

WINTER Resources

COMMUNITY FOOD BANKS

THE GREATER VANCOUVER FOOD BANK

Website: www.foodbank.bc.ca
 Contact: 604-876-3601 /
reception@foodbank.bc.ca
 (Clients may visit only one site per week)

Locations:

- New Westminster: Olivet Church (613 Queens Ave)
- -Burnaby: GVFB Office/Warehouse (8345 Winston Street)
- Vancouver: 295 Terminal Ave
- North Vancouver: North Shore NH (225 East 2nd Street)

DON'T GO HUNGRY: A FOOD SUPPORT PROGRAM

Website: www.dontgohungry.ca
 Contact: 604-836-8400 /
lauriemckaydeacon@gmail.com
 *Grocery hampers every Saturday

Locations in New Westminster:

- St. Aidan's Presbyterian Church (1320 Seventh Ave) 12:30pm-1:30pm
- Queensborough Community Center (920 Ewen Ave) 12:45pm-1:15pm
- Knox Presbyterian Church (403 Columbia St. E) 1:15pm-1:45pm
- Gordon Presbyterian Church (7457 Edmonds St) 12:30pm-2:00pm (registration required)

SALVATION ARMY

Website: www.salvationarmy.ca
 Contact:
 604-521-2421 (NW)
 604-496-5172 (Surrey)
 604-531-7314 (White Rock)

Locations:

- New Westminster: 325 6th St
- Surrey: 13474 96 Ave
- White Rock: 15417 Roper Ave

ST. BARNABAS FOOD CUPBOARD

Website: www.stbarnabasparish.ca
 Contact: 604-526-6646

*Every Wednesday from 1:00pm-2:30pm

Location:

- 1010 5th Ave, New Westminster, BC

SURREY FOOD BANK

Website: www.surreyfoodbank.org
 Contact: 604-581-5443

*Food distribution hours:

Mon, Tues, Thu, Fri 9:00am-1:00pm

Location:

- Unit 1-13478 78th Ave, Surrey, BC

SHARE FOOD BANK

Website: www.sharesociety.ca/share-food-bank

Contact: 604-540-9161

*Food distribution hours:

Wednesdays from 10:00am-1:30pm

Locations:

- Port Moody: SHARE Family and Community Services (2615 Clarke Street)
- Coquitlam: Hillside Church (1393 Austin Avenue)
- Port Coquitlam: Trinity United Church (2211 Prairie Avenue)

GROCERY STORES

BUY LOW FOODS

Vancouver:

- 6095 Fraser Street
- #200-370 E Broadway Street

Burnaby:

- 7641 Royal Oak Avenue
- 5901 Broadway Street
- 7380 Edmonds Street

Surrey:

- 14865 108 Avenue

WALMART

Vancouver:

- 3585 Grandview Hwy

New Westminster:

- 805 Boyd Street (Queensborough)
- 610 6th Street

WALMART (CONTINUE)

Burnaby:

- 4545 Central Blvd (Metrotown)
- #300-9855 Austin Road

Delta:

- 7155 120 Street

Surrey:

- 12451 88 Avenue
- #2151-10153 King George Blvd
- 2355 160 Street

Coquitlam:

- #3010-2929 Barnet Hwy

Port Coquitlam:

- 2150 Hawkins Street

REAL CANADIAN SUPERSTORE

Vancouver:

- 350 SE Marine Drive
- 3185 Grandview Hwy

Burnaby:

- #1105-4700 Kingsway (Metrotown)

Surrey:

- 7550 King George Blvd
- 14650 104 Avenue

Delta:

- 8195 120 Street

Coquitlam:

- 1301 Lougheed Hwy
- 3000 Lougheed Hwy

Richmond:

- 4651 No. 3 Road

NO FRILLS

Vancouver:

- 4508 Fraser Street
- 1460 E Hastings Street
- 1688 W 4th Avenue
- #130 - 2083 Alma Street

Coquitlam:

- #100-1960 Como Lake Avenue

Port Coquitlam:

- #2110-1971 Lougheed Hwy

Surrey:

- #108-12852 96 Avenue
- 15355 Fraser Hwy
- 17710 56 Avenue

Langley:

- 5501 204 Street

WINTER Resources

MENTAL HEALTH RESOURCES

FOUNDRY BC

Website: www.foundrybc.ca

Foundry's mission is to support young people in living a good life. They are a province-wide network of integrated health and wellness services for young people ages 12-24.

Some support services include:

- Community services
- Phone and online chat
- Peer support
- Health care professionals
- School counsellors

Contact: online@foundrybc.ca

WELLNESS TOGETHER CANADA

Website: www.wellnesstogether.ca

Wellness Together Canada was created in response to an unprecedented rise in mental distress since the COVID-19 pandemic, with funding from the Government of Canada.

Their mission is to improve the mental health and wellness of people across Canada

How to access:

- Head to their website
- Click on "access resources"
- Explore by service or by topic

CANADIAN MENTAL HEALTH ASSOCIATION

Website: www.cmha.bc.ca

The CMHA provides a wide range of innovative services and supports tailored to and in partnership with our communities. They respond to Canada's most pressing mental health priorities and envision a Canada where mental health is a universal human right.

Services include:

- Wellness programs
- Peer assisted care teams
- Training/Workshops, and more!

HERE2TALK

Website: www.here2talk.ca

Here2Talk connects students with mental health support when they need it. All students, domestic or international, that are currently registered in a B.C. post-secondary institution have access, which means you all qualify!

Take advantage of their free, confidential counselling and community referral services available at any time of the day via app, phone, and web.

Contact:

- Canada-wide toll free: 1-877-857-3397
- Canada-wide direct: 604-642-5212

How to access:

- Download the free Here2Talk app to start a chat session
- Call phone number above
- Visit www.here2talk.ca -> click get started

DOUGLAS COLLEGE EMERGENCY FUNDING

Douglas College Emergency Funding is available to domestic and international students who can demonstrate an urgent or unexpected financial need.

How to access?

- Set up an appointment with you Student Success Advisor by emailing studentsuccess@douglascollege.ca. They will help you manage your individual situation and explore options for short-term critical financial assistance.
- Available for support by email, zoom, and phone