

Community Resources for People with Diabetes

Fraser Health Region

LAST UPDATED FEBRUARY 2016

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 four sections and lists the community programs by type of service and locations. The six sections are 1. Financial Assistance 2. Physical Activity Resources 3. Food and Nutrition Programs 4. Advocacy, Education, Literacy and ESL Programs 5. Medical Services (includes foot care) 6. Mental Health and Addictions Resources. 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, Julieta Gerbrandt at julietag@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> <p>If you or your spouse was born in 1939 or earlier, you may qualify for enhanced Fair PharmaCare assistance.</p> <p>Website: http://www.health.gov.bc.ca/pharmacare/plani/planiindex.html </p>
Phone: 1-800-663-7100	

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> <p>Website: http://www.veterans.gc.ca/eng/services/treatment-benefits/poc#poc10 </p>
Phone: 1-866-522-2122	

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> <p>Website: http://www.eia.gov.bc.ca/bcea.htm</p>
Phone: 1-866-866-0800	

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<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>Website: https://www.rxhelp.ca Email: questions@RxHelp.ca</p>
<p>Cameron Stewart LifeScience Inc. 2351 Royal Windsor Drive, Unit 1, Mississauga, Ontario, L5J 4S7</p>	
<p>Phone: 1-866 - RxHelp 4 (794-3574)</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.</p> <p>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>Website: http://www.redcross.ca/where-we-work/in-canada/british-columbia-and-yukon Email: lmr.help@redcross.ca</p>
<p>Fraser Region Phone: 604-930-9073</p>	
<p>Fax: 604-930-9075</p>	
<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.hc-sc.gc.ca/fniah-spnia/pubs/nihb-ssna/yhb-vss/index-eng.php</p>
<p>Phone: 604-859-5960 Fraser East Area</p>	

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<p>BC Employment and Assistance Program (BCEA) (Optical Program) – Ministry of Social Development</p> <p>Phone: 1 866 866-0800</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>Membership Assistance Program - Canadian MedicAlert Foundation</p> <p>Phone: 1-800-668-1507</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: http://www.medicalert.ca/en/about/assistance.asp</p>
<p>Registered Disability Savings Plan (RDSP) - Canada Revenue Agency</p> <p>Phone: 1-800-959-8281</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.</p> <p>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>Website: http://www.hc-sc.gc.ca/fniah-spnia/pubs/nihb-ssna/yhb-vss/index-eng.php</p>

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Ministry of Small Business and Revenue	About: The home owner grant reduces the amount of property tax you pay for your principal residence.
Phone: 1-888-355-2700	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.
	Website: http://www2.gov.bc.ca/gov/topic.page?id=1BDE78032A6F47A7938497BC9E63BD02
	Email: hogadmin@gov.bc.ca

Annual Bus Pass Program	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. Handy Dart is not included in this program.
Phone: 1-866-866-0800 1 Select either option 1 or 2 and then press 3	Website: http://www.veterans.gc.ca/eng/services/treatment-benefits/poc#poc10
Fax: 855 771-8788	Email: HSDBUSPA@gov.bc.ca

Employment and Income Assistance for Persons with Disabilities, Ministry of Social Development and Social Innovation	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.
Phone: 1-866-866-0800	Website: http://www.eia.gov.bc.ca/publicat/VOL1/Part3/3-5.htm

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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>
Home and Community Care Services-Fraser Health Authority, Ministry of Health	<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</p>
Phone: 604 -587-4600 Toll-free: 1- 877 935-5669	<p>may provide these services directly or through contracts with service providers.</p>
Fax: 604- 587-4666	<p>Website: http://www.fraserhealth.ca/your_care/home-and-community-care/</p> <p>Email: Email: feedback@fraserhealth.ca</p>
Registered Disability Savings Plan	<p>About: This plan was designed to provide long-term financial security for a person with a disability. Tax-deferred investment growth, along with generous government grants and bonds make the RDSP a powerful investment tool. 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, up to a lifetime maximum CDSG limit of \$70,000.</p> <p>Website: http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/rdsp-reei/menu-eng.html</p>

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Canada Disability Savings Bond	<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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Community Volunteer Income Tax Program, Multiple locations	<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/clncs/bc-eng.html</p>
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Income Tax Clinic at SOURCES BC, Surrey and White Rock	<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 Ave Surrey BC Tel: 604-596-2311</p> <p>White Rock: 882 Maple St. White Rock V4R 4M2</p>	

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Income Tax Clinic at Surrey Libraries	<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: www.surreylibraries.ca</p>

Oak Avenue Neighbourhood Hub Society, Income Tax Clinic, Surrey	<p>About: A FREE Income Tax Filing service for low income families and individuals from March to April 2015. Please phone the Hub to book your appointment.</p> <p>Website: http://www.oanh.ca/communitykitchens.html</p> <p>Email: info@oanh.ca</p>
12740 102 Avenue, Surrey BC V3V 3E5	
Phone 604-582-7088 Fax: 778-395-0323	

Deltassist, Delta	<p>About: If you live in Delta and are facing a personal challenge, Deltassist is here to help. We offer:</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>North Delta: 9097 120 Street Delta, V4C 6R7 604-594-3455</p> <p>Ladner: 4891 Delta Street Delta, V4K 2T9 604-946-9526</p> <p>Tsawwassen: #102-5405 12 Avenue Delta, V4M 2B2 604-594-3455</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/</p> <p>Email: info@physicalactivityline.com</p>
Toll Free: 1-877-725-1149	
Phone: 604-241-2266	

Active Choices Program	<p>About: Active Choices Program is a FREE six-month personal telephone support program that encourages regular physical activity. A telephone coach works with individuals one-to-one through regular telephone contacts to develop an exercise routine customized to the needs, abilities and goals of participants. Coordinator: Angela Sealy.</p> <p>Website: http://www.selfmanagementbc.ca/activechoicesprogram</p> <p>Email: angela.activechoices@shaw.ca</p>
Province Wide	
Phone: 604-522-1492 Toll-free 1-877-522-1492 or 1-866-902-3767	

