

# Community Resources for Indigenous Peoples

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## Crisis lines

### [Vancouver Aboriginal Friendship Centre Society – Hope for Wellness Helpline](#)

**Phone:** 1-855-242-3310 (English, Cree)

Provides immediate culturally safe crisis support for Indigenous Peoples nationwide.

### [KUUUS Crisis Line Society](#)

**Phone (24/7):** 1-800-588-8717

Emotional and crisis support by Indigenous-trained counsellors for First Nations individuals in B.C. and Yukon.

### [BC Crisis Centre – 1800SUICIDE](#)

**Phone:** 1-800-784-2433

Provincial suicide prevention line, offering multilingual and culturally sensitive support and referral, including Indigenous services.

### [The Indian Residential School Survivors Society](#)

**Phone:** 1-866-242-3310

Is a national service for anyone experiencing pain or distress because of their residential school experience.

### [Youth in BC](#)

**Chat/Phone:** details on site

Provides mental health resources and peer-support chat for youth aged 10–24, with Indigenous-specific content and local referrals.

### [Métis Crisis Line \(MÉTISBC\)](#)

**Phone (24/7):** 1-833-METISBC (638-4722)

Crisis line by Métis-trained staff offering culturally aligned support to Métis individuals.

### [Hope for Wellness Helpline](#)

**Phone (24/7):** 1-855-242-3310

**Chat Support:** Available directly via [hopeforwellness.ca](https://hopeforwellness.ca)

Languages: English, French, and upon request, Cree, Ojibway, and Inuktitut. Immediate, confidential, and culturally safe crisis intervention and mental wellness counselling for all Indigenous Peoples across Canada.

### [Trans Lifeline](#)

**Phone:** 1-877-330-6366 (US and Canada)

Peer-led hotline staffed by trans people, including Two-Spirit, offering affirming and culturally aware support.

## Downtown Eastside shelters

### [Union Gospel Mission – Men’s Emergency Shelter \(The Cornerstone\)](#)

**Address:** 601 East Hastings Street, Vancouver, B.C.

**Phone:** 604-253-3323

This 24/7 men’s shelter (cis and trans inclusive) provides up to 92 beds nightly, showers, laundry, hygiene items, lockers, case management, spiritual support and referrals to housing and recovery services.

### [Union Gospel Mission – Women & Families Centre \(The Sanctuary\)](#)

**Address:** 616 East Cordova Street, Vancouver, B.C.

**Phone:** 604-253-4044

Provides 24/7 shelter, recovery housing, childcare, case management, meals, life-skills programming, and spiritual support tailored to women (including trans) and their children.

### [Lookout Housing & Health Society – Downtown Shelter \(Al Mitchell Place\)](#)

**Address:** 346 Alexander Street, Vancouver, B.C.

**Phone:** 604-681-9126

A 24-hour emergency centre serving men and women, including Indigenous clients, with meals, crisis counselling, case planning, medication management and health supports. Pets welcome, wheelchair accessible.

### [Lookout Housing & Health Society – Belcourt Residence](#)

**Address:** 947 East Hastings Street, Vancouver, B.C.

**Phone:** 604-336-9230

Mixed-income supportive housing offering 70 units (including low-income and geared-to-income), on-site case support, life skills training. Pets welcome, wheelchair accessible.

### [Lookout Housing & Health Society – Carr’s Place](#)

**Address:** 544 Columbia Street, New Westminster, B.C.

Provides second-stage transitional housing for individuals needing supportive services, including life skills programs. Pets welcome, wheelchair accessible.

### [Lookout Emergency Aid Society – Street Shelter](#)

**Address:** 225 Dunlevy Avenue, Vancouver, B.C.

**Phone:** 604-629-1497

Offers emergency shelter, food support, outreach, and housing navigation for people experiencing homelessness, including Indigenous Peoples.

### [Shelter Lists](#)

**Address:** Please check website

**Phone:** 211

The Shelter and Street Help Line assists people who are affected by homelessness in the Metro Vancouver and Fraser Valley regional districts, as well as in Greater Victoria.

## Addictions and substance use support

### [FNHA Mental Wellness & Substance Use Treatment Centres](#)

**Phone:** Province-wide directory; local contact varies

Links to Indigenous-led detox, treatment, and residential support programs across B.C.

### [Three Bridges – Pathways BC Addiction Matrix](#)

**Address:** 2008 E Hastings St, Vancouver, B.C.

**Phone:** 604-675-2522

Offers outpatient Indigenous-specific addiction counselling, withdrawal management and peer support using cultural frameworks.

