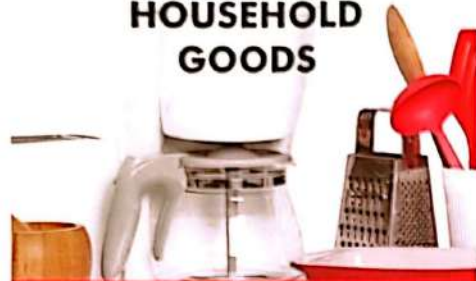


HOUSEHOLD GOODS



Low cost and free

اسباب و وسایل ارزان قیمت منزل

Thrift Stores

Habitat for Humanity Langley Restore

20104 Logan Ave, Langley City, BC Tel: 604-514-1223
www.habitatgv.ca/restore-locations socialmedia@habitatgv.ca
Sells discontinued or surplus furniture and homeware. Also a great source of used building supplies like sinks, lighting, or fixtures. More expensive than a thrift store, but considerably less than buying new.

Inn for Women Thrift Fashion Boutique

5760 176 Street Surrey BC Tel: 604-786-1949
www.facebook.com/innforwomen/ innforwomen@gmail.com
A non-profit, second hand boutique in Cloverdale that donates 100% of their proceeds to benefit women in need. Staffed by volunteers. Generally open from 10:00 to 4:00 Mon-Sat.

The Living Room Store

1233 Johnston Road White Rock BC Tel: 604-536-3545
www.livingroomstorewr.com/ lrsmanager@lfechurchwr.com
A non-profit, second hand boutique in Cloverdale that donates 100% of their proceeds to benefit women in need. Staffed by volunteers. Generally open Tuesday to Saturday 10:30am-4:30pm closed on Sunday and Monday.

MCC Centre Thrift

33933 Gladys Avenue Abbotsford BC, V2S 2E8
Tel: 604-854-2062 thrift.mcc.org/ thrift@mcc.org
Only practical if you have access to a vehicle but worth the trip. Best selection of furniture of any thrift store we know of.

M.C.C. Thrift Store

10653 King George Blvd, Surrey BC V3T 2X6
Tel: 604-583-0465 thrift.mcc.org/ surreythrift@mccbc.ca

Peace Arch Hospice Thrift Store

Unit 2A 15562 24th Ave Surrey BC V4A 2J5 Tel: 604-538-7600
www.peacearchhospice.org/thrift-store/
thriftstore@pahospicesociety.org

FOOD & TRANSPORTATION



Low cost and free

تغذیه و حمل و نقل

Low Cost Meals

Alexandra Neighbourhood House

2916 McBride Ave. Surrey BC
Tel: 604-535-0015 alexhouse.net info@alexhouse.net
Registration preferred. Monthly lunch is offered every second Wednesday. Cash-only. The cost is \$15 (\$12 for members). If unable to pay due to financial hardship, please speak to staff.

Cloverdale Community Kitchen

5337 180 St. Surrey BC
Tel: 778-617-3000 mycck.ca info@mycck.ca
Community meal Monday to Friday at 6pm. Have a number of other services such as Mobile Meal Delivery, Temporary Shelter, Christmas Hamper, and Food Bank.

Food Skills for Families

www.foodskillsforfamilies.ca foodskillsBC@bccdc.ca
Connecting people in the kitchen, teaching hands-on cooking skills and making healthy eating, grocery shopping and cooking easy, quick and fun. A 'hands-on' skill-building program developed by dietitians and educators. Participants learn how to make healthy meals and how to make healthier snack and beverage choices while gaining confidence in the kitchen.

Fraser Region Aboriginal Friendship Centre

A101-10095 Whalley Blvd. Surrey BC
Tel: 604-595-1170 fracfa.org reception@fracfa.org
Offer a range of programs for all ages. Many programs, including culture nights, have meals or refreshments.

Gateway of Hope (OFFERS DAILY MEALS)

5787 Langley Bypass, Langley BC
Tel: 604-514-7375 gatewayofhope.ca
Andrea.voss@salvationarmy.ca
Lunch 12:30pm-1:30pm. Every day of the week. Serving three (3) meals per day to our shelter guests and one (1) meal per day to the public, 7 days a week, 365 days a year.

