

Community Resources for People with Respiratory Illness

Fraser Health Region

LAST UPDATED JANUARY 2017

The purpose of this guide is to provide healthcare providers and their clients a list of community resources located in the Fraser Health Region which may aid in improving and managing health. This guide is divided into thirteen sections and lists the community programs by type of service and locations. The sections are

1. Financial Assistance
2. Physical Activity Resources
3. Food and Nutrition Programs
4. Advocacy, Education, Literacy and ESL Programs
5. Medical Services
6. Mental Health and Addictions Resources.
7. Medical Equipment
8. Respiratory Services
9. Asthma
10. COPD
11. Sleep Apnea and Home Oxygen Therapy
12. Heart and Stroke
13. Home Health Care Services

As programs change regularly, users are urged to call or email the programs to ensure the information is up-to-date. A PDF version is available online at <http://www.selfmanagementbc.ca>. Please contact Leah Albrecht at leaha@uvic.ca to add a service that is missing or remove a service that is no longer available.

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Financial Assistance

BC PharmaCare – Fair PharmaCare Plan, Ministry of Health	<p>About: If you are a B.C. resident and enrolled with the Medical Services Plan (MSP), register your family to receive your maximum assistance under Fair PharmaCare.</p> <p>Your family includes you, your spouse and any dependent children whose Medical Services Plan (MSP) coverage is on the same contract as you or your spouse.</p>
Phone: 1-800-663-7100	<p>If you or your spouse was born in 1939 or earlier, you may qualify for enhanced Fair PharmaCare assistance.</p> <p>Website: http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents</p>

Programs of Choice (POC) – Veterans Affairs Canada (VAC)	<p>About: For Veterans only. This program provides extra medical benefits to persons who are veterans of Canada.</p>
Phone: 1-866-522-2122	<p>Website: http://www.veterans.gc.ca/eng/services/health/treatment-benefits/poc</p>

B.C. Employment and Assistance Program (BCEA)	<p>About: Provides various medical supplements to people with disabilities including medical equipment, orthotics and bracing, medical supplies, hearing aids, etc. Eligibility for BC Employment and Assistance programs is based on your income and assets. The ministry has a responsibility to ensure that its limited resources go to those people who need them most. That is why applicants are expected to take advantage of all other sources of income and assets before qualifying Contact Ministry of Social Development for details</p>
Phone: 1-866-866-0800	<p>Website: http://www.eia.gov.bc.ca/bcea.htm</p>

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Financial Assistance Continued

<p>RxHelp.ca Pharmaceutical Companies – Patient Assistance Programs</p>	<p>About: Patient payment assistance programs are run by many brand-name pharmaceutical manufacturers to provide significant savings on brand-name prescription medicines. RxHelp.ca connects Canadian patients to these pharmaceutical manufacturer's payment assistance programs FREE of charge.</p>
<p>Cameron Stewart LifeScience Inc. Phone: 1-866 - RxHelp 4 (794-3574)</p>	<p>Website: https://www.rxhelp.ca Email: questions@RxHelp.ca</p>

<p>Health Equipment Loan Programs and Services Canadian Red Cross</p>	<p>About: Provides basic equipment on short term loan to assist people coping with illness, injury or recovery at home. To ensure the safety of our clients, we require a referral from one of the regulated health care professionals listed below: Doctor, Chiropractor, Licensed Practical Nurse, Nurse, Occupational Therapist, Physical Therapist, Respiratory Therapist</p>
<p>Fraser Region Phone: 604-930-9073 Fax: 604-930-9075</p>	<p>Website: http://www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program</p> <p>Email: lmr.help@redcross.ca</p>

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Financial Assistance Continued

<p>Aids to Independent Living Program Canadian Red Cross</p>	<p>About: Many seniors coping with long-term illness and injury do not have the financial resources required to purchase or rent medical equipment. The Aids to Independent Living program loans health equipment, free of charge, to Home Health clients. Clients must be referred by an occupational therapist or physiotherapist and must live in the areas listed above. Clients must also undergo a financial eligibility test.</p> <p>Website: http://www.redcross.ca/how-we-help/community-health-services-in-canada/bc-aids-to-independent-living-program/aids-to-independent-living-program-equipment-list</p>
<p>Phone: 604-859-5960 Fraser East Area</p>	
<p>BC Employment and Assistance Program (BCEA) (Optical Program) – Ministry of Social Development</p>	<p>About: The BC Employment and Assistance Program provides prescription eyeglasses coverage between \$108 and \$179 based on the type of eyeglasses required (e.g. single vision vs. bifocal lenses). Coverage is available to all individuals receiving income assistance (children and adults) and also children in low-income families through the Healthy Kids Program.</p> <p>Adults receiving income assistance between the ages of 19 and 64 are also eligible for replacement prescription eyeglasses every three years.</p> <p>Website: http://www.hsd.gov.bc.ca/factsheets/2005/optical.htm</p>
<p>Phone: 1 866 866-0800</p>	
<p>Membership Assistance Program - Canadian MedicAlert Foundation</p>	<p>About: Membership Assistance program provides partial or full financial assistance for both ID bracelets and membership plans for eligible applicants.</p> <p>Website: https://www.medicalert.ca/Programs</p>
<p>Phone: 1-800-668-1507</p>	

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<p>Ministry of Small Business and Revenue, Home Owner Grant</p>	<p>About: The home owner grant reduces the amount of property tax you pay for your principal residence. The grant is available to qualified residents that pay property taxes to a municipality or the province in a rural area. If you pay your property taxes to a First Nation, contact the First Nation directly.</p>
<p>Phone: 1-888-355-2700</p>	<p>Website: http://www2.gov.bc.ca/gov/topic.page?id=1BDE78032A6F47A7938497BC9E63BD02 Email: hogadmin@gov.bc.ca</p>

<p>Annual Bus Pass Program</p>	<p>About: The BC Bus Pass Program offers a reduced cost, annual bus pass for low income seniors and individuals receiving disability assistance from the Province of British Columbia or their band office. Passes are valid in communities serviced by BC Transit or TransLink. The pass is only valid for the eligible rider and is non-transferable.</p>
<p>Phone: 1-866-866-0800 1 Select either option 1 or 2 and then press 3 Fax: 855 771-8788</p>	<p>Handy Dart is not included in this program.</p> <p>Website: http://www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass Email: HSDBUSPA@gov.bc.ca</p>

<p>Employment and Income Assistance for Persons with Disabilities</p>	<p>About: There are a number of benefits available to disability income assistance recipients. Some examples include: identification fees, security deposits, co-operative housing purchase supplements, emergency moving supplements, natal supplements, guide animal supplements, and medical transportation.</p>
<p>Phone: 1-866-866-0800</p>	<p>Website: http://www.eia.gov.bc.ca/publicat/VOL1/Part3/3-5.htm</p>

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Financial Assistance Continued

Free Camping in BC Provincial Parks, BC Parks	<p>About: If you are a person with a disability who receives income assistance from the Ministry of Social Development and Social Innovation, or from a First Nations Administering Authority, or if you are a family with a child who receives funding through the At Home program, you may be eligible to camp for free. Obtain a Release of Information form from your Employment Assistance Worker, Social Development worker or the Ministry of Children and Family Development to show to campsite staff.</p> <p>Website: http://www.env.gov.bc.ca/bcparks/fees/disability.html</p>
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Fraser Health Authority -Home Community Care	<p>About: Health Authorities provide home and community care services for British Columbians with acute, chronic, palliative or rehabilitative health care needs. Services include home care nursing, palliative care, community rehabilitation, adult day centres, assisted living, home support, residential care and hospice. Health Authorities may provide these services directly or through contracts with service providers.</p> <p>Website: http://www.fraserhealth.ca/health-info/home-and-community-care/ Email: feedback@fraserhealth.ca</p>
Phone: 604 -587-4600 Toll-free: 1- 877 935-5669 Fax: 604- 587-4666	

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Financial Assistance Continued

<p>Canada Disability Savings Bond</p>	<p>About: The Canada Disability Savings Bond is money the Government will deposit into the Registered Disability Savings Plans (RDSPs) of low-income and modest-income Canadians. If you qualify for the Bond, you will receive up to \$1,000 a year depending on your family income (see beneficiary's family income). There is a limit of \$20,000 over your lifetime. Bonds are paid into the RDSP until the end of the calendar year in which you turn 49 years of age. You do not need to make any contributions to your RDSP to receive the Bond.</p> <p>Website: http://www.esdc.gc.ca/eng/disability/savings/grants_bonds.shtml</p>
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<p>Registered Disability Savings Plan (RDSP) - Canada Revenue Agency</p>	<p>About: A registered disability savings plan (RDSP) is a savings plan that is intended to help parents and others save for the long term financial security of a person who is eligible for the disability tax credit. Contributions to an RDSP are not tax deductible and can be made until the end of the year in which the beneficiary turns 59. Contributions that are withdrawn are not included in income for the beneficiary when they are paid out of an RDSP. However, the Canada disability savings grant, the Canada disability savings bond, investment income earned in the plan, and rollover amounts are included in the beneficiary's income for tax purposes when they are paid out of the RDSP.</p> <p>Perhaps the most attractive reason to open up an RDSP is to get access to the annual Canada Disability Saving Grants (CDSGs) which can provide 100%, 200% or 300% matching grants, depending both on the beneficiary's family income and the amount contributed, maximum of \$3,500 in one year and up to a lifetime maximum CDSG limit of \$70,000.</p> <p>Website: http://www.cra-arc.gc.ca/rdsp/</p>
<p>Phone: 1-800-959-8281</p>	

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Financial Assistance Continued

<p>Community Volunteer Income Tax Program, Multiple locations</p>	<p>About: The CVITP is a collaboration between the Canada Revenue Agency (CRA) and community organizations. The organizations host tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation. Volunteer tax preparation clinics are generally offered between February and April each year at various locations across Canada. See website below to find a location in your community.</p> <p>Website: http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncls/bc-eng.html</p>
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<p>Income Tax Clinic at Surrey Libraries</p>	<p>About: Yearly income tax clinic for low income residents of Surrey. Typically held between late March and then through April. Ask at your local branch in early March for details.</p> <p>Website: http://www.surreylibraries.ca/programs-services/5740.aspx</p>
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<p>Income Tax Clinic at SOURCES BC, Surrey and White Rock</p>	<p>About: Year round tax clinics. Don't need to live in Surrey, will accept any-one from anywhere as long as you qualify as low income. Tax information is dropped off and then done by volunteers. Offered at SOURCES's White Rock and Newton locations.</p> <p>Website: www.sourcesbc.ca</p>
<p>Newton: #102-13771 – 72A Avenue Phone: 604-596-2311</p> <p>White Rock: 882 Maple St.</p>	

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Financial Assistance Continued

<p>Oak Avenue Neighbourhood Hub Society, Income Tax Clinic, Surrey</p>	<p>About: A FREE Income Tax Filing service for low income families and individuals from March to April. Please phone the Hub to book your appointment.</p>
<p>12740 102 Avenue, Surrey BC V3V 3E5 Phone 604-582-7088 Fax: 778-395-0323</p>	<p>Website: http://www.oanh.ca/tax-return-clinic.html Email: info@oanh.ca</p>

<p>Deltassist, Delta</p>	<p>About: If you live in Delta and are facing a personal challenge, Deltassist is here to help. We offer:</p>
<p>North Delta: 9097 120 Street Delta, V4C 6R7 604-594-3455 Ladner: 4891 Delta Street Delta, V4K 2T9 604-946-9526 Tsawwassen: #102-5405 12 Avenue Delta, V4M 2B2 604-594-3455 By appointment only</p>	<ul style="list-style-type: none"> ➤ counselling in a safe, supportive environment, to help with parenting, substance misuse, violence in relationships, and suicide prevention ➤ community programs which provide emergency food and transportation, help preparing tax returns, a toy depot and Christmas hampers, and programs which address violence ➤ support for seniors: assistance with shopping, volunteer visits, professional counselling, volunteer driving, daily phone support and connection to other seniors' services <p>Website: http://www.deltaassist.com/</p>

