

## Emergency Numbers (24 hrs.)

Police   Fire   Ambulance	911
Kids Help Line	1.800.668.6868
Suicide Support Line	1.800.SUICIDE (784.2433)
Youth Crisis Line	604.872.3311
Rape Crisis Line	604.255.6344
Women's Crisis Line	604.987.3374
A&D Help Line	604.660.9382
MCFD Youth Help Line	604.310.1234
Dial-A-Law (recording) (dialalaw.org)	604.687.4680

Lookout North Shore Emergency Shelter for 19 yrs. and over  
705 W. 2nd St. North Vancouver 604.982.9126

Salvation Army (not 24 hrs.)  
105 W. 12th St. North Vancouver 604.988.7225

North Shore Youth Safe House 1.877.78.YOUTH (96884)  
www.hollyburn.ca - 24 hrs. Safe House (14-18 yrs. old)  
North Shore Youth Services General Phone 604.990.2244  
Translink 604.953.3333

Online Crisis Centre for Youth  
youthinkbc.com

Complete North Shore Youth Services Directory  
go to [www.cng.org/youth](http://www.cng.org/youth)

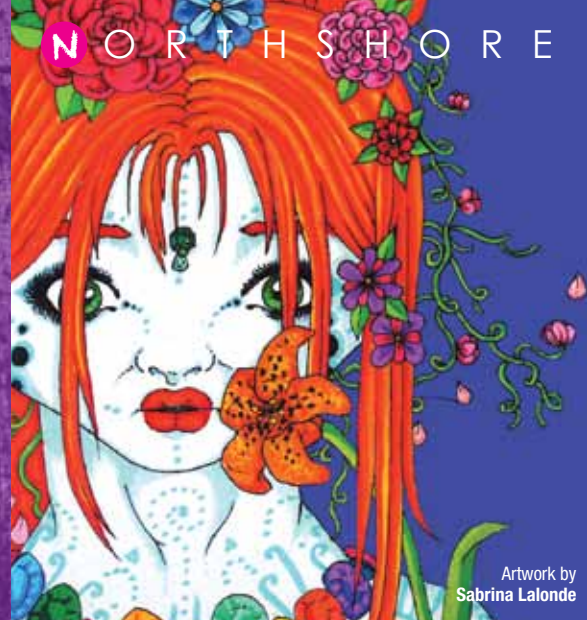
Info card is sponsored by the City of North Vancouver, the District of North Vancouver, North Vancouver School District, West Vancouver School District, District of West Vancouver, Ministry of Children and Family Development and Vancouver Coastal Health.



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Vancouver Coastal Health



Artwork by  
Sabrina Lalonde

Youth Services Directory  
2012-2013



## Jobs and Schools

**YWCA One Stop Career Shop for Youth – (15-30 yrs.)**  
T. 604.988.3766 Suite A-15 Chesterfield Place (near Lonsdale Quay)  
[www.ywcajobseeker.org/onestop](http://www.ywcajobseeker.org/onestop)  
Twitter @ywcacareershop | Facebook YWCA One Stop Career

Career Development Programs	604.988.3766
(Provincial) Income Assistance	604.981.0125
Capilano University	604.986.1911
North Vancouver School District	604.903.3444
West Vancouver School District	604.981.1000

## Recreation

North Vancouver Recreation Commission	604.987.7529
West Vancouver Community Services	604.925.7270
Cypress Bowl	604.926.5612
Mount Seymour	604.986.2261
Grouse Mountain	604.986.6262

## Youth Centres/Youth Workers

Parkgate Youth Centre 3625 Banff Court, North Vancouver	604.983.6358
Seymour Youth Centre 2425 Mt. Seymour Parkway, North Vancouver	604.983.6673
Seycove Youth Centre 1204 Caledonia Ave., North Vancouver	604.983.6350
The Zone – William Griffin Rec Centre 851 W. Queens Road, North Vancouver	604.983.6538
Squamish Nation Youth Centre 100 Capilano Road, North Vancouver	604.980.3981
Lonsdale Youth Lounge, Harry Jerome Rec Centre 123 E. 23rd, North Vancouver	604.868.7065
John Braithwaite Youth Centre 145 W. 1st Ave., North Vancouver	604.982.8318
Lynn Valley Hall Youth Drop-In 3590 Mountain Hwy., North Vancouver	604.258.8765
North Shore Neighbourhood House (Pre-Teen) 225 E. 2nd, North Vancouver	604.258.8750
Ambleside Youth Centre 1018 Marine Drive, West Vancouver	604.925.7233
West Vancouver Comm. Centre Youth Lounge (Pre-teen and teen) 2121 Marine Drive	604.925.7222
Gleneagles Comm. Centre Youth Garage (Pre-teen) 6262 Marine Drive	604.925.7270

**Youth workers are available at all youth centres for one-to-one support, or call 604.990.2244.**

## Youth Health

North Shore youth health centres and on-call nurse during the day	604.983.6700
Sex Sense Line <a href="http://www.vch.ca/facilities/clinics/youth.htm">www.vch.ca/facilities/clinics/youth.htm</a>	604.731.7803
John Braithwaite Youth Centre 145 W. 1st Ave., North Vancouver	Mon 3:15-6:15pm
West Vancouver Community Health Centre 1st Floor, 2121 Marine Dr., West Vancouver	Tues 2:30-4:30pm
<b>Options for Sexual Health Centre</b>	
Parkgate Youth Health Centre 2nd Flr, 3625 Banff Court, North Vancouver	Wed 5:30-8:30pm Thur 2:30-4:30pm
Be Real Clinic for Disordered Eating 231 E. 5th St., North Vancouver	604.983.6847
Youth CoAIDS Society <a href="http://www.youthco.org">www.youthco.org</a>	604.688.1441
Pregnant/Parenting Support North Shore Neighborhood House	604.258.8325
Teen Alcohol and Drug Services Westcoast Alternatives	604.984.0255
North Shore Child and Youth Mental Health and Addiction Referral Line	604.904.4336