Valley Road
- **North Vancouver (#118)**  
123 West 15th Street **Lounge: 604-985-1115**  
**Office: 604-988-3712**
- **West Vancouver (#60)**  
580 18th Street **Lounge: 604-922-1920**  
**Office: 604-922-3587**



## SENIORS' CENTRES / OUTREACH

### Capilano Community Services Society - Seniors' Hub

**www.capservices.ca 604-988-7115 ext. 2009**

1733 Lions Gate Lane, North Vancouver

The Seniors' Hub programs and services help seniors aged 55+ maintain their social networks, make new friends, and remain connected to community. Programs include: a telefriend service, a monthly social, rides for North Vancouver seniors in upper and lower Capilano to medical appointments, outings and Grocery Shop Program, community coffee groups and mall shop and walking programs.

### Cycling Without Age

**www.cyclingwithoutage.ca/northshore**

**604-980-2474**

A program of Silver Harbour providing free trishaw rides for mobility challenged people of all ages. Rides available at different locations between April and October. Visit the website for more program information.

## John Braithwaite Community Centre

**www.nvrc.ca**

**www.nsnh.bc.ca**

**604-983-6471**

145 West 1st Street, North Vancouver

This community centre is a partnership between the North Shore Neighbourhood House (NSNH) and the North Vancouver Recreation and Culture Commission (NVRC) and offers a variety of social, health and wellness programs for older adults. No membership is required for the NSNH Seniors Centre. For a complete list of adults 55+ programs, see program guide or website.

## Lynn Valley Services Society (LVSS)

**at Mollie Nye House**

**604-987-5820**

940 Lynn Valley Road, North Vancouver

For programming, services, rental inquiries: **www.lvss.ca**

To become a member or volunteer: **www.lvss.ca**

Operated by LVSS on behalf of the District of North Vancouver, Mollie Nye House is an active community center that offers registered and drop in programs for all ages, including seniors. Programs include but aren't limited to Tai Chi & Qi Gong, Conversation Club, Lunch Programs, Drumming Circle, and ESL. LVSS provides a place where everyone feels welcome to gather, connect, engage "Bringing People Together."

## North Shore Neighbourhood House

**www.nsnh.bc.ca**

**604-987-8138**

225 East 2nd Street, North Vancouver

Seniors services and activities such as Keep Well, bus trips, peer counselling, social programs, and special events are offered. NSNH also provides income tax preparation. See John Braithwaite Community Centre listing above for their partnered programs.

## Parkgate Society

**www.parkgatesociety.ca**

**604-983-6359**

3625 Banff Court, North Vancouver

Provides a variety of programs and services including instructional learning, physical activity, drop-in social and interest group activities, special events and bus trips. A large selection of brochures highlighting services for seniors can be found in the hallway in the seniors area of the centre. Age 55+. Membership \$5 per year.

## Silver Harbour Seniors' Activity Centre

**www.silverharbourcentre.com 604-980-2474**

144 East 22nd Street, North Vancouver

Recreational programs and helpful services, including fitness, arts, games, languages, trips, events, seminars, Eldercollege programs, meals and more. Membership fee is \$35 per year (not all programs require membership). Age 55+.





# SOCIAL, EDUCATION & RECREATION PROGRAMS cont.

## **West Vancouver Seniors' Activity Centre** **[www.westvancouver.ca/seniors](http://www.westvancouver.ca/seniors)**

**604-925-7280**

695 21st Street, West Vancouver  
Recreational, active living, rehabilitation, wellness, social and support services. A wide variety of 55+ programs, services, events and outings are offered year round. Offers "Keeping Connected" program design for frail and isolated seniors. Cafeteria food services serve hot lunches on weekdays and weekends, and dinners on Tuesdays and Thursdays from 5 to 7pm. E newsletter highlighting programs and events and an online magazine subscription called the SCENE available. Membership fee \$40 per year.

## **TELEFRIEND AND VISITOR PROGRAMS**

### **Capilano Community Services Society – Seniors' Hub (North Van)**

**604-988-7115 ext. 2009**

Volunteers provide a telefriend service to lonely or

isolated seniors, who share mutual interests and concerns and check on their well-being.