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</p> <p>Email: info@connectra.org</p>
Suite 318 – 425 Carrall Street Vancouver, BC V6B 6E3	
Phone: 604-688-6464 ext. 115 Fax: 604-688-6463	

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City of Abbotsford - Parks, Recreation and Culture	<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.</p> <p>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/parksrecreationandculture.htm</p>
32315 South Fraser Way, Abbotsford	
Phone: 604-853-2281	
Abbotsford Recreation Centre	<p>About: The Abbotsford Recreation Centre offers swimming, skating, fitness and Community Recreation Programs, facility rentals and Senior and Youth Centres. Youth drop-in activity and sports times are offered Monday – Friday, see website for schedule. The Abbotsford Senior Centre is open 7 days a week 9am-9pm and offers a variety of activities and programs available to older adults.</p> <p>\$2 Swim Days</p> <ul style="list-style-type: none"> - Sunday 11:00am - 12:00pm Toonie Family Swim - Adults Only Tuesday, Thursday, Friday and Saturday Toonie Swim 9:00pm - 10:00pm. <p>Website: http://www.abbotsford.ca/parksrecreationandculture/recreation/facilities_schedules_and_admission.htm</p> <p>Email: aoffice@abbotsford.ca</p>
2499 McMillan Road, Abbotsford	
Phone: 604-853-4221	

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Matsqui Recreation Centre, Abbotsford	<p>About: The Matsqui Recreation Centre contains a Wave pool swimming pool and offers swimming, skating, fitness, facility rentals, senior Centre and community programming. Youth drop-in activity and sports times are offered Monday – Friday, see website for schedule.</p> <p>Toonie Swims: Monday, Wednesday, Friday and Saturday 9:00pm - 10:00pm Sunday 9:30am - 11:45am</p> <p>* Land and water fitness classes are included with recreation Centre admission.</p> <p>Website: http://www.abbotsford.ca/parksrecreationandculture/recreation/facilities_schedules_and_admission.htm</p> <p>Email: moffice@abbotsford.ca</p>
3106 Clearbrook Road, Abbotsford	
Phone: 604-855-0500	

Accessibility Assistance, Abbotsford	<p>About: The Abbotsford and Matsqui Recreation Centres may provide people on limited income with Recreation Service Credits. Visit them for application forms. Abbotsford provides \$120 towards participation in recreation programs (This program starts in May of each year; therefore, the amount may be decreased according to what time of year you apply).</p> <p>To qualify you need to be below a certain threshold household income level and provide copies of prior year's Revenue Canada form. Swipe Cards or Drop-In tickets are more affordable options when using credits.</p>
Forms in person at the Matsqui Recreation Centre and Abbotsford Recreation Centre (addresses listed in the two prior entries above)	

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>
25 - 8635 Young Rd. (TeksMed Centre) Chilliwack BC V2P 4P3	
Phone: 604 795 4040	

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Burnaby Parks & Recreation	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).
25 - 8635 Young Rd. (TeksMed Centre) Chilliwack BC V2P 4P3	Website: https://www.burnaby.ca/Things-To-Do/Be-Active-Programs/Leisure-Guide.html
Phone: 604 795 4040	

City of Mission Parks & Recreation and Culture	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.
7650 Grand Street, Mission	Mission provides FREE admission to recreation facilities for 1 attendant supporting a person with a disability. Website: http://www.mission.ca/municipal-hall/departments/parks-recreation-culture/ Email: leisureservices@mission.ca
Phone: 604-820-5350	

Mission Providing Leisure All Year (PLAY) Program	About: 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. 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. To apply, complete the application form and submit to Mission Parks and Recreation Department (listed above) along with a copy of your income information. Website: http://www.mission.ca/wp-content/uploads/PLAY-Pass-Application-Form.pdf

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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/</p> <p>Email: info@missionseniorscentre.com</p>
33100 10th Avenue (at Talbut), Mission	
Phone: 604-814-2188	

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Cheam Leisure Centre, Chilliwack	<p>About: Fitness programs, swimming lessons and drop-in programs are offered at the Cheam Leisure Centre. The complex contains: squash courts, weight training room, fitness equipment, gymnasiums, 25 meter swimming pool with leisure pool, lazy river, hot tub and sauna. Loonie/Toonie Swims: Adults \$2.00, Children/Youth \$1.00 – Sundays from 6:30pm - 9:30pm</p> <p>Website: http://www.myreccentre.com/facilities/cheam-leisure-centre</p>
45501 Market Way, Chilliwack	
Phone: 604-824-0231	

Chilliwack Landing Leisure Centre	<p>About: The Landing Leisure Centre includes an aquatic Centre, group fitness studio and weight room. The aquatic Centre features a large family wave pool with play features and a lazy river, waterslide, two swirl pools, sauna, steam room, and an eight-lane competition pool with a 1 meter diving board and adjustable shallow end floor. Gentle and Low impact classes are offered including Yoga and Cardio Light. Loonie/Toonie Swims: Adults \$2.00, Children/Youth \$1.00 – Sundays from 6:30pm - 9:30pm</p> <p>Sit and be Fit: Tuesdays and Thursdays: 1:15pm – 2:15pm. Cost: \$4.50 regular or \$3.75 for those over age 65</p> <p>This program is available for persons with disabilities, and also seniors. For those who require assistance when attending a class: You can bring someone with you to classes, or If volunteers are available, they can assist you in-class. Call to check if volunteer assistance is available, since it is not guaranteed for each class.</p> <p>Website: http://www.myreccentre.com/facilities/chilliwack-landing-leisure-centre</p>
9145 Corbould Street, Chilliwack	
Phone: 604-793-7946	

