

**NOVEMBER 2019**

# **FASD RESOURCE GUIDE**

**FOR ADULTS WITH FETAL  
ALCOHOL SPECTRUM  
DISORDER**

**A list of support programs, Vancouver  
housing options, healthcare services,  
and more.**

## SUPPORT PROGRAMS

### STRIVE CENTRE

The Strive Centre offers programs for adults with diverse abilities, including those diagnosed with FASD.

**778-370-5499** | [info@strivecentre.ca](mailto:info@strivecentre.ca)  
[www.striveliving.ca](http://www.striveliving.ca)

### COMMUNITY LIVING BC (CLBC)

CLBC offers a variety of support for adults with developmental disabilities and adults with Autism or FASD.

**604-664-0101** | [CLBCinfo@gov.bc.ca](mailto:CLBCinfo@gov.bc.ca)  
[www.communitylivingbc.ca](http://www.communitylivingbc.ca)

### KINSIGHT

Kinsight provides adults with support in employment, housing, skill development, community inclusion, and more.

**604-525-9494** | [info@kinsight.org](mailto:info@kinsight.org)  
[www.kinsight.org](http://www.kinsight.org)

### UBC LEARNING EXCHANGE

The Learning Exchange offer workshops on computer skills, english conversation, as well as other drop-in activities.

**604-827-2777** |  
[learning.exchange@ubc.ca](mailto:learning.exchange@ubc.ca)  
[www.learningexchange.ubc.ca](http://www.learningexchange.ubc.ca)

### SHEWAY

Sheway provides health and social services to women who are pregnant or have a child, that have experienced or are currently experiencing issues with substance use.

**604-216-1699** | [sheway.sheway@vch.ca](mailto:sheway.sheway@vch.ca)  
[www.vnhs.net/programs/sheway](http://www.vnhs.net/programs/sheway)

## ABORIGINAL WELLNESS PROGRAM

This program offers culturally safe programs including counselling, support groups, outreach, and education.

**604-675-2551**  
[aboriginalwellnessprogram@vch.ca](mailto:aboriginalwellnessprogram@vch.ca)

## HOUSING

### LOOKOUT HOUSING + SOCIETY

Lookout provides housing and support services to adults with low income or those who have limited housing and/or support options.

**604-255-0340** | [info@lookoutsociety.ca](mailto:info@lookoutsociety.ca)  
[www.lookoutsociety.ca](http://www.lookoutsociety.ca)

### LU'UMA NATIVE HOUSING SOCIETY

Lu'uma provides culturally-appropriate and affordable housing for low-income Aboriginal people. They also offer culturally safe healthcare, counselling, guidance, referral services, and educational and recreational activities.

**604-876-0811** | [info@lnhs.ca](mailto:info@lnhs.ca)  
[www.lnhs.ca](http://www.lnhs.ca)

## HEALTHCARE

### ASANTE CENTRE CLINIC

The Asante Centre runs a health clinic that provides primary care for patients with complex developmental needs, including those with FASD.

**778-564-7101** |  
[healthcare@asantecentre.org](mailto:healthcare@asantecentre.org)  
[www.asantecentre.org](http://www.asantecentre.org)

### HEALTH INSURANCE BC

They provide information on the Medical Services Plan (MSP) and Pharmacare.

**604-683-7151** | [info@strivecentre.ca](mailto:info@strivecentre.ca)  
[www.health.gov.bc.ca](http://www.health.gov.bc.ca)

## HEALTHCARE

### HEALTHLINKBC

Speak with a nurse about symptoms, consult a pharmacist about medications, or get healthy eating advice from a dietician.

Phone 811 (711 for deaf/hearing-impaired assistance)

### VANCOUVER NATIVE HEALTH

The Vancouver Native Health Society provides medical and social services to the Indigenous community in Vancouver.

