

The Little Black Book

~ 5th Edition ~
2009-2010

A Pocket Guide to Youth Resources in
LANGLEY, SURREY, DELTA & WHITE ROCK

The Little Black Book

A Pocket Guide to Youth Resources in
Langley, Surrey, Delta & White Rock

~ 5th Edition, September 2009 ~

Produced by

Fraser Region Community Justice Initiatives Association (CJI)

in partnership with Pacific Community Resources Society (Surrey)

and Family & Youth Services Society (Langley)

with support from the BC Ministry for Children & Family Development

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Program support provided by:

BC Ministry for Children & Family Development

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E-mail: info@cbcscampalexandra.com

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WHAT'S IN THIS BOOK?

This book is a resource for youth in Langley, Surrey, Delta and White Rock. It's not meant to tell you what to do, just to let you know about available options. The next few pages will give you an idea of the kind of information in this book. Check it out and use it! Most services are free or very cheap. For more details, call the phone numbers listed.

Abbreviations

GYRC	Guildford Youth Resource Centre
NYRC	Newton Youth Resource Centre
PCRS	Pacific Community Resource Society
FAYSS	Family and Youth Services Society
SCS	Surrey Community Services
CBCS	Crescent Beach Community Services
PICS	Progressive Intercultural Community Services Society
DCRS	DIVERSEcity Community Resource Society
SFCS	South Fraser Community Services
LCSS	Langley Community Services Society
PACS	Peace Arch Community Services

CONTENTS

Youth Resource Centres	8-19
Crisis & Info Lines	20-21
There's Nothing To Do...	
Fun & Recreation.....	23-33
I'd Like to Volunteer.....	34-38
I'm Looking for Support...	
I'm a Young Parent	56-58
I'm Gay/Lesbian/Bisexual	60-61
I Have a Disability	62-63
I'm From a Different Country/Culture.....	75-77
I Want to Know About...	
Finding a Job	40-44
Sex & Sexual Health	51-55
Living On My Own.....	73-74
Getting an Education	80-83

I Need Help...

I Need Food/Clothing	45-47
I'm Feeling Sick	49-50
Drug/Alcohol Addiction.....	65-72
Legal Assistance.....	78-79
Something is Bothering Me.....	85-89
I'm Thinking of Hurting Myself.....	90-92
Someone I Care About Died	92-93
I Have an Eating Disorder	94
Someone is Hurting Me.....	97-100



I Need to Go Somewhere...

Transportation	101
----------------------	-----

Extras...

What is Reconnect?.....	13	What is Anger?	22
Why Volunteer?.....	34	I Choose.....	37
Why Work?	39	How to Say “No”.....	48
Genital Herpes	52-53	Ask for What You Want...	59
Who Am I?.....	61	Alcohol & You.....	64
Artificial Friend.....	66-67	Safer Fixing.....	68
Crystal Meth	71	What is Diversity?.....	76
Why Learn?.....	83	Learning tips	81
Psychosis Sucks.....	84	Stress & Anxiety.....	87
Suicide Warning Signs.....	91	Talking about Suicide	90
Disordered Eating Checklist.....	95	Common Eating Disorders	96
What is Sexual Exploitation?..	98	Quotations on Life/Living..	102

“Young people need models, not critics”

—John Wooden

YOUTH RESOURCES in LANGLEY

If you need a place to go for information, or if you need assistance, you can contact the office of the **Family and Youth Services Society (FAYSS)** in Langley. They provide counselling, support and resources for youth and families at no cost. Programs include:

- Street Outreach (formerly Reconnect)
- Sexual Abuse Support
- Parent Teen Mediation

You can also contact **Fraser Region Community Justice Initiatives (CJI)**.

They operate the Restorative Youth Services program in both Langley and Surrey.

The locations of FAYSS and CJI are on the next page.

Family and Youth Services Society (FAYSS)

20618 Eastleigh Cres, Langley

Phone: (604) 534-2171

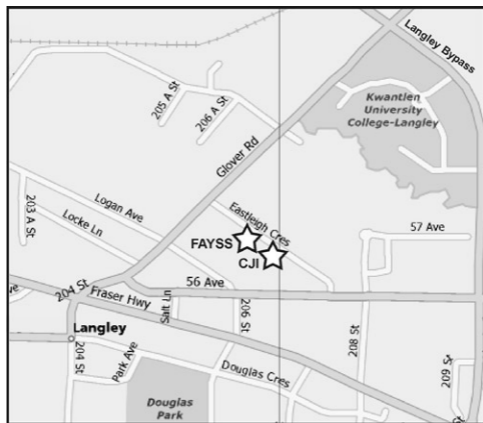
Hours: 8:30am-4:30pm

Street Outreach: (604) 723-5173

Fraser Region Community Justice Initiatives (CJI)

#101 - 20678 Eastleigh Cres, Langley

Phone: (604) 534-5515



YOUTH RESOURCES IN SURREY

If you need a place to go for information, or if you need assistance, you can go to one of the **Youth Resource Centres in Newton and Guildford**. Both of them offer a variety of services and resources at no cost. Programs include:

- Stop Exploiting Youth
- Independent Life Skills
- Prevention Education
- Family & Youth Outreach
- Alternate Education: Trees & Keys (Newton)
- South Asian Parents Together (Newton)
- Housing Support Workers (Newton)
- Reconnect
- Youth Advisory Group
- Astra Drug & Alcohol
- Counselling Clinic

Hours and locations of the Youth Resource Centres are listed on the following two pages.

Newton Youth Resource Centre

#114, 13479 - 76th Ave, Surrey Phone: (604) 592-6200

Hours: Monday-Friday, 8:30am-7pm

Resource Room drop-in hours vary – please call

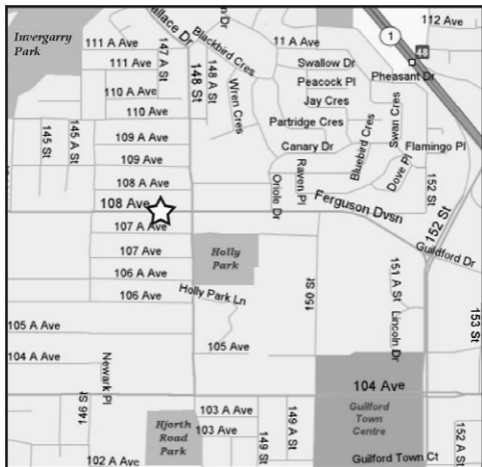


Guildford Youth Resource Centre

#205, 14727 - 108th Ave, Surrey Phone: (604) 587-8100

Hours: Monday-Friday, 8:30 am-7 pm

Resource Room drop-in hours vary – please call



What is RECONNECT?

Reconnect is a program that offers a variety of services for street youth or youth thinking of moving onto the street. Outreach workers spend time on the street talking to and connecting with youth, helping them get in touch with services that can provide food, clothing, shelter or addiction support. Call or visit the locations below.

Surrey

(604) 587-8105

Newton and Guildford Youth Resource Centres.

South Surrey/White Rock

(604) 538-5060

Ext. #21

Langley (FAYSS Street Youth Outreach)

Tues/Thurs/Fri: **(604) 723-5173**

Other days: **(604) 534-2171**

YOUTH RESOURCES in DELTA

If you need a place to go for information, or if you need assistance, you can go to one of the **youth clubs operated by the Boys and Girls Club Community Services of Delta/Richmond.**

Programs include:

- *Movie nights*
- *Arts & crafts*
- *Dinner nights*
- *Sports & games, including a pool table*
- *Field trips*
- *Cooking programs*

Hours and locations of the Youth Resource Centres are listed on the following three pages.

