



Family Connections



Mental Health and Substance Use Services

Family Resources

Support Groups, Counselling, Education Resources, etc.

Published by the Family Support and Involvement (FSI) Team, Mental Health & Substance Use Services (MHSU), Vancouver Coastal Health

The FSI team provides families with information, education, referrals, and supports; engages families so that their voice is heard throughout the MHSU system; and supports MHSU staff in involving and engaging families.

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Support Groups – General Mental Health and/or Substance Use, Vancouver		
Family Connections Support Group	Mutual support group for families with a loved one living with mental illness and/or addiction.	<ul style="list-style-type: none"> 1st Thursday & 3rd Monday of every month @ 6 – 8pm The Joseph & Rosalie Segal & Family Health Centre 2nd Floor Boardroom, 803 W 12th Ave, Vancouver Contact: VCH Family Support and Involvement Team Becky Hynes: becky.hynes@vch.ca 604-313-1918 or Otto Lim: otto.lim@vch.ca 604-290-3817
BC Schizophrenia Society Vancouver Family Support Group	Support group for families with a loved one living with mental illness.	<ul style="list-style-type: none"> From September 2019 on, every 2nd Tuesday of the month at Marpole Community Centre, 990 W59th Ave, Social room 2nd floor For meetings prior to that and other information, contact vancoast@bcss.org or 604 270 7841
St. Paul's Hospital	Support group for families of someone diagnosed with a mental illness.	<ul style="list-style-type: none"> Registration requested, call: 604-682-2344 local 62403
SMART Friends and Family	Support group for family and friends to learn and implement self-care, boundary setting, and compassionate communication tools.	<ul style="list-style-type: none"> Tuesdays 6:30 – 7:30pm. Three Bridges, 1290 Hornby Street, Rm 310. Thursdays 6:00 – 7pm. Raven Song, 2450 Ontario Street, 1st floor. Registration requested, call Oona Krieg 604-675-3988 ext 20258
Support Groups - Substance Use		
Parents Forever	A professionally supported, mutual support group for parents and family members of adult addicted children (18 years of age and up)	<ul style="list-style-type: none"> Every 2nd Friday @ 7 – 9:30pm St. Mary's Kerrisdale, 2490 W 37th Ave, Kerrisdale, Vancouver. Contact: Frances Kenny 604-524-4230 or fkenny@uniserve.com www.parentsforever.ca
GRASP Family Support Group	GRASP offers peer-led mutual support groups for families or individuals who have had a loved one die as a result of substance abuse or addiction.	<ul style="list-style-type: none"> 2nd Thursday of each month @ 7 – 9 pm Gilmore Community School, 50 South Gilmore Ave - Room 207, Burnaby Registration requested, contact graspvancouverarea@gmail.com
Al-Anon Family Groups	Mutual support groups for persons with a loved one living with alcoholism.	<ul style="list-style-type: none"> For location: http://www.rwglobal.com/~bcyukon-al-anon/meetings.html Al-Anon Central Office (Vancouver) 604-688-1716 Online Family Groups: http://www.ola-is.org/

Narc-Anon Family Groups	Mutual support groups for persons affected by another person's addiction.	<ul style="list-style-type: none"> • Locations: http://www.nar-anon.org/find-a-meeting
Support Groups - Eating Disorders		
VCH Eating Disorder Program Family Support Group	Support group for family and friends of someone who lives with an eating disorder.	<ul style="list-style-type: none"> • 1st Wednesday of each month @ 6 – 7:30pm • 3rd Floor, 2750 East Hastings, Vancouver • Contact: Hella 604-675-2531 ext 20689. • Open to all family members and friends regardless of whether their loved one is attending the VCH program.
Looking Glass Foundation of BC	Offers education and support to families and persons living with an eating disorder.	<ul style="list-style-type: none"> • 604-314-0548 • http://www.lookingglassbc.com/
Support Groups - Other Locations / Specific Concerns		
VCH – North Shore HOpe Centre	Support groups for families with a loved one living with mental illness and/or addiction receiving service through VCH on the North Shore.	<ul style="list-style-type: none"> • North Shore Hope Centre, 1337 St. Andrews Avenue, North Vancouver • 604-984-5000
Pathways Serious Mental Illness Society (formerly North Shore Schizophrenia Society)	Personal support and information on major mental illnesses — schizophrenia, bipolar disorder, depression, borderline personality disorder, concurrent disorders, and anxiety disorders.	<ul style="list-style-type: none"> • Vancouver Support Group: last Sat of each month @ 10am – noon • Café Artigiano 4010 Main St, Vancouver • Contact: Kathryn Seely, 604-926-0856 kathryn@pathwayssmi.org
Canadian Mental Health Association – Super Saturday Club	No-cost monthly recreation program for children whose parents have mental illness. Provides children the opportunity to increase their social network while promoting social skill development and confidence.	<ul style="list-style-type: none"> • Open to children aged 8-17 whose parent is a client of VCH, VCMHS, or Richmond Mental Health Services • https://vancouver-fraser.cmha.bc.ca/programs-services/super-fun-and-pandemonium-groups/ • Contact: Natalie Talson 604-872-4914 Natalie.Talson@cmha.bc.ca