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Physical Activity Resources

Physical Activity Line	<p>About: The Physical Activity Line (PAL) is British Columbia's primary physical activity counselling service & your FREE resource for practical & trusted physical activity & healthy living information. Qualified Exercise Professionals are available Monday to Friday 9:00 AM - 5:00 PM PST, to assist you. Call our phone line for FREE exercise and fitness advice regardless of age and medical condition. You can also email the PAL staff around the clock with any of your questions or concerns and we will be sure to get back to you at our earliest convenience.</p> <p>Website: http://www.physicalactivityline.com Email: info@physicalactivityline.com</p>
<p>Toll Free: 1-877-725-1149 Phone: 604-241-2266</p>	

ConnecTra	<p>About: The ConnecTra Society provides outreach services primarily for mobility and physically impaired individuals in Vancouver and the Lower Mainland. It serves as a connecting agency, linking people with physical disabilities to activities and programs that will, over time, allow them to grow, gain confidence and become increasingly more active and involved in community life.</p> <p>Website: http://www.connectra.org/about.html Email: info@connectra.org</p>
<p>Suite 318 – 425 Carrall Street Vancouver, BC V6B 6E3 Phone: 604-688-6464 ext. 115 Fax: 604-688-6463</p>	

Tai Chi Chilliwack-Abbotsford branch	<p>About: Taoist Tai Chi™ internal arts are specifically aimed at cultivating health and vitality. Master Moy synthesized the wisdom he learned during more than 50 years of training in meditation, qigong, Tai Chi and other arts into the practices taught by the Society and its sister organizations. There are special rates for students, seniors and those unable to pay the full amount due to financial hardship. Your contribution entitles you to attend as many available classes as you'd like, in your area.</p>
<p>25 - 8635 Young Rd. (TekMed Centre) Chilliwack BC V2P 4P3 Phone: 604 795 4040</p>	

Physical Activity Resources Continued

<p>City of Abbotsford - Parks, Recreation and Culture</p>	<p>About: The Parks, Recreation and Culture Department are responsible for all City-owned recreational facilities and activities. The Abbotsford Recreation Department also offers many programs and services. The City of Abbotsford now offers a PRC Special Needs Card, giving qualified people a 50% discount off of drop in admissions and memberships to the local recreation centres. The form and criteria can be found at the link below.</p> <p>Website: http://www.abbotsford.ca/leisure/parks_recreation_culture.htm</p> <p>For a list of facilities and their offerings: http://www.abbotsford.ca/leisure/recreation/facilities.htm</p>
<p>32315 South Fraser Way, Abbotsford Phone: 604-853-2281</p>	

<p>Chilliwack Parks and Recreation</p>	<p>About: The City of Chilliwack is proud of its "community development" approach to providing leisure services to the community. Various cultural groups, sport organizations, community associations, businesses, not-for-profit societies and service clubs work closely with the Parks, Recreation & Culture Department to offer residents a variety and balance of leisure opportunities.</p> <p>Website: http://www.chilliwack.ca/main/page.cfm?id=5</p> <p>For a list of recreation centres in Chilliwack visit: http://www.chilliwack.ca/main/page.cfm?id=2246</p>
<p>City of Chilliwack 8550 Young Road Chilliwack, BC V2P 8A4 Phone: 604-792-9311</p>	

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Physical Activity Resources Continued

Chilliwack YMCA	<p>About: Chilliwack YMCA contains a shallow depth swimming pool and whirl pool, racquet ball and squash courts, fitness/cardio Centre, gymnasium and weight room. The Hocking Centre change room is accessible for people with disabilities.</p> <p>Low impact and gentle group fitness classes are available.</p> <p>Website: http://www.vanymca.org/centres/chilliwack/ E-Mail: chilliwack@vanymca.org</p>
45844 Hocking Ave Chilliwack, BC V2P 1B4 Phone: (604) 792-3371	

Pacific Riding for Developing Abilities, Chilliwack	<p>About: Pacific Riding for Developing Abilities (PRDA) has provided therapeutic horseback riding to individuals with physical, cognitive, and emotional disabilities since 1973. PRDA wants their riders to feel like they can challenge themselves knowing that there is a strong support system in place for them, should they require help.</p> <p>Riders can attend four annual sessions, during which a wide variety of programs are offered. Riders from the ages of 2 to 78 participate in competitive, recreational, and/or strictly therapeutic riding. Contact PRDA for more information on how to become a rider.</p> <p>Website: http://www.prda.ca Email: mklassen@prda.ca</p>
47240 Greenhill Road Chilliwack Phone: 604-858-2149	

Coquitlam Parks and Recreation, Low or no cost programs	<p>About: Free Swimming at the City Centre Aquatic Complex and Poirier Sport & Leisure Complex, 7:00-9:00pm (Dates vary)</p> <p>Free Skating at the Poirier Sport & Leisure Complex, 2:00-3:15pm (Dates Vary)</p> <p>Please check website below for dates!</p> <p>Website: http://www.coquitlam.ca/parks-recreation-and-culture/sport-and-recreation/recreation-access.aspx</p>
City Centre Aquatic Complex 1210 Pinetree Way Poirier Sport & Leisure Complex 633 Poirier Street	

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Physical Activity Resources Continued

<p>Coquitlam Centre Mall Striders Walking Club</p>	<p>About: Striders Walking Club is a fun and simple way to participate in regular physical activity with other walking enthusiasts. Your \$15 Annual Membership gives you access to warm-up and cool-down training a personal trainer, walking club seminars, quarterly newsletters, monthly prizes and much more!</p> <p>Coquitlam Centre is a fun, safe place to walk and is open 7 days a week. Please see Guest Services for more information.</p> <p>Striders Program meets at 8:45am, Tuesdays and Thursdays, on Level 2 in front of H&M.</p> <p>Website: http://www.coquitlamcentre.com/community-programs/striders-mall-walking-club</p>
<p>2929 Barnet Highway, Coquitlam BC V3B 5R5</p>	

<p>City of Mission Parks & Recreation and Culture</p>	<p>About: Mission provides many ways to be active; this can be seen in the facilities they provide. Leisure Centre, Sports Park or the countless parks and picturesque trails are available in Mission BC.</p> <p>Mission provides FREE admission to recreation facilities for 1 attendant supporting a person with a disability.</p> <p>The PLAY (Providing Leisure All Year) Pass Program is administered by the Parks, Recreation & Culture Department to provide Mission residents on limited income with the opportunity to participate in basic parks, recreation and culture activities at no cost.</p> <p>The PLAY Pass Program provides qualified applicants with an Admission Card which offers free admission to a maximum of 52 swimming, skating, weight room and/or fitness drop-in sessions per year and a maximum of 12 free child minding sessions per year through the Play Care Program.</p> <p>Website: http://www.mission.ca/municipal-hall/departments/parks-recreation-and-culture/</p> <p>Email: leisureservices@mission.ca</p>
<p>7650 Grand Street Mission Phone: 604-820-5350</p>	

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Physical Activity Resources Continued

Mission Seniors Activity Centre	<p>About: The Mission Seniors Activity Centre provides seniors, 50 and over, with the opportunity to lead an active and healthy lifestyle. They offer numerous programs that include activities such as art classes, card tournaments, dancing and recreation classes. Membership to the Seniors Activity Centre is \$10 per year and the membership forms and information can be found online.</p> <p>Website: http://www.missionseniorscentre.com/ Email: info@missionseniorscentre.com</p>
33100 10th Avenue (at Talbut) Mission Phone: 604-814-2188	

District of Kent, Agassiz Fitness/Activity Centre	<p>About: The District of Kent Fitness/Activity Centre offers fitness and recreation opportunities for all ages and abilities. Offers weight room orientations, group fitness classes such as Yoga and Aerobics, and other programs. Affordable rates.</p> <p>Website: http://www.district.kent.bc.ca/lik-fitness.html</p>
6660 Pioneer Avenue, Agassiz Phone: 604-796-8891	

Fraser Valley Regional District Recreation	<p>About: The pool, arena, and fitness centre offer quality leisure services, programs and activities. Classes offered include aquafit, yoga, group fitness, and gym orientations.</p> <p>Drop in Rates: Regular: \$5</p> <ul style="list-style-type: none"> • Mondays: \$2 admission for Seniors (55+) from 6:00am - 5:00pm • Wednesdays: \$2 admission for everyone! • Fridays: 2 for 1 admission from 6:00am - 5:00pm • Sundays: 1/2 price for Families <p>Website: http://www.fvrd.ca/EN/main/parks-recreation/hope-recreation-complex/classes-programs.html Email: leisure@fvrd.bc.ca</p>
1005 - 6th Avenue Hope, BC Phone: 604-869-2304	

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Physical Activity Resources Continued

<p>Burnaby Parks & Recreation</p>	<p>About: Live an active and healthy lifestyle! Flip through their new leisure guides through the link below (it's interactive - just click the bar code and it links directly to WebReg).</p>
<p>Phone: 604-294-7450 Fax: 604-294-7201 101 - 4946 Canada Way Burnaby, BC, V5G 4H7</p>	<p>Website: https://www.burnaby.ca/Things-To-Do/Be-Active-Programs/Leisure-Guide.html</p>

<p>Valley Therapeutic Equestrian Association, Langley</p>	<p>About: The Valley Therapeutic Equestrian Association (VTEA) is a non-profit charitable organization that has provided therapeutic horseback riding for children and adults with all forms of disabilities since 1983. Their goal is to enhance the quality of life for their clients by improving their physical, mental, and emotional well-being with the assistance of the horse.</p>
<p>3330 256th Street, Langley Phone: 604-857-1267</p>	<p>New participants must provide a physician referral if they wish to become a rider. VTEA's Consulting Physiotherapist conducts an initial assessment and creates a unique riding program for each participant in conjunction with VTEA instructors. Special or adapted equipment may be used and one-on-one instruction and riding volunteers are organized to assist with each lesson. Financial assistance may be available to riders.</p> <p>Website: http://www.vtea.ca Email: info@vtea.ca</p>

<p>Coquitlam Parks & Recreation, Low or no cost programs</p>	<p>About: Free Swimming at the City Centre Aquatic Complex and Poirier Sport & Leisure Complex, 7:00-9:00pm (Dates vary)</p>
<p>City Centre Aquatic Complex 1210 Pinetree Way Poirier Sport & Leisure Complex 633 Poirier Street</p>	<p>Free Skating at the Poirier Sport & Leisure Complex, 2:00-3:15pm (Dates Vary) Please check website below for dates!</p> <p>Website: http://www.coquitlam.ca/parks-recreation-and-culture/sport_and-recreation/recreation-access.aspx</p>

Physical Activity Resources Continued

<p>City of Langley - Recreation, Culture, and Community Services</p>	<p>About: Langley Recreation, Culture, and Community (LRCC) Services is dedicated to creating a welcoming and safe environment where everyone can participate. LRCC offers a broad range of recreational programs and activities, which you can browse in the LRCC recreation guide: www.city.langley.bc.ca/index.php/recreation-and-community/recreation-guide</p>
<p>Langley City Hall – 20399 Douglas Crescent, Langley Phone: 604-514-2800</p>	<p>A) Langley Adapted Programs & Services Langley Recreation, Culture, and Community Services (LRCC) offer certain programs and services that are adapted to persons with disabilities. LRCC also manages multiple facilities throughout the City of Langley that offer wheelchair accessible features. The following are recreational programs offered by LRCC that are either: B) Langley Leisure Access Grant Program Download the form : http://www.city.langley.bc.ca/sites/default/files/uploads/2016%20Leisure%20Access%20Grant%20Application.pdf The Leisure Access Grant Program is designed to allow City of Langley residents to access leisure opportunities regardless of cost. The City of Langley will cover a percentage of an individual’s chosen recreation program, depending on the financial needs of each applicant. Payment plans may also be set up to lighten the burden for individuals. All fees not covered by the grant must be paid in full at the time of registration. Eligible applicants and their family members will receive a discount (25-75%) to cover the cost of either a City of Langley program, a City of Langley pass, or an aquatic pass to indoor pools (adults and seniors only). Applications are accepted once per season, and you must submit a new application each year to renew your Leisure Access Grant.</p> <p>Website: http:// www.city.langley.bc.ca/recreation.html Email: recreation@langleycity.ca</p>