Chilliwack Prospera Centre	<p>About: Local skating rink that offers drop-in and public skating sessions and lessons.</p> <p>Website: http://www.prosperacentre.com/</p> <p>Email: chilliwack@prosperacentre.com</p>
45323 Hodgins Avenue, Chilliwack	
Phone: 604-702-0062	

Community Resources for People with Diabetes

Fraser Health Region

Physical Activity Resources

Chilliwack Leisure Access Program	<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/</p> <p>E-Mail: chilliwack@vanymca.org</p>
<p>Pure: Integrative Pharmacy Wellness Studio, Chilliwack</p> <p>110F 6640 Vedder Road, Chilliwack</p> <p>Phone: 604-847-3496</p>	<p>About: Group fitness classes are offered in the Wellness studio within the pharmacy, including:</p> <p>Zumba, Gentle, Hatha and Flow Yoga, Chair Yoga, Neuromuscular Integrated Action (NIA) Technique – Classes will combine traditions of yoga, dance and tai chi.</p> <p>Drop-In Costs: Students/Seniors (Over 60 years old): \$7, Adults: \$10</p> <p>Ten session punch card: \$69</p> <p>Adult 1 Month Unlimited: \$59 – Beneficial for those attending more than 3 times per week</p> <p>Website: http://www.purepharmacy.com/store-locations/chilliwack/pure-wellness-studio/</p> <p>Email: Pure015rx@purepharmacy.com</p>
<p>Pacific Riding for Developing Abilities, Chilliwack</p> <p>47240 Greenhill Road, Chilliwack</p> <p>Phone: 604-858-2149</p>	<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</p> <p>Email: mklassen@prda.ca</p>

Community Resources for People with Diabetes

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Physical Activity Resources

Chilliwack Outdoor Gym	<p>About: Outdoor gyms can provide a great opportunity for everyone to enjoy outdoor fitness and healthy active living for free. Outdoor Gyms contain many types of equipment from cross trainers to strength trainers that suit all needs and abilities. Instructions are provided as guidance throughout the stations.</p> <p>Website: http://www.chilliwack.ca/main/page.cfm?id=149</p>
Watson Glen Park, Chilliwack	
Located on the corner of Cumberland and Tyson Ave. beside the Twin Rinks Arena.	
City of Agassiz – Ferny Coombe Pool	<p>About: Outdoor recreation pool in Agassiz, offers aquatic fitness classes, swim lessons and drop-in swimming.</p> <p>Website: http://www.district.kent.bc.ca/lik-pool.html</p>
6820 Pioneer Avenue, Agassiz	
Phone: 604-796-2451	
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	
Hope and District Recreation Centre	<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.bc.ca/Services/HopeRecreationandCulture/AbouttheHopeRecreationComplex</p> <p>Email: leisure@fvrd.bc.ca</p>
1005 - 6th Avenue, Hope, BC	
Phone: 604-869-2304	

Community Resources for People with Diabetes

Fraser Health Region

Physical Activity Resources

City of Langley - Recreation, Culture, and Community Services	<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:</p> <p>www.city.langley.bc.ca/index.php/recreation-and-community/recreation-guide</p>
Langley City Hall – 20399 Douglas Crescent, Langley	
Phone: 604-514-2800	<p>A) Langley Adapted Programs & Services</p> <p>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.</p> <p>The following are recreational programs offered by LRCC that are either:</p> <p>B) Langley Leisure Access Grant Program</p> <p>Web: www.city.langley.bc.ca/index.php/recreation-and-community/recreation-programs</p> <p>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.</p> <p>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.htm</p> <p>Email: recreation@langleycity.ca</p>

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Physical Activity Resources

Walnut Grove Community Centre	<p>About: This community Centre contains a swimming and a leisure pool, a 300 ft. waterslide, diving boards, sauna, steam rooms, whirlpools and a fitness Centre and gymnasium. Aquatic fitness and group fitness classes are offered including low-impact aerobics, gentle stretch/core and yoga classes. This facility is accessible and contains wheelchair accessible pool and hot tub, easy transfer hot tub and a poolside chair lift.</p> <p>Website: http://www.tol.ca/Parks-Recreation/Recreation-Centres/Walnut-Grove-Community-Centre</p> <p>Email: prinfo@tol.ca</p>
8889 Walnut Grove Drive, Langley	
Phone: 604-882-0408	
W.C. Blair Recreation Centre, Langley	<p>About: The W.C. Blair Recreation Centre is disability and wheelchair accessible. The Centre consists of a swimming pool, fitness room, sauna, whirl pool and weight room. Drop in swim times are available and aquatic and group fitness classes are offered. Low-impact stretch classes are offered for those with limited mobility.</p> <p>This facility contains wheelchair accessible pool and whirlpool entry, pool wheelchairs, and knowledgeable lifeguards trained in adapted aquatic and fitness programs.</p> <p>Website: http://www.tol.ca/Parks-Recreation/Recreation-Centres/W.C.-Blair-Recreation-Centre</p> <p>Email: prinfo@tol.ca</p>
22200 Fraser Highway, Langley, BC	
Phone: 604-533-6170	
Willoughby Community Centre, Langley	<p>About: This community Centre contains a weight room and a fitness Centre, drop in fitness classes including low-impact aerobics, gentle stretch/core and yoga classes are offered here.</p> <p>Website: http://www.tol.ca/Parks-Recreation/Recreation-Centres/Willowbrook-Recreation-Centres/Willowbrook-Recreation-Centre</p> <p>Email: prinfo@tol.ca</p>
Langley Events Centre - 7888 - 200 Street, Langley	
Phone: 604-455-8821	

Community Resources for People with Diabetes

Fraser Health Region

Physical Activity Resources

Valley Therapeutic Equestrian Association, Langley	<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>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</p> <p>Email: info@vtea.ca</p>
3330 256th Street, Langley	
Phone: 604-857-1267	