Pathways Clubhouse	Chinese Family Support Groups – Cantonese & Mandarin. Support for Chinese families with a loved one living with mental illness.	<ul style="list-style-type: none"> • 2nd Saturday of each month. • Contact: Lorraine Ng 604-276-8834 ext. 215 Lorraine.ng@pathwaysclubhouse.com • https://pathchinese.wordpress.com/
Circles of Support for Loved Ones of Prisoners – John Howard Society of the Lower Mainland	Support group for family and other supporters of youth involved in the justice system.	<ul style="list-style-type: none"> • Last Monday of each month 6:30pm-7:45pm • 3360 Fraser Street • 604-872-5471 ext 222 <p>A safe place for individuals to share and obtain information about the criminal justice system, learn about and offer their insights of useful resources available in the community, and to generate a way for people with common experiences to communicate their grievances and opinions with one another.</p>
BPD Society of BC	Peer support group for persons with a diagnosis of Borderline Personality Disorders as well as their supporters	<ul style="list-style-type: none"> • Wednesdays 6:00-8:00 pm, 293 East 11th Avenue; drop-in • https://bpdsupportgroup.wordpress.com/finding-help/
Family Involvement and Support – Fraser Health	Contacts for families who have a loved one accessing mental health service in the Fraser Health Authority region.	<ul style="list-style-type: none"> • https://www.fraserhealth.ca/health-info/mental-health-substance-use/family-support/family-support

Inexpensive or free counselling – General, Vancouver		
Family Services of Greater Vancouver	Individual, couple, family, school age children counselling.	<ul style="list-style-type: none"> • Intake: 604-874-2938 ext 4119 • http://www.fsgv.ca/
Jewish Family Services Agency	Individual and family counselling available. (Open to all families and communities)	<ul style="list-style-type: none"> • Mental Health Outreach Program Email: kcampbell@jfsvancouver.ca • 604-257-5151 • https://www.jfsa.ca/ • Sliding scale available
Oak Counselling Services Society	Professionally-supervised counselling for individuals, couples, and families.	<ul style="list-style-type: none"> • 949 West 49th Ave, Vancouver • 604-266-5611 • http://oakcounselling.org/ • Sliding scale available
The Adler Centre	Professionally-supervised individual, couple, and family counselling. Also family supports such as parenting groups.	<ul style="list-style-type: none"> • #440 – 2184 W Broadway, Vancouver • 604-742-1818 • https://adlercentre.ca/counselling-clinic/
Gordon Neighbourhood House And other Neighbourhood Houses	Individuals, couples and group counseling	<ul style="list-style-type: none"> • Wednesdays 6:00pm – 8:30pm and Fridays 9:30am – 2:00pm • Email: counselling@gordonhouse.org • 604-683-2554 • https://gordonhouse.org/programs/free-counselling/ • Cost: free • Other neighbourhood houses: http://anhbc.org/index.php
Stewart and Associates	Individual, couple, and family counselling. Subsidized counselling program offers counselling sessions with a supervised counselling intern.	<ul style="list-style-type: none"> • #227 – 1118 Homer St, Vancouver • Email: admin@stewart-assoc.com • 604-687-7171 • http://www.counsellingservicevancouver.com/

Dragonstone Counselling	Individual, couple, and family counselling. Subsidized counselling program offers counselling sessions with a supervised counselling intern.	<ul style="list-style-type: none"> • Located in Kitsilano • 604-738-7557 • http://www.dragonstonecounselling.ca/index.html
UBC Psychology Clinic	Assessment and counselling services provided by Doctoral student interns supervised by registered psychologists.	<ul style="list-style-type: none"> • Douglas Kenny Building, 2136 West Mall, Vancouver • 604-822-3005 • http://clinic.psych.ubc.ca/ • Sliding Scale: \$15-\$50/hour for counselling sessions; assessments are \$360-\$1000
Scarfe Counselling UBC	Counselling provided by counseling psychology graduate students, supervised by a psychologist.	<ul style="list-style-type: none"> • 604-827-1523 • Cost: free • Clinic runs from Sept to Apr
Bounce Back Program. Canadian Mental Health Association	Telephone coaching for people with mild-moderate depression with or without anxiety. Coaching available in English, Cantonese, French and Punjabi. Family doctor's referral required to access this program.	<ul style="list-style-type: none"> • 604-874-7881 • https://cmha.bc.ca/programs-services/bounce-back/ • Cost: Free
SFU Clinical Psychology Centre	Outpatient mental health clinic and training centre associated with the Department of Psychology at Simon Fraser University (SFU)	<ul style="list-style-type: none"> • Harbour Centre Room 300 • 778-782-5200 • https://www.sfu.ca/students/health/counselling.html • Sliding scale based on household income
Living Systems Counselling	Individual, couple and family counselling. Lower-cost counselling provided by supervised interns	<ul style="list-style-type: none"> • 604-026-5496 • http://livingsystems.ca
ProChoices Community Therapy Clinic	Feminist Counselling services provided by supervised masters level and intern narrative therapists	<ul style="list-style-type: none"> • http://prochoices.ca • By donation (\$20+)