Physical Activity Resources Continued

<p>Surrey Parks and Recreation, Leisure Access Program</p>	<p>About: The City of Surrey's Leisure Access Program provides an opportunity for permanent city residents in financial need to participate in Parks, Recreation and Culture activities at a very low cost.</p> <p>How to Apply: Download and complete the Leisure Access Application website: http://www.surrey.ca/culture-recreation/1773.aspx</p> <p>Bring your application form along with all required original documents to your nearest Surrey Parks, Recreation and Culture facility for review.</p> <p>Website: http://www.surrey.ca/culture-recreation/17097.aspx</p>
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<p>Corporation of Delta, Leisure Access Assistance Program</p>	<p>About: The Corporation of Delta's Leisure Access Assistance Program allows eligible, low-income Delta residents (individuals or families) to access drop-in land & aquatic fitness classes, weight room sessions, public swims, open gyms & public skating. The Leisure Access Assistance Program determines eligibility for recreation & leisure subsidy based on the family net income as defined by the Canada Revenue Agency. For more information regarding the Leisure Access Assistance Program, please call.</p> <p>Website: http://www.delta.ca/parks-recreation/sport-recreation/recreation-access</p>
<p>4500 Clarence Taylor Cres. Delta, BC V4K 3E2 Phone: 604-946-3298</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs

Dietician Services at Health Link BC	<p>About: If you have any questions about healthy eating, food, or nutrition, call 8-1-1 toll-free in B.C. You can speak to a health service representative who can connect you with one of our registered dieticians, who are available 9am to 5pm Monday to Friday. You can also leave a message after hours.</p> <p>Translations services are available in more than 130 languages. HealthLinkBC Dieticians can also answer your questions by email through the website below.</p> <p>Website: http://www.healthlinkbc.ca/healthyeating/</p>
Phone: 811	

Foodskills for Families	<p>About: Food Skills for Families is a hands-on curriculum based program that makes healthy eating, shopping and cooking easy, quick and fun. The Canadian Diabetes Association offers this successful six-session program to teach people how to make healthy meals, snacks and beverage choices and to gain confidence in the kitchen. Programs are delivered to targeted, at risk populations. For a complete list of current host. Please see link below:</p> <p>Website: http://www.foodskillsforfamilies.ca/hosts/current-active-hosts/</p>
Canadian Diabetes Association, BC Yukon Telephone: 604-732-1331 ext 2322	

Fraser Health-Free and Low Cost Food Directory	<p>About: Local communities in Fraser Health have services available to provide either low cost or free food to their residents. The resources have been organized by community. The website below will provide you with location, contact information, program details, cost (if any), days and times offered.</p> <p>We recommend you call before attending any of the programs to ensure the times have not changed. It is update d yearly.</p> <p>Website: http://www.fraserhealth.ca/health-info/health-topics/healthy-eating/free-and-low-cost-food-directory/</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs Continued

Abbotsford Harvest Box and Bulk Buying Club	<p>About: You can save up to 50% on produce and 60+% on non-perishable goods. You are saving time and avoiding the stress of after-work shopping and lining-up in crowded grocery stores. You are benefiting the health and well-being of yourself and your loved ones by improving your family Food Security (the accessibility and affordability of good-quality foods that are both enjoyable and healthful). You are supporting a non-profit Food Security project program that will expand to benefit more of your community and the individuals in- need. You are supporting local farmers. There is no membership fee, minimum purchase, obligated subscription or commitment.</p> <p>Website: http://vibrantabbotsford.ca/blog/harvest-box-and-bulk-buying-club-project-update/</p>
<p>You can order in- person by cash at our United Way office at the Sweeney Neighbourhood Centre: 33355 Bevan Ave. Abbotsford Phone: 778-880-8516</p>	

Abbotsford Food Bank and Christmas Bureau	<p>About: The mission of the Abbotsford Food Bank is “to strive to ensure that all the people of Abbotsford have the basic necessities of food, clothing and shelter on a daily basis.”</p> <p>Website: www.abbotsfordfoodbank.com Email: afb@telus.net</p>
<p>Phone: 604-859-5749 Fax: 604-859-2717</p>	

Oasis Outreach Society Grocery Store, Chilliwack	<p>About: This is a new type of members-only grocery store, catering exclusively to low-income residents. Membership referrals are available free at over various community service agencies throughout the Fraser Valley.</p> <p>Website: http://www.oasisoutreachsociety.org/food-program.html Email: oosoutlet1@gmail.com</p>
<p>46191 Yale Road, Chilliwack Phone: 604-392-2091</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs Continued

<p>Aldergrove Community Kitchen</p>	<p>About: When people gather to cook for themselves, and each other they make new friends, they expand what they know about nutrition, so they can eat better, and they learn basic kitchen skills that enable them to provide for themselves while saving money.</p>
<p>27330-28th Ave, Aldergrove, BC V4W 3K1 (in the Family Place portable on the west side of Shortreed Elementary School) Phone: 604-856-1664</p>	<p>Families with children aged 0 to 6 (Coming soon)</p>
<p>Aldergrove Food Bank</p>	<p>About: Distributes food and other basic necessities to residents of Aldergrove. Registration by appointment; first-time visitors are required to bring picture ID and proof of residence. Hours of operation are 11:30 am to 2 pm on the first four Tuesdays of each month.</p>
<p>27309 Fraser Highway Langley, BC V4W 3P9 Phone: 604-857-1671</p>	<p>Website: http://www.langleyfoodbank.com/aldergrove-food-bank/</p>
<p>SOURCES Food Bank, White Rock/South Surrey</p>	<p>About: Distributes food and other basic necessities to residents of White Rock and South Surrey.</p> <p>Hours of Operation: Tuesday 9:00am - 6:00pm Wednesday 10:00am - 2:00pm Thursday 10:00am – 2:00pm</p>
<p>2343 – 156 St., South Surrey, BC V4A 4V5 Phone: 604-531-8168 Fax: 604-541-8188</p>	<p>Website: http://www.sourcesbc.ca/index.php?option=com_content&view=article&id=62&Itemid=71 Email: foodbank@sourcesbc.ca</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs Continued

<p>Mission Community Services Society (MCSS) Food Centre</p>	<p>About: Provides food hampers, from 9 am to 12:45 pm on Fridays; patrons can use the hamper once a month. Free bread available on weekdays at 9 am. Emergency hampers can be obtained by Mission residents every two weeks, from 9 am to 11 am Wednesdays and Thursdays.</p>
<p>32646 Logan Avenue Mission, BC V2V 6C7 Phone: 604-814-3333</p>	<p>Website: http://missioncommunityservices.com/food-centre Email: mcssfoodcentre@missioncommunityservices.com</p>
<p>Mission Friendship Centre Society</p>	<p>About: The Mission Friendship Centre Society has provided services and programs to the community of Mission for 40 years. The centre was established to meet the needs of people of aboriginal and non- aboriginal decent who are making a transition to the urban community. All programs are FREE of charge.</p>
<p>33150a 1st Avenue Mission, BC Phone: (604) 826-1281</p>	<p>Programs are open to all cultures in the community. Services provided include:</p> <ul style="list-style-type: none"> • Family, Elder, Drug and Alcohol and Employment, Counseling, Referral and Information Services. • Hot lunch programs and bread • Youth Centre Programs Drop in, Recreational Regalia making, Cultural Activities, E-Team and Pocket Money • Ongoing Workshops and Special Events • Thanksgiving and Christmas Dinners
<p>Surrey Food Bank Society Cloverdale Food Depot</p>	<p>About: Food hampers distributed every other Tuesday from 10:00 am to Noon. New registrations can be done at this location. Current and previous food bank clients are required to update here every six months. Serves Cloverdale and Surrey residents.</p>
<p>Zion Lutheran Church 5950 179 Street Surrey, BC Phone: 604-581-5443</p>	<p>Website: http://www.surreyfoodbank.org#sthash.N8nTltu1.dpuf Email: hampers@surreyfoodbank.org</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs Continued

<p>Keys: Housing and Health Solutions Bread4Life Program, Surrey</p>	<p>About: Provides free, nutritious, daily meals seven days a week, with the participation and assistance of community-based organizations and individuals.</p>
<p>10667 135A Street Surrey, BC Phone: 604-589-1002</p>	<p>Email: b4l@keyssolutions.org</p>

<p>Surrey Urban Mission Society (SUMS) Community Meals</p>	<p>About: They partner with other organizations and faith communities to offer free meals for anyone in the community. Breakfast is held from 9 am to 11 am Saturdays. Lunch is served at 12 noon Mondays, Wednesdays, and Fridays. Dinner is served from 5 pm to 6 pm on the first and third Sunday of the month. Special dinners are served on Thanksgiving Day, Christmas Day, and Easter Sunday. Doors open 15 minutes before the meal is served.</p>
<p>10776 King George Blvd Surrey, BC V3T 2X7 Phone: 604-581-5172 Fax: 604-581-9622</p>	<p>Website: http://sumsplace.ca/</p>

<p>Chuck Bailey Recreation Centre - Forever Young Lunch</p>	<p>About: Chuck Bailey Rec Centre Seniors Come Share Society Community lunch program ran by Seniors Come Share Society in partnership with Chuck Bailey Recreation Centre. Entertainment and a Nutritious Meal for seniors 55+, every 4th Wednesday of the month, from 10:30am – 12:30pm. HandyDART can be arranged. Cost \$7.00. Call (604) 531-9400 ext. 205 for more information or to register.</p>
<p>(604) 531-9400 ext. 205 13458 107A Avenue Surrey, BC</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs Continued

Cloverdale Recreation Centre - Spice of Life Lunch	<p>About: Cloverdale Recreation Centre Seniors Come Share Society Community lunch program ran by Seniors Come Share Society in partnership with Cloverdale Recreation Centre. Entertainment and a Nutritious Meal for seniors 55+, every 2nd and 4th Thursday of the month, 11:30am – 2:00pm. Cost \$8.00. Call (604) 531-9400 ext. 205 for more information or to register. Meal program is closed during July and August.</p>
6188 176th Street Surrey, BC (604) 531-9400 ext. 205	
Newton Seniors Centre - Spice of Life Lunch	<p>About: Newton Seniors Centre Seniors Come Share Society Community lunch program ran by Seniors Come Share Society in partnership with Newton Seniors Centre. Entertainment and a Nutritious Meal for seniors 55+, every 1st and 3rd Wednesday of the month, 11:00am – 1:00pm. Cost \$7.75. Call (604) 531-9400 ext. 205 for more information or to register.</p>
13775 70th Avenue Surrey, BC, V3W 0E1 (604) 531-9400 ext. 205	
Come Share Around The Table	<p>About: Seniors Come Share Society Community kitchen program run by Seniors Come Share Society. Offering older adults the opportunity to get together with a group. With the help of a cooking educator you will prepare nutritious and affordable meals, learn how to budget effectively, the importance of nutritional value and proper food handling.</p>
15008 26th Avenue Surrey, BC V4P 3H5 (604) 531-9400 ext. 205	
Muslim Food Bank	<p>About: Serves both Muslims and Non-Muslims. Provides food hampers on a monthly basis to those in need who have dietary restriction whether religious or cultural. The hamper will normally include rice, flour, oil, sugar and other non-perishable foods. Call to register or to pick-up a hamper.</p> <p>Website: www.muslimfoodbank.com</p>
#101-11558 132A Street Surrey, BC, V4R 7S2 (778) 297-4252	

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs Continued

<p>Salvation Army Church & Community Ministries</p>	<p>About: Call for an appointment to apply for food bank services. Newton and North Surrey: Monday – Thursday, 9:00am to 12:00noon. South Surrey and White Rock: Tuesday and Friday 10:00am to 2:00pm</p>
<p>13570 – 78th Ave Surrey, BC, V4W 8V3 (604) 541-5801</p>	