Aldergrove Community Arena	<p>About: Ice Skating Rink located in Township of Langley. Drop-in skating times are available.</p> <p>Website: http://www.tol.ca/Parks-Recreation/Recreation-Centres/Aldergrove-Community-Arena</p>
2882 - 272 Street, Langley	
Phone: 604-530-1323	

Aldergrove Kinsmen Community Centre	<p>About: This facility contains a skating rink, and a curling rink.</p> <p>Website: http://www.tol.ca/Parks-Recreation/Recreation-Centres/Aldergrove-Kinsmen-Centre</p> <p>Email: prinfo@tol.ca</p>
26770 - 29 Avenue, Aldergrove	
Phone: 604-856-2899	

Community Resources for People with Diabetes

Fraser Health Region

Physical Activity Resources

Leisure Access Program, Surrey	<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/files/Leisure_Access_Program_-_September_2014.pdf</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>Newton Wave Pool, Surrey</p> <p>13730 - 72 Avenue Surrey, BC V3W 2P4</p> <p>Phone: 604-501-5540 Fax: 604-501-5541</p>	<p>About: Come for a free swim, sponsored by Westminster Savings, on the second Sunday of each month from 6:00pm to 8:00pm. There are also value days drop in times when admission is only \$2.25 per person.</p> <p>Monday - Wednesday: 11:00am - 3:00pm Thursday - Friday: 6:00am - 8:30am Sunday: 8am - 8:30am, and 7pm - 8pm</p> <p>Website: http://www.surrey.ca/culture-recreation/7325.aspx</p>
<p>Maple Ridge & Pitt Meadows Fitness Centre, Low Cost Times</p> <p>Maple Ridge Leisure Centre Phone: 604-467-7322</p> <p>Pitt Meadows Family Recreation Centre Phone: 604-465-2452</p>	<p>About: These centres have specific times where the admission fee is reduced to \$1 admission for Child/youth/Senior and \$2 Adults.</p> <p>Maple Ridge: Sundays 11:00 – 2:00PM, Tuesdays 10:00-11:30AM & 9:00-10:00PM, Thursdays 12:45-2:30PM</p> <p>Pitt Meadows: Sunday 7:00-8:00PM, Tuesday 10:00-11:30AM, Wednesday 8:30-9:30PM, Saturday 12:00-3:30PM</p> <p>Website: https://mrpmparksandleisure.ca/</p>

Community Resources for People with Diabetes

Fraser Health Region

Physical Activity Resources

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

Corporation of Delta, Leisure Access Assistance Program	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.
4500 Clarence Taylor Cres. Delta, BC V4K 3E2	Website: http://www.delta.ca/parks-recreation/sport-recreation/recreation-access
Phone: 604-946-3298	Email:

Community Resources for People with Diabetes

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 dietitians, 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.</p> <p>HealthLinkBC Dietitians can also answer your questions by email through the website below.</p> <p>Website: http://www.healthlinkbc.ca/healthyeating/</p>
Phone: 811	
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/your-health/best-beginnings/pregnancy/healthy-eating/free-and-low-cost-food-directory/free-and-low-cost-food-directory</p>
Abbotsford Harvest Box and Bulk Buying Club	<p>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/projects/food-security/harvest-box/</p>
You can order in-person by cash at our Unite Way office at the Sweeney Neighbourhood Centre: 33355 Bevan Ave. Abbotsford	

Community Resources for People with Diabetes

Fraser Health Region

Food and Nutrition Programs

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</p> <p>Email: afb@telus.net</p>
Phone: 604-859-5749	
Fax: 604-859-2717	

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</p> <p>Email: oosoutlet1@gmail.com</p>
46191 Yale Road, Chilliwack	
Phone: 604-392-2091	

Aldergrove Community Kitchen	<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>
27330-28 th Ave, Aldergrove, BC V4W 3K1	
(in the Family Place portable on the westside of Shortreed Elementary School)	
Phone: 604-856-1664	

Aldergrove Food Bank	<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>
27309 Fraser Highway Langley, BC V4W 3P9	
Phone: 604-857-1671	

Community Resources for People with Diabetes

Fraser Health Region

Food and Nutrition Programs

SOURCES Food Bank, Langley	About: Distributes food and other basic necessities to residents of Langley.
United Church of Langley 5673 200th St., Langley BC	Hours of Operation are every Wednesday 11-3pm.
Phone: 604-531-8168	Website: www.sourcesbc.ca Emails: foodbank@sourcesbc.ca

Mission Community Services Society (MCSS) Food Centre	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.
32646 Logan Avenue Mission, BC V2V 6C7	Website: http://www.missioncommunityservices.com/
Phone: 604-814-3333	Email: mcssfoodcentre@missioncommunityservices.com

Mission Friendship Centre Society	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.
3106 Clearbrook Road, Abbotsford	Programs are open to all cultures in the community. Services provided include:
Phone: 604-826-1281	<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
	Website: http://www.mifcs.org/

Community Resources for People with Diabetes

Fraser Health Region

Food and Nutrition Programs

Food Skills for Families Service, Surrey	<p>About: Six-week program offers information, menu planning, shopping, and preparation of nutritious meals for families, single people, and seniors on a limited budget.</p> <p>Website: http://redbookonline.bc211.ca/service/9510161_9510161/food_skills_for_families#sthash.o1py1fAe.dpuf</p>
10776 King George Boulevard	
Surrey, BC V3T 2X7	
Phone: 604-581-5172 Fax: 604-581-9622	
Surrey Food Bank Society Cloverdale Food Depot	<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>Website: http://www.surreyfoodbank.org#sthash.N8nTltu1.dpuf</p> <p>Email: hampers@surreyfoodbank.org</p>
Zion Lutheran Church	
5950 179 Street Surrey, BC	
Phone: 604-581-5443	
Keys: Housing and Health Solutions Bread4Life Program, Surrey	<p>About: Provides free, nutritious, daily meals seven days a week, with the participation and assistance of community-based organizations and individuals.</p> <p>Email: b4l@keyssolutions.org</p>
10667 135A Street	
Surrey, BC	
Phone: 604-589-1002	
Surrey Urban Mission Society (SUMS) Community Meals	<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>
10776 King George Boulevard Surrey, BC	
V3T 2X7	
Phone: 604-581-5172 Fax: 604-581-9622	

