Newcomer Women's Settlement and Community Resources (Greater Vancouver Area)

Organization/ Program Name	Contact	Resource Information
Settlement Service Organizations		
DIVERSEcity Community Resources Society	**Call:** 604-597-0205 **Email:** info@dcrs.ca **Address:** 13455 76 Ave, Surrey, BC, V3W 2W3	Connect you with free programs and services including employment programs, job search help, English languages services, children & family programs, youth programs, mental health, counselling, seniors services, LGBTQ+, volunteering, food support, digital supports and more!
Dress for Success	**Call:** 604-408-7923 **Address:** 5118 Joyce St. #201, Vancouver, BC V5R 4H1	Empowers women into the workforce by providing professional attire, career service and leadership programs.
E. Fry Women's Shelters (women & children)	**Call:** 604-520-1166 **Website:** https://efry.com/	Dedicated to supporting women, girls and children at risk, involved in or affected by the justice system.
Immigrant Services Society of BC (ISS of BC) Programs for Women: Peer Support Groups, Leadership & Facilitation Training	**Location:** 303 - 7337 137 St, Surrey **Phone:** (604) 683-1684	Services: English classes, employment help, cultural orientation, childcare support
Harmony House	**Call:** 604-596-7722, ext. 501 **Email:** coordinator.harmonyhouse@pics.bc.ca or neena.randhawa@pics.bc.ca **Website:** https://pics.bc.ca/free-programs-services/harmony-house/	Provides women and children a safe place to heal from domestic violence in a non-judgmental and secure living environment
Pacific Immigrant Resources Society	**Call:** 604-298-5888 **Email:** info@pirs.bc.ca **Address:** 1874 Kingsway, Vancouver, BC V5N 2S7 **Website:** https://pirs.bc.ca/	PIRS supports immigrant and refugee women and children to become active participants in Canadian society. We have programs that help women improve their English, gain knowledge and skills needed to thrive, and guide them to become leaders in our community.

Provincial Transition Houses	**Call:** 604-433-2218 **Website:** https://www.bchousing.org/housing-assistance/women-fleeing-violence/priority-placement-program	Complete the online request form to have the Supplemental Application form mailed to you.
Sources Women's Plance Resource Centre	**Call:** 604-536-9611 **Website:** https://www.sourcesbc.ca/our-services/womens-place/	Offers a safe and confidential environment where women can meet other women for support, connections, and healing. We provide access to resources such as trauma counselling referrals, community resources, support, groups, and educational opportunities.
Vancouver Women's Health Collective	**Call:** 604-736-5262 **Address:** 29 W Hastings St, Vancouver, BC V6B 1G4	Empower all who identify as women, non-binary, and gender non-conforming folks. We foster health, wellness, and equity through feminist approaches to advocacy, shared knowledge, and low-barrier programs and services.

Safety and Gender-Based Violence Support		
211 British Columbia	**Call:** 604-547-1202 **Email:** intake@dcrs.ca **Website:** www.dcrs.ca/our-services/violence-prevention-services/stopping-the-violence-counselling	Offers free counselling to female immigrant and refugee survivors of family violence, sexual assault, or historical abuse of any kind. Also offers support, outreach, and advocacy.
Atira Women's Resource Society	**Call:** 604-800-8881 **Information Line:** 604-681-4437 **Email:** info@atira.info.bc.ca **Website:** https://atira.bc.ca/	Empower and support women affected by violence in Vancouver, Surrey, and White Rock. Atira is accessible to anyone who experiences gendered violence and misogyny.
Battered Women's Support Line	**Telephone:** 1-855-687-1868 **Email:** intake@bwss.org **Hours:** Monday-Friday, 9:00 am to 5:00 pm; closed on stat holidays.	Provides one-to-one support, legal information and support, crisis intervention. Operates a province-wide crisis line for survivors of intimate partner violence, childhood sexual abuse, and sexual assault.
Elizabeth Fry Society	[efry.com]	Programs: Housing support, parenting programs, drop-in centers
Moms Stop the Harm	**Online contact form:** https://www.momsstopthemharm.com/contact	Peer-led support groups offered at no cost to families with loved ones living with addiction (substance use disorder) across Canada.

MOSAIC – Stopping the Violence Counselling for Women	**Call:** 236-512-9739 **Email:** stvc@mosaicbc.org **Hours:** Monday – Friday: 9:00am – 5:00pm	Provides free and confidential support for women experiencing or at risk of abuse or violence. This includes group or one-to-one counselling support, resources, and referrals.
Nisa Helpline	**Call:** 1-888-315-6472 **Email:** info@nisafoundation.ca **Website:** https://www.nisafoundation.ca/	Helpline assists Muslim women across North America seeking confidential, peer-to-peer counselling on a variety of issues.
North Shore Women's Centre	**Call:** 604-984-6009 **Email:** info@northshorewomen.ca	Dedicated to improving the social, economic, legal and political status of women, and encourages and supports self-empowerment.
Pacific Post Partum Support Society	**Telephone:** 604-255-7999 **Email:** Admin@postpartum.org **Website:** https://postpartum.org/ **Hours:** Mon-Fri 10:00am-3:00pm	Offers phone and text support. FREE: Call or text for support.
Surrey Women's Centre	**Phone:** 604-589-1868	Services**:** Emergency support, counselling, legal advocacy, victim services
Options Mom's Empowerment Group	**Call:** 604-785-0177 **Emai:** DVIP@options.bc.ca **Website:** https://www.options.bc.ca/program/domestic-violence-intervention-program	An 8-week group designed for mothers who have experienced abuse in their intimate relationships.
Rise Women's Legal Centre	**Call:** 604-451-7447 **Address:** 510 Burrard St Suite #820, Vancouver, BC V6C 3A8	Providing accessible legal services to self-identifying women and gender diverse clients, primarily in the area of family law.
Sara for Women	**Call:** 604-820-8455 **Email:** missionadmin@saraforwomen.ca **Website:** saraforwomen.ca	A feminist non-profit society providing safe refuge and community-based resources for women in the Fraser Valley. We promote and support women's efforts to achieve domestic, political, and social equality.
Trauma and Sexual Abuse (TASA)	**Call:** 604-731-4951 **Email:** contactus@fsgv.ca **Location:** 201 – 1638 E Broadway Vancouver, BC V5N 1W1	Providing expert counsellors and support workers to assist with trauma, victims of domestic violence, and vulnerable people.
Tri-City Transitions: Breaking the cycle of abuse	**For support:** 604-941-7111 **24/7 crisis-line:** 604-492-1700 **Victim Link BC:** (24/7) 1-800-563-0808 **Email:**	Providing safety, support, education, and advocacy to help break the cycle of abuse.