<p>Oak Avenue Neighbourhood Hub Society, Community Kitchens & Dinner, Surrey</p>	<p>About: Seniors Cooking Club- Designed for seniors (50+) to gather, share knowledge and stories while cook and eat together. Focus on nutritious soup & healthy baking. Every 1st and 3rd Monday of each month, 10:30am – 1:30pm.</p>
<p>12740 102 Avenue, Surrey BC V3V 3E5 Phone: 604-582-7088 ext 3</p> <p>Email: joycefan@oanh.ca Contact: Joyce</p>	<p>Multi-cultural Cooking Club - Welcomes members from the neighbourhood who enjoy food and cultures. Each time the group picks a recipe from a different culture to try. Every 2nd and 4th Thursday of each month, 10:30am – 1:30pm.</p> <p>Burmese-specific Community Kitchen- A program specifically designed for the newly arrived Rohingya refugees from Myanmar or Bangladesh. The group gathers at the Hub once a month, cook their traditional food together while learn English and Canadian culture.</p> <p>Currently in the third phase of the program – Canadian cooking is introduced to the group.</p>
<p>7086 Cheam Avenue Agassiz, BC V0M 1A0 Phone: 604-796-2585</p>	<p>Community Dinner -Every 2nd Saturday of each month, Oak Avenue Keystone Mission hosts a free meal (drop-in) for the community at the Hub. A full meal is served. Doors open at 4:00pm and dinner is served at 4:30pm.</p> <p>Website: http://www.oanh.ca/communitykitchens.html</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs Continued

<p>Agassiz-Harrison Community Services Emergency Food Bank</p>	<p>About: Distributes staple food items on Thursdays from 10 am to 12 noon, and 1 pm to 3 pm. Depending on donations, other items (such as personal hygiene products and pet food) may be available. Clients can access the service once per month and must live in the Agassiz- Harrison area.</p>
<p>7086 Cheam Avenue Agassiz, BC V0M 1A0 Phone: 604-796-2585</p>	
<p>Share Family & Community Services Society, Food Hampers, Tricities</p>	<p>About: Provides food hampers for individuals and families in need who live in the Tri-Cities. Food hampers are distributed at three locations every Wednesday. Clients may attend once every 2 weeks.</p> <p>2615 Clarke St., Port Moody (rear of building) Wednesday, 11:30 am - 2 pm</p> <p>2211 Prairie Ave., Port Coquitlam Trinity United/St. Catherine's Anglican Church Wednesday, 12 noon – 2 pm</p> <p>535 Marmont St., Coquitlam Como Lake United Church Wednesday, 12 noon – 2:30 pm</p> <p>Email: heather.stacey@sharesociety.ca</p>
<p>Contact Heather Stacey Phone: 604-931-2451</p>	
<p>Family Food Bank, Port Moody</p>	<p>About: St. John Family Food bank operates year-round, on the first and third Thursday of the month from the church location. A sandwich lunch and bi-weekly food bank are held at St. John the Apostle. This is a supplemental food program to help families in need. Quest provides families with rescued food at a low cost. All funds are received by donations as well as the support of the parish and bread is donated from Cobs Bread, Port Moody. Contact Karen Evans by email for information.</p> <p>Email: stjohn7@telus.net</p>
<p>St. John the Apostle Church/Quest Outreach Society 2208 St. Johns Street St. Port Moody Phone: 604-936-7762</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs Continued

<p>Trinity United Church, Meal Program and Food Bank, Port Coquitlam</p>	<p>About: Soup Kitchen – every Wednesday, 12 noon – 2 PM Provided by the congregations of St Catherine’s Anglican Church, Soojung Presbyterian Church and the Buddhist faith community. Food Bank: Wednesdays from 12:00 – 2:00 PM provides assistance to homeless persons who attend the meal program.</p>
<p>2211 Prairie Ave., Port Coquitlam Contact Bernie Poitras, Phone: 604-941-2408</p>	
<p>Friendship Baptist Church, Meal Program, Coquitlam</p>	<p>About: Supper for homeless persons and those at risk - every Sunday, 4:30 – 6:00 PM</p>
<p>2950 Dewdney Trunk Road, Coquitlam Phone: 604-464-8888</p>	
<p>A Warm Place for Women, Port Coquitlam</p>	<p>About: A monthly social evening for women in need, hosted by Soroptimist International of the Tri-Cities in Port Coquitlam. The 1st Thursday of Every Month. Women in need are invited to enjoy a hot meal, beverages, dessert, friendly faces, clothes, shoes/boots, care packages and assistance (if requested – e.g. referrals for support services, resume writing, etc.) Time: 6pm to 8pm. Dinner served at 6:15 pm Children are welcome to attend. Note: A Warm Place for Women is a drug and alcohol-free event.</p>
<p>Kinsman Centre, Aggie Park (Shaughnessy and Loughheed) in Port Coquitlam Phone: 604-855-0500</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Food and Nutrition Programs Continued

<p>Single Parent Food Bank, Multiple locations</p>	<p>About: SPFB (spfoodbank) provides extra support to low-income single parents and their children through our HOME DELIVERY Food Bank service of quality, nutritional perishable foods and baby items.</p> <p>SPFB service areas: Burnaby, Coquitlam, Port Coquitlam, Port Moody, New Westminster, Delta, Surrey, Ladner, Langley, White Rock, Maple Ridge, Vancouver, North Vancouver.</p> <p>We encourage SPFB clients to utilize all available resources to offset those days of the month that may be most challenging. SPFB is not designed to be a long-term service.</p> <p>To receive service: call or email us with your contact information. We return your call to complete a client application. We arrange delivery/pickup based on your location.</p> <p>When contacting us please leave your full name, # of children and city.</p> <p>Website: http://www.singleparentfoodbank.org/ Email: info@singleparentfoodbank.org</p>
<p>Phone: 778-552-4100</p>	

<p>Boyd Auto Body, Meal Program, Coquitlam</p>	<p>About: Supper for homeless persons and those at risk – every Thursday, 4:00 – 6:30 PM</p>
<p>1099 Lansdowne Drive., Coquitlam Phone: 604-464-8888</p>	

<p>Quest Outreach</p>	<p>About: Quest is British Columbia’s largest not-for-profit food exchange program, offering access to affordable and healthy food choices for those facing barriers to this basic necessity. Our programs are seen as essential to marginalized individuals as they transition themselves towards self-sufficiency. Hours of Operation: Monday & Saturday 9am-4:15pm; Tuesday-Friday 9am-6:15 Closed: Sunday and holidays. Must be referred by either Income Assistance or one of Quest’s 400 different partners which are listed on Quest’s website. Contact Seniors Come Share Society to fill out form.</p> <p>Website: www.questoutreach.org</p>
<p>13890 104 Ave Surrey, BC, V3T 1W9 (604) 588-3476</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

<p>Community Adult Literacy Program, Fraser Health Region</p>	<p>About: A key component of B.C.'s adult literacy strategy is support for community-based programs. For over 20 years non-profit organizations, in partnership with post-secondary education institutions, have been supported by the province to provide programs to adults wishing to improve their literacy.</p>
<p>Phone: 1-800-412-5622</p>	<p>The goals of the community adult literacy program are:</p> <p>To increase the level of literacy and numeracy proficiencies among adults – 19 years and older – in order to meet the increasing demands of our knowledge-based economy.</p> <p>To meet the varying needs of adult learners, including Aboriginal Peoples, immigrants and persons with disabilities.</p> <p>To increase literacy awareness among British Columbians.</p> <p>View the complete listing of programs in communities across the province at the website below.</p> <p>Website: http://www2.gov.bc.ca/gov/content/education-training/adult-education/adult-upgrading</p>

<p>OmbudService for Life and Health Insurance</p>	<p>About: The OmbudService for Life & Health Insurance (OLHI) is a national independent complaint resolution and information service for consumers of Canadian life and health insurance products and services, including life, disability, employee health benefits, travel, and insurance investment products such as annuities and segregated funds</p>
<p>Toll Free: 1(888) 295-8112</p>	<p>Website: www.olhi.ca</p>

Community Resources for People with Respiratory Illness Fraser Health Region

Advocacy, Education, Literacy and ESL Programs Continued

<p>Decoda Literacy Solutions, Fraser Health Region</p>	<p>About: Decoda Literacy Solutions is the only province-wide literacy organization in British Columbia. Providing resources, training and funds, Decoda supports community-based literacy programs and initiatives in over 400 communities across B.C. Decoda supports children and families, youth, adults, Aboriginal and immigrant communities in an effort to build strong individuals, strong families and strong communities. As a non-profit organization, Decoda relies on the generosity of individual donors, corporate partners and government to fund literacy work. Literacy Outreach Coordinators are the backbone of literacy work in communities across British Columbia. Currently there are 102 coordinators, serving more than 400 communities in our province. They work with literacy task groups in communities to identify and address local literacy priorities and achieve local literacy goals.</p> <p>If you have a question about the literacy work being done in your community or if you are interested in a program or service, connect with your local outreach coordinator listed on the left by area.</p> <p>Website: http://decoda.ca/ Email: info@decoda.ca</p>
<p>Phone: 604-681-4199 Contact the Coordinator in your community.</p> <p>Burnaby: Susan Cathcart susan_c@telus.net</p> <p>Chilliwack: Debbie Denault debbied@chilliwacklearning.com</p> <p>Delta: Lynda Brummitt lpbrummitt@shaw.ca</p> <p>Maple Ridge/Pitt Meadows: Elaine Yamamoto facilitator@communityliteracy.ca</p> <p>New Westminster: Judy Venable literacynewwest@fsgv.ca</p> <p>Surrey/White Rock: Shanti Ang readswrs@gmail.com</p> <p>Tricities: Barb Mancell bmancell@sd43.bc.ca</p>	

Advocacy, Education, Literacy and ESL Programs Continued

<p>Mission Literacy in Motion</p>	<p>About: Mission Literacy in Motion believes that improving literacy skills enriches the quality of life for individuals and the community. Therefore, our purpose is to promote the growth of literacy in Mission.</p>
<p>Our office is located in Windebank Elementary School at 33570 11th Avenue in RM 172, Mission, BC. You can access our office by looking for the "Mission Literacy in Motion" sign in the window at the far right (west end) of the school Phone: 604-820-2027</p>	<p>Community Adult Literacy Program (CALP) This program aims to meet the needs of each adult learner. We want to help you meet your goals. The learner will meet with our Adult Education Teacher to talk about their goals. Together they will make a plan about how to reach these goals. What works best for you the learner?</p> <p>English as a Second Language Program (ESL/SAP) In partnership with Welcome BC and the University of the Fraser Valley, our ESL/SAP program is a settlement program designed to assist individuals to improve their English language skills and give them the tools necessary to navigate a new country. Through, one on one tutoring and small learning groups, participants and volunteer tutors are supported by the Community Literacy Coordinator to reach their goals. ESL Services with Community Partners</p> <p>ESL Services with Community Partners Working in conjunction with our community partners, we are able to assist individuals in accessing a variety of resources such as the following: Conversation circles, Citizenship Classes, IELTS Classes, One to one tutoring, Topical workshops about living in Canada, Field trips, Scribe services (translation of basic English documents), Resource referrals</p> <p>Website: http://www.literacyinmission.org/index.php Email: cloc@literacyinmission.org</p> <p>All our services are <i>free</i>. Subsidies are available for transportation costs.</p>