HEALTH SERVICES



Low cost and free

Dental Care

خدمات درمانی رایگان و ارزان قیمت

Help Finding A Dentist

Tel: 604-736-7202 or 1-888-396-9888
www.yourdentalhealth.ca
Website created by the BC Dental Association. Has an online tool to help you find a dentist. Lets you search by location and other criteria including language, Ministry dental plans, types of services and more. Also has listings for reduced cost clinics and links to different government dental plans.

Lookout Dental Clinic

10697 - 135 A Street Surrey, B.C. V3T 4E3
Tel: 604-545-4012 dental@lookoutsociety.ca
lookoutsociety.ca/project/dental-clinic/
Offers low cost dental care for those who are unable to access treatment otherwise. Call for more information or to make an appointment. Ministry and NIHB clients accepted.

Pacific Oral Health Centre

Suite 300, 15850 24th Ave Surrey BC
Tel: 604-536-2700 www.pohs.ca info@pohs.ca
Offers discounted services for those who demonstrate financial need. Phone ahead to book an appointment. Services provided by students. Fully qualified dentists are also on staff.

SOURCES—Peach Arch Free Dental Clinic

882 Maple St. White Rock BC V4B 4M2
Tel: 604-542-4357 help@sourcesbc.ca
www.sourcesbc.ca/our-services/volunteer-services-dental-clinic/
Dental services for individuals who have moderate income levels, live in White Rock/South Surrey area and don't have dental benefits. Basic dental services including dental examinations, pain relief, basic tooth restoration (e.g. fillings) and tooth extractions. In person registration with proof of residency is required.

Strive Dental Clinic

101-12837 88 Ave, Surrey, BC V3W 3K2
Tel: 604-503-5710 strivedental.ca
Non-profit dental clinic. Uninsured and low-income families qualify for a 20% discount off of general dental treatment. Insured patients with financial hardship may also qualify for discount.

EMPLOYMENT & INCOME



Low cost and free

استخدام و درآمد

Work BC Centres

Each centre provides resume help and aid in job search. Free computer access, printing and faxing for job seeking only. Each centre has a catchment area. Find out which location to go to at their web-site or ask at your local library.

www.workbc.ca

Also offers some great online career planning and aptitude quizzes: careerdiscoveryquizzes.workbc.ca

WorkBC - Cloverdale
202 - 17700 - 56 Avenue Surrey, BC
Tel: 778-547-5020

WorkBC - Delta
310 - 11861 88th Avenue
Tel: 604-591-9116

WorkBC - Fleetwood/Guildford
202 - 10334 152A Street Surrey, V3R 7P8
Tel: 604-580-9740

WorkBC - Newton
110-7525 King George Blvd. Surrey BC
Tel: 778-728-0175

WorkBC - Whalley
160 - 10362 King George Blvd Surrey, BC
Tel: 604-584-0003

WorkBC - White Rock/South Surrey
108-1688 152 St. Surrey BC
Tel: 604-531-3331

Employment Programs & Services

BARISTAS Training

#201B 10334 - 152A Street Surrey, BC V3R 7P8
Tel: 604-992-2133 pcrs.ca baristas@pcrs.ca
Free program for youth ages 16-30 years old. Offers 3 certificates including Food Safe, Super Host and Serving It Right.

EDUCATION/ESL & CITIZENSHIP



Low cost and free

تحصيل و اقامت

Adult & Teen Education

Early Years Hub

204 - 7327 137 St. Surrey, BC
Tel: 604-619-9488 the-centre.org/early-years-hub/
A free, friendly, welcoming setting where children (birth to 6 years old) and their parent/caregiver can come play, read, socialize and make new friends. Helps families find support, resources, and programs to fit their needs related to parenting, child development, or the health and safety of children.

Envision Financial Reading Buddies

www.surreylibraries.ca/reading-buddies
Reading practice for children in grades 2-4.