Hillside Club

#11339 - 84th Avenue, North Delta Phone: (604) 596-9595

Hours: Wednesday-Friday, 6-9pm

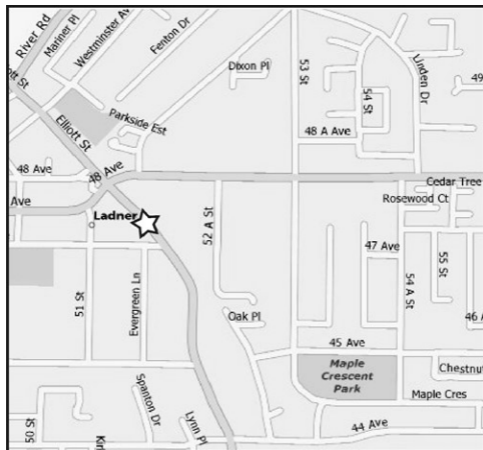


Wintemute Club

4727 Arthur Drive, Ladner

Phone: (604) 946-2027

Hours: Wednesday-Friday, 6-9pm



Winskil Club

5555 - 9th Avenue, Tsawwassen

Phone: (604)943-9873

Hours: Wednesday-Friday, 6-9pm



YOUTH RESOURCES in WHITE ROCK

If you need a place to go for information, or if you need assistance, you can go to **Crescent Beach Community Services Child, Family & Youth Centre**. They provide support for youth age 13-19 and/or their families at no cost. Supports include:

- Street Outreach
- Crisis Consultation
- Lifeskills and Risk Management
- Transition to Independent Living
- Parent Teen Mediation

Hours and location of the Centre are listed on the following page.

Crescent Beach Community Services Child, Family & Youth Centre

15455 Vine Avenue, White Rock Phone: (604) 538-5060

Drop-in Monday-Friday (hours vary—please phone first)



CRISIS + INFO LINES

Kids Help Phone **1-800-668-6868**

National Hopeline **1-800-SUICIDE (784-2433)**

If you are in distress or worried about someone who may hurt themselves, call to connect to a BC crisis line —no waiting or busy signals. If English is not your first language, say the name of your language in English to be connected to an interpreter. 24 hrs/day

Crisis Intervention & Suicide **(604) 872-3311**

Prevention Centre Toll-free **1-866-661-3311**

VictimLink **1-800-563-0808**

Help and information anytime, anywhere in BC for victims of family and/or sexual violence and all other crimes. 24 hrs/day

South Fraser Crisis Line **(604) 951-8855**

Confidential phone support and information for Delta, Langley, Surrey and White Rock. 24 hrs/day. (SCS)

MCFD Help Line for Children (604) 310-1234

Service BC (604) 660-2421

Information on BC government services, including income assistance.

Youth Against Violence Line Text message (604) 836-6381
I-800-680-4264

Worried that a crime or a fight is about to happen? Help prevent someone from getting hurt by calling this confidential, untraceable number to get assistance from local police.

Youth in BC (604) 872-3311

Volunteers are available for confidential talks or for crisis intervention, psychological assistance, support or information. www.youthinbc.com

Help Line (604) 542-HELP (4357)

Information about services in S. Surrey/White Rock. Mon-Fri, 9am-1pm.

Sex Sense Line I-800-739-7367

Information and referrals on sexuality, pregnancy options, birth control, STDs, etc. Mon-Fri, 9am-9pm. <http://bc.wontgetweird.com>

What is Anger?

The dictionary defines anger as “a feeling of extreme displeasure, hostility, indignation or exasperation toward someone or something”.

It isn't:

- Blaming (finger pointing)
- Sarcasm (joking at someone else's expense)
- Violence (physical, verbal, sexual, emotional)
- Revenge (getting even)
- Cruelty (hitting below the belt)
- Punishment (teaching someone a lesson)
- Sulking (the silent treatment)
- Manipulating others to get your way
- Taking it out on the innocent

It is:

- A normal human emotion
- A part of being assertive
- A signal that something deeper is going on

FUN + RECREATION

~ LANGLEY ~

Boys & Girls Club (604) 533-8552

Recreation, social activities, and volunteer opportunities.

Cost: \$25 per year (no youth is turned away for lack of funds).

Youth Drop-in & Youth Council (604) 514-2999

Drop-in programs, pool tournaments, cooking, band nights, sports and more (12-17 yrs). Youth Council meets each month - phone for time/date. Timms Community Cr, 20355 Douglas Cres.

Youth Unlimited (604) 590-3759

Various youth programs (Christian-based). www.youthunlimited.com

Southgate Youth Drop-in Centre (604) 532-7769

Drop-in centre located in Langley Mall (Christian-based)

5501 - 204th Street, Langley. M-Th 2:30-4:30pm, Fri 2:30-7pm

**Langley Parks
& Recreation**City **(604) 514-2940**Township **(604) 533-6086**

City: www.city.langley.bc.ca, Township: www.tol.bc.ca (includes Aldergrove, Walnut Grove, Fort Langley and Brookswood)

Langley Recreation Centres

Aldergrove Kinsmen Ctr, 26770 - 29 Ave (604) 856-2899

George Preston Recreation Ctr, 20699 - 42 Ave (604) 530-1323

Timm's Community Ctr, 20355 Douglas Cres (604) 514-2940

WC Blair Community Ctr, 22200 Fraser Hwy, (604) 533-6170

Walnut Grove Rec Ctr, 8889 Walnut Grove Dr (604) 882-0408

Willowby Comm Ctr./Langley Events Ctr, 7888 - 200 St (604) 455-8821

Willowbrook Rec Ctr, 20338 - 65 Ave (604) 532-3500

Langley Indoor Pools

WC Blair Wave Pool, 22200 Fraser Hwy (604) 533-6170

Walnut Grove Pool, 8889 Walnut Grove Dr (604) 882-0408

Langley Outdoor Pools (summer only)

Al Anderson Pool, 4949 207 th St	(604) 514-2860
Aldergrove Pool, 32 nd Ave & 271 st St	(604) 856-6212
Fort Langley Pool, St Andrews & Nash	(604) 882-0408
Aldergrove Lake Park, 8 th Ave & 272 nd St	(604) 530-4983

Langley Skateboard Parks

- Brookwood Skateboard Park, 42nd Ave & 207th St
- South Aldergrove Park, 29th Ave & 267B St
- Langley Skateboard Park, 203rd St between 62nd & 64th Ave
- Murrayville Outdoor Activity Park, 48A Ave & 221st St
- Walnut Grove Skateboard Park, 88th Ave & Walnut Grove Dr

Community Connections (778) 321-9477

Youth Drop-in Recreation (604) 728-3777

Tues, 3:30-4:30pm Aldergrove Community Secondary

Thurs, 4-5pm, Douglas Park Elementary School

~ SURREY ~

Newton Youth Hoops (778) 578-0620

This weekend drop-in youth basketball program runs out of Tamanawis Secondary School and is operated by VIRSA- Sikh Alliance Against Youth Violence. 9553 - 120th Street (Delta)

Duniya Youth Committee (604) 816-7049

Organized by Duniya Dance Academy, activities include car washes, community murals and volunteer hours. Focus is on South Asian youth. (PICS)

Teaching to Youth: Tool Time (604) 584-2008

A day program using traditional Aboriginal activities

Kla-how-eya Aboriginal Centre(604) 584-2008

Drop-in centre for Aboriginal youth: recreation, services, cultural education and social activities. (Surrey Aboriginal Cultural Society)

Buddy/Youth Program (604) 597-0205

This program matches new immigrant youth with volunteer “host” youth from the community. Workshops, field trips and social activities are included. (SDISS)

Tong Louie YMCA (604) 575-9622

Swimming, gym, fitness programs, and more. 14988 - 57th Ave
M-F 5am-11pm, Sa-Su 7am-9pm, Youth drop-in fee: \$5,
Youth public swim fee: \$2.50 (18 yrs & under)

Newton Youth Resource Ctr (604) 592-6200

Friendly drop-in space with lots of resources and regular youth events. A variety of youth counsellors are on site. All youth are welcome—come on in and say hello! (PCRS)

Guildford Youth Resource Ctr (604) 587-8100

A good place to hang out, make friends, try a new activity, find info and resources. (PCRS)

Surrey Youth Stewardship Squad (604) 501-5158

Come together with like-minded youth to learn about the environment and help restore natural areas. www.naturematters.surrey.ca

Surrey Parks & Recreation**Leisure Access Program (604) 501-5100**

Surrey residents in financial need can participate in Surrey Parks & Rec activities at very low cost. Application forms are available at all community and recreation centres.