Community Resources for People with Respiratory Illness Fraser Health Region

Advocacy, Education, Literacy and ESL Programs Continued

<p>Literacy Matters Abbotsford</p>	<p>About: Free programs for English speakers to improve their literacy skills and English as Second Language learners. who can work with a trained volunteer tutor weekly for one on one support to improve basic reading, writing and numeracy skills. Learners can work on their personal goals and have the flexibility to meet their tutor at a day, time and location that works best for both of them. Website: http://literacymattersabbotsford.com/ Email: literacymattersabbotsford@gmail.com</p> <p>Community Access to Literacy and Language (CALL) Program Tutoring provided by volunteers for a total of 2-4 hours per week at locations throughout Abbotsford. Morning, afternoon, evening and weekend tutoring available. Phone: 604-768-6277 Website: www.abbotsfordcommunityservices.com</p> <p>Free ESL classes (Literacy – Level 7) for new immigrants Classes are offered morning & evening. On-site child minding is available for morning classes at some locations. Email: elsa@abbotsfordcommunityservices.com Phone: 604.859.7681 Local 216</p> <p>Adult Basic Education (ABE) Program Courses offered to help adults: Complete prerequisite courses for post-secondary programs. Upgrade their basic literacy and numeracy skills for personal benefit or entry into the work force. Complete high school to earn the BC Adult Graduation Diploma (Adult Dogwood). Meet employment requirements website: www.ufv.ca</p> <p>Seven Oaks Alliance Church ESL (English Second Language) Free ESL classes – Levels 1-4, Mondays and Thursdays, 9:00AM – 12:00PM, 6:30PM – 9:00PM email: life@sevenoaks.org contact: Mala Webb</p>
<p>Contact: Sharon Crowley, Literacy Outreach Coordinator c/o 3277 Gladwin Road, Abbotsford, BC V2T 4Y9</p>	

Community Resources for People with Respiratory Illness Fraser Health Region

Advocacy, Education, Literacy and ESL Programs Continued

<p>Progressive Intercultural Community Services Society - Literacy and language Programs, Surrey, White Rock, Delta</p>	<p>About: We are a United Way Agency with PCTIA certification. As a community services society we provide various programs and services including Employment Programs, Settlement Services, Language Services, Social Programs and Housing Services. Our services assist new immigrants, seniors, farm workers, women and youth. We work diligently to provide responsive programs that address various issues within our community by promoting harmony and intercultural understanding for the purpose of building a more inclusive and mutually respectful society.</p> <p>Website: http://pics.bc.ca/ Conversation Circles</p>
<p>Surrey: #205 12725 80th Avenue Surrey, V3W 3A6 Phone: 604-596-7722</p>	<p>Langley Community Services Society When: Monday - Thursday from 12:00pm - 2:30pm Where: Langley Community Services Society, 5339-207 St., Langley Contact: Lillian at 604-534-7810 ext. 1405</p>
<p>White Rock: 206-1461 Johnston Road White Rock, V4B 3Z4 Phone: 604-531-8299</p>	<p>Aldergrove ESL When: Tuesdays from 7:00pm - 8:30pm Where: St. Dunstan's Anglican Church, Aldergrove Contact: Diane Fox at diane@thebcfoxes.ca</p>
<p>Delta; Partner With Boys & Girls Club 301- 11861 88th Ave Delta, V4C 3C6 Phone: 604-591-9116</p>	<p>Immigrant Services Society of BC Where: Immigrant Services Society, #204-20621 Logan Ave, Langley Level 1-3, Friday from 9:30am - 10:30am Level 4-5, Friday from 10:45am-11:45am Contact: Ana Marie at 604-510-5136 ext. 1855 for more information.</p>
	<p>COOL (Community One on One Learning) If you want to learn how to read or write, or to improve your skills, join COOL! A COOL coordinator will work with you to find out where your skills are, and will match you with a tutor. COOL tutors are volunteers who love to share reading and writing. They are friendly people who support you along the learning path. You will meet once a week, and work together to improve your reading and writing skills. Contact Kailey Erickson, Literacy Outreach Coordinator, to find out more: kailey@encompass-supports.com, Phone: 604-217-2642.</p>

Community Resources for People with Respiratory Illness Fraser Health Region

Advocacy, Education, Literacy and ESL Programs Continued

<p>South Delta Caregivers' Education & Support Network</p>	<p>About: In many cases, family members become the primary caregivers who may have their own special needs for support. It is helpful to contact support early, so that a relationship can be built and help can be provided in determining needs, options and choices. They can help with the following: Access to the Help-line, Information, Coordination of Care, Advocacy One to One Companionship Relaxation Circle Respite Therapeutic Touch Therapeutic Life Stories – Recording (audio)</p> <p>Email: info@deltahospice.org</p>
<p>Delta Hospice Society 4631 Clarence Taylor Crescent Delta, BC V4K 4L8 Phone: 604-948-0660</p>	

<p>Burnaby Neighbourhood House, Community Adult Literacy Program (CALP)</p>	<p>About: A Free program for English speakers who can work with a trained volunteer tutor weekly for one on one support to improve basic reading, writing and numeracy skills. Learners can work on their personal goals and have the flexibility to meet their tutor at a day, time and location that works best for both of them.</p> <p>Website: http://burnabynh.ca/ Email: rajeeta@sbnh.ca</p>
<p>Contact: Rajeeta Samala Phone: 604-431-0400</p>	

<p>Burnaby Family Caregivers Project</p>	<p>About: This program provides information which can help alleviate caregiver stress, and also help improve quality of life for the care recipient. We offer education sessions with outside speakers, as well as a self-help support group where family caregivers can share emotions and experiences, seek and give advice and exchange practical information with others, and create a network for mutual support. BSOSS volunteer Senior Peer Counsellors will also be available to offer confidential one-to-one support to family caregivers when requested.</p> <p>Website: http://www.bsoss.org Email: bsoss@telus.net</p>
<p>#106 - 2101 Holdom Ave. Burnaby, BC V5B 0A4 Phone: 604-291-2258</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs Continued

Langley Caregivers Support Group	<p>About: This support group is offered by Langley Seniors Resources Society. They meet Thursdays, 1:15-2:30pm.</p>
<p>Langley Senior Centre Phone: 604-940-1273 Toll-free 1-866-902-3767 Fax: 604-940-2099</p>	<p>Website: http://www.lsr.ca Email: info@lsrs.ca</p>

Tri-Cities Senior Caregiver Support Program	<p>About: Many family caregivers neglect their own needs and have difficulty asking for help. This program provides opportunities for caregivers 50+ who live in the Tri-Cities to learn and be supported in a welcoming, positive, safe, energized environment in their community. Free Monthly Tri-Cities Caregiver Support Meetings:</p>
<p>Various Locations in the Tri-cities area Phone: 604-927-6098</p>	<ul style="list-style-type: none"> •Astoria Retirement Resort in Port Coquitlam (2nd Wednesday at 10:00am – 11:30am) •Maillardville Community Centre: (2nd Wednesday at 6:30pm – 8:30pm) •Dogwood Pavilion: (2nd Friday and 4th Friday at 10:00am – 11:30am) •Glen Pine Pavilion: (4th Thursday at 10:00am – 11:30am) <p>Other Programs for caregivers 50+ who live in the Tri-Cities:</p> <ul style="list-style-type: none"> •1-1 Support (in person or telephone) •Support Groups •Information/Educational Sessions •5 week Caregiver Education Series <p>- See more at: http://dementiasolutions.ca/products-services/tri-cities-senior-caregiver-support-program/#sthash.rJo5UjBK.dpuf</p> <p>Website: http://dementiasolutions.ca/products-services/tri-cities-senior-caregiver-support-program/ Email: seniorcaregiverprogram@gmail.com</p>

Community Resources for People with Respiratory Illness Fraser Health Region

Advocacy, Education, Literacy and ESL Programs Continued

<p>Care-ring Voice Network, Canada wide</p>	<p>About: A tele-session provides participants with information and support via the telephone. All participants are on the phone at the same time in a teleconference. A moderator is present on the telephone and they guide the presentation and the discussion or question and answer periods. In order to register for one of our tele-learning sessions, you must first register as a member of the Care-ring Voice Network either via the internet or by telephone. Registration is free. To register by telephone, call 1-866-396-2433 and speak to one of our helpful volunteers. To register by internet, visit their website:</p> <p>Website: http://www.caringvoice.com/tele-register.php</p>
<p>Canada wide hotline (toll free) Phone: 1-866-396-2433 The line is open Monday-Friday from 9-5 pm (EST).</p>	

<p>Sources Community Resource Centres</p>	<p>About: SOURCES is a community-based non-profit agency dedicated to supporting the needs of children, youth and families, persons with disabilities and seniors that reside throughout the communities of White Rock, Surrey, Langley, Delta and Prince George</p> <p>We are a source of support to individuals and families coping with isolation, addiction, poverty, disability, and conflict. We are a source of help, a source of encouragement, and a source of hope.</p> <p>We are continually expanding our services to respond to the needs of children, youth and families, persons with disabilities, and seniors. We now serve individuals and families that reside throughout White Rock and Surrey as well as in Langley and Delta. We've changed our name to Sources to also reflect the diverse communities we serve.</p> <p>For more information on services or to become a volunteer, member or donor, contact info@sourcesbc.ca.</p> <p>Website: http://www.sourcesbc.ca/</p>
<p><i>Sources Head Office</i> 882 Maple Street White Rock, BC V4B 4M2 Phone: 604.531.6226</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs Continued

White Rock/South Surrey Hospice Society	<p>About: Provides emotional, practical, and spiritual support to individuals, their family, and friends in the White Rock/ South Surrey area who are facing advanced illness or bereavement. Services include: assessment and referral; individual/group counselling by registered clinical counsellors; children and teen support; children’s day camps; relaxation programs; bereavement walking groups; telephone support; vigil program; emergency response team to provide support in cases of sudden death; a resource library; community outreach and education, and volunteer training. Office Hours: Monday - Friday 9:00am to 4:00pm.</p> <p>Website: www.whiterockhospice.org Email: contactus@whiterockhospice.org</p>
15510 Russell Avenue White Rock, BC, V4B 2R3 (604) 531-7484	

Caregivers Network of Surrey/Delta	<p>About: Offers emotional and social support to family caregivers who provide care to a loved one with a chronic or long-term illness, disability or frailty. Services include one-on-one support, day and evening support groups, and linking to needed resources.</p> <p>Support Groups meet as follows:</p> <ul style="list-style-type: none"> • Newton Seniors Come Share Society: last Monday of the month 7:00 to 9:00pm • Northcrest Care Facility: third Wednesday of the month 10:00am to 12:00noon • Kennedy Senior Recreation Center: third Wednesday of the month 6:30 to 8:30pm • Fleetwood Villa: last Thursday of the month 16028 - 83rd Avenue, 10:00am to 12:00noon
#109-14998 101A Ave Surrey, BC, V3R 0T1 Voicemail: (604) 686-3793	

Community Resources for People with Respiratory Illness Fraser Health Region

Advocacy, Education, Literacy and ESL Programs Continued

FindSupport BC	About: This is a searchable database of resources for people with disabilities. Their purpose is to connect families of persons with disabilities with resources available to them.
227 6th Street New Westminster, BC V3L 3A5 (604) 540-8374 ext. 523	Website: www.findsupportbc.com

Community Resources for People with Respiratory Illness

Fraser Health Region

Medical Services

Healthlink	<p>About: Any time of the day or night, every day of the year HealthLink BC provides access to non-emergency health information and advice in British Columbia. Information and advice is available by telephone, a website, a mobile app, and a collection of print resources, including the BC HealthGuide Handbook.</p> <p>Not only is our website available any time of the day or night, every day of the year, it can be accessed from many different types of devices. Our website will automatically reformat to fit the size of whatever screen you are using. You can access health information from your smartphone, tablet, laptop or desktop computer.</p> <p>Through our programs and services, you can get the information you need to make healthy decisions for yourself and those you care for, wherever and whenever you want it.</p> <p>HealthLink BC brought together some of British Columbia's most trusted and recognized health information services including: the BC HealthGuide, BC HealthFiles, BC NurseLine, Pharmacist Services, Dial-a-Dietitian, and the Physical Activity Line (PAL) - and expanded these with an online and by-phone navigation service to help you find the health resources and facilities you need, closest to where you live.</p> <p>Website: https://www.healthlinkbc.ca</p>
Call 811	

Fraser Health Patient Education Catalogue	<p>About: In the online Fraser Health Patient Education Catalogue, you can find:</p> <ul style="list-style-type: none"> • Printable education materials designed for patients and clients • Translated printable education materials for patients and clients • Links to reliable health information available on external websites <p>Fraser Health's goal is to provide reliable information about health and health care services in plain language. This means that education materials are easy to read and understand.</p> <p>This catalogue serves the public using Fraser Health programs and services in communities from Burnaby east to Hope and surrounding areas. Print a copy directly from the Catalogue for your personal use.</p> <p>Website: https://patienteduc.fraserhealth.ca/</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