Community Resources for People with Diabetes

Fraser Health Region

Food and Nutrition Programs

<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</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>Phone: 604-582-7088 ext 3 Email: joycefan@oanh.ca.</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. Currently in the third phase of the program – Canadian cooking is introduced to the group.</p>
<p>Contact: Joyce</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>7086 Cheam Avenue Agassiz, BC V0M 1A0</p>	<p>Website: http://www.oanh.ca/communitykitchens.html</p>
<p>Phone: 604-796-2585</p>	

<p>SOURCES Food bank, White Rock and South Surrey</p>	<p>About: White Rock/South Surrey Food Bank provides weekly support services to more than 550 people living in the White Rock and South Surrey area (from 0 Ave to 40 Ave; from 120 St. to 196 St.).</p>
<p>2343 – 156 St., South Surrey, BC V4A 4V5</p>	<p>Hours of operation: Tuesday 9:00am - 6:00pm, Wednesday 10:00am - 2:00pm and Thursday 10:00am – 2:00pm</p>
<p>Phone: 604.531.8168</p>	

<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</p>	
<p>Phone: 604-796-2585</p>	

Community Resources for People with Diabetes

Fraser Health Region

Food and Nutrition Programs

Share Family & Community Services Society, Food Hampers, Tricities	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.
Contact Heather Stacey Phone: 604-931-2451	2615 Clarke St., Port Moody (rear of building) Wednesday, 11:30 am - 2 pm
	2211 Prairie Ave. , Port Coquitlam Trinity United/.St. Catherine's Anglican Church Wednesday, 12 noon – 2 pm
	535 Marmont St., Coquitlam Como Lake United Church Wednesday, 12 noon – 2:30 pm Email: heather.stacey@sharesociety.ca

Family Food Bank, Port Moody	About: 1st and 3rd Thursday of each month. Noon – 1:00 PM.
St. John the Apostle Church/Quest Outreach Society 2208 St. Johns Street St. Port Moody	
Phone: 604-936-7762	

Trinity United Church, Meal Program and Food Bank, Port Coquitlam	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.
2211 Prairie Ave., Port Coquitlam	
Contact Bernie Poitras, Phone: 604-941-2408	

Community Resources for People with Diabetes

Fraser Health Region

Food and Nutrition Programs

Friendship Baptist Church, Meal Program, Coquitlam	About: Supper for homeless persons and those at risk - every Sunday, 4:30 – 6:00 PM
2950 Dewdney Trunk Road, Coquitlam	
Phone: 604-464-8888	

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

A Warm Place for Women, Port Coquitlam	<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.)</p> <p>Time: 6pm to 8pm. Dinner served at 6:15 pm</p> <p>Children are welcome to attend.</p> <p>Note: A Warm Place for Women is a drug and alcohol-free event.</p>
Kinsman Centre, Aggie Park (Shaughnessy and Loughheed) in Port Coquitlam	
Phone: 604-855-0500	

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

Community Resources for People with Diabetes

Fraser Health Region

Food and Nutrition Programs

Friends in Need Food Bank, Maple Ridge/Pitt Meadows	<p>About: Once registered, clients are eligible to visit one day each week; they have the option to choose various fresh produce, fresh bread, condiments and extras as available. One week during the month they can receive a hamper with a frozen meat item and cereals. It does not matter what week it is, they can just tell us this week we would like our hamper. Registrations for new clients will be taken Tuesday to Friday from 8:30am-12:00 noon.</p> <p>Website: http://www.friendsneedfood.com/</p>
Head Office: #8-22726 Dewdney Trunk Road Maple Ridge, BC, V2X 3K2	
Pitt Meadows: Grace Community Church 12240 Harris Road Pitt Meadows, BC, V3Y 2E9	
Phone: 604-466-FOOD	

Single Parent Food Bank, Multiple locations	<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 off set those days of the month that may be most challenging. SPFB is not designed to be a long-term service.</p> <p>How to receive service:</p> <p>Call or email us with your contact information.</p> <p>We return your call to complete a client application.</p> <p>We arrange delivery/pickup based on your location.</p> <p>When contacting us please leave your full name, # of children and city.</p> <p>NOTE: Client information is kept private and confidential.</p> <p>Website: http://www.singleparentfoodbank.org/</p> <p>Email: info@singleparentfoodbank.org</p>
Phone: 778-552-4100	

Community Resources for People with Diabetes

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

Canadian Diabetes Association	<p>About: The mission of the Canadian Diabetes Association is to lead the fight against diabetes by helping people with diabetes live healthy lives while working to find a cure. Their website provides information on a vast array of topics that support the management of Diabetes.</p> <p>Website: http://www.diabetes.ca</p>
Fraser Valley and Vancouver Coastal Regional Office 360-1385 West 8th Avenue Vancouver, BC V6H 3V9	
Phone: 604-732-1331 Toll Free: 1-800-665-6526	

Diabetes Health Centre, 13 locations, Fraser Health Region	<p>About: Provide education and support to people living with diabetes, their family members and the community. Classes and individual counselling sessions address many topics including healthy eating, blood glucose testing, and exercise and staying healthy while living with diabetes. For those with type 1, type 2 or gestational diabetes, or those with impaired glucose tolerance. Services are provided at Fraser Health's three iConnect Centres in New Westminster, Surrey and White Rock as well as other diabetes education centres offices located throughout the region.</p> <p>Website: http://www.fraserhealth.ca/?section_id=5202&section_copy_id=121&program_id=9557</p>
Fraser Health Corporate Office: Suite 400, Central City Tower 13450 – 102nd Avenue Surrey, BC V3T 0H1	
Phone: 1-877-935-5669 or 604-587-4600 Fax: 604-587-4666	