## **Family Services of the North Shore**

**[www.familyservices.bc.ca](http://www.familyservices.bc.ca) 604-988-5281**

Seniors who are feeling isolated or living with a life-limiting or chronic illness or their caregivers can request weekly supportive phone calls or friendly visits. Service provided by trained volunteers. Info and register online or call.

## **North Shore Better at Home Program**

**[www.nscr.ca](http://www.nscr.ca) 604-982-3319**

Volunteers provide friendly phone calls to isolated seniors looking for social connection.

## **West Vancouver Seniors' Activity Centre**

**604-925-7280**

Seniors volunteers make friendly phone calls to lonely or isolated seniors to provide social connection, a friendly voice in time of need. Wellness home checks can be activated where needed.



# I R I S

## need a new prescription?

**Book your eye exam today!**

### **AMBLESIDE, WEST VANCOUVER**

1685 Marine Drive — 604.925.2110

### **CAULFEILD VILLAGE, WEST VANCOUVER**

5313 Headland Drive — 604.923.4747

### **LONSDALE, NORTH VANCOUVER**

1430 Lonsdale Avenue — 604.981.0400



# TRANSPORTATION

## **Bus Pass Program** **www2.gov.bc.ca**

**1-866-866-0800**  
**follow prompts**

Low income seniors and persons with disabilities can purchase a yearly bus pass for a reduced fee. First time applicants or those who have lost their pass, should submit an online request for service on the website. The bus pass allows travel without additional cost on local transit systems and is valid from January 1 – December 31. (Fee not pro-rated)

To get a reduced-cost pass, you must meet one of these criteria:

- 60 years or older and the spouse of a person with the Person with Disabilities designation and are receiving disability assistance from the Province of British Columbia
- 60 years or older and receiving income assistance from the Province of British Columbia
- 60 years or older, living on a First Nations reserve and getting assistance from the band office
- 65 years or older and would qualify for the Guaranteed Income Supplement (GIS) but does not meet the Canadian 10-year residency rule
- Receiving Old Age Security (OAS) and the GIS
- Receiving the Federal Spousal Allowance or Allowance for the Survivor

## **CNIB** **(Canadian National Institute for the Blind)** **www.cnib.ca** **604-431-2121**

Individuals registered with CNIB as legally blind may carry a CNIB National Identification Card/Compass Card that allows the holder to travel free on public transit in BC. If the sight-impaired person also has a HandyCard, their guide also travels free on transit. Cardholders are also eligible for reduced fares on BC Ferries, Air Canada (domestic), and some coachlines.

To obtain an application, call the above number and submit the form along with a colour passport size photo to the regional CNIB office. It will take approximately 7-10 days to process the application. There is no charge to obtain the pass.

## **Compass Card** **604-398-2042**

Seniors aged 65+ qualify for discounted fares through the Compass Card program. The Concession Compass Cards are purchased through Compass retailers (London Drugs, Shoppers, Save on Foods, Safeway, Mac's, 7-11). There is an initial fee of \$6 for the card. Once the card is purchased, you select either a monthly pass, day pass, or dollar value to the card. If you load up a dollar value, as you use the card, the appropriate concession fare will be deducted. You can then reload the value as required. Remember when you start and end your trip to tap your card at the card reader.

## **Drivers' Licenses (ICBC)** **1-800-950-1498**

1331 Marine Drive, North Vancouver

If you are 65 years or older there are reduced fees for driver's license renewals and road tests. All drivers 80 years of age and older are required to have a medical exam and submit a medical report every two years. The report form will be mailed to your home. The required medical exam is not covered by MSP.

## **HandyCard (Translink Accessible Transit Program)** **604-953-3680** **www.translink.ca**

You must have a permanent physical or cognitive disability that prevents you from using the public transit system without assistance. Your HandyCard entitles you to concession fares on the Bus, SkyTrain, SeaBus, West Van Transit and West Coast Express. You can use an orange Compass Card to pay for travel. An attendant who accompanies and assists a HandyCard holder may travel free on any part of the Regional Transportation Network. Information and application forms online.