Surrey Recreation Centres

Guildford Recreation Ctr, 15105 - 105th Ave (604) 502-6061

Surrey Sports & Leisure Complex, 16555 Fraser Hwy (604) 501-5950

South Surrey Recreation Ctr, 14601 - 20th Ave (604) 592-6970

Fraser Heights Recreation Ctr, 10588 - 160 St (604) 592-6920

*"It may be that all games are silly. But then,
so are humans."—Robert Lynd*

Surrey Youth Drop-in Centres

Why be out in the cold? Youth friendly drop-in centres are a great way to meet friends, sign out sports equipment, play games, etc. Yearly membership card is a cheap \$5.

Cloverdale Youth Centre, 6228 - 184 th St	(604) 502-6420
Fleetwood Youth Services, 15996 - 84 th Ave	(604) 501-5030
Guildford Youth Lounge, 15105 - 105 th Ave	(604) 502-6061
Newton Youth Centre, 13355 - 68 th Ave	(604) 501- 5533
Whalley Youth Centre, 10665 - 135 th St	(604) 502-6370
South Surrey Youth Centre, 14601 - 20 th Ave	(604) 592-6970

Surrey Skateboard Parks

Kwantlen Youth Park, 12900 block of 104th Ave

Bear Creek Youth Park, 84th Ave & King George Hwy

Cloverdale Youth Park, 17800 - 64th Ave

South Surrey Skate Park,
14601 - 20th Ave

Fleetwood Youth Park,
16555 Fraser Hwy



Surrey Outdoor Pools (summer only)

Bear Creek Pool, 13820 - 88 th Ave	(604) 501-5154
Greenaway Pool, 17901 - 60 th Ave	(604) 502-6257
Hjorth Road Pool, 10277 - 148 th St	(604) 502-6256
Holly Pool, 10662 - 148 th Ave	(604) 502-6251
Kwantlen Pool, 13035 - 104 th Ave	(604) 502-6252
Port Kells Pool, 19340 - 88 th Ave	(604) 888-8650
Sunnyside Pool, 15455 - 26 th Ave	(604) 502-6255
Unwin Pool, 6845 - 133 rd St	(604) 501-5156

Surrey Indoor Pools

South Surrey, 14655 17 th Ave	(604) 502-6224
Newton Wave Pool, 13730 - 72 nd Ave	(604) 501-5540
North Surrey, 10275 - 135 th St	(604) 502-6300

~ DELTA ~

Boys & Girls Clubs of Delta (604) 591-9262

Recreation activities for youth age 13-18, from crafts to floorhockey to movies at Youth Drop-in Centres (below).

Youth Drop-in Centres

Hillside Club, 11339 - 84th Ave, N. Delta (604) 596-9595

Wintemute Club, 4727 Arthur Dr, Ladner (604) 946-2027

Winskill Club, 5555 - 9th Ave, Tsawwassen (604) 943-9873

Delta Parks & Recreation (604) 952-3000

www.corp.delta.bc.ca (click on “Residents”, then “Recreation and Parks Services”)

Delta Leisure Access Pass (604) 946-3288

Delta families in financial need can participate in Delta Parks & Recreation activities using this free pass. Call to apply.

Delta Recreation Centres

Ladner Community Ctr, 4734 - 51 st St	(604) 946-3310
Ladner Leisure Ctr, 4600 Clarence Taylor Cres	(604) 946-3310
South Delta Rec Ctr, 1720 - 56 th St	(604) 952-3020
Sungod Rec Ctr, 7815 - 112 th St	(604) 952-3075

Delta Outdoor Pools (summer only)

Ladner Outdoor Pools, 4734 Delta St	(604) 946-3310
North Delta Outdoor Pool, 11415 - 84 th Ave	(604) 952-3075

Delta Indoor Pools

Ladner Leisure Ctr, 4600 Clarence Taylor Cres	(604) 946-3310
Sungod Rec Ctr, 7815 - 112 th St	(604) 952-3075
Winskill Aquatic Ctr, 5575 - 9 th Ave	(604) 952-3005

Delta Skateboard Parks

Ladner Leisure Centre, 4600 Clarence Taylor Cres
North Delta Community Park, 11311 - 84 th Ave
Grauer Park, 1720 - 56 th St, Tsawwassen

~ WHITE ROCK ~

South Surrey Youth Lounge (604) 592-6970

Drop in to meet friends and play sports and games, etc. Yearly membership card: \$5.10. 14601 - 20th Avenue. www.youth.surrey.ca.

White Rock/South Surrey Swimming Pools

South Surrey Indoor Pool, 14655 - 17th Ave (604) 502-6224

Sunnyside Outdoor Pool 15455 - 26th Ave (604) 502-6255

South Surrey Skate Park 14601 - 20th Ave

White Rock/South Surrey Recreation Centres

South Surrey Recreation Ctr, 14601 - 20th Ave (604) 592-6970

Centennial Park Leisure Ctr, 14600 N. Bluff Rd (604) 541-2161

White Rock Leisure Access (604) 541-2161

Low-income residents can participate in leisure programs at very low cost. Apply on line at www.city.whiterock.bc.ca.

VOLUNTEERING

Volunteer Canada

www.volunteer.ca

The “I Want to Volunteer” link gives you the information you need to find a volunteer position that is right for you.

Taking it Global

www.tigweb.org

Why Volunteer?

Volunteering is a way you can use your special interests and talents to help the community. You can volunteer at many places including schools, hospitals, animal shelters, food banks or other local charities. The opportunities to volunteer are endless! Not only does volunteering give you the chance to give back to the community, you gain a lot too, including work experience, new friends and the positive feeling that comes from helping others and making a difference.

**Youth Leaders in Action [www.
canadaworldyouth.org](http://www.canadaworldyouth.org)**

International volunteer program for youth 17-24 yrs of age.

~ LANGLEY ~

**Langley Animal Protection
Society (LAPS)**

(604) 857-5055

This shelter for lost/homeless dogs and cats offers a variety of opportunities to help animals in need.

Boys & Girls Club

(604) 533-8552

Volunteer opportunities available for youth.

**Pacific Riding for
Developing Abilities**

(604) 530-8717

Volunteers (16 yrs & up) assist in caring for horses and with horse-back riding for people with physical, mental and cognitive challenges.

Critter Care Wildlife Society (604) 530-2064

Injured and/or orphaned wild animals are rehabilitated.

Volunteers assist with animal care, building shelters, etc.

City of Langley Parks & Recreation (604) 514-2941

Volunteer with community programs, special events and committees. www.city.langley.bc.ca/volunteers.html

~ SURREY ~**Surrey Volunteer Centre (604) 584-5811**

Learn about volunteer opportunities with local charities and non-profit agencies. (SCS) www.scss.ca

Youth Mentor & Leadership (604) 538-5060

Camp Alexandra, Crescent Beach

Surrey Volunteer Resources (604) 591-4793

This is a one-stop shop for a wide variety of volunteer opportunities all over Surrey. www.volunteer.surrey.ca

Surrey SPCA Volunteer line (604) 709-6701

Get involved helping animals in need and learn how to treat them with compassion, respect and care. www.bcspca.bc.ca/surrey

I Choose...