Bcdiabetes.ca	<p>About: Here for all British Columbians with Diabetes. They offer all the services of a diabetes centre, including access to specialists and the latest in evidence-based approaches to care. We also offer fitness programmes and expansive research opportunities.</p> <p>Website: http://www.bcdiabetes.ca/</p> <p>Email: info@bcdiabetes.ca</p>
Offices 4102 – 2775 Laurel Street Vancouver, BC V5Z 1M9	
Phone: 604-875-5900 Toll Free: 1-855-323-7866 Fax: 604-875-5931	

Community Resources for People with Diabetes

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

Community Adult Literacy Program, Fraser Health Region	<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>Abbotsford: University of the Fraser Valley/Abbotsford Community Services</p>	<p>The goals of the community adult literacy program are:</p>
<p>Agassiz: University of the Fraser Valley/Agassiz-Harrison Community Services Society</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>Aldergrove: Kwantlen Polytechnic University/Aldergrove Neighbourhood Services Society</p>	<p>To increase literacy awareness among British Columbians.</p> <p>In the 2013/14 program year, 82 community-based literacy programs have been supported. View the complete listing of programs in communities across the province at the website below.</p>
<p>Burnaby: Douglas College/South Burnaby Neighbourhood House</p>	<p>Website: http://www.aved.gov.bc.ca/literacy/welcome.htm Email: b4l@keyssolutions.org</p>
<p>Chilliwack: University of the Fraser Valley/Chilliwack Community Service/Chilliwack Learning Community Society</p>	<p>Other Locations Continued:</p> <p>Langley: Kwantlen Polytechnic University/Aldergrove Neighbourhood Services Society</p> <p>Maple Ridge: University of the Fraser Valley/Maple Ridge Pitt Meadows Katzie Community Literacy Committee</p> <p>Mission: University of the Fraser Valley/Mission Literacy in Motion</p>
<p>Hope and area: University of the Fraser Valley/New Page Human Services Society</p>	<p>Surrey: Kwantlen Polytechnic University/Progressive Intercultural Community Services Society</p>

Community Resources for People with Diabetes

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

Decoda Literacy Solutions, Fraser Health Region	<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.</p> <p>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/</p> <p>Email: info@decoda.ca</p>
Phone: 604-681-4199 Contact the Coordinator in your community.	
Burnaby: Susan Cathcart susan_c@telus.net	
Chilliwack: Debbie Denault debbied@chilliwacklearning.com	
Delta: Lynda Brummitt lpbrummitt@shaw.ca	
Maple Ridge/Pitt Meadows: Elaine Yamamoto facilitator@communityliteracy.ca	
New Westminster: Judy Venable literacynewwest@fsgv.ca	
Surrey/White Rock: Shanti Ang readswrs@gmail.com	
Tricities: Barb Mancell bmancell@sd43.bc.ca	

Community Resources for People with Diabetes

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

<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</p>	<p>Website: http://www.literacyinmission.org/index.php</p> <p>Email: clloc@literacyinmission.org</p> <p>Community Adult Literacy Program (CALP)</p> <p>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>Phone: 604-820-2027</p>	<p>English as a Second Language Program (ESL/SAP)</p> <p>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</p> <p>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>All our services are free. Subsidies are available for transportation costs.</p>

Community Resources for People with Diabetes

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

<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.</p> <p>Website: http://www.literacymattersabbotsford.com</p> <p>Email: literacymattersabbotsford@gmail.com</p> <p>Community Access to Literacy and Language (CALL) Program</p> <p>Tutoring provided by volunteers for a total of 2-4 hours per week at locations throughout Abbotsford. Morning, afternoon, evening and week-end tutoring available.</p> <p>Phone: 604-768-6277</p> <p>Website: www.abbotsfordcommunityservices.com</p> <p>Free ESL classes (Literacy – Level 7) for new immigrants</p> <p>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</p> <p>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)</p> <p>Free ESL classes – Levels 1-4, Mondays and Thursdays, 9:00AM – 12:00PM, 6:30PM – 9:00PM</p> <p>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 Diabetes

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

Progressive Intercultural Community Services Society – Literacy and language Programs, Surrey, White Rock, Delta	<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>
Surrey: #205 12725 80th Avenue Surrey, V3W 3A6 Phone: 604-596-7722	<p>Website: http://pics.bc.ca/</p>
White Rock: 206-1461 Johnston Road White Rock, V4B 3Z4 Phone: 604-531-8299	<p>Conversation Circles 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>
Delta; Partner With Boys & Girls Club 301-11861 88th Ave Delta, V4C 3C6 Phone: 604-591-9116	<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>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 Diabetes

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

<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:</p> <p>Access to the Help-line, Information, Coordination of Care, Advocacy</p> <p>One to One Companionship</p> <p>Relaxation Circle</p> <p>Respite</p> <p>Therapeutic Touch</p> <p>Therapeutic Life Stories – Recording (audio)</p> <p>Website: http://www.bsoss.org</p> <p>Email: info@deltahospice.org</p>
<p>Delta Hospice Society 4631 Clarence Taylor Crescent Delta, BC V4K 4L8 Phone: 604-943-3921</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>Contact: Rajeeta Samala</p>	<p>Website: http://burnabynh.ca/</p>
<p>Phone: 604-431-0400</p>	<p>Email: rajeeta@sbnh.ca</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>#106 - 2101 Holdom Ave. Burnaby, BC V5B 0A4</p>	<p>Website: http://www.bsoss.org</p>
<p>Phone: 604-291-2258</p>	<p>Email: bsoss@telus.net</p>

