

programs available. 76th ave location offers program in English, Punjabi, Hindi, Urdu and Spanish.

#102- 13670 94A Avenue, Surrey 13455 76 Ave, Surrey
Tel: 604-580-4950 Tel: 604-547-1202

Lookout Mobile Health Van

10697 135A St. Surrey BC
Tel: 604-328-7610 positivepoint@lookoutsociety.ca
Mobile harm reduction outreach program. Harm reduction supplies, naloxone training and kits. Mobile Van runs 7 days a week, 8:00 AM to 11:00 PM. Positive Point distributes clean needles from the address listed. Seven days a week, noon to 4:00 PM.

Mental Health Consumer Advocacy Program

#105-13771 72A Avenue, Surrey, B.C. V3W 9C6
Tel: 778-735-1368 www.sourcesbc.ca
Support for people and families who self-identify as mental health consumers living in the Fraser Health region. Free-of-charge assistance with provincial programs (Income Assistance, PPMB, PWD, MNS), federal programs (OAS, GIS, CPP, CPP-D) and their reconsideration/ review tribunal, as well as tenancy issues.

Phoenix Society

13686-94A Avenue, Surrey, BC, V3V 1N1
Tel: 604-583-7166 www.phoenixsociety.com
Wide range of services to help men and women exit the cycle of addiction, unemployment and homelessness.

Roshni Clinic

Suite 102 13670 94 A Ave. Surrey BC
Tel: 604-580-4950 bit.ly/2uzhhGd
Supportive adult (19 years and older) program for men and women of the South Asian community. Helps with issues involving alcohol and drug use. Services are provided in English, Punjabi and Hindi by health care providers who specialize in substance use disorder. Located within the Quibble Creek site.

Safepoint Supervised Consumption Site

2-10681 135A Street Surrey, BC V3T 4E3
Tel: 604-587-7898 tinyurl.com/42j3puzv
Supervised consumption site monitored by a health care professional who can immediately treat overdoses. Provides harm reduction supplies, education and referrals to other social supports. Needle exchange; disposal of used needles. Open 7 am to 1 am daily.

Sobering & Assessment Centre @ Quibble Creek

Suite 101 13670 94 A Ave. Surrey BC
Tel: 604-580-4965 tinyurl.com/rp7rb8pc
A 24/7 client-centered program that addresses immediate needs for a safe environment to sober up. Maximum stay 23 hours. 20 individual mats for males, 4 mats for females, and 1 mat for youth (16+) available. Connects clients with services. Has a safe injection site for clients from 7:00AM to 7:00PM daily. Used needle drop off site. Safe injection kits and safe sex resources.

Sur Del Easy Does It Club

7277 King George Surrey BC
Tel: 778-564-7277 easydoesitclub.org
Hosts 12 step based programs for a variety of addictions.

Suicide Help Line

Tel: 1-800-Suicide or 1-800-784-2433 crisiscentre.bc.ca
Trained volunteers provide emotional crisis support, 24 hours a day, 7 days a week in over 140 languages. Also chat services.

Counselling

ASPIRE Counselling

04-12941 115 Ave Surrey BC V3R0E2
Tel: 1-866-248-3868 ext. 6
counselling@muslimfoodbank.com
muslimfoodbank.com/aspirecounselling
From Muslim Food Bank & Community Services Society, culturally informed counselling services designed to be affordable for clients.

British Columbia Bereavement Helpline

Tel: 1-877-779-2223 contact@bcbh.ca
www.bcbereavementhelpline.com/
Free and confidential grief support via phone or email. Provides compassionate listening and local referrals. Available Monday to Friday 9:00 AM to 5:00 PM, excluding holidays.

The Care Centre @ NightShift

10635 King George Boulevard, Surrey, BC V3T 2X6
Tel: 604-953-1114 info@nightshiftministries.org
nightshiftministries.org/counselling-care-program
Access to affordable, confidential, professional counselling for individuals, couples or groups. Free, no-obligation intake interview and sliding-scale rates based on income.