604-254-9949 | [admin@vnhs.net](mailto:admin@vnhs.net)  
[www.vnhs.net](http://www.vnhs.net)

### FIRST NATIONS HEALTH AUTHORITY (FNHA)

The FNHA provides services focusing on health promotion and disease prevention. Some of these services include primary health care, mental health and wellness, First Nations health benefits, and Telehealth.

604-693-6500 | [info@fnha.ca](mailto:info@fnha.ca)  
1-855-550-5454 (Health Benefits Toll-Free)  
[www.fnha.ca](http://www.fnha.ca)

## MENTAL HEALTH SUPPORT/SERVICES

### BC CRISIS LINE 24/7

310-6789 (no area code)

### CRISIS LINE ASSOCIATION OF BC

This site provides a list of crisis lines across the Health Authorities in BC:

[www.crisislines.bc.ca](http://www.crisislines.bc.ca)

### 24/7 DISTRESS LINE

1-800-SUICIDE (784-2433)  
Greater Vancouver Area Line: 604-872-3311

### REGISTERED PSYCHOLOGISTS

Referral line: 1-800-730-0522

### REGISTERED CLINICAL COUNSELLOR

Referral line: 1-800-909-6303

### 24/7 CRISIS LINE FOR ABORIGINAL PEOPLE (KUU-US CRISIS LINE)

1-800-588-8717

### CANADIAN MENTAL HEALTH ASSOCIATION BC (CMHA)

CMHA provides services and supports to help maintain and improve mental health.

604-688-3234 | [help@cmha.bc.ca](mailto:help@cmha.bc.ca)  
[www.cmha.bc.ca](http://www.cmha.bc.ca)

### BC MENTAL HEALTH AND ADDICTION SERVICES

They provide specialized treatment, resources, and education for people with complex mental health and substance use challenges.

604-829-8657 | [feedback@bcmhs.bc.ca](mailto:feedback@bcmhs.bc.ca)  
[www.bcmhsus.ca](http://www.bcmhsus.ca)

### BC PARTNERS FOR MENTAL HEALTH AND ADDICTIONS

Provides information and connections to resources to help manage mental health and/or substance use problems, and also learn how to support others.

310-6789 (no area code)  
[bcpartners@heretohelp.bc.ca](mailto:bcpartners@heretohelp.bc.ca)  
[www.cmha.bc.ca](http://www.cmha.bc.ca)

## CHILD & FAMILY SERVICES

### WESTCOAST CHILDCARE RESOURCE CENTRE

They provide child development and child care information, referrals, training, and resources for parents/caregivers.

1-877-262-0022 (toll-free)  
604-709-5661 (Greater Vancouver)  
[www.wstcoast.org](http://www.wstcoast.org)

## CHILD & FAMILY SERVICES

## NOTES

### BC CHILD CARE CHOICES

They provide referrals to child care services across BC. Visit the site for contact information specific to your region.

[www.childcarechoices.ca](http://www.childcarechoices.ca)

### FAMILY SERVICES OF GREATER VANCOUVER (FSGV)

FSGV offers support, counselling, and education for parents/caregivers. They also provide conflict mediation for parents and teens, life skills development, and financial empowerment coaching.

604-731-4951

[www.fsgv.ca](http://www.fsgv.ca)

### PARENT SUPPORT SERVICES BC

They help protect the safety and wellbeing of children by offering support, advocacy, and education to those in the parenting role.

604-669-1616 | [grg@parentsupportbc.ca](mailto:grg@parentsupportbc.ca)

[www.parentsupportbc.ca](http://www.parentsupportbc.ca)

### ABORIGINAL CHILD CARE SOCIETY

A provincial organization that serves Aboriginal early childhood programs in BC.

604-913-9128 | [reception@acc-](mailto:reception@acc-society.bc.ca)

[society.bc.ca](http://www.acc-society.bc.ca)

[www.acc-society.bc.ca](http://www.acc-society.bc.ca)

## OTHER RESOURCES

### BC211

Search for services in your area (within BC) through this website:

[www.bc211.ca](http://www.bc211.ca)