I choose

To live by choice

Not by chance

To make changes

Not excuses

To be motivated

Not manipulated

To be useful

Not used

To excel

Not compete

I choose self esteem

Not self pity

I choose to listen

To the inner voice

Not the random opinions

Of others

—Anonymous

~ WHITE ROCK ~**Volunteer & Information Svcs (604) 531-6226**

Central volunteer placement service for White Rock/Surrey. (PACS)

Outdoor Leadership (604) 538-5060 Ext 21

12-week program held each spring for youth (15-16 yrs).

Crescent Beach Community Svcs

at Camp Alexandra

(604) 535-0015

They can connect you with a wide variety of volunteer opportunities.

~ DELTA ~**Delta Assist****(604) 594-3455**

They can help connect you with an agency that needs volunteer help.

Corporation (Municipality) of Delta (604) 946-4141

Lots of different volunteer opportunities plus an on-line directory of community groups that need volunteers. www.corp.delta.bc.ca.

Why Work?

Having a job allows you to learn new skills, gain practical experience and make money! When you first begin working you will probably try out different options while you decide what you'd really like to do as a career. You will learn about your likes and dislikes in the world of work so you can make informed choices about your future. Working can be a challenge. Balancing work, school, family and friends can be stressful. If you need help with career planning or organizing your schedule, one of the employment centres listed in this section would be happy to help.



FINDING A JOB

Service Canada

youth.gc.ca

Information about programs and services available to youth.

Katimavik

(604) 521-0555

Internship opportunities including training in leadership, French language, environment, and cultural discovery (17-21 yrs, Canadian citizen or landed immigrant). www.katimavik.org

Women in Trades

(604) 523-5410

“Earn while you learn” skills training for women of all ages.

New Westminster: www.ufcw247trainingcentre.com

Discovery to Apprenticeship **(604) 523-5411**

Learn employable skills in trades-related occupations. (15-30 yrs)

New Westminster: www.ufcw247trainingcentre.com

Sasamat Outdoor Centre (604) 939-2268

Teaches basic leadership skills to youth (14-16 yrs).

Youth Volunteer Training Certification: \$245. www.sasamat.org

~ **LANGLEY** ~

RITE Program (604) 539-9850

Career planning and job search assistance.

Community Employment Ctr (604) 534-8874

Job search assistance, postings, interview skills. 106, 20641 Logan Ave.

Youth Employment Zone (604) 514-3110

Provides help with resumes or career research, plus they have a great job board for youth (15-30 yrs). #102A - 20621 Logan Ave.

Mission Community Skills Ctr (604) 532-3808

Job search assistance, career decision making.

Express to Success**(778) 278-4777**

Free paid training program in retail, hospitality, tourism and service.

~ SURREY ~**Employment Resource Centres**

Cloverdale: #101 - 5783 - 176A St (604) 576-3118

Newton: #116 - 13479 76th Ave (604) 592-6234

Whalley: Central City Mall, 10153 King George Hwy (604) 584-0003

AWARE**(604) 502-8355**Free job search workshops and programs. www.awaresociety.bc.ca**EDGE****(604) 580-2226**

Effective Direction to Gainful Employment job club

Career Quest**(604) 951-4559**

2-6 week personal career exploration program, individual career counselling and assessments (15-30 yrs). (PCRS)

Surrey Youth Job Search (604) 951-4550

Assistance with resumes, cover letters, interview skills and more (15-30 yrs). (PCRS)

Kla-how-eya Employment Svcs (604) 584-2008

Employment assistance for Aboriginal youth.

Baristas Program (604) 951-1300

Workshops and work experience opportunities at Starbucks. (PCRS)

Working Together (604) 598-2703

Focuses on hospitality/tourism and sheet metal work.

Pathfinder Youth Ctr Society (604) 590-2703

www.pathfinderyouthsociety.org

BC Centre for Ability (604) 580-6962

Employment assistance for people with a disability or chronic illness.

~ DELTA ~

Delta Employment Resource Ctr (604) 946-0324
4899 Delta St., Ladner

Skills Link (604) 946-8674
A 20-week paid work experience program that combines classroom training with on-the-job experience (age 15-30).

Youth Works (604) 948-1911
Free pre-employment services to youth who are no longer in school and want to work (age 15-30). #2 - 1359 - 56th St, Tsawwassen

“Nothing is really work unless you would rather be doing something else.”—James Matthew Barrie

FOOD + CLOTHING

~ LANGLEY ~

Langley Food Bank & Free Store (604) 533-0671

Must become a registered client - call for information.

Groceries & clothing M/W/F, 10am-2pm. Hot meal for homeless people F, 7:30-9pm. Food hampers, clothing, showers . 5768 - 203 St.

Aldergrove Food Bank (604) 857-1671

Must become a registered client - call for information.

First four Tuesdays of each month, 11:30am-2pm.

Rear of Aldergrove United Church, 2633 - 272 St.

Joe's Kitchen Drop-in

Free lunch on Tuesdays at 11:30am.

Coffee and snacks on Saturdays, 10am-1pm.

St. Joseph's Catholic Church,
20676 Fraser Hwy.



Brookwood Baptist Church (604) 530-5440

Free dinner on the third Friday of each month.

~ SURREY ~**Surrey/North Delta Food Bank (604) 581-5443**

Food distribution: M/Tu/Th/F 9:30am-1pm, 10732 - 135th St
Wed, 9:30am-1pm reserved for women who are pregnant/have babies

Clothing Exchange (604) 580-2344

Free clothing services for children (12 yrs & under). 12740 - 102 Ave

~ DELTA ~**South Delta Food Bank (604) 946-4430**

Open Wednesdays 9-11am. 5545 Ladner Trunk Road

Community Fund (604) 594-3455

One-time-only emergency assistance for food, etc. for Delta residents who have no other resources. Referral required.

~ **WHITE ROCK** ~

PACS Food Bank (604) 531-8168

Tues 9-11:30am & 12:30-6pm, Wed 10am-2pm.

#5 - 15515 - 24th Ave. (PACS)

CBCS Hot Lunch Program (604) 535-0015

Low-cost lunch served Thursday, 11:30am-1pm. \$3 or as you can afford. First United Church, 15385 Semiahmoo Ave. (CBCS)

Gracepoint Church (604) 538-1825

Community dinner on Sunday; all are welcome (donations accepted)

3487 King George Hwy

*“Our greatest glory is not
in never falling, but in rising every time we
fall.” — Confucius*

REFUSAL SKILLS

How to Say “No”

- **Recruit an Ally:** *Get someone else in the group to agree with you and reduce the majority.*
- **Turn the Tables:** *Point out that you would not want them to do something which might hurt them since you are their friend. Likewise, you hope they would not want you to do something harmful.*
- **Give Alternatives:** *Name other things you can do instead.*
- **Delay a Decision:** *Tell the group or person “not now”.*
- **Know the Truth:** *Recognize when what they are saying just isn't true (e.g. “prescription drugs aren't addictive”).*
- **Change the Subject:** *Talk about something else.*
- **Call attention to consequences:** *“If we smoke up, here's what might happen...”*
- **Say “NO” and mean it** *with your voice and face.*

HEALTH CARE

Healthlink BC

8-1-1

Quick, easy access to a nurse, dietician or pharmacist.

The Nurse Line

(604) 215-4700

A trained nurse provides answers to health related questions.

Dietician Services

(604) 732-9191

~ LANGLEY ~

Langley Public Health Unit & Youth Wellness Ctr

(604) 539-2900

Youth drop-in clinic on Wednesday, 2-5pm (21 yrs & under).
20389 Fraser Hwy (around the back.)

Langley Memorial Hospital

(604) 534-4121

~ DELTA ~

Delta Hospital (604) 946-1121

~ SURREY ~

North Surrey Community Health Centre (604) 583-5666

Provides general health services for all. 10697 - 135A St.

Surrey Memorial Hospital (604) 588-3371

~ WHITE ROCK ~

Vine Youth Clinic (604) 542-3926

Range of health services. Drop-in Mon 3:30-6:30pm. 15455 Vine Ave.