Child and Youth Mental Health Intake Clinic

tinyurl.com/yvlnhbg
Cloverdale/Fleetwood Wednesday, 9 am-3:30 pm
15405 - 88 Avenue Tel: 604-951-5701
Guildford Wednesday, 8:30-3:30pm
Unit 8, 15355 - 102A Ave Tel: 604-586-2685
Newton Wednesday, 9 am - 3:30 pm
200, 13630 - 72nd Avenue Tel: 604-501-3122
Surrey North Wednesday, 9 am-3:30 pm;
201, 13680 - 105A Avenue. Tel: 604-951-5960
White Rock/South Surrey Tuesday, 9 am-5 pm
15455 Vine Avenue, White Rock, BC Tel: 604-542-3900
Intake clinics around Surrey. Program includes individual therapy, group therapy, parenting programs and referrals to community agencies. Common issues addressed are anxiety, mood problems like depression or psychosis, severe behaviour problems, eating disorders and chronic suicidality & self-harm.

Counselling Programs @ DiverseCity

Tel: 604-547-1202 intake@dcrs.ca
www.dcrs.ca/our-services/mental-health-and-substance-use-services/
Offers a variety of counselling services to immigrants and refugees in Punjabi, Hindi, Urdu, Arabic, Spanish, Mandarin, Farsi and English. Services including family, child and youth mental health, sexual or family violence, and substance use counselling. Also offers a parenting group, a father's group, and help for newcomer youth needing overcoming mental health challenges.

Counselling Services @ SourcesBC

882 Maple St., White Rock BC
Tel: 604-538-2522 counsellingservices@sourcesbc.ca
www.sourcesbc.ca/our-services/counselling-services/
Offers counselling on a variety of topics. Fees may be subsidized. Patients of Family Physicians who are part of the White Rock/South Surrey Primary Care Network may refer to Sources for up to 8 funded counselling sessions. Also offers free Substance Use Services. Please inquire for more information.

Family Counselling @ Options

Tel: 604-660-4927 (Ministry of Children and Family Development)
www.options.bc.ca/program/family-counselling
Free if you qualify. Must be a resident of Surrey with children under 18 years of age. Self-referral (families must be referred by Ministry of Children and Family Development, but must call MCFD to request referral) MCFD intake line: 604-660-4927.

Moving Forward Family Services

Tel: 778-321-3054 movingforwardfamilyservices.com
Offering online and telephone counselling options. Free telephone support provided by supervised interns for anyone who may be struggling emotionally while in self-isolation. Services for all ages and any concerns including addictions, mental health, trauma, violence, parenting, relationships and more. Sliding scale fees and no one is turned away due to financial circumstances. Staff speak a variety of languages.

Sexual Abuse Counselling Centre @ Options

9815 140th St. Surrey BC
Tel: 604-584-5811 ext. 1301
www.options.bc.ca/program/sexual-abuse-counselling-centre
Short and long-term counseling to Surrey children and youth (ages 3-18) who have experienced or been exposed to sexual abuse. Also offers support and psycho-educational information to non-offending family and caregivers. Self referral welcome.

SFU Surrey Counselling Centre

4th Floor, Room 4350 250-13450 102 Avenue Surrey, BC
Tel: 778-706-0085 tinyurl.com/35hum8f7
Free individual and group counselling to adults, seniors, youth and school-aged children who live in Surrey and the Lower Mainland. Staffed by a dedicated team of Counsellor-educators and trainees from the SFU Master's Program in Counselling Psychology.

Suicide Prevention, Education and Counselling

9815 140th St. Surrey BC
Tel: 604-584-5811 and ask for a SPEAC intake worker or dial ext. 11366
www.options.bc.ca/program/suicide-prevention-education-and-counselling
For children and youth, 18 and under, who are at moderate to high risk of suicide. Free and open to residents of Surrey, White Rock and Langley. Provides suicide risk assessment, crisis intervention and short-term counseling. Also presents suicide prevention workshops to schools and other groups.

Looking for services not covered in this brochure?

Please ask at your local library. We are here to help. Visit us, call 604-598-7300 or at www.surreylibraries.ca/lowcost.

You can also call 211 for a free, confidential, multilingual help. Available 24 hours a day, 7 days a week. Online at bc.211.ca.

If you would like more information or if you spot correction email us at lowcost@surrey.ca

Surrey Libraries does not endorse or promote particular resources or programs, and inclusion here does not imply the Library's endorsement.