Family Resource Programs

www.options.bc.ca/program/family-resource-program
Free drop-in program for families with children 0-6 years. Offers a welcoming, fun, child friendly space for families to play, socialize, share information, receive support, access resources and learn from Early Childhood Educators. Some locations also offer the Parent Education and Peer Support (PEAPS) program.
Cloverdale: 6188 176 St. Surrey Tel: 604-842-0780
Mondays and Wednesdays: 12 - 2 pm
Guildford: 10310 - 154th St. Surrey Tel: 604-583-3844
Tues to Sat: 9:30 - 11:30 am, plus Thurs: 1 - 3 pm
Newton: #100-6846 King George Hwy.
Tel: 604-572-8032 ext. 31550
Thursdays and Fridays 9:30-11:30 am
Whalley: 12740 - 102 Ave Surrey BC Tel: 604-580-2344
Mon to Wed: 9:30 - 11:30 am

First Steps Early Years Refugee Settlement

Tel: 778-868-1802
www.options.bc.ca/program/first-steps-early-years-settlement-program
Supports refugee families and their children 0-6 years. Includes drop-in programs, parenting support, nutrition and health information. Also orientation to parenting in the Canada, mental health counseling, and a father's group.
Newton Location: DIVERSEcity #201, 7380 - 137 St. Surrey
North Surrey Location: #208 - 14888 104 Ave Surrey

LEGAL SERVICES



Low cost and free

خدمات حقوقی رایگان و ارزان قیمت

General Legal

Access Pro-bono Legal Clinics

Tel: 604-878-7400 or 1-877-762-6664
www.accessprobono.ca help@accessprobono.ca
Service by volunteer lawyers with eligibility based on income. 30-minute appointments scheduled 2-3 weeks in advance, and offered around Surrey. Cannot provide services on an urgent basis. Call to setup an appointment.

Amici Curiae (Friends of Court)

Tel: 778-522-2839 www.legalformsbc.ca legalformsbc@gmail.com
Get help completing legal forms in a one-hour session with a legal professional. Service available through videoconferencing in Zoom, or by phone. Book an appointment by phone or on their website.

Ask JES Multilingual Legal Help

Tel: 1-855-875-8867 (call/text) legalhelpbc.ca
Can answer legal questions in a range of languages via phone or text. Also have a chat service online. Supported by UBC law students, as well as a knowledge base of over 1000 legally reviewed questions and answers. When complex questions are asked, they are escalated legally trained professionals who respond by email. Provides legal help information, not legal advice.

Askanadvocate.ca by SOURCES

Website provides basic and clear information about tenancy, income assistance, disability benefits (provincial and federal), and other income supports. Has videos, FAQs, fact sheets, and links to other services and resources.

British Columbia Ombudsperson

947 Fort St. Victoria BC
Tel: 1-800-567-3247 www.bcumbudsperson.ca
May be able to help if you think a provincial government ministry, public agency, or local government has treated you unfairly. Receives enquiries and complaints about the practices and services of public agencies within its jurisdiction and impartially investigates to determine whether they have acted fairly and reasonably, and whether their actions and decisions were consistent with relevant legislation, policies and procedures.



TEEN VOLUNTEER OPPORTUNITIES IN SURREY

فرصت انجام فعالیت‌های داوطلبانه برای نوجوانان

Any volunteer opportunities that have an asterisk () next to them currently specify that they may not be accepting or processing new applications due to COVID-19. Please refer to each website for the most up-to-date information.

Surrey Libraries

Teen Library Council

Ages 13-18

Join the Teen Library Council (TLC) to become a youth ambassador for Surrey Libraries!

TLC members give back to their community by planning events and advising the library of library services that are meaningful to the teen community. Applications open once a year in August.

For more information, visit surreylibraries.ca/services/teens/teen-library-council

Teen Read & Review

Ages 12-18

Are you looking for a fun way to earn some volunteer hours? Do you enjoy reading a variety of genres? Join our Teen Read & Review program! Each month we'll have a new genre and a new list of books for you to choose from. Check out any book on the list, read it, and send us a review. Earn volunteer hours and have your reviews posted on our website! For more information, visit <https://www.surreylibraries.ca/teen-read-review>

Teen Reading Buddies (Big Buddies)

Ages 14-18

As an Envision Financial Reading Buddies Volunteer, you are a role model to a young reader, practicing reading with your buddy and engaging in fun literacy activities. Being a Big Buddy is a rewarding experience and counts towards required volunteer hours! Applications open in Spring and Fall.

