

We change lives in our community and you can too! Call us today to find out how to:

- Volunteer - with us, or in our community
- Become a member of our charitable society
- Share your feedback and ideas

We are also always looking for champions in our community to help us ensure programming is available for those who need it, in the moment they need it. You can be a champion by simply:

- Becoming one of our highly valued donors, or
- Holding a fundraising event at your home, or in our community, or
- Leaving a legacy gift in your will, or
- Telling a friend or family member about us - the services we offer, the people we support, the difference we make
- Call or email us today to find out how easy it is!

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We support and empower individuals and families to realize their potential and achieve self-reliance.



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VOLUNTEER MAPLE RIDGE PITT MEADOWS: Promoting volunteer opportunities in the community, as well as volunteer events through social media and printed materials. Also, supporting local groups and agencies to recruit volunteers. FREE

PROGRAM HOURS: Flexible

ELIGIBILITY: Residents and individuals working in Maple Ridge or Pitt Meadows

FUNDER: Gaming Policy and Enforcement Branch

Mental Health

ANXIETY/DEPRESSION GROUP: A facilitated support group for individuals over the age of 19, living with anxiety and/or depression. A women's and men's group is offered once a week for 2 hours. The groups are a supportive environment to learn and develop coping skills, as well as explore community resources to enhance and maintain wellness. FREE

PROGRAM HOURS: Women's and Men's Groups meet weekly for two hours. Participants are asked to commit to making group attendance a priority and scheduling other appointments around group time.

ELIGIBILITY: Individuals living in Maple Ridge or Pitt Meadows over 18 years.

FUNDER: Fraser Health

***CHILD AND YOUTH MENTAL HEALTH OUTREACH PROGRAM:** Outreach services and support to children and youth with mental health concerns along with their families to increase understanding of mental illness and build skills while reducing/managing symptoms with the goal of increasing opportunities for socialization, increasing inclusion in the community, including support to increase attendance at school/alternative education option and improving capabilities in the personal, social, and vocational aspects of their lives. FREE

PROGRAM HOURS: Monday-Thursday afternoons and evenings

ELIGIBILITY: Services provided to children and youth living in Maple Ridge or Pitt Meadows under 19 who have identified mental health concerns and are connected to a Clinician with Child and Youth Mental Health. Referrals are only made through Child and Youth Mental Health.

FUNDER: Ministry of Children & Family Development

***COMMUNITY LIVING SUPPORT PROGRAM:** Support for individuals living with mental health issues. Support ranges from helping individuals to access community resources, problem solving, and assistance with daily living skills and/or isolation. Clients are seen based on the frequency outlined in their Individual Service Plan. FREE

***SEMI-INDEPENDENT LIVING PROGRAM:** Supporting individuals with mental health issues to live independently. Support ranges from helping individuals to access community resources, problem solving, and assistance with daily living skills and/or isolation. Individuals in this program are seen once a week and are given a temporary rental subsidy to assist with the transition to independent living. FREE

PROGRAM HOURS: Monday-Friday 8:30-4:30

ELIGIBILITY: Must be 19 years of age or older, reside in Maple Ridge or Pitt Meadows, diagnosed with a mental health issue, be a registered client of the Maple Ridge Mental Health Centre, in receipt of income assistance or other source of income, do not require 24 hour staffed residential care and in need of support services in order to live in a self-contained apartment within the community.

FUNDER: Fraser Health

***THE CLUB:** A psycho-social resource centre for individuals with chronic and persistent mental health issues. The program offers a variety of programming ranging from social programs, supported employment and volunteer placements, educational workshops, assistance with employment/volunteer placement and connecting individuals to community resources that enhance and maintain wellness. FREE

PROGRAM HOURS: Monday-Friday 9-4

ELIGIBILITY: Individuals 18 and up, who live in Maple Ridge or Pitt Meadows. Referral based program.

FUNDER: Fraser Health

COMMUNITY LAW ADVOCACY: Provides information, advice and assistance, referrals and representation including: BC Ministry applications, employment issues, housing, consumer/debt issues and senior advocacy. FREE

PROGRAM HOURS: Monday-Thursday 8:30-4:30; Friday 8:30-12:30

ELIGIBILITY: Residents of Maple Ridge or Pitt Meadows

FUNDER: Law Foundation of British Columbia

FAMILY LAW ADVOCACY: Provides legal information, support and referral to legal resources relevant to family law matters, and assisting with court forms, legal aid applications and separation agreements. This program does not provide legal advice or legal representation. FREE

PROGRAM HOURS: Monday-Friday 9-4

ELIGIBILITY: Residents of Maple Ridge or Pitt Meadows

FUNDER: Law Foundation of British Columbia

LEGAL SERVICES: Community Partners assist people to find legal information, distribute legal education and information materials, and connect people to legal aid and various other legal services and resources. FREE.

PROGRAM HOURS: Assigned Wednesdays - call for drop in hours and dates

ELIGIBILITY: Residents of Maple Ridge or Pitt Meadows

FUNDER: Legal Services Society

Counselling

\$AFFORDABLE FAMILY COUNSELLING: Counselling support from Master's Level Registered Clinical Counsellors on a self-referral basis. Counselling is from a solution focused perspective serving children, youth, and adults, and offering individual, couple and family therapy; addressing but not limited to depression, anxiety, grief, trauma, stress, coping skills, relationship concerns, parenting challenges, self-esteem and future planning. Fees \$60 for a 50 minute session.

PROGRAM HOURS: Flexible Hours

ELIGIBILITY: Residents of Maple Ridge or Pitt Meadows

FUNDER: Fees are the only source of funding

***CLINICAL COUNSELLING:** Strength-based, solution-focused counselling services. The counsellor's role is supportive, optimistic and solution focused. A collaborative approach is emphasized with the client and other involved professionals. FREE

PROGRAM HOURS: Flexible Hours

ELIGIBILITY: For families receiving Family Outreach Services or Youth and Family Conflict Mediation in our agency, or who are referred directly by a Ministry of Children & Family Development social worker.

FUNDER: Ministry of Children & Family Development referrals are required to access this program.

***COMMUNITY COUNSELLING:** Counselling to community residents staffed by Intern Counsellors enrolled in a Master's counselling degree. Counselling is from a solution focused perspective serving children, youth, and adults, and offering individual, couple and family therapy; addressing but not limited to depression, anxiety, grief, trauma, stress, coping skills, relationship concerns, parenting, self-esteem and future planning. FREE

PROGRAM HOURS: Flexible hours including evenings and weekends.

ELIGIBILITY: Residents of Maple Ridge or Pitt Meadows

FUNDER: Funding from Gaming and donations.

Volunteer

***SUPPORTED VOLUNTEER PROGRAM:** Assistance for adults 19 years and older with diverse developmental abilities to find opportunities to volunteer in our community; both in group and/or one to one support settings based on their own unique needs. This FREE program supports learning new (pre-employment) skills, facilitating social interactions and connection to the community. FREE

PROGRAM HOURS: Monday-Friday 8:30 - 4:30

ELIGIBILITY: Referrals are made through Community Living BC

FUNDER: Community Living BC

Early Childhood

* indicates referral required

\$ indicates there is a fee

\$CHILD CARE RESOURCE & REFERRAL: Support services to parents seeking child care and child care providers. *Services to parents:* assistance in the Affordable Child Care Benefit application, referrals to child care providers and preschools, choosing child care information, etc. *Services for child care providers:* Centre's contact information given to parents seeking child care, consultation with staff, workshops, lending library, networking events etc. Annual Membership \$20 for Community Partners and \$5 for parents.

PROGRAM HOURS: Monday-Friday 8:30-4:30

ELIGIBILITY: Child care providers offering licensed or licensed-not-required child care in Maple Ridge or Pitt Meadows; parents with children up to 12 seeking child care in Maple Ridge or Pitt Meadows.

FUNDER: Province of BC

FAMILY PLACE COMMUNITY PARENTING CENTRE: Varied social/play drop-in programs; referral-based outreach support for parents of children 6 years and under. FREE

PROGRAM HOURS: Monday-Thursday 8:30 -12:30

ELIGIBILITY: Families residing in Maple Ridge and Pitt Meadows with children under the age of 6 years.

FUNDER: Province of BC, Federal Government of Canada, United Way of the Lower Mainland

Children and Youth

***ALISA'S WISH - CHILD & YOUTH ADVOCACY CENTRE:** A community response that facilitates a compassionate, coordinated approach to the prevention, identification, prosecution and treatment of abuse involving children and youth. The Centre services children and youth up to age 18 years who have been victims of abuse and/or witnesses to violence, and their non-offending family members. FREE

PROGRAM HOURS: Tuesday-Thursday 12-8; Friday & Saturday 9-5 *By appointment only.*

ELIGIBILITY: Referrals via Ridge Meadows RCMP or Ministry of Children & Family Development

FUNDER: Department of Justice (Ottawa), BC Civil Forfeiture Grants, private donors

***CHILDREN & YOUTH WITH SPECIAL NEEDS:** Children and youth can be recommended for group and/or one to one support services to help develop independent living skills, social relationship skills and community connection. FREE

PROGRAM HOURS: Afternoon and evening group hours

ELIGIBILITY: Children and youth with diverse needs between 6-18 years residing in Pitt Meadows or Maple Ridge. Referrals via Ministry of Children & Family Development social workers

FUNDER: Ministry of Children & Family Development

RESTORATIVE JUSTICE: An approach to achieving justice by engaging those involved in criminal, non-criminal, interpersonal conflict or disputes in an inclusive and meaningful way. This approach brings healing to parties by creating an environment for conversation about harm, impact, accountability, and reparation of harm. Restorative Justice seeks to support all parties through a philosophy of Engage Empower Support Restore. It provides opportunities for youth to participate in its education, prevention, and mentorship programs. FREE

PROGRAM HOURS: Monday-Friday, hours vary

ELIGIBILITY: Minimum age for service is 9 with no maximum age limit

FUNDER: City of Pitt Meadows, City of Maple Ridge, Ministry of Public Safety and Solicitor General Ministry of Finance.

***YOUTH AND FAMILY CONFLICT INTERVENTION:** Strives to increase connectedness and healthy relationships among teens and their parents with whom they may or may not be residing. The program reserves 70% of caseload to Ministry of Children and Family Development referred clients leaving 30% available to other community referral sources such as schools and health professionals as well as those wishing to self-refer. FREE

PROGRAM HOURS: Tuesday, Wednesday, Thursday, Friday days/evenings/weekends as needed

ELIGIBILITY: Families living in Maple Ridge or Pitt Meadows, experiencing parent/youth conflict with a youth between the ages of 12 and 19

FUNDER: Ministry of Children & Family Development

YOUTH WELLNESS CENTRE: A community initiative supporting youth, young people and their supports who may be experiencing mental health and, or substance use challenges. Supports include counseling, primary care, peer support, psychiatric assessment (with a physician referral), groups, sexual health and employment. FREE

PROGRAM HOURS: Tuesdays, Wednesdays and Thursdays 1-6pm.

ELIGIBILITY: Youth 12-24 years

FUNDER: Primarily community donations, and as we transition to a Foundry site, funding from the Government of BC and Health Authority

Family

***ABORIGINAL FAMILY STRENGTHENING ACCESS CENTRE:** Strives to provide children with safe, meaningful and conflict free contact with parents with whom they do not reside. The program believes that children are entitled to preserve their culture and sense of identity, especially during periods of uncertainty or transition. This is supported through regularly scheduled visits with family members. Parenting education and support is offered. FREE

PROGRAM HOURS: Tuesday-Thursday 12-8; Friday & Saturday 9-5

ELIGIBILITY: Referral from MCFD/Delegated Aboriginal Agency

FUNDER: Ministry of Child & Family Development

***ABORIGINAL AND MAINSTREAM OUT OF CARE OPTIONS:** Support to caregivers who provide daily care for the children of extended family or friends. These living arrangements allow children to remain connected to the larger family network and avoid placement in foster care. Caregivers receive emotional support, assistance accessing resource information, guidance and education regarding the family court process and support with nurturing healthy relationships with family members. FREE

PROGRAM HOURS: Flexible and adapted to meet the needs of the family

ELIGIBILITY: Referrals through Ministry of Child & Family Development.

FUNDER: Ministry of Children & Family Development.

ANISHNAABE PLACE: Support and information to Indigenous families through groups such as Traditional Kitchen, Family Night, Women's Group, Youth Group and Traditional Parenting classes.

PROGRAM HOURS: See the Anishnaabe Place page on our website for specific hours of the children and youth groups

ELIGIBILITY: All Indigenous families are eligible for the program and may refer themselves.

FUNDER: The Ministry of Children & Family Development

***CHILD AND YOUTH CONNECTIONS:** Supports Indigenous children and youth to make valuable familial, cultural, community and peer connections through cultural connections groups and Roots work. The program also supports youth on their journey towards independence by teaching life skills. FREE

PROGRAM HOURS: see the Child and Youth Connections page on our website for specific hours of the children and youth groups

ELIGIBILITY: Children and youth are eligible for the program with a referral from The Ministry of Children and Family Development.

FUNDER: Ministry of Children & Family Development.

***FAMILY STRENGTHENING OUTREACH PROGRAM:** Uses a client centered, strengths based approach to assist families experiencing stress or conflict with the intention of reducing stress and promoting stability within the family. FREE

PROGRAM HOURS: Flexible and adapted to meet the needs of the family

ELIGIBILITY: Families are eligible for service if they have children under 19 years of age and reside in Maple Ridge or Pitt Meadows. This program can be accessed through a referral from Ministry of Children & Family Development or self-referral.

FUNDER: Ministry of Children & Family Development

Seniors

\$BETTER AT HOME: Supporting seniors to live independently in their own homes and community for as long as possible, through the provision of nonmedical home supports, including, Friendly Visiting; Light Housekeeping; Handyperson service; Transportation for Medical Appointments, and Transportation for Grocery Shopping. Cost is based on a sliding scale according to household Income.

PROGRAM HOURS: Monday-Friday 8:30-4:30

ELIGIBILITY: 65 years and older and residents of Maple Ridge or Pitt Meadows

FUNDER: Government of B.C. Funds are managed by the United Way of the Lower Mainland

\$COMMUNITY MEAL DELIVERY: Friendly visits and hot meal delivery to seniors by volunteers.

PROGRAM HOURS: Monday-Friday 8:30-12:30 pm

ELIGIBILITY: Seniors or individuals living in Maple Ridge or Pitt Meadows, who due to health or disability are unable to prepare meals. Self-referrals can be made, as well as referrals from concerned family and friends, doctors, health and social agencies. Client must consent for service.

FUNDER: BC Gaming.

\$MEALS ON WHEELS: Promoting the health and wellbeing of seniors and others who are unable to cook for themselves, through the delivery of hot, nutritious, and affordable meals. In addition to the delivery of a meal, volunteers also offer the comfort of a friendly visit and the reassurance of an informal check on the safety and wellbeing of the recipients.

PROGRAM HOURS: Monday-Friday 8:30-12:30

ELIGIBILITY: Seniors or individuals living in Maple Ridge or Pitt Meadows, who due to health or disability are unable to prepare meals. Self-referrals can be made, as well as referrals from concerned family and friends, doctors, health and social agencies. Client must consent for service.

FUNDER: Fraser Health and donations from Service Clubs, business and individuals in our community

SENIORS ACTIVITY: Promoting social connectedness, independence, and physical activity, through the provision of social/educational outings for seniors twice/month, including free door-to-door transportation and a meal. FREE

PROGRAM HOURS: Flexible

ELIGIBILITY: Seniors residing in Maple Ridge or Pitt Meadows

FUNDER: United Way of the Lower Mainland, donors

Legal

COMMUNITY BASED VICTIM SERVICES: Information, emotional and practical support, safety planning, legal assistance and court support to victims/witnesses of power-based violence and their families, including: spousal assault, sexual/physical/assault, sexual exploitation, criminal harassment, hate crimes. FREE

PROGRAM HOURS: Monday-Friday 8:30 to 4:30

ELIGIBILITY: Must be a resident of either Pitt Meadows or Maple Ridge or the offense must have arisen in one of those communities. Self-referral or Police-Based Victim Services referrals.

FUNDER: Ministry of Justice, Community Safety and Crime Prevention