Community Resources for People with Diabetes

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

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

Tri-Cities Senior Caregiver Support Program	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:
Various Locations in the Tri-cities area	<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)
Phone: 604-927-6098	<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/</p> <p>Email: seniorcaregiverprogram@gmail.com</p>

Community Resources for People with Diabetes

Fraser Health Region

Advocacy, Education, Literacy and ESL Programs

Diabetes Self- Management Program	<p>About: The Diabetes Self-Management Program is a FREE six-week workshop that helps people with diabetes to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with diabetes. Workshops are conducted in the community and there are many locations and communities to choose from. Workshops available in English, Chinese and Punjabi. For a list of current locations and workshops please see the website or call the number listed.</p> <p>Website: http://www.selfmanagementbc.ca/diabetesprogram</p> <p>Email: selfmgmt@uvic.ca</p>
Province Wide	
Phone: 604-940-1273 Toll-free 1-866-902-3767 Fax: 604-940-2099	

Care-ring Voice Network, Canada wide	<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, click here:</p> <p>http://www.careringvoice.com/tele-register.php</p>
Canada wide hotline (toll free)	
Phone: 1-866-396-2433 The line is open Monday-Friday from 9- 5 pm (EST).	

Community Resources for People with Diabetes

Fraser Health Region

Medical Services

Fraser Valley Footcare Services Inc.	About: Fraser Valley Footcare Services Inc. is a comprehensive therapeutic program provided by Marian Rankin, RN, CF, certified in Advanced Footcare. Our services are appropriate for anyone requiring help with their foot care. Our immediate goal is to help you with managing your feet. Our long term goal is to help you walk comfortably and avoid falls. We will help you to maintain your independence and the quality of your life.
#3 - 2151 McCallum Road, Abbotsford, BC V2S 3N8	
Phone: 604-859-7651 ext.4	
Fax: 604-859-7651	

Fraser Valley Nursing Foot Care, White Rock	About: Dedicated to providing Professional Nursing Foot Care Services for 10 years. Fraser Valley Foot Care's goal is to provide quality safe care and education to enable client independence and health.
15008 26th Ave, White Rock BC, V4P 3H5	
Phone: 604-626-5939	

FraserValley Footcare	About: No other information provided
46013 Gore Ave, Chilliwack, BC V2P 1Z5	
Phone: 604-846-6271	

Advanced Footcare By Nurses Ltd., Langley	About: About: We are specialists in Foot Care conditions. Our clients include infants, children, teenagers, adults, and the geriatric population. We have a special interest in the care of the diabetic foot and its complications.
20159 88 Ave, Langley, BC V1M 0A4	
Phone: 604-533-3829	

Community Resources for People with Diabetes

Fraser Health Region

Medical Services

<p>Melody's House Calls, Langley</p> <p>103-20353 64 Avenue Langley, BC, V2Y 1N5</p> <p>Phone: 1-855-510-5155</p>	<p>About: Melody's House Calls offers a FREE In-Home Consultation at no obligation for all home care services.</p> <p>We will match our caregiver to the client to ensure the most positive experience and have experienced and qualified Nurses and caregivers available 24 hours per day, seven days per week.</p> <p>Melody's House Calls offers flexible services to fit our client's needs and budgets – from a few hours a week to full-time care. We have only a ONE HOUR MINIMUM for our services which make our services highly affordable to all walks of life.</p> <p>Website: http://housecallsnursing.ca/services/</p> <p>Email: info@housecallsnursing.ca or melody@housecallsnursing.ca</p>
<p>Magnolia Manor- Foot Care Services, Fraser Valley</p> <p>Contact: Silviu Cordos, LPN</p> <p>Phone: 604-846-6271</p>	<p>About: Clinic and In-home visits for shut-ins. Foot care specialty from the University of the Fraser Valley: To promote comfort, mobility and independence and to help prevent falls.</p> <p>Foot care visit includes assessment of feet, foot soak, filing, cuticles, care of corns and calluses, foot massage and discussion of self-care at home (topics include products, painful feet, bunions, ingrown and fungal nails, pressure points and foot complications from Diabetes, circulation problems, arthritis etc.</p> <p>Website: http://www.magnoliamanorbc.com/page/page/2054106.htm</p>
<p>Access Health Services, Footcare, Maple Ridge</p> <p>1-22337 Dewdney Trunk Rd, Maple Ridge, BC, V2X 3J3</p> <p>Phone: 604-467-1135</p>	<p>About: Assess for developing abnormalities & discuss a care plan</p> <ul style="list-style-type: none"> • Provide a soothing foot soak • Provide nail care (cutting, filing, etc.) aimed at promoting comfort & function • Remove sources of irritation, such as corns & calluses • Reduce complications, such as ingrown, packed or fungal nails • Provide client education to prevent further health & foot problems • Provide foot massages • Make referrals for special foot care (if needed) <p>Website: http://www.accesshealthservices.ca/foot_care.html</p> <p>Email: gailh@accesshealthservices.ca</p>

