

## Community Resources

### Alcohol and Other Drug Services

West Coast Alternatives	604-984-0255
Jump Start	604-984-3770
Family Services for Greater Vancouver (fee)	604-731-4951
PLEA Youth Services (2 detox beds)	604-708-2616
D-Talks (detox placement) 24 hour	604-658-1221

### Mental Health Services

Child and Adolescent Program	604-984-3770
Crisis Centre (24 Hour)	604-872-3311
Concurrent Disorders Program	604-984-3770
Be Real for Eating Disorders	604-984-3770
North Shore Stress and Anxiety Clinic (also for eating disorders)	604-985-3939
Thrive Eating Disorders Service	<a href="http://www.thrivebc.ca">www.thrivebc.ca</a>

### Other Community Services for Youth

Ambleside Youth Centre	604-925-7233
GAB Youth Services (Gay, Lesbian, etc)	604-684-4901
Kids Help Phone	1-800-668-6868
Pregnant and Parenting Teens	604-258-8750
Youth Health Clinics	604-983-6700
Youth Safe House (24-7)	1-877-789-6884
First Nations (Tseil-Waututh Nation)	604-990-5563
Pride Line (sexuality)	1-800-566-1170

### Family Services

Ministry of Children and Family Development	604-981-0008 (day) 604-310-1234 (night)
Hollyburn Family Services	604-987-8211
Family Services of the North Shore (N.Van. City)	604-987-1411
Westcoast Family Resources Society (N. Van. Dist)	604-987-1411
Family Services (fee)	604-988-5281
North Shore Crisis Services Society (if youth is exposed to abuse)	604-987-0366
Municipal Youth Outreach Services	604-990-2244

(Parent-Teen Support)	
Women's 24-Hour Support Line	604-987-3374
Grief and Loss Resource Centre	604-980-9795
Grief Support for Youth (Lions Gate Hospital)- Beth Clark	778-995-5735
North Shore Multicultural Society	604-988-2931
Parent Support Group (for parent of adolescent with drug problem)	604-988-5281

Private Referrals

Claire Hawes & Associates	604-926-6665
Thompson & Whiffen Psychologists	604-838-2290
Karina O'Brien	604-518-6368
Options Solutions (Melinda Giampietro)	604-922-8456