

BRITISH COLUMBIA

COVID Social Resource Connector

This listing of resources complements the "COVID-19 Social Care Guidance" (available at upstreamlab.org/covid19) developed in partnership with the Centre for Effective Practice and the Department of Family and Community Medicine at the University of Toronto. These resources have been compiled and maintained by a team of volunteers and we are grateful for their time and effort. This list of resources is intended to support Canadians during the COVID-19 pandemic. Listing here does not mean the Upstream Lab, or other entities endorse the resources listed or their services. Use at your own risk. Please contact us immediately (upstreamlab@smh.ca) if you are aware of new resources or have concerns about any specific resource.

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Resources

Food Resources

Meals on Wheels

Vancouver/Richmond: 604-732-7638; wmow@carebc.ca

Kelowna: 250-317-7801; marion@mow-online.com.

Chilliwack: 604-793-7242; ccsinfo@comserv.bc.ca

Burnaby: 604-299-5754 kim@burnabymeals.ca

Food Banks and Deliveries

See the link below for **Food Banks BC**, which is an online list and map of food banks in your area: <https://www.foodbanksbc.com/find-a-food-bank/>

Homelessness Resources

Emergency Shelters and Drop-Ins

Please see the link below for the **Shelter and Street Help Line** or call **211**. It will assist in giving you updated information and a map of shelters in your area:

<http://shelters.bc211.ca/bc211shelters>

<https://www.streetmessenger.io/map>

Direction Youth Services Centre

Description: provides support and a hot dinner every day for homeless youth

Location: 1138 Burrard Street, Vancouver, BC

Contact: 604 633 1472

<https://www.directionsyouthservices.ca/youth-services-centre>

Door is Open

Description: Provides to-go lunch meals for people in need

Hours: Mon 11am, Tue 11am, Wed 8:30am breakfast for women and 11:30am lunch for women, Thur 11am, Fri 11am, Sat 11am, Sun 12pm.

Location: 255 Dunlevy Avenue, Vancouver

Contact: (604) 669-0498

<https://www.thedoorisopen.ca/free-lunch-program/>

Community Self-Isolation Sites

Description: Self-isolation sites for vulnerable individuals provided by BC Housing and non-profit shelter and housing providers, across British Columbia. You will be referred by your healthcare provider.

<https://www.bchousing.org/COVID-19/community-sites>

Legal Resources

Legal Aid BC

Description: Online and remote resources, phone-only applications taken

Contact: 604-408-2172 (Greater Vancouver); 1-866-577-2525 (elsewhere in BC)

<https://legalaid.bc.ca/>

Legal Services Society – COVID-19 Family Duty Council

Description: Provides a list of contact information for Family Duty Counsels by location

https://familylaw.lss.bc.ca/sites/default/files/2020-03/COVID-19_FDC_contact_information_by_location-Updated_Mar_27_2020.pdf

Family LawLINE

Description: If you're a person with a low income experiencing a family law issue, you may be eligible for free legal advice over the telephone from a family lawyer.

Contact: 604-408-2172 (Greater Vancouver) or 1-866-577-2525 (elsewhere in BC)

Well-Being Resources

Social Isolation

Safe Seniors, Strong Communities by BC211

Description: A program that matches seniors who need support with non-medical essentials, to volunteers in their community who are willing to help.

<http://www.bc211.ca/safe-seniors-strong-communities/>

Better at Home by United Way

Description: Existing services still available through Better at Home include meal and grocery delivery, help with cooking, wellness checks, calls and visits. Call or visit the website to find the community organization serving your area.

Contact: 604.268.1312; info@betterathome.ca

<http://betterathome.ca/bah-listing/>

Interpersonal Violence

VictimLink BC

Description: Province-wide telephone help-line for victims of family and sexual violence, and all other crimes. VictimLink BC is available free to people across BC and Yukon 24 hours a day, seven days a week. VictimLink BC victim support workers provide information and referrals to all victims of crime.

Contact: 1-800-563-0808

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>

Vancouver Island Crisis Line

Description: Provides emotional support and information to people of all genders directly or indirectly affected by sexual assault or childhood sexual abuse. Facilitates hospital and/or police accompaniment for recent sexual assault survivors.

Contact: 1-888-494-3888

<https://www.vicrisis.ca/>

Victoria Sexual Assault Centre

Description: Service line - provides information about our services or referral to our programs (counselling, groups, assistance with police, and Victim Services) during regular office hours (Monday – Friday)

Contact: 250-383-3232

<https://vsac.ca/>

Women Against Violence Against Women

Description: 24 hour crisis and info line. WAVAW offers trauma-informed feminist support to survivors of sexualized violence. Our services are open to cis and trans-women and people of all marginalized genders, including Two-Spirit, trans, and non-binary people.

Contact: 1-877-392-7583

<https://www.wavaw.ca/>

Kids Help Phone

Description: offers professional counselling, information and referrals and volunteer-led support to young people in both English and French. Available by phone, text or live-chat.

Contact: 1-800-668 6868

<https://kidshelpphone.ca/>

ShelterSafe

Description: Website that can help women and children fleeing violence find shelter in their area. Call a shelter for support, information, referrals or just to talk. Most shelters on this site have staff available 24 hours, 7 days per week to answer your call.

<https://www.sheltersafe.ca/>

First Nations and Inuit Hope for Wellness Help Line

Description: Offers immediate, culturally competent telephone-based crisis intervention counselling and support for Indigenous people. Available 24 hours per day, 7 days per week in English and French. Cree, Ojibway and Inuktitut may also be available. Call or online chat.

Contact: 1-855-242-3310

hopeforwellness.ca