Community Resources for People with Diabetes

Fraser Health Region

Medical Services

<p>Comfort Keepers, Home Foot Care, Maple Ridge/Pitt Meadows/Coquitlam</p> <p>Phone: 604-530-9111</p>	<p>About: We help all ages live happy, healthy lives in the comfort of their own homes by providing quality, compassionate care and safety technology solutions to preserve independence and contribute to a better life. Comfort Keepers® operates under a special philosophy of Interactive Caregiving that addresses the emotional and social wellbeing of our clients, along with their physical care. We provide comforting, in-home solutions to our clients, whether youths, adults or seniors, to give you peace of mind.</p> <p>Website: http://comfortkeepers.ca/office-4004/</p> <p>Email: andreadroege@comfortkeepers.ca</p>
<p>Foot Care - Hope Central Mission</p> <p>33129 Railway Avenue, Mission, BC</p> <p>Phone: 604-796-0266</p>	<p>About: Free drop-in services every 3rd Wednesday of each month from 2pm -4pm.</p> <p>Minor medical care and referrals can be addressed</p> <p>First come... First Served</p> <p>Website: http://www.fvessc.com/foot-care-hope-central-mission</p>
<p>Evergreen Foot and Ankle Specialist , Delta</p> <p>Dr. Alice Wang</p> <p>103-4515 Harvest Dr, Delta, BC V4K 4L1</p> <p>Phone: 604-940-8377</p> <p>Fax: 604-940-8367</p>	<p>About: End your foot and ankle pain! Call Dr. Alice Wang, Evergreen Foot and Ankle Specialist in Delta today to book a consultation. No referral needed. We provide advance medical and surgical treatment to both adult and pediatric foot/ankle problems. A limited portion of our services is covered under BC Medical Service Plan (MSP). If you have an extended health benefit plan, you may contact your insurance company to inquire about further coverage. You can also contact our office by phone to find out about our fee schedule.</p> <p>Website: http://evergreenfootankle.com/</p>

Community Resources for People with Diabetes

Fraser Health Region

Medical Services

Legacies Health Centre – Podiatrist, Surrey	<p>About: We are committed to exceptional professional foot care for our patients, at the highest standard possible. Every foot care specialist is well-versed in the health and function of the foot, and must complete comprehensive medical and surgical education before they can practice.</p> <p>At Legacies Health Centre, we offer orthotics and basic care solutions to help correct a variety of mechanical dysfunctions of the foot. The Podiatrist will provide evaluation, diagnosis, treatment plans, and intervention to people of all age groups. As a recognized viable choice to foot health, Podiatry is often completely or partially covered through Extended Medical Plans, ICBC, MSP, WCB, and Veterans Affairs.</p> <p>Consultations may be made at Legacies Health Centre for complex foot problems, but may be rescheduled at another allied health facility, with the same foot care specialist, when specialized equipment or surgery is required</p> <p>Website: http://www.legacieshealthcentre.ca/service/foot-care-specialist/</p>
Unit 143, 12080 Nordel Way, Surrey BC V3W 1P6	
Phone: 604-591-5569	
College of Physicians and Surgeons of British Columbia- Physicians search	<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>
BC Podiatric Medical Association – Podiatrist Search	<p>About: You can search for a podiatrist in your area via their website below.</p> <p>Website: http://www.bcpodiatrists.ca/find-a-podiatrist</p> <p>Email: info@bcpodiatrists.ca</p>
# 220 - 445 Mountain Highway, North Vancouver, BC V7J 2L1	
Phone: 604-985-3338 Fax: 604-682-2766	

Community Resources for People with Diabetes

Fraser Health Region

Medical Services

1-800 Sex Sense Line	<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>
Phone: 1-800-739-7367	
ImmunizeBC-Influenza Clinic Locator	<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. 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>

Community Resources for People with Diabetes

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>
Phone: 604-660-9382	
Toll Free: 1-800-663-1441	

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/your_care/mental-health-and-substance-use/mental_health_services/</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>
Phone: 1-877-779-2223	

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>

Community Resources for People with Diabetes

Fraser Health Region

Mental Health and Addictions Resources

<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.</p> <p>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>Beyond the Blues Education and Screening Days</p> <p>The events are free, anonymous, confidential and walk-in. Most sites also host presentations, videos or games, and/or health fairs. Anyone is welcome to attend—whether you want to fill out a self-test or not. If you do choose to a screening, they are completely free and totally anonymous. For a list of dates and locations in the Fraser Valley click visit this website: http://www.heretohelp.bc.ca/beyond-the-blues/fraser-2014</p> <p>For a list of dates and locations for Ladner, Langley, Surrey and Maple Ridge visit this website: http://www.heretohelp.bc.ca/beyond-the-blues/lowermainland-2014</p> <p>Website: http://www.heretohelp.bc.ca/</p> <p>Email: bcpartners@heretohelp.bc.ca</p>
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Community Resources for People with Diabetes

Fraser Health Region

Mental Health and Addictions Resources

Canadian Mental Health Association –BC Division	<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.</p> <p>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>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.</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</p>	
<p>Delta Office: 4871 Delta St. Delta, BC, V4K 2T9 Phone: 604-943-1878</p>	<p>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>Vancouver-Burnaby Office: #110 - 2425 Quebec St. Vancouver, BC, V5T 4L6 Phone: 604-872-4902</p>	<p>Website: http://www.cmha.bc.ca/</p> <p>Email: info@cmha.bc.ca</p>

bc211	<p>About: bc211 is a Vancouver-based nonprofit 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>
Text or call 211 from your phone or cell.	<p>Website: http://www.bc211.ca/</p>

Community Resources for People with Diabetes

Fraser Health Region

Mental Health and Addictions Resources

<p>S.U.C.C.E.S.S Chinese help lines</p> <p>Phone: 604-270-8233 (Cantonese)</p> <p>Phone: 604-270-8222 (Mandarin)</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>Available 10am-10pm, 7 days a week.</p> <p>Website: http://www.successbc.ca/eng/services/family-youth/counselling-service/358-chinese-help-lines</p>
<p>Seniors' Distress Line and The Crisis Line</p> <p>Phone: 604-872-1234 (Seniors' Distress Line)</p> <p>Phone: 604-872-3311 (The Crisis Line)</p>	<p>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.</p> <p>Available 24 hours a day, 7 days a week.</p> <p>Website: http://www.crisiscentre.bc.ca</p>
<p>VictimLink BC</p> <p>Phone: 1 -800- 563-0808</p>	<p>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</p> <p>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.</p> <p>Website: http://www.victimlinkbc.ca/</p>