HEALTH SERVICES

Low cost and free

Dental Care

Help Finding A Dentist

Tel: 604-736-7202 or 1-888-396-9888
www.yourdentalhealth.ca
Website created by the BC Dental Association. Has an online tool to help you find a dentist. Lets you search by location and other criteria including language, Ministry dental plans, types of services and more. Also has listings for reduced cost clinics and links to different government dental plans.

Lookout Dental Clinic

10697 - 135 A Street Surrey, B.C. V3T 4E3
Tel: 604-545-4012 dental@lookoutsociety.ca
lookoutsociety.ca/project/dental-clinic/
Offers low cost dental care for those who are unable to access treatment otherwise. Call for more information or to make an appointment. Ministry and NIHB clients accepted.

Pacific Oral Health Centre

Suite 300, 15850 24th Ave Surrey BC
Tel: 604-536-2700 www.pohs.ca info@pohs.ca
Offers discounted services for those who demonstrate financial need. Phone ahead to book an appointment. Services provided by students. Fully qualified dentists are also on staff.

SOURCES—Peach Arch Free Dental Clinic

882 Maple St. White Rock BC V4B 4M2
Tel: 604-542-4357 help@sourcesbc.ca
www.sourcesbc.ca/our-services/volunteer-services-dental-clinic/
Dental services for individuals who have moderate income levels, live in White Rock/South Surrey area and don't have dental benefits. Basic dental services including dental examinations, pain relief, basic tooth restoration (e.g. fillings) and tooth extractions. In person registration with proof of residency is required.

Strive Dental Clinic

101-12837 88 Ave, Surrey, BC V3W 3K2
Tel: 604-503-5710 strivedental.ca
Non-profit dental clinic. Uninsured and low-income families qualify for a 20% discount off of general dental treatment. Insured patients with financial hardship may also qualify for discount.

UBC Dental Clinic

Faculty of Dentistry 2151 Westbrook Mall Vancouver BC
Tel: 604-822-2112 www.dentistry.ubc.ca/treatment/about/
Dental services by supervised students of the UBC Dental Clinic at reduced rates. Length of treatment varies. By appointment only.

VCC–Hygiene

250 West Pender St. Vancouver BC V6B 1S9
Tel: 604-443-8499 www.vcc.ca/services/eat-shop-more/dental-clinic/
\$5, 30-45 minute screening appointment required. Patients are selected based on dental learning needs. Cleaning services are \$30.
Work by students and supervised by professionals.

Health Services

Find a Family Doctor: Surrey/North Delta Health

Connect Registry

www.healthlinkbc.ca/health-connect-registry/surrey-north-delta
Will help you find a family doctor. Must living in North Delta-West Newton, North Surrey-Whalley, Guildford, Cloverdale-Panorama, Fleetwood or East Newton. After registering you will be added to the list and contacted when a primary care provider is available.

BC Healthy Kids Program

Tel: 1-866-866-0800 tinyurl.com/bdhhkx65
Basic dental care, hearing care and eye glasses for children under 19. Families approved for MSP premium assistance will be enrolled in the program. Coverage begins at the start of the next month.

Better at Home

Tel: 604-536-9348 (Central Intake) www.betterathome.ca
For seniors, 65 years and older and aimed at helping individuals stay in their homes. Will offer transportation to appointments, light house-keeping, yard work, social programs, friendly visitors and grocery shopping. A small fee for some services, on a sliding scale depending on income. Services vary somewhat depending on region so call the central intake number for further details.

Brella—Programs for Seniors & Caregivers

15008 26 Ave Surrey BC V4P 3H5
Tel: 604-531-9400 www.brellasociety.ca
Offers a number of programs supporting seniors and caregivers. A good place to start as they also do referrals to other related services.

Canadian Red Cross Health Equipment Loans

109-14727 108 Ave. Surrey, BC V3R 1V9
Tel: 604-930-9073 tinyurl.com/ykt7nvh8
Arranges loans of 3 to 6 months of health equipment. Requires a referral from a medical professional.

Fraser Health

Tel: 604-587-4600 www.fraserhealth.ca
Regional public funded health care region covering Surrey and the surrounding area. Wide range of services and supports.

