

Resource List for Sunnyside Families

The Youth Space of South Surrey:

This resource provides information on food programs, mental health support, online activities for kids, open clinics, meditation programs, and lots more!

<https://www.theyouthspace.com/youth-vo.../digital-care-package>

* Add them on Facebook also at [The Youth Space of South Surrey/White Rock](#) to get daily updates and activities for youth. Check out their digital Care Package.

Fraser Health 24/7 Crisis Line: If you're feeling anxious or need to talk (604) 951-8855 Toll Free: 1-877-820-7444

START: Crisis Intervention: Provides confidential mental health crisis intervention service for children/youth 1-844-782-7811 M-F 9am-9pm Sa/Su 12-9pm

CYMH: Child and Youth Mental Health Intake still has Tuesdays as "virtual" drop-ins. Intake calls at 778-791-3124

Teen Mental Health: Staying connected during Covid 19 www.teenmentalhealth.org

Kelty Mental Health: COVID 19 Resources www.keltymentalhealth.ca

This resource is amazing even has a podcast for youth!

Stigma Free Society: COVID 19 Youth Wellness Toolkit www.stigmafreesociety.com

Moving Forward Family Services: Free Phone Support for anyone struggling emotionally. Anyone wanting this service can call 778-321-3054 or e-mail counsellor@movingforwardfamilyservices.com

Kids Help Phone: is Canada's only 24/7, national support service. They offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. You can call them at [1-800-668-6868](tel:1-800-668-6868)

Apps and Mindfulness Recordings:

- Guided mindful meditations by Dr Vo www.keltymentalhealth.ca
- Mindful team website <http://mindfulnessforteens.com/guided-meditations/>
- **Apps:** Headspace, Calm, Breath2relax, Moodgym, mindshift.

Food Access:

- For a list of meals or lower cost grocery options please visit <https://www.surreylibraries.ca/services/community-services/covid-19-information-and-programs/food-and-meals>
- [Sources Food Bank](#) is still open in [South Surrey](#). They are open Tuesday from 9:00 am – 6:00 pm, Wednesday from 10:00 am – 2:00 pm and Thursday from 10:00 am – 2:00 pm. Their address is **2343 156 Street, Surrey, BC V4A 4V5** – the closest bus routes are the 531 and the 363. You can call ahead at [604-531-8168](tel:604-531-8168) or check their social media for updates. They are also open in [Langley](#), click for more details. **Reduced hours due to COVID-19. Hampers can be picked up at the door. Register in person. Must live within White Rock or South Surrey (from 0 Ave to 40 Ave; from 120 St to 196 St). Bring picture ID and care cards for any dependents and mail from the last 2 months to prove address. Mobile delivery services with doctor's note**
- [Night Shift Ministries](#) will continue to serve meals at 7pm outside their location in to-go format. People can line up to access the free meal. Their address is **10635 King George Blvd, Surrey, BC V3T 2X6**.
- **Surrey Schools Food and Nutrition Program** Families of Sunnyside who are struggling with providing meals can access this meal program at the following locations between 10 and 1pm. They provide breakfast and lunch for students in need. No registration necessary.

W.E Kinvig Elementary

Frank Hurt Secondary

Queen Elizabeth Secondary

*Please e-mail paddock_s@surreyschools.ca if you have any issues accessing this.

Financial Support Programs:

- <https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html>
- [Income Support for Individuals Who Need it Most](#)
- <https://www.bchousing.org/news?newsId=1479155088004>

Sarah Paddock, Child Care Worker

Paddock_s@surreyschools.ca

Cristina Gaucher, School Counsellor

gaucher_c@surreyschools.ca