Peace Arch Hospital (604) 531-5512

SEX + SEXUAL HEALTH

Sex Sense Line

1-800-739-7367

M-F, 9am-9pm or submit questions on line at bc.wontgetwired.com

Helpful Websites

Information/assistance on services related to sexual health.

Planet Ahead

www.planetahead.ca

Sexuality and You

www.sexualityandu.ca

Options for Sexual Health:

Sex Sense Line

(604) 731-7803

Confidential phone line staffed by nurses and volunteers who can answer questions about birth control, STIs & HIV, pregnancy options, sexual and/or gender identity, etc. www.optionsforsexualhealth.org

Youthco Aids Society

(604) 688-1441

For youth infected with and/or affected by HIV and/or HepC.

~ LANGLEY ~

Langley Public Health Unit **(604) 539-2900**
HIV Testing, 22033 Fraser Hwy, Langley

Fraser Valley Pregnancy Ctr **(604) 856-9151**
Free, confidential counselling. Drop-in Mon-Thurs, 11am-6pm,
27028 Fraser Hwy, Aldergrove.

Genital Herpes

What it is: Painful sores on or around the genitals. You can catch it through direct contact with open sores on someone else but you can also catch it if the infected person has no visible sores. There is no cure and sores may reappear from time to time.

Symptoms: Tingling or itching around genitals may appear within a week of exposure. A cluster of tiny blisters appears, bursts, and leaves painful sores that

Options for Sexual Health:**Langley Clinic****(604) 530-8155**

Confidential, non-judgemental support, information, pregnancy testing, counselling, etc. Thursdays, 6-9:30pm (an appointment is required). 6-7pm pill pick-up only. 5339 - 207 St.

“The greatest wealth is health.”—Virgil

last 2-3 weeks. You may also get a fever and headache. Sores appear in, on, or around genitals, anus, thighs or buttocks, and can also appear in and around the mouth after oral sex with an infected partner.

What to do: *See a doctor as soon as you can. Medications can shorten attacks and make sores less painful. Keep the infected area as clean and dry as possible (wash towels before re-using them). Wear loose clothes made of cotton.*

~ SURREY ~

Options for Sexual Health:**Surrey Clinic****Drop-in**

North Surrey Public Health drop-in clinic, Tues 6-8 pm (no appointment needed). #220 - 10362 King George Hwy.

Surrey HIV/AIDS Centre**(604) 588-9004**

Counselling, advocacy, pre- and post-test counselling and referrals.

North Surrey Public Health**(604) 587-7900**

STD, HIV and Hep-C testing (by appointment only).

Surrey Youth Clinic**(604) 585-5999**

Free confidential pregnancy testing/counselling, screening for sexually transmitted diseases, hepatitis-B vaccines, HIV testing and counselling, information on birth control and sexuality. Clinic hours: Mon 1-8 pm, Tues 12 noon-6 pm, Wed 10:30 am-5 pm, Thurs 11 am-6 pm, Fri 11 am-4 pm. Surrey Memorial Hospital, 13750 - 96th Ave.

Pregnancy Options Centre (604) 584-4490

Supportive information on pregnancy options & pre-natal health.
#5 - 13634 - 104th Ave.

STD/AIDS Testing & Counselling (604) 587-7900

Free and confidential testing and treatment for HIV and other sexually transmitted diseases

~ **WHITE ROCK** ~

Vine Youth Clinic (604) 542-3926

Confidential STD testing, contraceptive counselling and pregnancy related services (age 12-21). Drop-in Mon 3:30-6:30pm. 15455 Vine Ave.

OPT White Rock (604) 731-4252

Birth control, STD testing. Berkeley Pavillion, 15476 Vine Ave.

YOUNG PARENTS**~ LANGLEY ~****New Baby & Me (604) 539-2900**

Phone to register. Program runs Wed, 10-11:30 am.

20389 Fraser Hwy (Public Health Unit).

Best Babies Program (604) 530-2772

Counselling/resources/support for young parents/pregnant teens.

~ SURREY ~**Guildford Family Place (604) 583-3844**

Services for parents/caregivers, their babies and preschoolers.

Drop-in Mon & Fri 11am-2 pm, Tues-Thurs & Sat, 10 am-2 pm.

Drop-in fee: \$1/family. Lunch served Tues & Thurs: \$2/family.

Parent Education & Peer Support (604) 584-5811

Drop-in program for parents with babies/children under 6. (SCS)

Growing Together

Education & Daycare (604) 584-1181

For pregnant/parenting teens who wish to complete their education while caring for their children. Guildford Park Secondary, Options

South Asian Parents Together (604) 592-6242

Supported by Punjabi, Hindi & English speaking professionals. Meets Th, 6:30-8:30 at the Newton Youth Resource Centre.

Pregnant & Parenting Youth (604) 538-5060

One-to-one and group support, connection & information. (CBCS)

Healthiest Babies Possible:

Pregnancy Outreach Program (604) 583-1017

Drop-in lunch, pre-natal and post-natal support, dietician services, group support, for teen and adult moms. Options.

~ DELTA ~**Young Parent Outreach (604) 594-3455**

Assists teen parents with support, education and mentoring to help encourage the healthy development of their children.

Nobody is Perfect (604) 594-3455

6-week free parenting workshop offered 3 times per year.

~ WHITE ROCK ~**LINK (604) 535-0015, ext. 229**

Pregnant/parenting youth and young parents can drop-in to connect, learn and enjoy fun activities. Phone for locations/times. (CBCS)

Vine Youth Clinic (604) 542-3926

Pregnancy related health services, Mon 3:30-6:30pm. 15455 Vine Ave.

Public Health Unit (604) 542-4000

Public health nurses provide pre/post natal support. 14576 Vine Ave.

ASK FOR WHAT YOU WANT You Are Worth It!

You have a right to make your wants known to others, just as others have a right to make a request of you. • You have a right to say “no” and be taken seriously, and to say “yes” and still be treated with respect. • You deny your own importance when you don’t ask for what you want, or when you say “yes” when you mean “no”. • Making a request assertively doesn’t guarantee you will get what you want, but it opens the way for more equal negotiation. • People can’t read your mind to guess your needs, so speak up for your own sake. • Saying “no” doesn’t mean you are rejecting the person—you’re simply deciding not to agree with a request.

GAY • LESBIAN • BISEXUAL SUPPORT

Qmunity: BC's Queer (604) 684-5307

Resource Centre Prideline BC 1-800-566-1170

Support for lesbians, gay men, transgendered and bisexual individuals. www.qmunity.ca

Parents & Friends of

Lesbians & Gays (PFLAG) (604) 626-5667

Information, referral, advocacy and counselling.

~ LANGLEY ~

You've Gotta Have Friends (604) 897-8693

Meets on the 2nd Tuesday of each month at 7:30pm.

"It takes courage to grow up and become who you really are."—E.E. Cummings

~ **SURREY** ~

Lesbian Support & Social Group (604) 536-9611

Mon 12 noon-4pm, Tues-Thurs 9:30 am-4 pm

Surrey Youth Alliance (604) 657-4991

Support and drop-in for lesbian, gay, bisexual and transgendered and questioning youth (14-21 yrs). www.syabc.ca

Who am I?

Your sexual orientation is a reflection of your sexual and emotional feelings toward people of the same or opposite gender. Although some people know their orientation early on, others go through a confusing period where they wonder: Am I different? Are my feelings just a passing phase? The answer is there is no single answer. Your sexual orientation will emerge over time, often little by little.

PEOPLE WITH DISABILITIES

HandyDART (604) 575-6600

Transportation service for individuals with physical or cognitive disabilities who need assistance to use public transit.