Medical Services Continued

<p>College of Physicians and Surgeons of British Columbia-Physicians search</p>	<p>About: Their search tool via the website listed below allows you to search for physicians (including specialists) who are accepting new patients by where you live, gender, languages spoken and distance to your postal code.</p> <p>Website: https://www.cpsbc.ca/physician_search</p>
<p>ImmunizeBC-Influenza Clinic Locator</p>	<p>About: This is BC's online Flu Clinic Locator. You can find a clinic near you based on your postal code or city. The Locator has now been populated with clinic information for the 2014/15 influenza season.</p> <p>Please be aware that supplies may vary in some locations. Please call ahead to confirm the vaccine is in stock.</p> <p>If you would like to find a public health unit in your area, please visit ImmunizeBC's Public Health Unit finder. If you have questions about influenza immunization, please call HealthLink BC at 8-1-1 or visit www.HealthLinkBC.ca.</p> <p>Website: http://immunizebc.ca/clinics/flu</p>
<p>1-800 Sex Sense Line</p> <p>Phone: 1-800-739-7367</p>	<p>About: Confidential, non-judgmental telephone service providing information and referral regarding reproductive health and sexuality. Also provides referrals regarding clinics, pregnancy and STI tests, and emergency contraception. Monday to Friday 9 am to 9 pm.</p> <p>Website: https://www.optionsforsexualhealth.org/sex-sense</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

Mental Health and Addictions Resources

BC Alcohol and Drug Information and Referral Service	<p>About: Worried about drug and alcohol use? Whether it's for yourself or someone you care about, you can call us for information, options and support.</p> <p>We can refer you to a full range of counselling and treatment services across BC.</p> <p>Services on the Alcohol and Drug Line are confidential, multilingual, free, and available 24/7.</p>
<p>Phone: 604-660-9382 Toll Free: 1-800-663-1441</p>	

Mental Health Services- Fraser Health	<p>About: A variety of community and hospital-based mental health services and programs are available in Fraser Health communities. Please see the website below for a complete list. They include Adult Short-Term Assessment and Treatment Programs, Adult Community Support Services, Community Residential Emergency Short Stay Treatment, Concurrent Disorders Services, Eating Disorders Program, Mental Health and Substance Use Primary Care Clinics plus a few others.</p> <p>Website: http://www.fraserhealth.ca/health-info/mental-health-substance-use/</p>

British Columbia Bereavement Helpline	<p>About: Free and confidential service that connects the public to grief support services within the province of BC. Has referral service.</p>
<p>Phone: 1-877-779-2223</p>	

Ministry of Health, Mental Health Topics	<p>About: The Ministry of Health provides a list of organizations by mental health topic with links to their websites. The complete list can be found at the website below.</p> <p>Website: http://www.health.gov.bc.ca/mhd/resources.html#Mental</p>

Mental Health and Addictions Resources Continued

<p>HeretoHelp, Mental Health and Addictions</p>	<p>About: HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information. We are a group of seven leading mental health and addictions non-profit agencies. Since 2003, we've been working together to help people live well and better prevent and manage mental health and substance use problems. You can find an array of self-help resources on their website listed below.</p> <p>If you believe that your life or someone else's life is in danger, call 911. Crisis lines aren't only for people in crisis. You can call for information on local services or if you just need someone to talk to. If you are in distress, call 310-6789 (do not add 604, 778 or 250 before the number) 24 hours a day to connect to a BC crisis line, without a wait or busy signal. The crisis lines linked in through 310-6789 have received advanced training in mental health issues and services by members of the BC Partners for Mental Health and Addictions Information.</p> <p>1-800-SUICIDE: If you are in distress or worried about someone else, call 1-800-SUICIDE (1-800-784-2433). It's free and available 24 hours a day.</p> <p>Website: http://www.heretohelp.bc.ca/ Email: bcpartners@heretohelp.bc.ca</p>
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<p>bc211</p>	<p>About: bc211 is a Vancouver-based non-profit organization that specializes in providing information and referral regarding community, government and social services in BC. Our help line services include 211, the Alcohol and Drug Information and Referral Service (ADIRS), the Problem Gambling Help Line, VictimLink BC, and the Youth Against Violence Line.</p> <p>Website: http://www.bc211.ca/</p>
<p>Text or call 211 from your phone or cell.</p>	

Mental Health and Addictions Resources Continued

<p>Canadian Mental Health Association, BC Division</p>	<p>About: The Canadian Mental Health Association (CMHA), BC Division exists to promote the mental health of British Columbians and support the resilience and recovery of people experiencing mental illness. We do this through advocacy, education, community-based research, and services, well as the support we provide to the 19 CMHA branches throughout BC.</p>
<p>Main Office: #1200 - 1111 Melville Street, Vancouver, BC V6E 3V6 Phone: 604-688-3234 Toll free: 1-800-555-8222 Fax: 604-688-3236 Delta Office: 4871 Delta St. Delta, BC, V4K 2T9 Phone: 604-943-1878 Vancouver-Burnaby Office:</p>	<p>We're part of one of the oldest voluntary organizations in Canada, which provides direct service to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteers and staff across Canada. Bounce Back is an evidence-based program designed to help adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety. Bounce Back offers two forms of help. The first is a DVD video (available in English, Mandarin and Cantonese) providing practical tips on how to recognize and deal with depressive symptoms. The second service is workbook-based with telephone coaching (available in English, French and Cantonese). Bounce Back community coaches assist in the teaching of problem-solving and other skills to overcome difficulties such as inactivity, unhelpful thinking, worry, and avoidance. Access to the coaching component requires a doctor's referral.</p>
<p>#110 - 2425 Quebec St. Vancouver, BC, V5T 4L6 Phone: 604-872-4902</p>	<p>Website: http://www.cmha.ca/ Email: info@cmha.bc.ca</p>

<p>S.U.C.C.E.S.S Chinese help lines</p>	<p>About: Our help lines services demonstrate equity, non-discrimination, and respect for the client's privacy, consent and choice. We also demonstrate cultural sensitivity towards diverse values and beliefs.</p>
<p>Phone: 604-270-8233 (Cantonese)</p>	<p>Available 10am-10pm, 7 days a week.</p>
<p>Phone: 604-270-8222 (Mandarin)</p>	<p>Website: http://www.successbc.ca/eng/services/family-youth/counselling-service/358-chinese-help-lines</p>

Community Resources for People with Respiratory Illness Fraser Health Region

Mental Health and Addictions Resources Continued

Seniors' Distress Line and The Crisis Line	About: These telephone lines are confidential and free where highly trained listeners support you during a difficult moment if you find yourself in distress and cannot wait to speak to others. An interpreter service is available in over 100 languages. Available 24 hours a day, 7 days a week. Website: http://www.crisiscentre.bc.ca
Phone: 604-872-1234 (Seniors' Distress Line)	
Phone: 604-872-3311 (The Crisis Line)	

VictimLink BC	About: Are you concerned that someone is being abused, but don't know what to do? You may suspect abuse is happening to a neighbour, friend or family member, but do not know what to do or how to talk about it. You may worry about making the situation worse. You can call or encourage them to call VictimLink BC. This is a 24-hour crisis line for B.C. in up to 110 languages Your call will be completely confidential. All VictimLink BC staff are trained victim service workers and can connect people to a network of community, social, health, justice and government resources, including victim services, transition houses, and counselling resources. They also provide information on the justice system, relevant federal and provincial legislation and programs, crime prevention, safety planning, protection order registry, and other resources as needed. Website: http://www.victimlinkbc.ca/
Phone: 1 -800- 563-0808	

Community Resources for People with Respiratory Illness

Fraser Health Region

Medical Equipment

<p>Crossroads Mobility Solutions - Home Medical Equipment</p>	<p>About: Our knowledgeable, experienced and caring staff are here to help with rentals, sales and service of scooters, power chairs, lift chairs, wheelchairs, walkers, bathroom safety equipment, stair lifts, hospital beds, incontinence supplies, support braces, compression therapy products, and hundreds of other aids for daily living. Please visit our new location in White Rock. We will do our very best to find the solution to any and all mobility and home medical equipment challenges you are facing. Let us help you become as independent as possible.</p> <p>Sell and rent mobility equipment</p> <p>Hours: Monday thru Friday, 9:00am to 5:00pm Saturday: 10:00am to 4:00pm Sunday: Closed</p> <p>Website: www.crossroadsmobility.net</p>
<p>#110-9547 152nd Street Surrey, BC, V3R 5Y5 (778) 395-2221</p>	
<p>1446 Johnston Road White Rock, BC V4B 3Z5 778-291-1222</p>	
<p>#110-9547 152nd Street Surrey, BC, V3R 5Y5 778-395-2221</p>	

<p>Accessible Home & Property Services Ltd.</p>	<p>About: Live longer, safer and more comfortably in your home. Providing home adaptations (renovations) for seniors and those with mobility issues can be as simple as installing grab bars. More major modifications might include replacing a bathtub with a shower, installing a higher toilet, widening a doorway, or building a ramp. As Certified Aging-In-Place Specialists, we listen for each client's unique needs and apply solutions to correct them. We also provide handyman services for typical small jobs needing to be done. We work closely with Occupational Therapists and welcome working with Veterans Affairs and BC Housing for grants. Call us today for a complimentary assessment.</p> <p>Website: www.accessable.ca Email: info@accessable.ca</p>
<p>Phone: (604) 259-9774 Fax: (604) 259-9787</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Medical Equipment Continued

Aids to Independent Living	<p>About: Many seniors coping with long-term illness and injury do not have the financial resource required to purchase or rent medical equipment. This program loans out health equipment, free of charge, to Home Health clients living in the area. Some conditions apply such as being referred by an occupational therapist or physiotherapist and must have less than \$20,000 in savings or up to \$26,000 for a person with a children/spouse with disability. Please contact for more information.</p>
<p>Phone: (604) 709-6600 ext. 633, 634, or 632</p> <p>In the Fraser East Area, call (604) 859-5960</p>	
Comfort Care Mobility	<p>About: Experienced mobility technician. Will repair scooters, wheelchairs, walkers, etc. Also have new and used scooters, lift beds, lift chairs, etc. for sale/rent. Call Stan with your needs.</p>
<p>Phone: (604) 440-1777</p>	
Red Cross Health Equipment Loan Program (HELP)	<p>About: This volunteer-run service provides short-term loans of basic medical equipment to clients for home use. Equipment is provided, by donation, and includes (manual) wheelchairs, walkers, crutches and bathroom aids. A medical referral is required for the loan of all equipment. Locations throughout BC</p> <p>Website: http://www.redcross.ca/in-your-community/british-columbia-and-yukon/british-columbia-and-yukon-find-a-branch</p>
Shoppers Home Health Care	<p>About: Rental, sales and service. Stocks a wide range of equipment and accessories including crutches, scooters, walkers and wheelchairs. Certified fitters in mastectomy prostheses forms and compression therapy and apparel is available.</p> <p>Locations throughout BC</p> <p>Website: www.shoppershomehealthcare.ca</p>

Medical Equipment Continued

Lower Mainland Stair Lifts	<p>About: Lower Mainland Stair Lifts has been servicing the Greater Vancouver area including; Surrey, Delta, White Rock, Langley, Ladner, Richmond, Vancouver and the Tri-Cities for over 25 years. We specialize in solving accessibility needs with the sales and service of Stair Lifts, Porch Lifts, Vehicle Lifts and Ramps. Let our trained, professional staff help you find a solution to stay in the home you love.</p> <p>Phone us today to arrange your free home assessment. Home assessment by appointment.</p> <p>Website: www.lowermainlandstairlifts.ca Email: info@lmstairlifts.ca</p>
Phone: (778-564-5438)	

