



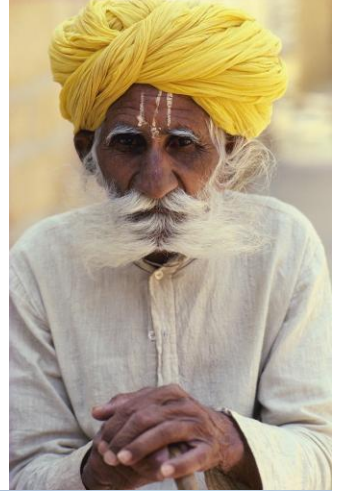
Abbotsford
**Community
Services**
People Helping People



Welcoming Immigrants



Building Bridges



Making Connections





Statement of Diversity

We are children, youth, adults and seniors.

We are of all races, all religions,
all cultures, all abilities,
all sexual orientation, and all economic levels.

We speak many languages.

We value diversity.

We endeavour to reflect this diversity in our volunteers, board and staff.

We respect all our neighbours and clients
and extend our respect to them in all that we do.

Therefore, we will act to promote
inclusion of all in our agency and in our community.

For Cultural and Language Adaptation...

English Language Services for Adults (ELSA)

ESL classes for adult immigrants (must be 17 years and older). Clients fill out an application and have an English assessment. Classes run in Abbotsford and Mission. Free child minding available at certain locations.

Languages offered: English

No Cost - Self referral.

Contact: (604) 859-7681 Local 216

Settlement Workers In Schools

Provides settlement support and liaison between school and home for the newcomer students and their families. Also provides information, orientation sessions and workshops.

Languages offered: Arabic, Swahili, Mandarin, Cantonese, Bosnian, Serbo-Croatian, Albanian, Turkish, Macedonian, Russian, Punjabi, Hindi, Urdu, Spanish, Korean, Japanese, Vietnamese, Farsi, German, Afghani, Taiwanese and Pashto.

No cost.

Contact: (604) 859-7681 Local 235

Immigrant Family Connections

Provides information, support and English language services for immigrant adults and their families.

No cost.

Contact: (604) 308-5427

Community Access to Literacy and Learning (C.A.L.L.)

The C.A.L.L. program (Community Access to Literacy and Learning) pairs trained community volunteers with adults who want to improve their reading, writing, or math skills, but who are unable to access literacy or ESL classes or programs.

No cost.

Contact: (604) 768-6277



Immigrant Settlement Program

Provides immigrant and refugee newcomers with information about BC society, guidance and support on personal and family adjustment issues and connects them to the broader community.

Languages offered: Arabic, Swahili, Mandarin, Cantonese, Bosnian, Serbo-Croatian, Albanian, Turkish, Macedonian, Russian, Punjabi, Hindi, Urdu, Spanish, Korean, Japanese, Vietnamese, Farsi, German, Afghani, Taiwanese and Pashto

Contact: (604) 859-7544 Local 227

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Punjabi Mothers/Grandmothers

Provides basic ESL support and parenting information to mothers and grandmothers of pre-school and elementary school children. