

Care Partner Resources throughout British Columbia November 2022

*A collaborative compilation from the
Provincial Caregiver Program Community of Practice*

Here is what may be available in your community...

Vancouver Region

East Vancouver

Mount Pleasant Neighbourhood House – Caregivers Connect

Judy Venable - 604-809-8303 or jvenable@mpnh.org

Services and programs: 1-1 support; group support; resources and referrals; monthly Caregiver Café for education and presentations; weekly virtual coffee club; seasonal social events, and more.

South Vancouver

South Vancouver Neighbourhood House – South Vancouver Family and Friend Caregiver Supports Program

Ping Chen: 604-324-6212 ext.116 or ping.chen@southvan.org

Richmond

Richmond Cares, Richmond Gives – Richmond Family & Friend Caregiver Hub

Rosana Loo: 604-279-7099 or caregivernavigator@rcrg.org

Services and Programs: Relax, Recharge, Reset Workshop series, Education & Support services, One-on-One coaching, Online support services

North Shore (North & West Vancouver)

Family Services of the North Shore – Caregivers Connect

Robin Rivers: 604-988-5281 ext 233 or rivers@familyservices.bc.ca

North Shore Community Resources

Vic Gailiunas, Caregiver Support Program Coordinator

604.982.3320 or vic.gailiunas@nscr.ca

www.nscr.ca

Services and programs: Support groups-Caregiver Support, Bereavement, Men's (specifically for partners/spouses); Persian and Korean Wellness & Education; various free workshops/presentations throughout the year; a Peer 2 Peer program; The Grapevine bi-monthly newsletter; resource support and guides; weekly blogs, and a resource library.

Fraser Region

Abbotsford, Mission, Langley & Chilliwack

Abbotsford Association for Healthy Aging – Abbotsford Family & Friend Caregiver Support Program

Deirdre Miles: 604-768-5421 or abbycaregivers@gmail.com
<https://abbotsfordhealthyaging.ca/>

Surrey (specifically focused on Punjabi, Mandarin & additional language-speaking caregivers)

DIVERSEcity Community Resources Society – Newcomer Family & Friend Caregiver Program

Meenakshi Sodhi: 778-549-2863 or msodhi@dcrs.ca

Ridge Meadows (Maple Ridge & Pitt Meadows)

Ridge Meadows Seniors Society – Caregiver Connection & Support Program

Raman Narang: 604-380-0516 or raman@rmssseniors.org

Services and programs: Caregiver Support Groups (every other Monday, Thursday, Friday), one to one support (in person, over the phone, information and referral, circle of care, monthly workshops

Burnaby & New Westminister

Burnaby Neighbourhood House – Burnaby Family & Friends Caregiver Support Program

Kathy Bobicki: 236-885-7303 or kathyb@burnabynh.ca

Vancouver Island

Cowichan (from Malahat to Ladysmith)

Cowichan Family Caregivers Support Society

Linda Dirksen Gale: 250-597-0886 or hello@familycaregiverssupport.org

Sidney (& Saanich Peninsula of South Vancouver Island)

Beacon Community Services – Beacon Community Services Family & Friend Caregiver Support Program

Jenna Foster – 778-351-1446 or jfoster@beaconcs.ca

Services and programs: 1-1 appointments with the coordinator, 3 different monthly group meetings (2 are for those caring for loved ones with dementia and the other is for all types of chronic, complex illnesses), a drop-in Saturday Stroll for an hour followed by coffee/tea and Education Afternoons with different focus topics usually held every 1-2 months.

Interior Region

Lake Country (from Vernon to Kelowna)

Lake Country Health – Caregiver Support Program

Kali Smith: 250-306-2540 or caregiver@lakecountryhealth.ca

Penticton area

OneSky Community Resources – Caregiver Support Program
Gail Mansell: 250-488-7455 or Gail.Mansell@oneskycommunity.com

East Kootenay (Cranbrook, Golden, Fernie, Invermere, Creston & Kimberley)

Caregivers Network for East Kootenay Seniors
Tobi Johnston: 250-489-0802 or info@caregiversnetworkek.com

West Kootenay Boundary (Nelson, Trail, Castlegar, Salmo, Grand Forks, Kaslo, Nakusp & New Denver, Slocan Valley, Eastshore (Crawford Bay, Riondel, Kootenay Bay) Nelson & District Hospice Society – West Kootenay Boundary Caregiver Support

Rachelle MacDougall: 250-505-4272 or 1-888-212-2337 or rachelle@wkbcaregiver.org

Services and programs: In-person peer support in Nelson, New Denver, Trail, Castlegar, and Grand Forks. Online peer support. Monthly self-care opportunities (Sound Bath, Art Therapy, Coffee social days, Hot Springs soak). Guest speakers (Advanced Care Planning, Long Term care guidance/questions, Anticipatory Grief)

BrainTrust Canada (Central and North Okanagan)
1(250)762-3233 or info@BrainTrustCanada.com

Services and programs: 1:1 support, once monthly caregiver support group, counselling (subject to change)

North Region

Prince George area

Prince George Council of Seniors – Prince George Family & Friend Caregiver Support Program
Laurie Niedermayer: 250-564-5888 or CSP@pgcos.ca

Terrace area (Prince Rupert to Houston, Stewart to Kitimat)

Terrace Hospice Society – Family and Friends Caregivers of the Northwest
Sandra Pringle: 250-635-4811 or care.ths@citywest.ca

Sunshine Coast

Sunshine Coast Resource Centre
Mary Caros, mary@resourcecentre.ca, 604-885-4088

Services and programs: Providing information and referral services for caregivers on the Lower Sunshine Coast of BC.

Province wide

Alzheimer Society of B.C. First Link® dementia support

Call the First Link® Dementia Helpline for information and support (toll-free) at **1-800-936-6033**, Monday to Friday, 9 a.m. to 8 p.m. For service in Cantonese or Mandarin, call 1-833-674-5007 (Monday to Friday, 9 a.m. to 4 p.m.). For service in Punjabi, call 1-833-674-5003 (Monday to Friday, 9 a.m. to 4 p.m.)

Services and programs: First Link® dementia support connects people with dementia and their care partners to support services, education and information at any stage of the journey through bulletins, support groups, education, Minds in Motion® activity program and one-on-one phone calls. The Alzheimer Society of B.C. also advocates for people affected by dementia and invests in dementia research in B.C.

Family Caregivers of BC

Caregiver Support Line, 1-877-520-3267 or cgsupport@familycaregiversbc.ca

Services and Programs: Monday-Friday Caregiver Support Toll Free Phone Line, Virtual and In Person Support Groups, Educational Resources through our Virtual Caregiver Education Centre, Podcasts, Caregiver Coaching, Healthcare Professional Education.

BC Brain Wellness Program

604-827-4386 or email brain.wellness@ubc.ca

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

Services and programs: With respect to care partners, classes and workshops are offered on zoom on a variety of topics to build skills and make connections for carepartners of people with neurological conditions as well as other chronic health conditions.