For more information, visit surreylibraries.ca/reading-buddies



ACTIVITIES IN THE COMMUNITY

معرفی فعالیت‌های تفریحی و

جانبی

and free

Leisure Access Program

Tel: 604-502-6325 LeisureAccessProgram@surrey.ca
www.surrey.ca/LeisureAccess

This is an unbelievably good deal! Surrey Parks and Recreation offers an impressive range of activities. With the Leisure Access Program, you can join Surrey recreation activities for 75% off, or in some cases, free. There is detailed information on who is eligible and how to apply online.

Surrey Recreation Centres

City of Surrey—Parks, Recreation & Culture

www.surrey.ca/parks-recreation/recreation-facilities
parksrecculture@surrey.ca

The City offers a wide range of recreation opportunities around Surrey. Pick up the latest recreation guide at your local library or recreation centre or check the website. These guides have lists of different facilities and the programs currently offered. This combined with the Leisure Access Pass means hours of fun.

Chuck Bailey Recreation Centre

13458 - 107A Avenue, Surrey Tel: 604-598-5898

Clayton Community Centre

7155 187A Street Surrey, BC Tel: 604-502-6300

Cloverdale Recreation Centre

6188 - 176th Street, Surrey Tel: 604-598-7960

Don Christian Recreation Centre

6220 - 184 Street Surrey, BC Tel: 604-502-6400

Fraser Heights Recreation Centre

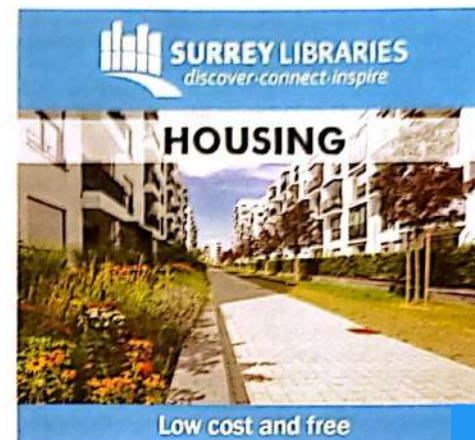
10588 - 160th Street Surrey, BC Tel: 604-592-6920

Guildford Recreation Centre

15105 - 105th Ave, Surrey BC Tel: 604-502-6360

Newton Recreation Centre

13730 - 72 Avenue Surrey, BC Tel: 604-501-5540



HOUSING

Low cost and free

تهیه مسکن

Affordable Housing

Housing Listings & Assistance

BC Housing

101-4555 Kingsway Burnaby BC V5H 4V8

Tel: 1-800-257-7756 www.bchousing.org

BC Housing develops, manages, and administers a wide range of subsidized housing options in BC. Applying with BC Housing is a great solution to long term housing issues but wait times for a spot can be long.

Co-operative Housing Federation of BC (CHF BC)

220-1651 Commercial Drive Vancouver, BC V5L 3Y3

Tel: 604-879-5111 www.chf.bc.ca info@chf.bc.ca

Maintains a list on their website of housing co-ops currently accepting applications. Also has information on co-ops in general.

Options Homelessness Services

#100- 13583 81 Ave Surrey BC V3W 3C6

Tel: 604-590-7368 housing.registry@options.bc.ca

Provide housing resources and a short term housing rent subsidies (catchment areas: Surrey, Delta, White Rock, Ladner and Tsawwassen) . Hours of service on appointment basis only from Tuesday to Thursday 9-11am and 1-3pm.

SOURCES Newton Resource Centre

#102-13771 72A Ave Surrey BC V3W 9C6

Tel: 778-731-9195 www.sourcesbc.ca info@sourcesbc.ca

Provides a weekly housing list of advertised rental units and housing supplier applications. Will help you look for housing. Also provides phone to access potential housing rentals.

Seniors Services Society

750 Carnarvon St. New Westminster BC V3M 1E7

Tel: 604-520-6621 www.seniorsservicesociety.ca

Provides an online directory of various types of seniors housing in the Lower Mainland. Has housing information, referrals, and an outreach program. Also has a temporary housing program