## **HandyDART** **604-575-6600** **www.translink.ca/rider-guide/transit-accessibility/handydart**

Transportation for disabled persons who are unable to use public transit without assistance. Users must have a medical referral to be registered with the program. Application forms online. To book or cancel a trip call 604-575-6600.

Service is provided primarily for trips required for work, education, medical appointments, shopping and recreational as per availability.

There are 2 types of service: subscription trips (recurring) and casual trips (one time).

## **Parking Permit for People with Disabilities (SPARC)**

**www.sparc.bc.ca/parking-permits**  
**604-718-7744**

Permit issued to person with disability for use in any car in which the permit holder is being driven. Permit costs \$31, applies to one person only, and is valid for 3 years. Temporary parking permits also available. Medical referral required.

## **Seniors' Shuttle Bus (WV)** **604-925-7280**

Local Shuttle Bus with hop-on, hop-off service from Park Royal to Dundarave on a scheduled route. Tuesday to Saturday 9 am to 3:45 pm. By donation contribution for roundtrip (\$3 recommended per person).





# TRANSPORTATION cont.

## Taxi Saver Coupons

**604-953-3680**

Available for seniors with permanent disabilities who are registered with the BC HandyDART program. Taxi Saver Coupons can be used when HandyDART is not available to save 50% off taxi fare. Taxi Saver Coupons can be purchased in booklets in person at Waterfront Sky Train station or by mail, cheque or money order to Coast Mountain Bus Company, #400 - 287 Nelson's Court, New Westminster, BC V3L 0E7. Attn: Access Transit Department.

## NORTH SHORE PUBLIC TRANSIT INFORMATION

### Translink

**604-953-3333**

[www.translink.ca](http://www.translink.ca)

6:30 am - 11:30 pm daily

### West Vancouver

#### Blue Bus

**604-985-7777 ext. 2**

[www.westvancouver.ca](http://www.westvancouver.ca)

Information hours: 7 am - 8:30 pm

## FARE REDUCTIONS

### Airlines

Ask about seniors' discounts when booking.

### BC Ferries

[www.bcferrries.com](http://www.bcferrries.com)

**1-888-223-3779**

BC seniors 65+ can travel free on select routes Monday through Thursday except Statutory holidays. Proof of age is required (BC Services Card). Benefit is for passengers only, vehicle fees still apply. Residents with a permanent disability can apply to BC Ferries for discount fares via a Disabled Status Identification Card (DSI).

### Via Rail

[www.viarail.ca](http://www.viarail.ca)

**1-888-842-7245**

Fare reduction for those 60+. As reduced fares are limited, best to book well in advance.

## VOLUNTEER DRIVERS

### Capilano Community Services Society

#### - Seniors' Hub

**604-988-7115 ext. 2009**

Seniors' Hub provides accompanied transportation to medical appointments for isolated or partially impaired seniors who cannot use public transportation. Minimum 48 hours notice required, and upon availability.

### North Shore Better at Home Program

**604-982-3313**

Volunteer drivers provide seniors with transportation to medical appointments. Fees are based on client's income, eligibility, and ability to pay. This service is for seniors living independently in the community. Registration required.

### Volunteer Cancer Drivers Society

**604-515-5400**

[www.volunteercancerdrivers.ca](http://www.volunteercancerdrivers.ca)

Volunteer drivers provide free, round-trip, door-to-door transportation for cancer patients receiving treatment and follow-up care. Patients must register for program and provide medical authority signature. A caregiver may accompany the patient if space is available. Drivers can usually accommodate collapsible walkers and wheelchairs. Appointments must be scheduled in advance through the dispatch number or online.



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# Transportation Services



## **West Vancouver Seniors' Activity Centre Shuttle Bus (in partnership with Amica, WV Foundation, and Kiwanis)** **604-925-7280**

Local Shuttle Bus with hop on/hop off service from Park Royal to Dundarave on a scheduled route. Shuttle operates Tuesday to Saturday; Hours: 8:45 am - 3:45 pm. A donation contribution of \$3 per person for each pick up (roundtrip) is recommended.

## **Capilano Community Services Seniors' Hub**

**604-988-7115 ext. 2009**

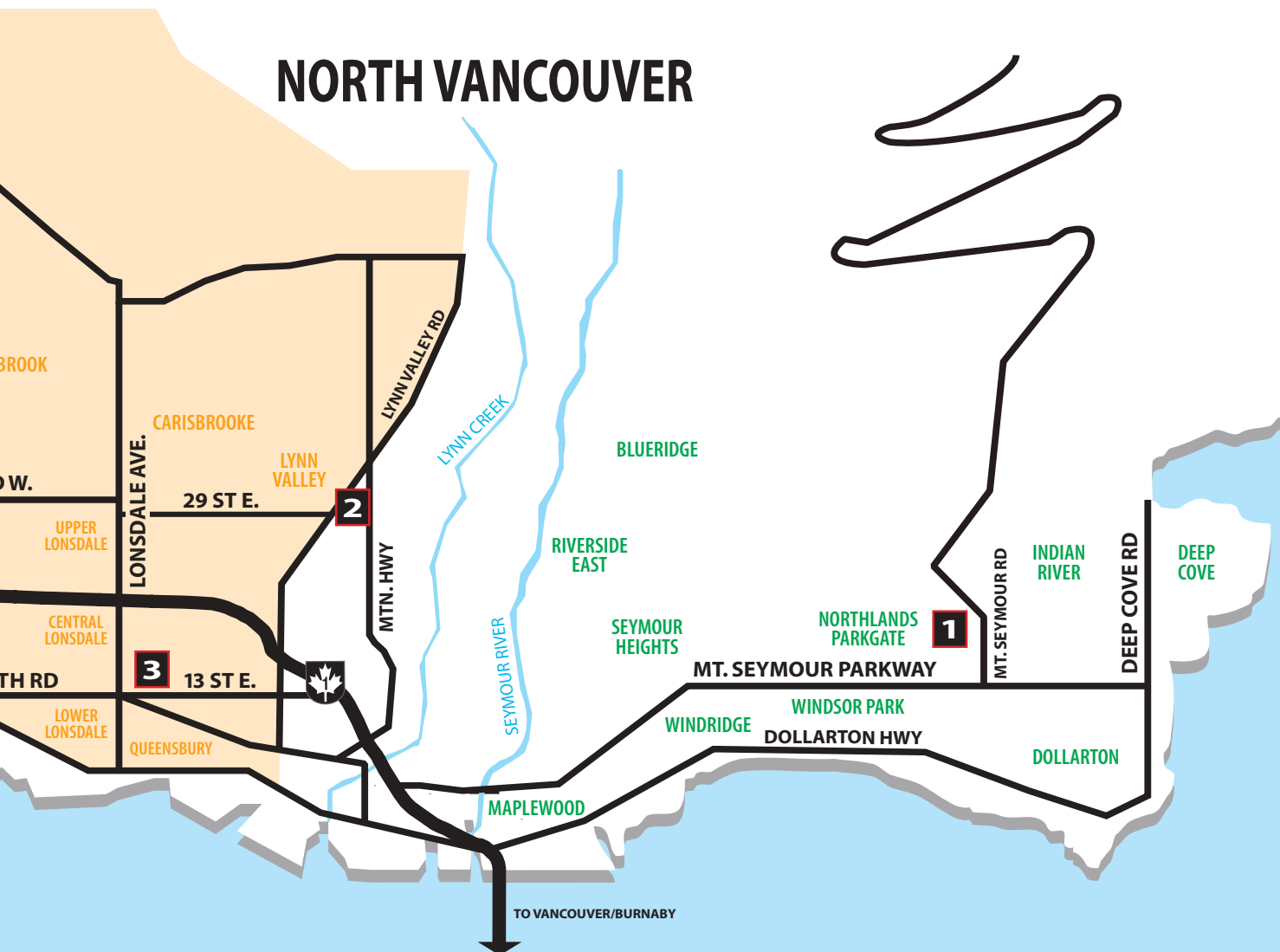
This weekly shopping (Mondays - Wednesdays) program for seniors picks people up at their home and drops them off at Capilano Mall for a shopping trip. On Tuesdays, the bus makes an additional stop at Save-On-Foods. This service is offered in North Vancouver only. Registration Required: [austin@capservices.ca](mailto:austin@capservices.ca). The Seniors' Hub may also be able to provide transportation to medical appointments for isolated or partially impaired seniors who cannot use public transportation. Minimum 48 hours notice required.

## **North Shore Better at Home** **604-982-3313**

Volunteer drivers provide seniors with transportation to medical appointments. Rides are not guaranteed but based on volunteer availability. Fees are based on client's income, eligibility, and ability to pay. This service is for seniors living independently in the community. Registration required.



# Services for Seniors



## Parkgate Society - Seymour Access Bus

[www.parkgatesociety.ca/seniors/bus-trips](http://www.parkgatesociety.ca/seniors/bus-trips)  
604-983-6359

The Seymour Access Bus is a free needs-based service for older adults who have difficulty navigating transportation and who need extra support to get out of the house. Shop for groceries, prescriptions, and other essentials or just enjoy an afternoon out with companions. Serving Deep Cove/Blue Ridge area, a shuttle picks local residents up and returns them to their home. Call to register.

## Volunteer Cancer Drivers Society

604-515-5400  
[www.volunteercancerdrivers.ca](http://www.volunteercancerdrivers.ca)

Volunteer drivers provide free, round-trip, door-to-door transportation for cancer patients receiving treatment and follow-up care. Patients must register for program and provide medical authority signature. A caregiver may accompany the patient if space is available. Drivers can usually accommodate collapsible walkers and foldable wheelchairs. Appointments must be scheduled in advance through the dispatch number or online.

For more information  
about these services  
please call

**Seniors One Stop**  
604-982-3302 | [nscr@nscr.ca](mailto:nscr@nscr.ca)

# VOLUNTEER OPPORTUNITIES

## **Alzheimer Society of BC 604-681-6530**

Whether your passion lies in supporting individuals and families affected by Alzheimer's disease and dementia or you bring skills in office administration, your contribution matters. Explore meaningful volunteer roles aligned with your interests and schedule. Email for more information  
volunteer@alzheimerbc.org

## **Capilano Community Services Society – Seniors' Hub 604-988-7115 ext. 2002 www.capservices.ca/seniors-hub**

Volunteers are needed to drive, escort and help seniors with shopping, act as telefriends, help with My Lions Gate BREAK Dementia Programs, monthly socials and more.  
Email: info@capservices.ca

## **Caregiver Support Program www.nscr.ca 604-982-3320**

Seeking peer-to-peer volunteers and facilitators to provide practical and emotional support to unpaid caregivers. Peer-to-peer caregivers provide valuable 1-1 support. Facilitators are empowered to develop and lead network and education groups.

## **Family Services North Shore www.familyservices.bc.ca 604-988-5281**

Volunteers are needed to support seniors who are isolated or living with chronic illnesses and caregivers who are looking after older family members or friends at home. Training will be provided.  
Email: rivers@familyservices.bc.ca  
Family Services also offers a variety of year-round volunteer opportunities for all levels of physical ability, and schedule constraints. Visit [www.familyservices.bc.ca/volunteer-with-us](http://www.familyservices.bc.ca/volunteer-with-us) to apply or call 604-984-9627.



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- Housekeeping
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- Grooming Support
- Overnight Care

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# VOLUNTEER OPPORTUNITIES cont.

## **Lynn Valley Services Society (LVSS) at Mollie Nye House**

**[www.lvss.ca](http://www.lvss.ca)**

**604-987-5820**

Contact to learn about available opportunities and how to get involved.

## **North Shore Keep Well Society**

**[www.keepwellsociety.ca](http://www.keepwellsociety.ca)**

**604-988-7115 ext. 3001**

Programs held at various locations in North and West Vancouver. Volunteers are needed to work at registration desks; take blood pressure (health background required); and provide nutritional and pharmacy consultations.

## **North Shore Better at Home Program**

**604-982-3307**

Volunteers are needed to assist clients by providing transportation to medical appointments, friendly visiting over the phone, assisting with grocery shopping, doing minor home repairs or helping with yard work.



