

Resource category	Organization	Phone	Website	Notes
Advocacy	North Shore Community Services - Legal Advocacy Program	Telephone: (604) 985-7138 (speak to legal advocate) 201-935 Marine Dr., North Van Capilano Mall	http://www.nscr.bc.ca	Hours: 9 AM to 4:30 PM
Crisis	North Shore Crisis Services Society	604-987-0366 119-255 West 1 st St., N. Van Suicide/Crisis Line - 24 Hours 604-872-3311	http://www.nscss.net	24 hour women's crisis line to deal with abuse issues. General advocacy services & transition home for women fleeing abuse.
Culturally Specific	North Shore Multicultural Society	(604) 988-2931 207-123 East 15th St, N. Van	http://www.nsms.ca	Advocacy Description: Settlement counsellors provide info & assistance in areas of housing & social assistance. Farsi, Mandarin, Cantonese & Korean are spoken.
Disability support	North Shore Disability Resource Centre	(604) 904-4088 3158 Mountain Hwy. N. Van	http://www.nsdr.org	Monday to Friday, 8:30 am to 4:30 pm
Financial / Legal	Seniors Gateway to Legal Information & Resources The Law Foundation of British Columbia Silver Harbour – below	604-684-8171 ext. 237 2 nd floor, 411 Dunsmuir St Vancouver, BC V6B 1X4 604-688-2337 1340-605 Robson St. Van	http://www.seniorsgateway.vcn.bc.ca	Monday to Friday 8:30am to 5pm
Housing	Seniors Services Society Senior Living	604-520-6621 1-250-479-4705 Toll Free: 1-877-479-4705 153-1581H Hillside Ave Victoria BC V8T 2C1	http://www.seniorlivingmag.com/housing BC211.ca – help find housing	Lists senior homes on NS
Home support	North Shore Home Support – Central Comm.+ Health Centre	604.986.7111 132 W Esplanade, N. Van	https://www.vch.ca	Mon – Fri, 8 – 5 (Vancouver Coastal Health)
Lesbian, gay, bisexual, transgender (LGBT)	North Shore Women's Centre The Centre	604.984.6009 131 East 2nd St, North Van Lesbian & Bisexual Support Group 604.684.5307	www.northshorewomen.ca www.lgtbcentrevancouver.com	
Local police	RCMP	(604) 985-1311 147 East 14 St., North Van,	rcmp@cnv.org http://www.rcmp-grc.gc.ca	

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Mental health	NS Adult Community Mental Health Psychiatric Services	145 West 17th St., North Van	http://www.vch.ca/locations-services/result?res_id=342	Vancouver Coastal Health Doctor's referral
Ombudsperson	Ombudsperson – BC's independent voice for fairness	Toll Free: 1-800-567-3247 Phone: (250) 387-5855 Fax: (250) 387-0198 Second Floor, 947 Fort St. Victoria, B.C. Canada	http://www.ombudsman.bc.ca/seniors	Phones are answered by real people 8:30am to 4:30pm, Monday to Friday.
Recreation centre	Harry Jerome John Braithwaite North Shore Neighbourhood House	604-987-Play (7529) 123 East 23 rd Street N Van 145 West 1 st St, N Van 225 East 2 nd St. N. Van	https://www.nvrc.ca/facilities-fields/community-recreation-centres	M – Th 8 to 9/F 8-7/Sat 9-6/Sun 9-3 M-Th 6-10/F 6-8/Sat 8-7/Sun 9-5 M-F &:30-11/Sat 9-4/Sun – closed
Women and violence	North Shore Women's Centre NS Women's Crisis Line (see Crisis below)	(604) 984-6009 131 East 2 nd St. North Van 604-987-3374	http://northshorewomen.ca	Hours: Monday-Thursday 10am – 5pm Also do legal work - 24 Hours
Public guardian and trustee	Public Guardian and Trustee of British Columbia	604.660.4444 700-808 West Hastings St, Van	website: www.trustee.bc.ca	
RCMP victim services	North Vancouver RCMP Crisis Intervention Unit	604-969-7540.	http://nvan.rcmp-grc.gc.ca/ViewPage.action?siteNodId=429&languageId=4&contentId=2936	Provides support to victims & witnesses of crime and other significant trauma. 24 hours a day, 7 days a week.
Silver Harbour	Silver Harbour	604-980-2474 144 East 22 nd St, N. Van	http://www.silverharbourcentre.com/	M-F 9-4:30
Seniors One Stop		(604) 983-3303 935 Marine Dr, N. Van		M-F 9 to 3
Need Help Now?	Home Health Services 604-986-7111	BC Nurses Line 604-215-4700	Abuse and Neglect Program 604-904-6199	Emergency Social Services 604-660-3194
Vancouver Coastal Health 1-877-REACT-99 604-984-5958			<ul style="list-style-type: none"> • Designated Responders - Vancouver Coastal Health 604-988-3131 <ul style="list-style-type: none"> ○ Melanie Parkinson - Abuse and Neglect Consultant - 604-904-6200 	