Moving Forward Family Services	For individuals and families	<ul style="list-style-type: none"> • 778-321-3054 • https://movingforwardfamilyservices.com/ • Free and pay-by-donation • Graduate level counsellors and counselling interns
CMHA North and West Vancouver	For individuals	<ul style="list-style-type: none"> • Up to 12 sessions of individual counselling for adults who do not have an open claim with ICBC, WCB or any other insurance carrier and who have a realistic potential to benefit from short-term counselling. • Intern Counsellor: \$25/session • Registered Clinical Counsellor (RCC): \$50/session • 604-987-6959, email northshore@cmha.bc.ca • https://northwestvancouver.cmha.bc.ca/programs-services/counselling/
Inexpensive or free counselling – For special issues, populations or locations		
Family Services North Shore	Individual, couple, family counselling. Clients must be residents of or work on the north shore.	<ul style="list-style-type: none"> • #203 – 1111 Lonsdale Avenue, North Vancouver • Intake: 604-988-5281 • http://www.familyservices.bc.ca/ • Sliding Scale: \$20/hour-\$120/hour based on household income
SUCCESS – Individual and Family Counselling Program	Individual and family counselling for a variety of presenting concerns offered in Mandarin, Cantonese, Korean, and English. SUCCESS programs focus on needs of new immigrants of Chinese and other ethnic origins. They also offer play and art therapy.	<ul style="list-style-type: none"> • Vancouver: 28 West Pender Street, Vancouver • Burnaby (Friday Only): Ministry of Children and Family Development Office • Coquitlam: 2058 Henderson Place, 1163 Pinetree Way, Coquitlam • 604-408-7266 or 604-684-1628 • http://successbc.ca/eng/services/family-youth/counselling-service/611-individual-and-family-counselling • Sliding Scale: \$25-\$130/hour • Referrals from Ministry of Children and Family Development will be free of charge.
Interelements	Offers individual, couples, and group therapy by a psychiatrist	<ul style="list-style-type: none"> • #303 – 2902 W Broadway, Vancouver • 604-730-8944 • http://www.sherryderappardmd.com/
Health Initiative for Men	8-session professional counselling for men	<ul style="list-style-type: none"> • For men who are gay, bisexual, and other men who have sex with men • By donation equivalent to hourly wage • 604-488-1001 ext 230 • http://checkhimout.ca/him-sexual-health-

		centre/supportcounselling
Qmunity	For members of the LGBTQ+ communities	<ul style="list-style-type: none"> • 604-684-5307 ext 100 • http://qmunity.ca/get-support/counselling
Crime Victims Assistance Program	For victims of crime, their immediate family members and witnesses	<ul style="list-style-type: none"> • 1-800-563-0808
Battered Women's Support Services	For women who have experienced abuse	<ul style="list-style-type: none"> • Women only: survivors of intimate relationship, childhood sexual or adult sexual assault, or of residential schools 604-687-1867 • http://bwsss.org

BC Responsible and Problem Gambling Program	Free gambling related professional, multilingual counselling	<ul style="list-style-type: none"> • For any British Columbian struggling with their own or their family member's gambling • 1-888-795-6111 • http://www.bcreponsiblegambling.ca
SAFER	Suicide related counselling for adults 19+	<ul style="list-style-type: none"> • Vancouver residents who have made a suicide attempt, are currently suicidal, or have suicidal thought, as well as for people concerned about the risk of suicide in a significant other or bereaved by a suicide death • 604-675-3700
Help Finding Services		
Alcohol and drug Information and Referral Service	Connects individuals to Substance use resources across British Columbia.	In Vancouver 604-660-9382 Toll Free BC 1-800-663-1441
BC211	An online and telephone directory of social services across districts of Metro Vancouver, Fraser Valley, and Squamish-Lillooet.	http://www.bc211.ca Or dial 2-1-1 on your telephone (call is free).
Mind Health	Developed by VCH and Providence Health Care in partnership with the a joint committee of the Doctors of BC and the Ministry of Health	www.mindhealthbc.ca Get the information and resources you need to start feeling better.
CIBC Center for Patients and Families at VGH	A resource centre that helps family members make informed choices about your health, before, during, and after your hospital stay.	<p>Located inside Vancouver General Hospital, the centre offers information and resources regarding a variety of health topics including mental health. Families can also access computer terminals for personal use while their loved one is in hospital.</p> <p>855 W. 12th Ave., Jim Pattison Pavilion, Room 1861 [Main floor behind the information desk] - 604-875-5887</p> <p>Hours:</p> <ul style="list-style-type: none"> • Monday – Wednesday: 10:00 am - 5:00 pm • Thursday: 11:00 am - 6:00 pm • Friday: 10:00 am - 5:00 pm