# SAVE *the* DATE

Join us for the seventh annual **North Shore Seniors' Health Expo** on Friday, June 6, 2025, featuring exhibitors, innovative speakers and researchers focusing on cognitive, physical, social, financial, and nutritional well-being.

*Sponsorship opportunities available, contact Jessica Walker at [jwalker@westvancouver.ca](mailto:jwalker@westvancouver.ca) for details.*

# North Shore Seniors' Health Expo



**FRIDAY, JUNE 6, 2025 | 9 A.M. – 3:30 P.M.**

**WEST VANCOUVER COMMUNITY CENTRE & SENIORS' ACTIVITY CENTRE**

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**[westvancouver.ca/seniors](http://westvancouver.ca/seniors)**

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# VOLUNTEER OPPORTUNITIES cont.

## **North Shore Meals on Wheels 604-922-3414** **[www.carebc.ca/north-shore-mow](http://www.carebc.ca/north-shore-mow)**

Volunteers are needed to deliver the meals Mon/Wed/  
Fri between 11:00 am and 1pm.

## **North Shore Neighbourhood House (NSNH) & John Braithwaite Community Centre (JBCC)**

**[www.nsnh.bc.ca](http://www.nsnh.bc.ca) 604-987-8138 ext 202**

Volunteers have a range of opportunities and support  
seniors, family, youth, recreational and community  
programs at both locations. Email: [ahasan@nsnh.bc.ca](mailto:ahasan@nsnh.bc.ca)

## **North Shore Seniors Peer Support, NSNH** **604-983-6490**

Mature volunteers receive training to support  
individual seniors in times of challenge, also to provide  
resource information, and encourage community  
connections. Requirements: good listener, attendance  
in training and support meetings, appreciates that  
with peer support there is a special bond of trust.  
Languages other than English are welcome.

## **North Shore Stroke Recovery Centre** **[www.nssrc.org](http://www.nssrc.org) 778-340-5803**

The Stroke Centre offers a wide range of volunteer  
opportunities supporting survivors of stroke:  
program assistant, kitchen volunteer, speech support,  
fundraising and special events volunteer.

## **North Van Arts** **[northvanarts.ca](http://northvanarts.ca) 604-988-6844**

Seniors are encouraged to volunteer and participate in  
North Van Arts' events, exhibitions, and programmes  
offered at a variety of locations in North Vancouver.

## **Parkgate Community Centre** **[www.parkgatesociety.ca](http://www.parkgatesociety.ca) 604-983-6350**

Volunteer opportunities at Parkgate Community  
Centre vary depending on each volunteer's interests,  
skills, experiences and availability. The Volunteer  
Coordinator works with volunteers to develop  
meaningful, impactful placements.

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# VOLUNTEER OPPORTUNITIES cont.

## **Silver Harbour Seniors' Activity Centre** **www.silverharbourcentre.com 604-980-2474**

Silver Harbour offers a wide range of volunteer opportunities for all ages. Positions include program instructors, kitchen volunteers, building and garden maintenance, and more.

## **Vancouver Coastal Health 604-984-5929** **www.vch.ca/get-involved/volunteer**

Volunteers are needed to support patients/residents/clients within Lions Gate Hospital, residential care facilities, assisted living residences and community programs. Contact Volunteer Resources at the above number.

## **Volunteer Cancer Drivers Society** **www.volunteercancerdrivers.ca** **604-515-5400**

Volunteer drivers are always needed to transport cancer patients to and from various treatment loca-

tions. Volunteer drivers use their own vehicle. Visit the website for more information.

## **Volunteer North Shore** **www.nscr.ca 604-982-3307**

Provides a database of volunteer opportunities available in organizations across the North Shore.

## **West Vancouver Seniors' Activity Centre** **www.westvancouver.ca 604-925-7280**

A variety of volunteer opportunities include: cafeteria, cashiering, coffee bar barista, gift shop, welcome desk, customer service front desk, meal packing, meal delivery, flower arranging, gardening programs and special events.

For all inquiries email [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca).

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