Community Resources for People with Respiratory Illness

Fraser Health Region

Respiratory Services

BC Lung Association	<p>About: For more than 100 years, the BC Lung Association has led the fight for healthy lungs and healthy air. The BC Lung Association is the leading organization in British Columbia working to save lives, prevent and improve lung health through research, advocacy, education and support.</p> <p>Information and Referral service for respiratory diseases such as asthma, COPD that includes (chronic bronchitis and emphysema, influenza, pneumonia, sleep apnea, idiopathic pulmonary fibrosis, tuberculosis, and lung cancer</p> <p>Website: https://bc.lung.ca/ Email: info@bc.lung.ca</p>
BC Lung Association 2675 Oak Street Vancouver, BC V6H 2K2 Phone: 604-731-LUNG (5864) 1-800-665-LUNG (5864) Fax: 604-731-5810	

The Lung Centre	<p>About: Every person with asthma should have a written Asthma Action Plan.</p> <p>An Action Plan is a guide for you to follow in case your asthma symptoms become worse. If you have asthma, please see your family doctor, Respirologist or Certified Asthma Educator for your personal Action Plan. Following is a list of asthma education resources throughout B.C. Please check back for additional and updated information on these resources. Locations include Abbotsford, Burnaby, Delta, Maple Ridge, Port Moody, & Surrey.</p> <p>Website: http://lungcentre.vch.ca/resources/asthmaeducator.aspx</p>

Respiratory Services Continued

About Kids Health	<p>About: This online resource provides information for children’s lung and breathing disorders.</p> <p>apnea of prematurity, asthma, bronchiolitis, chronic lung disease, colds (viral upper respiratory infections), cough, croup, cystic fibrosis (CF), influenza (flu), pertussis (whooping cough), pneumonia, respiratory syncytial virus (RSV), the immature lung, viral respiratory infection (VRI).</p> <p>Website: http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/LungandBreathingDisorders/Pages/default.aspx</p>
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Community Resources for People with Respiratory Illness

Fraser Health Region

Asthma

<p>Asthma Society of Canada</p>	<p>About: The Asthma Society of Canada is committed to providing the best possible service to their clients, healthcare professionals, educators and members of the community. They strive to be accessible and responsive to your needs.</p>
<p>Asthma Society of Canada 124 Merton St., Suite 401 Toronto, Ontario, M4S 2Z2 Toll Free 1-866-787-4050</p>	<p>Whether you live with asthma and need to consult with one of their asthma educators, or you're a member of the media researching a story, or you want to know more about making a donation - we welcome your questions, comments and suggestions.</p> <p>Website: http://www.asthma.ca/</p>

<p>National Asthma Patient Alliance – Asthma Society of Canada</p>	<p>About: Free membership</p> <p>The NAPA is a grassroots patient group of volunteers from across Canada, whose aim is to increase patient awareness about how to achieve optimal asthma control and to address communication and advocacy needs of these diseases. The first activity of this group was to enable patients living with asthma and allergies and empower them with the Asthma Patient Bill of Rights in order for them to understand their responsibility to properly manage their disease and lead a happy, healthy life.</p>
	<p>The NAPA's mission is to ensure each and everyone of the 3 million Canadians diagnosed with asthma has the support and resources he/she needs to enjoy a high quality of life. The NAPA can make the difference.</p> <p>Website: http://www.asthma.ca/</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

COPD

BreatheWELL/COPD Services	<p>About: BreatheWELL/COPD Services provides in-home education and assessment to help individuals gain more control over COPD (chronic obstructive pulmonary disease). Services include home visits by a respiratory therapist, and include coaching and education on your flare up plan with suggestions on improving daily activities. Your doctor will receive the assessment and recommendations once your visit is completed. BreatheWELL/COPD Services is a Fraser Health-wide service provided to anyone who lives with a diagnosis of COPD within the Fraser Health boundaries. Services require physician or other health care provider referral.</p> <p>Website: http://www.fraserhealth.ca/health-info/home-and-community-care/services/BreatheWELL-COPD-Services/</p>
Phone: 604-514-6106	

Community Respiratory Services	<p>About: Community Respiratory Services provides at-home chronic disease management, education and support for people living with Chronic Obstructive Pulmonary Disease (COPD). We work with you and your doctor to help you achieve your best respiratory health. Respiratory therapists with special training (Certified COPD or Respiratory Educators) provide you and your family with education and knowledge to help manage your respiratory health at home. Therapists assess oxygen levels, provide breathing/blowing tests and discuss your current medications and health status. Requires referral by physician, a nurse practitioner or any other health professional.</p> <p>Website: http://www.fraserhealth.ca/health-info/home-and-community-care/services/community-respiratory-services/</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

COPD Continued

<p>Living Well with COPD</p>	<p>About: Living Well with COPD is a self-management education program developed to help people with COPD and their family to take charge and cope with their disease on a day-to-day basis in collaboration with their healthcare team.</p>
	<p>Patients using the Living Well with COPD program experience an improvement of quality of life, and less hospitalizations, emergency department and unscheduled medical visits.</p> <p>Website: http://www.livingwellwithcopd.com/</p>

<p>Living Well with COPD – Summary Guide</p>	<p>About: This Fraser Health guide is part of the course Living Well with COPD. Anatomy and Physiology of COPD, Smoking and Lung Function, Factors that Can Make Symptoms Worse, Medications, Inhalation Techniques, Breathing Techniques, Positions to Reduce SOB, Coughing Techniques, Energy Conservation Principles, Stress Management, Relaxation Techniques, Healthy Lifestyle, Your Plan of Action. (English) <i>Colour</i></p>
	<p>Website: https://patienteduc.fraserhealth.ca/file/living-well-with-chronic-obstructed-pulmonary-disea-12727.pdf</p>

<p>BREATHE – the Lung Association</p>	<p>About: Discover and gain insight into COPD symptoms, diagnosis treatment, triggers, and medications.</p> <p>Website: https://www.lung.ca/copd</p>
	<p>Has excellent resources page where you can download many different guides.</p> <p>Website: https://www.lung.ca/lung-health/lung-disease/chronic-obstructive-pulmonary-disease-copd/resources</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

Sleep Apnea & Home Oxygen Therapy

<p>Mainland Sleep Diagnostics Ltd.</p>	<p>About: Contact Mainland Sleep Diagnostics to learn about booking an appointment and what you can expect. You can also download patient resources and gain access to our line of products.</p> <p>Mainland Sleep will require a prescription from a physician or specialist to perform any sleep apnea testing or CPAP trial.</p> <p>Mainland Sleep Diagnostics will work with you to ensure the CPAP machine is right for you.</p> <p>Website: http://www.mainlandsleep.ca/</p> <p>Surrey Unit 102 - 17660 65A Ave, Surrey, BC Phone: 604-518-7064</p> <p>Burnaby 103 - 7885 6th St., Burnaby, BC Phone: 604-544-5068</p> <p>Coquitlam 100-2976 Glen Drive, Coquitlam, BC Phone: 604-544-5068</p>
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<p>Coastal Sleep Sleep Apnea Clinics</p>	<p>About: Coastal Sleep provide sleep apnea screening, free CPAP trials, anti-snore products, CPAP machines, and all the necessary accessories for a good nights sleep. Our friendly sleep specialists will help relieve your snoring and your sleep apnea symptoms once and for all with a treatment plan specifically tailored for you.</p> <p>Website: http://www.coastalsleep.ca/ Email: info@coastalsleep.ca</p> <p>Surrey 602-13737 96th Ave Surrey, BC V3V 0C6 Phone: (604) 590-0100</p> <p>Coquitlam 602-2950 Glen Drive Coquitlam, BC V3B0J1 Phone: 604-939-3270</p> <p>South Surrey 90-1959 152nd St. South Surrey, BC V4A 9E3 Phone: 604-385-1200</p> <p>Abbotsford 302-33140 Mill Lake Rd Abbotsford BC V2S 2A5 Phone: (604) 744-0115</p>
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Community Resources for People with Respiratory Illness

Fraser Health Region

Sleep Apnea & Home Oxygen Therapy Continued

Respiratory Homecare Solutions Inc. (RHS)	<p>About: RHS offers Sleep Apnea Diagnostics and Treatment as well as Home Oxygen Therapy. We offer a wide range of products and the latest technology to meet the needs of our patients in one of our clinics; or in home if mobility impairment is an issue.</p> <p>We stand by the products we sell, and are with you every step of the way.</p>
<p>RHS Surrey 15149 Fraser Highway Surrey, BC V3R 3P2 Phone: 604.630.1212 Toll Free: 1.877.928.2439</p>	<p>Website: https://www.rhscanada.com/surrey-sleep-apnea-clinic/ Email: alan@rhscanada.com</p> <p>Burnaby (CENTRAL PARK MEDICAL) *By appointment only #100, 3959 Kingsway, Burnaby, BC V5H 1Y7</p> <p>Maple Ridge *By appointment only #105, 22838 Lougheed Hwy, Maple Ridge, BC V2X 2V6</p> <p>South Surrey *By appointment only #202 – 15388 24 Ave, Surrey, BC V4A 2J2</p> <p>Surrey 15149 Fraser Highway, Surrey, BC V3R 3P2</p> <p>Langley #110-20434 64th Ave, Langley, BC V2Y 1N4</p> <p>Abbotsford *By appointment only #308- 34334 Forrest Terrace, Abbotsford BC, V2S 1G7</p>

Sleep Works Medical	<p>About: SleepWorks Medical Inc is Dedicated to providing Canadians with early detection and treatment of fatal sleep disorders such as Obstructive Sleep Apnea. We are extremely proud of our customer service excellence program. All our patients are offered state-of-the-art home sleep testing diagnostic equipment. Our unique approach ensures that our patients receive the correct treatment the first time. We offer all forms of treatments including Mandibular Repositioning Devices / Dental Appliance. Treatments include CPAP, VPAP, The Moses, & Narval CC.</p>
<p>Phone: 604-372-4000</p>	<p>Multiple locations in Surrey, Coquitlam, and Burnaby,</p> <p>Website: http://www.sleepworksmedical.com/</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

Sleep Apnea & Home Oxygen Therapy Continued

Independent Respiratory Services	<p>About: Independent Respiratory Services (IRS) is a BC-owned and operated full service respiratory company. They have been providing sleep apnea and home oxygen therapy to British Columbians since 1996. They are committed to providing outstanding respiratory therapy, timely reporting of results and ongoing client care.</p> <p>Our operations are clinic based with over 35 locations across the province of BC that also facilitates the respiratory therapy needs of people in these locations.</p> <p>Website: http://irscanada.ca/</p>
<p>Locations: Abbotsford Chilliwack Maple Ridge Surrey/Langley Delta/Ladner See website for contact information</p>	

Fraser Health Home Oxygen Program	<p>About: In order to obtain Fraser Health funding for home oxygen, your doctor must complete an application along with an oxygen prescription, and submit them to Community Respiratory Services.</p> <p>A respirologist (a doctor specializing in lung disorders) then considers the application to determine if you qualify for home oxygen funding.</p> <p>Complete your application using this form. Home Oxygen Program Application</p> <p>COPD Flare up Plan is a written contract between you and your doctor about how you will manage your COPD flare ups. This Plan will help you and your doctor to quickly recognize and treat flare ups to improve your health. COPD Flare Up Plan</p> <p>Website: http://www.fraserhealth.ca/health-info/home-and-community-care/services/home-oxygen-program/home-oxygen-program</p>
<p>Phone: (604)514-6106</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Sleep Apnea & Home Oxygen Therapy Continued

<p>VitalAire</p>	<p>About: Come to VitalAire if you need home oxygen therapy, sleep apnea testing or CPAP treatment. VitalAire has provided respiratory home care services in Surrey for over 30 years. Our experienced healthcare professionals are dedicated to your care. We work closely with medical professionals in your community to ensure that you receive the respiratory programs and services that you need.</p> <p>Along with the services provided in Surrey we can also look after you as you travel, through our 15 clinics in BC and 100 clinics across Canada.</p> <p>Services Provided: • Obstructive sleep apnea education, testing and information • Home Oxygen programs, products and services • CPAP treatment • CPAP products and supplies • CPAP masks and accessories</p> <p>Website: https://www.vitalaire.com/home-healthcare/sleep-clinic/surrey-clinic/ Email: VAhomecare.BC@airliquide.com</p> <p>Langley Clinic 9087 B-198 Street, Suite 201 Langley, BC V1M 3B1 Phone: (604) 881 0214</p>
<p>Surrey Clinic Unit #114 13710 94A Ave, Surrey BC V3V 1N1 Phone 1 800 637-0202 Parking: Pay for Parking</p>	