Web-based Resources: Peer Support and Consumer Resources		
Hearing Voices Network	Information about voices and visions. Check out the resources tab for free downloads and useful links.	http://www.hearing-voices.org/
Spotlight on Mental Health Website	Vancouver based Information about consumer involvement and the archives of the Family Connections Newsletter	http://www.spotlightonmentalhealth.com/family-involvement-newsletter/
WRAP (Wellness Recovery Action Planning)	WRAP® is a personalized recovery plan that includes wellness tools and action plans to achieve self-directed wellness.	http://mentalhealthrecovery.com/info-center/ The official online WRAP store http://www.spotlightonmentalhealth.com/category/wrap/ For information about local WRAP groups http://www.workingtogetherforrecovery.co.uk/Documents/Wellness%20Recovery%20Action%20Plan.pdf To see an example of a WRAP like workbook
Web-based Resources: Mental Health and Substance Use Information		
Family Involvement with Mental Health and Addiction Services Policy	This policy applies to all VCH Mental Health and Substance Use Services, programs, and units	http://mentalhealth-policies.vch.ca/policy/CA_4200.pdf
From Grief to Action	From Grief to Action is a volunteer-based not-for-profit association in British Columbia. They are a voice and a support network for families and friends affected by drug use.	http://www.fromgriefftoaction.com/
Early Psychosis Intervention Website	Information about psychosis including symptoms and treatment.	www.earlypsychosis.ca Check out Resources and Downloads for information and strategies for managing psychosis including the <i>EPI family coping kit</i>
Harm Reduction	Harm reduction information for Families	https://www.healthlinkbc.ca/healthlinkbc-files/harm-reduction http://www.vch.ca/public-health/harm-reduction

Brain Injury Association of America	Basic information, diagnosis, treatment, what to expect, FAQ's	https://www.biausa.org/brain-injury
Centre for Addiction and Mental Health	Mental illness and addiction including assessment, treatment, and research. <i>*Programs and services are based in Ontario.</i>	Free A-Z Health Information http://www.camh.ca/en/hospital/health_information/Pages/default.aspx Education http://www.camh.ca/en/education/Pages/education.aspx Research http://www.camh.ca/en/research/Pages/research.aspx
National Alliance on Mental Illness	Information and resources regarding mental illness.	www.nami.org Register for free to access online discussion groups.
Looking Glass Foundation of BC	Eating Disorders Information and Resources. Provides information about Woodstone Residence, BC's first residential treatment program for eating disorders.	http://www.lookingglassbc.com/
BC Schizophrenia Society	A family based organization providing support and education throughout BC to help family members and their ill relatives cope with schizophrenia and other serious mental illnesses.	http://www.bcscs.org/category/resources/family-friends/ Website includes family and friends section with a number of printable resources on topics including: advocacy, programs and services, confidentiality, continuity of care, etc.
Mood Disorder Association of BC	Information and resources regarding mood disorders, counselling and support services.	http://www.mdabc.net/bc-resources Check out "Educational Videos" and "Family Resources" under the Resources Tab.
BC Ministry of Health – Mental Health & Addictions	Includes <u>Guide to the Mental Health Act</u> and information about rights under the mental health ACT.	https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use
Kelty Mental Health Resource Centre	BC's Child and Youth (up to 25) Mental Health Re-source Centre. Also Eating Disorder's Resource Centre for all ages.	http://keltymentalhealth.ca/ Website includes information and resource regarding mental illness and support services in British Columbia. Kelty Centre also offers mental health education workshops and seminars as advertised on their website.

Here to Help	Self-help information and workbooks for individuals and families. Links to current & past issues of <i>Visions Journal</i> and support with getting help.	http://www.heretohelp.bc.ca/ Check out “Family Members”, “Individuals”, “Quick links” and “Personal Stories” on the home page
National Institute on Mental Health	News about the latest research in mental health. US based organization.	https://www.nimh.nih.gov/news/science-news/index.shtml
Family Caregiver Alliance	US based caregiver resource.	https://www.caregiver.org
Schizophrenia Society of Canada	Information on psychosis, schizophrenia & substance use, education & recovery programs, information for families.	http://www.schizophrenia.ca/education.php