~ **LANGLEY** ~

Community Living BC (604) 532-4900

**Langley Association for
Community Living** (604) 534-8611

Therapeutic Horseback Riding
Pacific Riding for Developing Abilities (604) 530-8717
Valley Therapeutic Equestrian Association (604) 857-1267

~ **SURREY** ~

**Surrey Association for
Community Living** (604) 574-7481

Adventurers Program (604) 596-4321
Community program for youth with disabilities (18 yrs & under).

Semiahmoo House Society (604) 536-1242
Provides services and support to people with disabilities.

**Employment Resource Ctr
for Persons with Disabilities** (604) 580-6962
(16 yrs & up)

IAM Cares Society (604) 580-2226
Helps people with disabilities and chronic health conditions
find employment.

Alcohol + you

Beer commercials make it seem like drinking beer will make you feel great but it's hard to know how a person will act after drinking alcohol. One person might be more relaxed, another depressed, another more wild, another angry. In general, you feel more of what you were feeling before you started drinking. Alcohol lowers brain activity thereby slowing reaction time and leading to poor judgement. Alcohol is a drug, and it can cause serious problems when mixed with other drugs. For instance, drinking alcohol and taking tranquilizers and/or antihistamines can be fatal! Long-term drinking damages the liver, heart and brain, leads to loss of appetite, vitamin deficiencies, stomach ailments, skin problems, sexual problems and memory loss. Drinking during pregnancy can damage the baby's brain and body, resulting in the baby being born with a life-long disability—fetal alcohol syndrom—that affects how the baby looks, thinks, acts and learns.

DRUG + ALCOHOL ADDICTION

Ala-Teen (604) 688-1716

Support group for teens affected by others' alcohol abuse. (11-19 yrs)

Access | Detox Services 1-866-658-1221

Alcohol & Substance Abuse Helpline 1-877-327-4636

Family Services Detox (604) 872-4349

Free detox centre in Vancouver for high risk youth (16-21 yrs).

Peak House (604) 253-3381

Free residential alcohol/drug treatment program for youth (13-18 yrs).

Alcohol & Drug Information & Referral 24-hr (604) 660-9382

Prevention, education, treatment, referrals and counselling

The Last Door**(604) 520-3587**

Long-term residential program for males (14-18 yrs).

An Artificial Friend

Up, down and inside out; the story of my life.

I lived, laughed and later learned; each choice comes with a price.

I thought I was the one in charge; but I somewhere lost control.

And instead of fighting back full-force; I slipped deeper down the hole.

I trusted in a man-made friend to fulfill my every need.

Alone and unaware in false reality.

Artificial happiness; no sense of right or wrong.

Shouting out the lyrics; to a wordless song.

Narcotics Anonymous 24-hr (604) 873-1018

Support and group meetings with other recovering addicts.

Dreaming dreams of fake success; and crying empty tears.

Wondering what I had done with all those wasted years.

Being no one's fault but my own; I hated all that I'd become.

And through the hate I found the strength to change the years to come.

Two words, two lives, two paths to choose; each with a different end.

To go and seek a future; or stay with an artificial friend.

And so I chose a path to take; and laid the other one to rest.

I did the hardest thing I'd ever done; I said goodbye to Krystal Meth.—Erin, age 17

Safer Fixing

Tips on reducing the harm of infection & disease: HIV/AIDS, Hepatitis, Endocarditis

No sharing: *If you are using, you are already putting yourself at risk. Protect yourself by refusing to share needles, spoons, filters or water.*

Clean with alcohol: *use alcohol wipes and clean works.*

Smallest needles: *less chance of damage/infection.*

New rigs: *always use new ones; if you have to use old ones, clean them twice with bleach, then twice with water, then twice again with bleach before re-using; this will decrease chance of infection.*

Needle exchange: *put old rigs in a jar with a lid or visit a Needle Exchange.*

See a doctor: *if you have a flu that won't go away or if you have any open sores or infections.*

~ LANGLEY ~

Youth Addictions Counselling (604) 534-7921

Help and treatment for youth (12-19 yrs). Specialized assistance for pregnant teens. (LCSS)

ASTRA Prevention Program (604) 312-5866

Confidential service for youth struggling with drug/alcohol misuse (13-18 yrs). (PCRS)

Addiction Counselling (604) 534-7921

Confidential, free services for those struggling with drugs/alcohol.

~ DELTA ~

Deltassist Alcohol/Drug Program (604) 594-3455

Counselling for anyone affected by a substance misuse problem.

~ SURREY ~

**Phoenix Drug/Alcohol Recovery (604) 583-7166
& Education Society**

**Native Courtworkers &
Counselling Association of BC (604) 588-8430**

**Creekside Withdrawal (604) 587-3755
Management Centre 24 hr (778) 241-7597**

Detox Services for Youth (PLEA)

Waypoint Program (males) **(604) 585-9195**

Daughters & Sisters Program (females) **(604) 543-7892**

**ASTRA Prevention Newton (604) 592-6217
Program Guildford (604) 587-8107**

Confidential service for youth struggling with drug/alcohol
misuse (13-18 yrs). (PCRS)

Crystal methamphetamine (aka crystal meth, crank, speed)

Short-term effects: irritability, aggression, anxiety, nervousness, convulsions, coma.

Long-term or high-dose effects: paranoia, hallucinations, repetitive behaviour patterns, delusions of bugs under the skin, psychosis, brain damage similar to Alzheimer's disease.

Crystal meth is highly addictive and users develop tolerance quickly, needing more and more to get high. It can be snorted, smoked or injected but swallowing is the safest method with the longest lasting effect. Although rare, speed can cause seizures, strokes and heart attacks. Coming down can make the user tired, lethargic and depressed, making it tempting to do more of the drug and lead to dependency. Users may become run-down and vulnerable to illnesses.

DEWY Program (604) 523-5652

Intense service for youth with serious substance misuse problems

DiverseCity Community Resources**Alcohol & Drug Program (604) 597-0205**

Confidential and free counselling in different languages.

Deltassist Alcohol/Drug Program (604) 594-3455

Counselling for anyone affected by a substance misuse problem.

~ WHITE ROCK ~**Addiction Counselling (604) 538-2522**

Free counselling, assessment and treatment. (PACS)

“When I find myself fading, I close my eyes and realize my friends are my energy” —Anon

INDEPENDENT LIVING

Service BC (604) 660-2421

Referrals and information on income assistance questions.

After Hours Emergency

Income Assistance After 4:30pm (604) 660-3194

Emergency food, shelter and medical transportation.

~ SURREY ~

Community Housing Registry (604) 590-7368

Free registry of affordable rental housing.

Next Step: Independent

Living Program for Teens (604) 596-4321

Support services for youth including independent living resources, aid for sexually exploited youth, subsidized housing for young families, workshops on skills development and anger management workshops.

Kekino Native Housing Society (604) 591-5299

Provides comfortable, affordable, housing for low-income people of First Nations ancestry.

Surrey Youth Housing Program (604) 592-6200

Assists youth in finding, securing and maintaining housing. (PCRS)

All Nations Youth Safe House (604) 584-2625**Welfare Advocacy Program (604) 596-2311****~ WHITE ROCK ~****CBCS Child, Family & Youth Ctr (604) 538-5060**

One-on-one support for youth needing/wanting to live independently (13-19 yrs). (CBCS)

MULTICULTURAL SERVICES

DiverseCity Community (604) 597-0205

Resource Society

Offers a wide range of services and programs to the immigrant and refugee communities of Surrey, Delta and Langley

Programs include the Buddy/Youth Program (15-25 yrs).

~ LANGLEY ~

Immigrant & Multicultural Svcs (604) 534-7921

Recreation, social, and language services for immigrant youth. (LCS)

Xyolhmeleylh Child & Family Svcs (604) 532-3684

Provides child protection & prevention services for Aboriginal families & youth. Programs for youth include mentorship, healthy relationships, youth council, youth camps and others.