<p>Medpro Respiratory Care</p>	<p>About: Provides client access to a wide range of respiratory products and services to meet their respiratory needs including:</p> <ul style="list-style-type: none"> • CPAP/Bi-Level (BiPAP) Therapy • Home Oxygen Equipment and Service • Asthma and Aerosol Products • Suction and Tracheostomy Supplies <p>Services and programs personalized to meet the clinical and lifestyle need of each client. We encourage our clients to be active participants in their care, promoting independence not dependence.</p> <p>Locations in Langley, Abbotsford, and Surrey,</p> <p>Website: http://www.medprorespiratory.com/</p> <p>Specific to oxygen therapy: http://www.medprorespiratory.com/home-oxygen-therapy-bc/</p>
<p>1-888-310-1444</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Heart and Stroke

<p>Live Well Exercise Clinic</p>	<p>About: Live Well Exercise Clinic is a valuable and unique experience for every individual who participates in our program. Our team of physicians, exercise physiologists, nurses and other healthcare professionals will help you become a healthier you. The LIVE WELL program offers exercise, nutrition, and health education. Our clinic is founded on making small changes that have a great impact on the quality of your daily life. We believe that exercise is medicine and as such our participants can benefit by lowering blood pressure, lowering cholesterol, reducing depression, losing weight, improving blood sugars, reducing stress and anxiety, and improving balance, strength and stamina. We are real people helping real people live fuller, healthier lives.</p> <p>Website: www.livewellclinic.ca Program cost is paid monthly. (Approx. \$25 per session).</p>
<p>#109-14998 101A Ave Surrey, BC, V3R 0T1 Voicemail: (604) 686-3793</p> <p>101 - 1959 152nd St #306-1676 Martin Drive South Surrey, BC, V4A 9E3 (604) 541-2846</p>	

<p>Cardiac Rehabilitation Program</p>	<p>About: The "Healthier Heart for Life" program is designed for people within the Fraser Health Authority area who have had a recent heart attack, bypass surgery, angioplasty, angina or heart failure and for those who are at risk for developing heart disease. Participants meet with a team of professionals and discuss issues essential for heart health. No fee or physician referral is required (for education purposes only).</p>
<p>1C - Jim Pattison Outpatient Care & Surgery Centre 9750 140th Street Surrey, BC, V3T 0G9 (604) 582-4550</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Heart and Stroke Continued

<p>Heart and Stroke Foundation of BC & Yukon</p>	<p>About: Chapter of BC Heart and Stroke Foundation. Education and Information regarding local programs and support groups. Hours: Monday - Friday 9:00am to 4:30pm.</p>
<p>200-1212 West Broadway Vancouver, BC V6H 3V2 Phone (778) 372-8000 or 1-888-473-4636</p>	<p>Website: http://www.heartandstroke.ca/</p> <p>Fraser Office: supporting Burnaby, New Westminster, Tri Cities, Ridge Meadows, North Delta, Surrey, Langley, Fraser Valley 2239C McAllister Avenue Port Coquitlam, British Columbia V3C 2A9 Phone: (604) 342-8070 Toll free 1-877-472-0045 (for the Fraser Valley only)</p>

<p>Stroke Recovery Association of BC</p>	<p>About: SRABC provides services and information to anyone whose life has been affected by stroke, and to other stakeholders in the field of stroke recovery, such as healthcare professionals.</p>
	<p>We have around 30 Branches throughout BC which offer a range of programs and services to assist stroke survivors and their caregivers. They provide a friendly social environment where stroke survivors and caregivers can get support and help in coping with life after stroke. Branches offer activities such as social events, exercise, communication and cognitive stimulation. In some Branches programs are run by professionals, such as physiotherapists, and in others they are volunteer driven.</p> <p>For more information about Branches please click here: http://strokerecoverybc.ca/contact-us/branch-locations/</p> <p>Website: http://strokerecoverybc.ca/</p>

Community Resources for People with Respiratory Illness

Fraser Health Region

Heart and Stroke Continued

Stroke Recovery Club – White Rock/South Surrey	<p>About: Offers speech and exercise therapy. Meets Tuesdays and Thursdays from 9:30am -12:30pm.</p> <p>Email: wrstroke@shaw.ca</p>
<p>1475 Anderson Street White Rock, BC, V4B 0A8 (604) 688-3603</p>	

Stroke Recovery Group	<p>About: Program designed for individuals recovering from a stroke. Meetings are held every Thursday, from 10:00 – 12:00 pm with 2 speech therapy and physiotherapy sessions.</p>
<p>St. Luke’s Auditorium 10167 148th St. Surrey, BC, V3R 3X2 (604) 688-3603</p>	<p>Website: www.strokerecoverybc.ca Email: strokerecoverysurrey@gmail.com</p>

Hearts in Motion Walking Club	<p>About: This program of the Heart and Stroke Foundation is designed to encourage people to participate in regular physical activity by walking. For a small membership fee, there are many motivational rewards and incentives including pins, certificates, and an annual branded product. Hours are dependent on each walking club, though walks usually occur sometime in the morning. This is a great form of adding social physical activity in your community.</p>
<p>(778) 372-8032 Toll Free: 1(888) 473-4636 ext.8032</p>	<p>For more information or to find club locations, please visit www.heartandstroke.bc.ca/heartsinmotion Email: healthpromotion@hsf.bc.ca</p>

Heart and Stroke Continued

<p>Peace Arch Hospital – Cardiac Rehabilitation</p>	<p>About: Designed for individuals with heart disease or who are at risk for heart disease, this program provides the knowledge and skills to make the necessary lifestyle changes on the road to rehabilitation. A physician's referral is required.</p> <p>Registration/Intake Assessment fee: \$25.00, Monitored Exercise Fee: \$100.00 per month for four months, 8 sessions 2 times a week. Intro class is free for anyone. The intake class is 1-1/2 hours and is one on one with a cardiac nurse. Offer free cardiac education classes as well.</p> <p>iConnect Health Centre (604) 541-7162 Cardiac Rehab Program Fax: (604) 538-9809</p>
<p>15455 Vine Avenue White Rock, BC V4B 2T3</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Home Health Care Services

Fraser Health – Home Health	About: Home Health offers both short-and long-term health care services at home. Short-term support helps you recover from a hospital procedure or condition. Long-term programs provide ongoing care that will give you the independence you need to remain at home comfortably.
Home Health Service Line 1(855) 412-2121	We will also connect you to palliative care services at home, and assess you for subsidized residential care, assisted living, and respite services for caregivers. Eligibility You must meet citizenship and residency requirements to access these services. Read the Eligibility page to learn more. Anyone can ask for an assessment for family members or themselves. Accessing Services <i>New clients:</i> Getting answers to questions about your service needs begins with a call to our Fraser Health Service Line: 1-855-412-2121. <i>Current clients:</i> Call your Home Health office in your community. Translation services are available. Read our Accessing Services page to learn more. Costs Some services are free of charge and others include a fee based on your income. Read the Costs page to learn more. Website: http://www.fraserhealth.ca/health-info/home-and-community-care/

Community Resources for People with Respiratory Illness

Fraser Health Region

Home Health Care Services Continued

<p>Better at Home</p>	<p>About: Better at Home is a program that helps seniors live in their own homes by providing simple nonmedical support services delivered by local non-profit organizations using a mix of paid workers and volunteers. Better at Home is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland. The services provided by the Better at Home Program include:</p> <ul style="list-style-type: none"> ▪ Friendly visiting ▪ Transportation ▪ Housekeeping ▪ Minor home repairs ▪ Grocery shopping ▪ Light yard work ▪ Snow shoveling <p>Important note: The services identified above vary between locations and some may not be offered in your community. Please contact your local Better at Home Program to find out if the service is offered near you.</p> <p>Cost: Some services identified are offered for free. While other services such as light housekeeping and transportation are based on a sliding scale. Subsidies are available and based on your current income tax.</p> <p>Locations from Delta through Hope & the Fraser Canyon</p> <p>Website: http://www.betterathome.ca</p>
<p>Central Intake (604) 536-9348</p>	

<p>Cornerstone Care Society</p>	<p>About: We are a local non-profit, home support agency governed by a volunteer board of directors, providing home and health care services specific to individual needs. The foundation of our professional care is to match clients with consistent, supportive, and skilled caregivers.</p> <p>Non-profit society serving Langley, Surrey, White Rock, Delta, Aldergrove and Abbotsford.</p> <p>Website: www.cornerstonecare.org</p>
<p>6676 203 Street Langley, BC V2Y 2Z1 (604) 514-1476</p>	

Community Resources for People with Respiratory Illness

Fraser Health Region

Home Health Care Services Continued

There are a large number of for-profit, private businesses that provide home care services. A partial list is included below.

All Nursing Health Services Inc.

An accredited home care service provider that specializes in elderly care. Call for a free *in-home* assessment by a registered nurse. (604) 488-9323

Website: www.allnursing.ca

Comfort Keepers

Serving many communities in the Lower Mainland 1 (866)- 363- 0072

Locations in Langley / North Surrey, Maple Ridge / Pitt Meadows / Coquitlam, North West Surrey-Tricities, White Rock

Website: <http://comfortkeepers.ca>

Harmony Health Care

Serving White Rock & South Surrey (604) 536-2445

#104-1548 Johnston Rd, White Rock BC V4B 3Z8

Website: www.harmonyhealthcare.ca

Home Care Assistance

Serving all of Greater Vancouver (778)-279-3634 South Surrey location: (604)-912-0253

202-15388 24th Avenue, Surrey, B.C. V4A 2J2

Website: www.HomeCareAssistanceVancouver.ca

Home Instead Senior Care

Serving White Rock, Surrey, Langley, Ladner and Tsawwassen

102A - 15240 Thrift Ave Suite 102A White Rock, B.C. V4B 2L1 (604) 541-3386

Serving New Westminister, Coquitlam, Port Coquitlam, Port Moody, Belcarra, Anmore, Pitt Meadows, Maple Ridge

Suite 200 - 2550 Shaughnessy St, Port Coquitlam, B.C. V3C 3G2 (888)-461-5493

Serving Richmond, Surrey and North Delta

3200 - 8788 McKim Way, Richmond, B.C. V6X 4E2 (604) 283-2398

Website: www.homeinstead.com/3002

Melody's House Calls

Many locations throughout BC and Canada 1-855-510-5155

Head Office 103-20353 64 Avenue, Langley, B.C. V2Y 1N5

Website: <http://housecallsnursing.ca>

Community Resources for People with Respiratory Illness

Fraser Health Region

Home Health Care Services Continued

Nanny Services.ca

Database of individuals to meet many different needs. Serving the Lower Mainland 1(888) 369-8819

Website: www.nannyservices.ca

Nurse Next Door

Many locations throughout BC and North America 1(877) 588-8609

Franchise locations in Abbotsford, Burnaby / New Westminster, Chilliwack, Coquitlam / Port Coquitlam, Delta, Ladner, Langley, Maple Ridge, Mission, Pitt Meadows, Port Moody, Surrey, Tsawwassen, White Rock

Website: www.nursenextdoor.com

Pacificare At Home Services

800 - 15355 24 Ave. - Unit 387 Surrey, BC V4A 2H9 (604) 535-0638

Website: <http://pacificare.ca>

Safe Care Home Support

Serving the Lower Mainland 211 – 3030 Lincoln Avenue, Coquitlam, B.C. (604) 945-5005

Website: www.safecarehomesupport.ca

Thrive Home Support

Serving Cloverdale, Langley, South Surrey & White Rock (778)-319-HOME (4663)

Website: www.thrivehomesupport.com

We Care Home Health Services

Coquitlam (Pitt Meadows) - 19237 122A Avenue, Pitt Meadows, B.C. (604) 283-9945

Fraser Valley - 10233 - 153 Street, Surrey, B.C. (604) 495-2280

Surrey - 10233 – 153 Street, Surrey, B.C. 1 (844) 495-2280

Website: www.wecare.ca