Health Information Line

Tel: 811 www.healthlinkbc.ca/services-and-resources/about-8-1-1
Speak to a nurse for non-emergency health information and services. Translation services available for more than 130 languages.

Healthiest Babies Possible: Pregnancy Outreach

#100 - 6846 King George Boulevard
Tel: 604-583-1017 tinyurl.com/ybqrcjcw hbp@options.bc.ca
Individual and group sessions for pregnant and new parents experiencing health or lifestyle challenges, living in Surrey, Delta, or White Rock. Service is free, confidential and lasts from pregnancy until baby is 6 months old. They are offering ongoing phone and virtual perinatal support for eligible clients. Inperson services dependent on government guidelines regarding the pandemic. Free prenatal vitamins and donated baby clothing available. Referrals to other community resources available for those in need.

Helpline for Children in BC

Tel: 1-800-663-9122
www.mcf.gov.bc.ca/getting_help/help.htm
Free 24-hour service for children, parents, or community members to call if they think a child (anyone under 19) will be or has been abused.

Indigenous Health and Wellness Clinic

A101 - 10095 Whalley Boulevard, Surrey BC, V3T 4G1
100-10233 153 St Surrey BC
Tel: 604-595-1170 www.frafca.org IPHWH@fraserhealth.ca
This clinic connects First Nations, Métis and Inuit patients with a team of healthcare and wellness providers to help improve and manage health and wellness. Booked and walk-in appointments available. Call 604-283-3293 for appointments. Based out of two locations.

Infant Development Program Surrey/White Rock

Serves children who are at risk for, or who already have a delay in development. Once you are referred a consultant will visit you in your home. Together, you will plan activities that best meet both your family's needs. If your child has a disability (special need), up-to-date information will be available to you. Covers birth to 3 years old. Aboriginal Infant Development Program is also offered through FRAFCA. Participation is voluntary, and family centered. Offers home visits, play groups, family support and parent to parent links. Developmental and family needs assessments are culturally sensitive and meaningful.

SOURCES: 301A 8352 130th Street Surrey, BC V3W 8J9
Tel: 604-590-7302 tinyurl.com/y2jo6zem

Fraser Region Aboriginal Friendship Centre Association

A101 10095 Whalley Blvd. Surrey BC
Tel: 604-595-1170 www.aidp.bc.ca/aidp-programs/coast-fraser-south

Lend an Ear Program

Tel: 604-736-7391 www.wavefrontcentre.ca/hearingclinics/lend-an-ear-program/
Provides the permanent loan of one hearing aid for a low fee of \$140 to those who cannot afford to purchase a hearing aid. Includes a hearing test, an earmold, one hearing aid and a year of repair service.

Maxxine Wright Community Health Centre

Maxxine Wright Place (2nd Floor), 13733 - 92nd Ave. Surrey
Tel: 604-587-3835 maxxwright@atira.bc.ca tinyurl.com/3h27uxpa
Supports women who are pregnant or who have children under 6 months at the time of intake who are also impacted by substance use and/ or violence and abuse. The Centre provides a wide range of women-centered health and social supports, including a daily hot lunch, medical services, and drug and alcohol counseling.

Mobile Outreach Unit @ NightShift

10635 King George Boulevard, Surrey, BC V3T 2X6
5708 Glover Rd. Langley, BC V3A 4H8
Tel: 604-953-1114 info@NightShiftMinistries.org
nightshiftministries.org/mobile-outreach-unit-mou
Free resources including counselling, basic nursing and referral. Services offered by volunteer professional counselors and nurses when available. Monday in Langley, Fridays in Surrey, 7-8pm.

Positive Haven

10697 135A Street - Surrey, BC
Tel: 604-588-9004 lookoutsociety.ca/project/positive-haven/
For HIV or Hep C positive people living in the Fraser Health region. Includes workshops, counselling, referrals and support groups.

