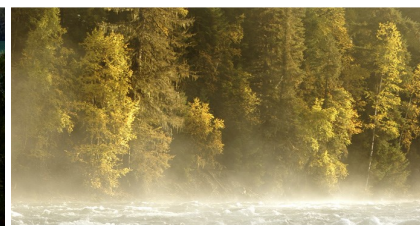


Community Wellness Resources



Resident Wellness Office | Postgraduate Medical Education



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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.



Resident Wellness Office

ABUSE

[Battered Women's Support Services](#) 1-855-687-1868

[Victim Services](#) 604-731-4951

ANXIETY

[AnxietyCanada](#) 604-620-0744

[Perinatal Mental Health Resources](#) 250-519-5390 ext. 36439



Resident Wellness Office

ADDICTION/ COMPULSIVE BEHAVIOUR

[Access Central- Detox Referral Line](#) 866-658-1221

[Butt Out](#)

[Paradise Valley Healing Centre](#) 604-892-3000

[ACARA Sexual Addiction Services Therapy and Counselling](#) 604-926-3642

[Edgewood Addiction Centre](#) 1-866-285-0111



Resident Wellness Office

CANCER

[BC Cancer Support Programs](#) 604-877-6000

[InspireHealth](#) 1-888-734-7125

CAREGIVERS

[Caregiver Support Program](#) 604-877-6000



Resident Wellness Office

DEPRESSION

[H.R. Mental](#) 604-630-6865

[Wellness Centre](#)

[Mood Disorders](#) 604-873-0130

[Association of BC](#)

DISABILITY/ CHRONIC PAIN

[Disability Resource](#)

[Network of BC](#)

[Pain BC Support](#) 1-844-430-0818

[Groups](#)

[People in Pain](#)

[Network](#)



Resident Wellness Office

EATING/ NUTRITION

[Community Nutrition Services](#) 604-938-6700

[VCH Eating Disorders Program](#) 604-675-2531

[Looking Glass BC Disordered Eating](#) 604-314-0548

[National Eating Disorder Information Centre](#) 1-866-633-4220



Resident Wellness Office

FERTILITY

[Fertility Community](#)

[Fertility Matters](#)

506-853-4401

[The IVF Network](#)

[IVF.ca](#)

[Butterfly Run](#)

[Repro Health Fertility](#)

[Lotus Counselling](#)

604-908-6139

[New Origins Counselling](#)

604-696-1696



Resident Wellness Office

FERTILITY CONT...

[Salal Sexual Violence](#) 1-877-392-7583

[Support Centre](#)

[Pacific Post-Partum](#) 604-255-7999

[Support Society](#)

[Reproductive Mental](#) 604-875-2025

[Health](#)



Resident Wellness Office

GRIEF

*Additional grief supports can be found on the Fertility page (8-9)

[Living Through Loss BC](#) 778-931-5013

[Lower Mainland Grief
Recovery Society](#) 604-696-1060

[BC Bereavement
Helpline](#) 604-738 -9950

[Lumara Society: Camp
Kerry](#) 604-553-4663

[Vancouver Hospice
Society Groups](#) 604-737-7305



Resident Wellness Office

LEGAL HELP

[YWCA Legal](#)

604-895-5800

[Educator](#)

[JusticeBC](#)

[Lawyer Referral](#)

1-800-565-5297

[Service](#)



Resident Wellness Office

MENTAL HEALTH (VARIOUS)

[Vancouver Adult](#) 604-675-3997

[Mental Health Intake](#)

[Vancouver CBT Centre](#) 604-738-7337

[Mood Disorders](#) 604-873-0103

[Association of British
Columbia](#)

[VanPsych](#) 604-558-2115

[Dialectical Behaviour
Centre of Vancouver](#) 604-569-1156

[First Nations Health
Authority](#) 1-855-550-5454



Resident Wellness Office

PARENTING

[Parent Support Services](#) 1-877-345-9777

[Society of BC: Parent Support Circles](#)

[Alan Cashmore Centre:](#) 604-675-3996

[Infants and Childhood Mental Health Service](#)

[Attention Deficit](#) 236-332-6826

[Hyperactivity Disorder Parent Program - FACES](#)

[YWCA Single Mothers](#) 604-250-6229

[Support Group](#)



Resident Wellness Office

PROFESSIONAL ASSOCIATIONS

[BC Association of
Clinical Counsellors](#) 1-800-909-6303

[BC Psychological
Association](#) 604-730-0501

SEXUALITY

[BC Centre for
Sexual Medicine](#) 604-822-3690

[QMUNITY: BC's
Queer Resource
Centre](#) 604-684-5307



Resident Wellness Office

SUICIDE

[Alliance of Hope for
Suicide Survivors](#) 847-868-3313

[Counselling Service:
Suicide Attempt Follow
Up, Education & Research
\(SAFER\)](#) 604 -675-3700





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