~ SURREY ~**Metis Family Services (604) 584-6621**

Programs and services for the Metis community, including Community Mentorship Support (19 yrs & under) and Tool Time for youth (13-16 yrs). On-site Primary Health Clinic, Tues-Thurs, 9:30am-4pm (drop in or by appointment).

What is DIVERSITY?

When we talk about “diversity” we are talking about accepting and connecting with people from all cultures, sexual orientations, physical and mental abilities, religions, etc. We are all different in some way. Really, any two people who get together and talk will find they are more similar than different, regardless of their backgrounds. By getting to know people whose backgrounds are different than yours, you can learn a lot about the world and about yourself.

Kla-how-eya Aboriginal Ctr (604) 584-2008

Dedicated to the preservation of Aboriginal culture, languages, and traditions. Provides social, employment, education, and recreation services all ages including the Tiponi Growth Youth Group for girls (12-19 yrs), Thurs, 4-8pm. 13629 - 108th Ave. www.sacsbc.org

Multicultural Services Info Line (604) 572-4060

Provides information on a wide variety of services in Korean, Chinese, Vietnamese, Somali, Spanish, Punjabi, Hindi & English

Progressive Intercultural

Services Society (PICS) (604) 596-7722

Duniya Youth Committee (604) 816-7049

Duniya Dance Academy organizes car washes and community murals, volunteer hours, with a focus on South Asian youth.

~ DELTA ~

Tsawwassen First Nation Youth Ctr (604) 948-5227

Drop-in centre for youth. Provides information or assistance, or a place to simply hang out. 131 North Tsawwassen Drive.

LEGAL ASSISTANCE

Dial-A-Law

1-800-565-5297

Free legal information.

VictimLink

1-800-563-0808

Have you experienced a crime? Phone for information about getting the help you need.

Youth Against Violence Line 24 hr **1-800-680-4264**

Worried that violence is about to happen? Call for a safe and confidential way to seek help from local police. Text messages accepted.

Legal Services Society: Law Line (604) 408-2172

Paralegals are available to answer legal questions about living on your own, problems with police or landlords, and other topics. This is a very busy service so be prepared to wait.

~ **SURREY** ~

Options for Youth (604) 591-9262

For young offenders who need assistance preparing for court and/or support counselling.

Surrey Provincial Court (604) 572-2200

Legal Services Society (Legal Aid):

Surrey Regional Centre (604) 585-6595

Drop-in hours: Mon-Fri, 8:30am-4:30pm (closed 12-1pm)

#1370 Central Surrey Tower One, 13450 - 102nd Ave.

~ **DELTA** ~

Pro Bono Law Clinic (604) 594-3455

Lawyers are available for free half-hour sessions. Phone for an appointment.

EDUCATION RESOURCES

Kwantlen Polytechnic University (604) 599-2100

Post-secondary degrees and continuing education courses with campuses in Langley, Cloverdale and Newton.

Learning Disabilities Association

Fraser South Chapter (604) 591-5156

Programs and services to individuals with learning disabilities in Langley/Surrey/Delta.

Whytecliffe Education Centre (604) 532-1268

Provides academic, social and family support to students 15-18 yrs. Langley: 20561 Logan Avenue, Burnaby: 3450 Boundary Road

Youth Futures Program (604) 532-1268

Day program that seeks to strengthen relationships to community and family, and encourages academic success.

Learning Tips

- **Sleep:** Get a good night's sleep so you feel rested, refreshed and ready to learn.
- **Attitude:** Approach learning positively! Remind yourself that it's good for you and it's going to benefit you during your entire life.
- **Routine:** Try to get into a stable routine that allows time to prepare for class, to do homework, etc.
- **Food:** Eat nutritious meals and snacks. A balanced diet helps your brain work better. Berries, fresh veggies, nuts and fish are all good brain foods.
- **Exercise:** Physical activity is good for your brain. Take a break and go for a walk, bikeride, rollerblade or some other activity whenever possible!



~ **LANGLEY** ~**Langley Education Centre** (604) 534-7155

Offers options for teens and adults to continue and complete a secondary school education. 21405A - 56th Ave. www.lecss.com

Langley Continuing Education (604) 533-4227

www.langleycontinuingeducation.com

~ **SURREY** ~**Surrey Continuing Education** (604) 583-4040

www.ce.sd36.bc.ca

Surrey Connect (604) 592-4263

www.surreyconnect.sd36.bc.ca

~ **DELTA** ~**Delta Continuing Education** (604) 940-5550

~ WHITE ROCK ~

**South Surrey/White Rock
Continuing Education**

(604) 531-1515

“Learning is a treasure that will follow its owner everywhere.” —Chinese Proverb

Why Learn?

“No matter how much I dislike school or how much it may sometimes get me down, I know that it will all benefit me in the future. Education is important to me because no matter how much I may dislike sitting in school with a teacher I don't care for, I know there is nothing more important to me for my future. No matter who you are or where you are, education should be important to you. The classes we think don't matter now will in the future. Education now will shape our future.” — Anonymous

PSYCHOSIS SUCKS!

If you or someone you know is having difficulty coping, it could be psychosis. Symptoms include social withdrawal, reduced concentration/attention, depressed mood, sleep disturbance, anxiety, suspiciousness, skipping school or work, irritability. It is important to be on the alert for such changes in thoughts, feelings, perceptions and behaviour especially when they are continuous over a period of time. The word "psychosis" is used to describe conditions that affect the mind, in which there has been some loss of contact with reality. Being able to treat psychosis early is very important, since it usually starts during a very critical stage of a young person's life. Adolescents and young adults are just starting to develop their own identity, form lasting relationships, and make serious plans for their careers and future. A successful recovery leads to a healthy, productive future. (From www.psychosissucks.ca)

COUNSELLING

Kids Help Phone **24 hr: 1-800-668-6868**

Speak confidentially to a professionally trained counsellor.

Psychosis Sucks! **www.psychosissucks.ca**

Surrey, Delta, Langley: **(604) 538-4278**

Reach Child & Youth **(604) 946-6622**

Development Society

Programs and services for youth with behavioural challenges in Delta/Surrey/Langley (19 yrs & under).

“Sometimes the littlest things in life are the hardest to take. You can sit on a mountain more comfortably than on a tack.”—Author Unknown

~ LANGLEY ~**Family & Youth Service Society (604) 534-2171**

Counselling services for youth (12-19 yrs) and their families. (FAYSS)

Volunteer Community**Counselling (604) 534-7921**

Free counselling provided by professionally trained lay counsellors (14 yrs & up). (LFS)

Living Well Counselling Centre (604) 857-9811

Counselling for relationships, addiction, abuse, anxiety, and life skills.

FAYSS Street Outreach (604) 723-5173**Anger Management for Youth (604) 534-2171**

8-week interactive learning experience helping youth gain the skills they need to handle their anger. (FAYSS)

"If you can find a path with no obstacles, it probably doesn't lead anywhere."—Frank A. Clark

Dealing with stress + Anxiety

Sometimes life is very stressful. As a young person you are struggling with many issues: family, friends, school, your future, relationships, etc. And, you are busy! It is important to find a way to deal with stress. Do something that is relaxing and enjoyable, like exercising, going out with friends, playing sports or shopping. You are worth taking care of! Too much stress can result in headaches, stomach aches, body aches, burn-out, depression, exhaustion and physical illness. In addition to stress, it is normal to feel anxious about all the things going on in your life. Signs of anxiety include worrying a lot, feeling restless, having trouble concentrating, feeling irritable, and having tense muscles (e.g. jaw). High anxiety levels may result in phobias and panic attacks. If you are feeling anxious or stressed please call one of the numbers listed in this section.

~ SURREY ~**PACS Counselling Programs (604) 538-2522**

Addiction services and affordable counselling for children and youth.

Drop-in Lay Counselling (604) 584-5811

Tuesdays at 6:30pm. (SCS)

Surrey Street Youth Services (604) 589-4746

Counselling, accommodations, health and education options.

