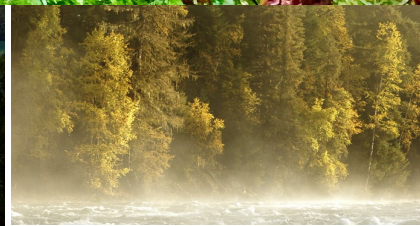


Community Wellness Resources



Resident Wellness Office |

Postgraduate Medical Education Office



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

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Tip:

Hold the CTRL button while clicking on links in this booklet to have the links open in a new browser window.



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ABUSE

Battered Women's Support Services 1-855-687-1868 www.bwss.org

Trauma and Sexual Abuse Program 604-279-7100

ANXIETY

AnxietyCanada 604-310-6789 Anxietycanada.com

Perinatal AnxietyBC 604-525-7566 perinatal.anxietybc.com



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ADDICTION/ COMPULSIVE BEHAVIOUR

Access Central– Detox Referral Line	866-658-1221	vch.ca
Butt Out	604-675-3890	
Chopra Addiction & Wellness Centre	1-888-802-3001	chopratreatmentcenter.com
ACARA Sexual Addiction Services Therapy and Counselling	604-926-3642	acara-counselling.com
Edgewood Addiction Centre	1-800-683-0111	www.edgewood.ca



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CANCER

BC Cancer Agency Support Programs	604-877-6000	http:// www.bccancer.bc.c a/RS/ VancouverCentre/ support- programs.htm
InspireHealth	1888 –734 –7125	https:// www.inspirehealth. ca/

CAREGIVERS

Caregiver Support Program	604-877-4699	http:// www.vch.ca/your- care/home- community-care/ care-options/
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DEPRESSION

H.R. Mental Well-
ness Centre

604-630-6865

[https://
mentalwell-
nessbc.ca/](https://mentalwellnessbc.ca/)

DISABILITY/ CHRONIC PAIN

Disability Resource
Network of BC

604-871-7000

<http://drnbc.org/>

Vancouver West End
People in Pain Net-
work Support Group

[http://
www.pipain.com/
support-group-
listing.html](http://www.pipain.com/support-group-listing.html)

People in Pain Net-
work

pipain.com



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EATING/ NUTRITION

Community Nutrition	604-233-3103	8100 Granville Avenue
Community Nutrition Services	604-886-5600	569 Powell Street, Vancouver
VGH Eating Disorders Program	604-675-2531	http://www.vch.ca/
Vancouver Anti-Anorexia/ Anti-Bulimia League	604-731-7304	303-1212 West Broadway, Vancouver BC
Eating Disorder Resource Centre (Compulsive eating)	604-806-9000	



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GRIEF

Grief and Bereavement Support Group	604-682-2344 (local 62355)	St. Paul's Hospital
Lower Mainland Grief Recovery Society	Downtown Vancouver and Kerrisdale: 604-696-1074, North Shore: 604-696-1076	lmgr@lmgr.ca
BC Bereavement Helpline	604 738 9950/1 877 779 2223	bcbereavementhelpline.com
Lumara Society (home of Camp Kerry Bereavement camp)	604 553 4663	www.campkerry.org
Children's Grief and Family Support Pro-	604-737-7305	www.vancouverhospice.org/



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LEGAL HELP

YWCA Legal Educator	604-734-5517 ext. 2235	http:// www.ywcavan.or g/content/
JusticeBC		http:// www.justicebc.ca /en/fam/ index.html
Lawyer Referral Service	1-800-663-1919	http:// www.cbabc.org/



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MENTAL HEALTH (VARIOUS)

Vancouver Adult Mental Health Intake	604-675-3997	vch.ca
Vancouver CBT Centre	604-738-7337	vancouvercbt.ca
Mood Disorders Association of British Columbia	1-855-282-7979	mdabc.net
VanPsych	604-871-4177	www.vanpsych.org/
Dialectical Behaviour Centre of Vancouver	604-569-1156	dbtvancouver.com/about/
First Nations Health Authority	1-855-550-5454	https://www.fnha.ca/benefits/mental-health



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PARENTING

Parent Support Services Society of BC: Parent Support Circles	1-877-345-9777	http:// www.parentsupportbc.ca/
Alan Cashmore Centre: Infants and Childhood Mental Health Service	604-675-3996	vancouvercbt.ca
Attention Deficit Hyperactivity Disorder Parent Program - FACES	604-675-3896	2750 Hastings Street E, Vancouver
YWCA Single Mothers Support Group	1-855-895-9922	www.ywcavan.org/ g/content/



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PROFESSIONAL ASSOCIATIONS

BC Association of Clinical Counsellors bc-counsellors.org/

BC Psychological Association www.psychologists.bc.ca/

SEXUALITY

BC Centre for Sexual Medicine 604-822-3690

QMUNITY: BC's Queer Resource Centre 604-684-5307 <https://qmunity.ca/>



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SUICIDE

Alliance of Hope for Suicide Survivors <https://allianceofhope.org/>

SAFER Counselling Service 604 -675-3985
Suicide Attempt, follow-up,
education and research

WOMENS

WAVAW (Women 1-877-392-7583 www.wavaw.ca
against violence
against women)

Pacific Post-Partum Support Society 604-255-7999 www.postpartum.org

Reproductive Mental Health 604-875-2025 <http://www.bcchildrens.ca/our-services/>



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WOMENS (CONT)

Fertility Community	fertilitycommunity.com
Fertility Matters (formerly IAAC)	fertilitymatters.ca
Infertility Network	infertilitynetwork.org
IVF.ca	ivf.ca
Resolve	resolve.org
Heritage Family Health	https:// www.heritagefamilyhealth.co m/butterfly-run
Vancouver Fertility Counselors	www.wellwomancounselling.c om www.lotuscounselling.com https:// www.neworiginscounselling.c om/