	info@tricitytransitions.com	
Vancouver & Lower Mainland Multicultural Family Support Services Society	**Call:** 236-865-1194 **Toll free:** 1-888-436-1025 (Canada & USA) **Email:** help@vlmfss.ca or againstviolence@vlmfss.ca	Offers individual supportive counselling to racialized immigrant women who are experiencing family/gender-based/intimate partner violence
Vancouver Rape Relief & Women's Shelter	**Call:** 604-872-8212 **Email:** rapereliefshelter.bc.ca **Website:** http://rapereliefshelter.bc.ca/	24 Hour Crisis Line, Peer Counselling, grouping with other women, Advocacy with police, Accompaniment to a Sexual Assault Exam, Housing for Women and their Children who are escaping violence
VAST – Vancouver Association for Survivors of Torture	**Email:** referrals@vast-vanvouer.ca **Tel:** 778-372-6593Suite #301, 10334 152 Street Surrey, BC. V3R 4G8	Individual & Group Support, Support with Documentation, Community Building & Referrals, Building Capacity & Education
YWCA Vancouver	**Call:** 604-895-5800 **Site:** 535 Hornby Street, Vancouver, BC V6C 2E8	Supports women who have experienced abuse, violence prevention programs, legal support, resources and more.
SALAL: Sexual Violence Support Centre	**Call:** 604-255-6344 **Website:** http://salalsvsc.ca/	Free, confidential support for survivors of sexualized violence, including Immediate Support and ongoing Support.

Women's Community Spaces		
Sources Women's Place	**Location:** South Surrey	Services: Hot meals, clothing exchange, showers, laundry, trauma counselling
The Bloom Group	**Phone:** 604-606-0300 **Email:** info@thebloomgroup.org Location: 128 West Pender Street Vancouver, British Columbia, V6B 1R8	No fee for services 24/7 on-site staff support Home-like environment with basic amenities, meals, laundry and personal care items. "In-reach" workers provide one-on-one support, including assistance securing permanent housing. Crisis intervention and Provision of harm reduction supplies (condoms, new needle distribution, information) Accompaniments to appointments and community resources

Pregnancy and Parenting Support

Affinity Women's Health	**Call:** 604-565-9447 **Website:** sunset medical building, 3809 Sunset St, Burnaby, BC V5G 1T4	Provides accessible, comprehensive, culturally sensitive and effective women's health services throughout the lifecycle, between hospital and community.
BabyGoRound Vancouver	**Call:** 604-558-4840 **Address:** 2939 Kingsway, Vancouver, BC V5R 5J2	Collects quality used baby gear and connect these critical supplies to parents and babies who need them most. Creating new life for your baby gear and supporting bright beginnings.
Care For Women	**Call:** 778-808-2752 **Email:** hello@careforwomen.ca	Programs: Nurse-Family Partnership, BabyGoRound, prenatal classes, postpartum support
Childbearing Society	**Call:** 604-878-1031 **Email:** registration@childbearing.org	Postpartum & Prenatal Classes for Vancouver Parents
City Centre Obstetrics & Gynecology	**Call:** 604-954-0128 **Address:** 13737 96 Ave #1201, Surrey, BC V3V 0C6	Prove gynaecologist treatment
Every Woman's Health Centre	**Call:** 604-322-6692 **Address:** 210 – 2525 Commercial Drive, Vancouver, BC V5N 4C1	Providing assistance with issues that affect abortion, contraception, and reproductive care.
Freya Medical	**Call:** 604-954-1595 **Address:** 9655 137 St 1st Floor, Surrey, BC V3T 4G8	Providing quality health care for all women in our community
Mamas For Mamas - Online Peer Support for Mothers	**Call:** 236-420-0075 **Email:** info@mamasformamas.org **Website:** https://www.mamasformamas.org/	Provides a comprehensive support system by offering a wide range of services, support groups, resources, and programs to help those in need navigate through difficult times.
Newcomer Women's Health Clinic – BC Women's Hospital and Health Care	4500 Oak Street Vancouver, BC. V6H 3N1	Provide health services to women who are recent immigrants or newcomers to Canada and do not yet have a regular healthcare provider.
Income Assistance for Pregnancy - Vancouver Coastal Health	**Call:** 1-866-866-0800	Available to people not working/unable to work or not earning enough to meet basic needs. Must complete an eligibility assessment.

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