DiverseCity Community**Resources Society (604) 597-0205**

Counselling for depression, anxiety, trauma, stress, loss, alcohol and drug addictions offered in various languages like Punjabi, Hindi, Mandarin, Korean and others. (SDISS)

Immediate

Newton: **(604) 592-6200**

Response Team

Guildford: **(604) 587-8100**

~ **DELTA** ~

**Youth Empowerment
& Support Services (YESS) (604) 591-9262**

Offers short-term, solution-oriented support, counselling, and education for youth (12-18 yrs) and their families.

Deltassistis (604) 594-3455

Individual counselling for youth.

Child & Youth Mental Health (604) 501-3237

Provides mental health assessment and treatment to children, youth, and their families. Offices in North and South Delta.

~ **WHITE ROCK** ~

Counselling & Support (604) 538-5060

Crisis counselling and one-to-one support for youth (13-19 yrs).
(CBCS).

SUICIDE PREVENTION

**Crisis Intervention &
Suicide Prevention**

**(604) 872-3311
1-800-SUICIDE**

Talking about suicide

If you are worried about a friend, it is a good idea to ask them how they have been doing and whether they have thought about suicide. They are not going to get the idea to kill themselves just by you asking. They actually may be thankful for someone to talk to. The next step is to help your friend get help. With help, things can get better. Do not ever promise your friend to keep this a secret. Suicide is not something to take lightly and keep a secret. Find someone you can trust—a teacher, elder, pastor, parent or counsellor—and talk with them about your concerns. For more info, call one of the numbers listed in this section.

suicide warning signs

Suicide is a scary subject. Some people are in so much pain that they do not want to continue living. If you are thinking about suicide or you are worried about a friend, it's important to get help right away. Warning signs that someone may be thinking about suicide are:

- *Talking about it. Saying things like "I would be better off dead" or "I can't handle this any more"*
- *Significant changes in behaviour and appearance*
- *Being depressed*
- *Giving away possessions.*

South Fraser Regional

Crisis Line

(604) 951-8855

Mental Health Info Line

(604) 669-7600

**SPEAC: Suicide Prevention
Education & Counselling**

(604) 584-5811

Kids Help Phone

1-800-668-6868

~ SURREY ~**Adolescent Day Treatment (604) 585-5660**

Treats youth with severe mental health problems (13-18 yrs).

~ DELTA ~**Deltassist Suicide Prevention (604) 594-3455**

Assistance for youth at risk of suicide.

DEALING WITH GRIEF**Griefworks BC**www.griefworksbc.com**(604) 875-2741****1-877-234-3322****~ LANGLEY ~****Langley Hospice Society (604) 530-1115**

Loss and bereavement support for adults, teens and children.

~ **SURREY** ~

Surrey Hospice Society **(604) 543-7006**

Support for people who are dealing with a terminal illness or who have lost a loved one through death.

Burden Bearers **(604) 584-4112**

Grief counselling and support (Christian based).

~ **DELTA** ~

Delta Hospice Society **(604) 948-0660**

Support for individuals and families coping with life threatening diagnosis, death or bereavement.

~ **WHITE ROCK** ~

White Rock Hospice Society **(604) 531-7484**

One-to-one and group counselling support available for youth.

EATING DISORDERS

National Eating Disorder

Information Centre

1-866-633-4220

South Fraser Eating

Disorders Program

(604) 592-3700

Services for youth dealing with anorexia or bulimia.

~ WHITE ROCK ~

South Surrey/White Rock

Child & Youth Mental Health

(604) 542-3900

“Once you choose hope, anything’s possible.”—Christopher Reeve

Disordered Eating Checklist

- *Skipping meals*
- *Talking about feeling “fat”*
- *Fearful of becoming fat*
- *Not liking how your body looks*
- *Always on a diet*
- *Obsessed with food content*
- *Always thinking or talking about food*
- *Competing with others (body weight, grades, etc)*
- *Eating when sad, lonely, angry*
- *Avoiding places where food will be*
- *Secrecy about where and when eating*
- *Believe life would be better if you were thinner*
- *Not eating when hungry*
- *Exercising for reasons other than fun or fitness*
- *Perfectionism*



Common Eating Disorders

Anorexia Nervosa: self-starvation. A person is afraid of gaining weight and believes s/he is fat even though s/he may be dangerously underweight.

Bulimia Nervosa: characterized by a binge eating followed by purging. During a binge a person feels as if they cannot control eating and will purge the food by vomiting, exercising, or taking laxatives.

Compulsive Eating: impulsive or continuous eating.

Many people who develop eating disorders have irrational thoughts about their bodies—they believe they are too fat, too short or too tall, and want to be “perfect”. These thoughts make them obsess about their eating habits. Depression, loneliness and family stresses can also lead to eating disorders. To learn more, call any of the numbers listed in this section.

~ LANGLEY ~**Ishtar Transition****Housing Society****(604) 530-9442**

Safe refuge and support for women and their children dealing with emotionally, physically, and/or sexually abusive relationships.

Sexual Abuse Support Svcs**(604) 534-2871**

Professional counselling for children/youth who have experienced sexual abuse. (18 yrs & under)

What is SEXUAL EXPLOITATION?

If you are a youth exchanging sex for food, shelter, money, drugs or other benefit, you are being sexually exploited. It doesn't matter where/how it occurs, who commits it, or whether you consent. Sexual exploitation is a betrayal of trust and an abuse of power.

~ SURREY ~

Sexual Assault Nurses

Examiner Program (604) 585-5688

No waiting and a nurse is on call 24 hours a day (13 yrs & up).

Surrey Women's Centre (604) 589-8373

Information, support and crisis intervention for survivors of physical and sexual assault. Drop in for more info.

Options: Services to

Communities Society (604) 596-4321

Virginia Sam Transition House 24 hrs: (604) 572-5116

Evergreen Transition House (604) 584-3301

Rape & Assault Support (604) 589-8373

Support line for victims of sexual abuse and assault.

"Turn your wounds into wisdom."—Oprah Winfrey

Sexual Abuse Counselling Ctr (604) 584-5811

Safe house and residential program for youth involved in the sex trade. (16-29 yrs)

SEY: Stop Exploiting Youth (604) 587-8100

Services for youth who risk, or who are, being sexually exploited.

Atira Women's Resource (604) 581-9110

Society: Shimai House 24 hr (604) 581-9100
Toll free 1-877-581-9100

~ WHITE ROCK ~**Durrant Transition (604) 531-9151**

House 24 hr Crisis Line (604) 531-4430

Transition housing for women and children fleeing violence.

TRANSPORTATION

BC Transit Info Line (604) 953-3333

www.translink.bc.ca

Taxi Cabs

Langley Taxi Cabs (604) 534-5311

Clover Cabs (604) 574-5311

Guildford Cabs (604) 585-8888

Pacific Cabs (604) 596-6666

Delta Sunshine Taxi (604) 594-1111

Operation Red Nose (604) 532-0888

During November/December, volunteer drivers will pick you up and drive you in your own car to the destination of your choice for free.

HandyDART (604) 575-6600

Transportation service for individuals with physical or cognitive disabilities who need assistance to use public transit.

Quotations from the Dalai Lama on

LIFE + LIVING

- *The purpose of our lives is to be happy.*
- *Happiness is not something ready made. It comes from your own actions.*
- *If you want to be happy, practise compassion. If you want others to be happy, practise compassion.*
- *Love and compassion are necessities, not luxuries. Without them humanity cannot survive.*
- *In the practise of tolerance, one's enemy is the best teacher.*
- *Old friends pass away, new friends appear. It's just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend or a meaningful day.*
- *Our prime purpose in life is to help others. And if you can't help them, at least don't hurt them.*
- *The roots of all goodness lie in the soil of appreciation for goodness.*

THANK YOU!

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