Public Health Units:

Public health units offer a range of nursing services. This includes things like immunization, pregnancy care, early childhood development, hearing clinics or harm reduction. Answers by phone or in person. Open Mon - Fri, 8:30 a.m. - 4:30 p.m. Call 604-476-7087 to make an appointment for immunizations, dental fluoride, or prenatal breastfeeding classes. tinyurl.com/y38evzyu
Cloverdale Public Health Unit
Suite 205 17700 56 Avenue Surrey Tel: 604-575-5100
Guildford Public Health Unit
Unit 100 10233 153 Street Surrey Tel: 604-587-4750
Newton Public Health Unit
Suite 200 7337 137 St Surrey Tel: 604-592-2000
North Surrey Health Unit
Unit 220 10362 King George Blvd. Surrey Tel: 604-587-7900
White Rock/South Surrey Public Health Unit
15476 Vine Avenue White Rock, B.C. Tel: 604-542-4000

Sex Sense Line

Tel: 1-800-739-7367 www.optionsforsexualhealth.org/sex-sense
Provides non-judgmental information and resources about anything to do with sex, sexuality, and sexual health. Available Monday- Friday, 9am- 9pm via phone or email. Free and confidential.

Surrey North Community Health Centre

10697- 135A St. Surrey BC
Tel: 604-583-5666
Provides confidential general health services for people without medical coverage. The clinic also offers testing and counseling for sexually transmitted diseases, pregnancy, hepatitis, and HIV/AIDS, by a physician and nurse. On-site syringe exchange and safe injection site.

Surrey Youth Clinic

Shirley Dean Pavilion—9634 King George Boulevard, Surrey, BC
Tel: 604-585-5999 tinyurl.com/yuey5txk
Provides free confidential information and education regarding sexuality and health to youth 21 and under. This includes birth control education, pregnancy testing and decision making, STI information, exams and treatment and HIV education and testing.

Vine Youth Clinic

15455 Vine Avenue White Rock, BC V4B 2T3
Tel: 604-542-3926
www.vineyouthclinic.com vineyouthclinic@gmail.com
Provides free and confidential health care for youths aged 12 to 21. Provides general health, sexual health, mental health services. Walk in or appointment.

Mental Health & Substance Use Services

310—Mental Health Support Line

Tel: 310-6789 www.crisislines.bc.ca
Provides emotional support, information and resources specific to mental health. Can call 24 hours a day. Simply dial 310-6789 w/o putting 604 or 778 in front of the number.

Alcohol and Drug Counselling @ Native Courtworker and Counselling Association of BC

10757 - 138 St., Surrey, BC V3T 4K8
Tel: 604-221-6155 www.nccabc.ca
Counselling services that help aboriginal people achieve a healthy and satisfying lifestyle free from alcohol and drug use and misuse.

Clubhouses

www.options.bc.ca/program/options-clubhouses
The clubhouse program serves adults living with a mental illness. Provides a safe, supportive environment where you can socialize, participate in fun recreational activities, learn employment skills, and increase community involvement. Referrals through Surrey Mental Health and Substance Use, White Rock Mental Health and Substance Use. Call Surrey Mental Health at 604-953-4900 for registration.

Surrey Clubhouse—New Frontier 9803-140 St. Surrey, BC
Tel: 604-581-6177

Delta Clubhouse—The Lighthouse #102 - 11950 80 Ave. Delta, BC
Tel: 604-597-8610

The Whale House 15877 Pacific Avenue, White Rock, B.C.
Tel: 604-536-3480

Foundrybc.ca

Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC.

Fraser Health Crisis Line

Tel: 604-951-8855 Toll Free: 1-877-820-7444
Offers 24 hour support, crisis intervention and resource information.

Fraser Health—Mental Health & Substance Use Services

tinyurl.com/y2tfk2gh

Delta North: 129-6345 120th Street Delta
Tel: 604-592-3700

Surrey: Gateway Station Tower, 11th Floor 13401 - 108th Ave.
Tel: 604-953-4900

White Rock/South Surrey: Peace Arch Hospital - Russell Annex
15521 Russell Ave White Rock
Tel: 604-541-6844

Provides community mental health and substance use services to individuals 19 or older. Wide range of services.

Fraser Health Substance Use Services

—Adult Outpatient

tinyurl.com/ypasp8kv
Offers outpatient support recovery programs to individuals coping with drug and alcohol addictions. Also offers support to affected friends and family. Trained professionals offer free, confidential information, assessment, counseling and referral. Day and evening