### [Tsow-Tun Le Lum Society](#)

**Address:** 2850 Miller Rd, Duncan B.C.

**Phone:** 250-390-3123

If you are in urgent need of support by phone, call toll-free support line 1-888-403-3123.

Provides confidential outreach services in B.C., such as counselling, cultural supports and personal wellness programs.

### [NCCBC – Indigenous Outpatient Counselling & Detox](#)

**Phone:** Province-wide services; local contact available

Provides culturally integrated outpatient addiction support and detox services via the Courtworker network.

### [Access Central - Detox Referral Line](#)

**Phone:** 1-866-658-1221

Available 7 days a week. Clients can be added to detox waitlist and provided with info on other addiction supports. Access Central offers same-day assessments and personalized care plans for those in the VCH area, with inpatient or outpatient options.

## Senior assistance

### [411 Seniors Centre Society](#)

**Address:** 1111 Bute Street, Vancouver, B.C.

**Phone:** 604-736-2634

Offers activity programs, meals, referral services, and elder-friendly support, welcoming Indigenous seniors through inclusive programming.

## Community-based support services

### [Culture Saves Lives: Cultural healing and arts-based programming](#)

**Address:** 528 Powell Street, Vancouver, B.C.

**Phone:** 604-683-0073

Culture Saves Lives offers Indigenous-led cultural and wellness programming through traditional arts, ceremony, and land-based healing. It supports community connection, harm reduction and healing for people who use substances and are impacted by colonial trauma.

### [Aboriginal Front Door Society – Drop-in and support services](#)

**Address:** 384 Main Street, Vancouver, B.C.

**Phone:** 604-697-5662

This Indigenous-led drop-in center provides cultural healing, crisis response, harm reduction, advocacy, food, traditional medicines and access to Elders. It supports Indigenous Peoples who are unhoused or street-involved in the Downtown Eastside.

### [All Nations Outreach Society – Outreach and cultural services](#)

**Address:** 623 Powell Street, Vancouver, B.C.

**Phone:** 604-685-1824

All Nations Outreach offers spiritual and cultural support, referrals, meals, clothing, and outreach for Indigenous Peoples in Vancouver. The society helps individuals connect with health care, housing and recovery supports through a culturally grounded approach.

### [Vancouver Aboriginal Friendship Centre – Community and cultural services](#)

**Address:** 1607 E Hastings Street, Vancouver, B.C.

**Phone:** 604-251-4844

The Friendship Centre offers programs for children, youth, families, and Elders including housing support, family programs, cultural workshops, food distribution and health services. It is a hub for Indigenous cultural connection and community-based support.

## Spiritual care

### [Downtown Eastside Women's Centre](#)

**Address:** 506 East Hastings Street, Vancouver, B.C.

**Phone:** 604-255-7421

Offers day programming, crisis support, traditional teachings, cultural connection and phone access for women, including safe spaces for Indigenous participants.

### [First United Church](#)

**Address:** 1300 West 12th Avenue, Vancouver, B.C.

**Phone:** 604-736-8271

Provides drop-in meals, counseling, and spiritual care in a compassionate, inclusive setting and supports Indigenous-led ceremonies and pastoral counselling.

### [Union Gospel Mission](#)

**Address:** 601 E Hastings Street, Vancouver, B.C.

**Phone:** 604-253-3323

UGM Reception is open 24/7 and meets people wherever they're at, helping restore lives by providing for their whole needs.

## Food

### [Meals On Wheels Vancouver](#)

**Address:** 204 - 3077 Granville Street, Vancouver, B.C.

**Phone:** 604-733-6614

Meals on Wheels Vancouver is a non-profit community organization that delivers freshly prepared, nutritious meals to homebound seniors and individuals with mobility challenges across the city, supporting their health and independence.

### [Carnegie Outreach Centre](#)

**Address:** 392 Powell Street, Vancouver, B.C.

**Phone:** 604-665-3318

The Homeless Services Outreach Team provides weekday office support and late-night street outreach in Vancouver to connect the most marginalized people experiencing homelessness with housing, income, health and harm-reduction services.

### [Quest Non-Profit Grocery Markets](#)

**Address:** 637 E. Hastings Street, Vancouver, B.C.

**Phone:** 604-253-2078

Quest Outreach Society disrupts the cycle of food insecurity by sustainably sourcing healthy, affordable food and bridging the gap between food banks and grocery stores to offer a dignified, accessible shopping experience.

### [Watari's Food Security Program](#) (Indigenous Elders Grocery Program)

**Address:** 200-678 East Hastings Street, Vancouver, B.C.

**Phone:** 604-254-6995

Actively combats food insecurity in Vancouver by enhancing overall health, fostering strong community connections, promoting food sovereignty, and supporting sustainable local food systems.

### [Kilala Lelum Indigenous Health](#) (Food Security Program)

**Address:** 626 Powell Street, Vancouver B.C.

**Phone:** 604-620-4010

Through the central work of our community health workers, Kílala Lelum offers daily nutritious and hot breakfast, snacks and lunches for our members.

### [Free and low-cost food programs in Vancouver](#)

This map provides locations and details on where to access free or low-cost meals and groceries, including food banks, and is regularly updated by the City of Vancouver in consultation with program operators.

### [Community Food Access Map](#)

The information contained in this booklet includes free and some low cost, ready-to-eat meal options publicly accessible by people living in the Downtown Eastside community of Vancouver.

## Health

### [Métis Portals – Aboriginal Diabetes Initiatives](#)

PDF directory listing B.C. programs supporting Indigenous diabetes self-management through culturally informed care.

### [FNHA Diabetes Management Infographic](#)

Provincial guide for Indigenous Peoples living with diabetes, emphasizing culturally grounded wellness.

### [FNHA Living with Cancer Booklet](#)

Resource for Indigenous Peoples on culturally safe cancer care and supports in B.C.

### [FNHA Tuberculosis Program](#)

Offers outreach and culturally appropriate TB prevention and treatment services for Indigenous communities.

### [St. Paul's Hospital- Indigenous Wellness Liaison Team](#)

**Address:** 1081 Burrard Street, 4<sup>th</sup> Floor Providence Bldg, RM 4010, Vancouver, B.C.

**Phone:** 604-682-2344

Providence has a team of Indigenous Wellness Liaisons. This team support patients who identify as First Nations, Métis or Inuit. For more information send email to: [IWL@providencehealth.bc.ca](mailto:IWL@providencehealth.bc.ca)

### [BC Aboriginal Network on Disability Society \(BCANDS\)](#)

**Address:** 1011033 Davie Street, Vancouver, B.C.

**Phone:** 604-777-9100

Supports Indigenous Peoples with disabilities by providing advocacy, peer support, and navigation to specialized care.

### [First Nations Virtual Doctor of the Day](#)

**Phone:** 1-855-344-3800

Provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in B.C. and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day. Call 1-855-344-3800 to book an appointment.



#### [Indian Residential School Survivors Society](#)

**Phone:** 1-800-721-0066

IRSSS partners with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools in B.C. and their families, regardless of status.

#### [Missing & Murdered Indigenous Women & Girls Health Support Services](#)

**Address:** 203 - 1448 Commercial Drive, Vancouver, B.C.

**Phone:** 1-844-413-6649

MIWG HSS is a national program administered in B.C. through Health Benefits. Counselling is available to address mental distress and trauma resulting from the issue of missing and murdered Indigenous women and girls in Canada. Services are available for survivors, family members and others affected by the issue.

## Dental

#### [Reach Community Health Centre – Dental Clinic](#)

**Phone:** 604-253-3755

Offers subsidized dental care, including services aimed at Indigenous clients experiencing poverty or housing instability.

#### [Vancouver Aboriginal Health Society – Dental Clinic](#)

**Address:** #1-1720 E Hastings Street, Vancouver, B.C.

**Phone:** 604-215-5220

Provides Indigenous-led dental and oral health services incorporating cultural safety standards.

#### [Lookout Housing Society – Dental Clinic](#)

**Phone:** 604-253-5474

Mobile dental services for people experiencing homelessness in the DTES; includes outreach to Indigenous clients.

## Employment services

#### [Vancouver Aboriginal Friendship Centre Society – Employment & Life Skills](#)

**Address:** 1607 E Hastings Street, Vancouver, B.C.

**Phone:** 604-251-4844

Provides Indigenous-led job training, resume writing, life-skills workshops and employer connections.

#### [Access Futures – Training & Employment for Indigenous People](#)

**Address:** 2235 Willingdon Avenue #326, Burnaby, B.C.

**Phone:** 604-299-9718

Offers education, employment, and entrepreneurial support designed for Indigenous adults, youth, and families.

[WorkBC Mainland Southwest – East Hastings Centre](#)

**Address:** 134 E Hastings Street, Vancouver, B.C.

**Phone:** 604-660-6879

Provides job search resources, career workshops, and Indigenous-focused employment services.

[Sto:lo Nation Employment Services](#)

**Address:** 7201 Vedder Road, Chilliwack, B.C.

**Phone:** 604-8243-200

Offers Indigenous employment training, skills development and support for Sto:lo community members.

[Métis Nation BC – Employment & Training](#)

**Phone:** 604-557-8222

Offers Métis-specific employment services including training, apprenticeships and career counselling.

[WorkBC – Indigenous Resources](#)

**Phone:** Contact nearest WorkBC centre

Provides culturally tailored employment and training programs across B.C. workplaces.

## 2SLGBTQIA+ programs

[VCH Three Bridges Trans Specialty Care](#)

**Address:** 2008 E Hastings Street, Vancouver, B.C.

Provides trans-specific primary care and hormone therapy for Indigenous and non-Indigenous clients.

[VCH Prism Services](#)

**Phone:** 604-733-2605

Specialized support teams offering culturally safe care for 2SLGBTQ+ clients, including Indigenous Two-Spirit supports.

[RainCity Housing – LGBTQ2S+ Youth Housing](#)

**Phone:** 604-685-1920

Provides housing and support for LGBTQ2S+ youth, including culturally affirming care for Indigenous Two-Spirit youth.

[UNYA 2Spirit Collective](#)

**Phone:** 604-254-7733

A collective supportive of Two-Spirit youth offering cultural, peer and land-based connection.

[Dancing to Eagle Spirit Society](#)

**Address:** 200–1720 E Hastings Street, Vancouver, B.C.

**Phone:** 604-215-5606

Serves Two-Spirit community through cultural connection, ceremonies and arts affirming Indigenous queer identities.



## Travel and transportation

### [FNHA Medical Transportation Benefit](#)

Province-wide; contact local FNHA office for assistance

Funds medical travel for Indigenous patients to treatments outside their home community.

### [Treaty 8 Tribal Association – Medical Travel Assistance](#)

**Address:** 1605 McGill Rd #300, Kamloops, B.C.

**Phone:** 250-828-9722

Provides transportation assistance for Treaty 8 members needing medical care beyond their territory.

### [Government of BC – Medical Travel Assistance](#)

Toll-free: 1-800-665-2262

Offers travel subsidy for residents including Indigenous patients travelling for out-of-region medical treatment.

### [Angel Flight BC](#)

**Address:** 601 West 57th Avenue, Vancouver, B.C.

**Phone:** 1-877-999-3042

Charitable air-transport service for B.C. patients with specialized medical needs, including Indigenous clients.

### [Tsleil-Waututh Nation Medical Transportation](#)

Contact via Tsleil-Waututh Nation office: 604-929-5138

Provides transportation support for enrolled members' medical appointments.

## Daycare and childcare

### [Sundance Daycare](#)

**Address:** 2155 West Broadway, Vancouver, B.C.

Offers early childhood education with inclusive staffing; nearby First Nations involvement in programming.

### [Aboriginal Mother Centre Society – Daycare](#)

**Address:** 1003 Kingsway, Vancouver, B.C.

**Phone:** 604-558-2627

Operates culturally safe, Indigenous-led childcare and parenting supports, continuing from its transformational housing model.

### [CityGate Early Learning & Child Care \(YWCA\)](#)

**Address:** 535 Hornby Street, Vancouver, B.C.

**Phone:** 604-895-5838

Provides daycare within recovery-focused housing, ensuring culturally safe care for Indigenous children of clients.

[Kiwassa Neighbourhood House – Childcare](#)

**Address:** 2424 Oxford Street, Vancouver, B.C.

**Phone:** 604-254-5401

Offers inclusive childcare with Indigenous culture-centred programming and community support.

[Phil Bouvier Family Childcare Centre \(Central City Foundation\)](#)

**Address:** 345 Powell Street, Vancouver, B.C.

**Phone:** 604-717-3440

Serves workers' children near DTES with inclusive childcare programs rooted in cultural respect and community.

## Youth

[Urban Native Youth Association](#)

**Address:** 1618 East Hastings Street, Vancouver, B.C.

**Phone:** 604-254-7732

Native Youth Health and Wellness Centre

UNYA serves as a hub of Indigenous youth excellence, guiding young people on their journeys by elevating and celebrating their voices. In doing so, it empowers Indigenous youth to lead and inspire across all Nations.

[Vancouver Aboriginal Community Policing Centre Society](#)

**Address:** 1719 Franklin Street, Vancouver, B.C.

**Phone:** 604-678-3790

Created to address social justice, improve safety for Indigenous Peoples, and strengthen Vancouver Police Department and Indigenous community relations through education and dialogue.

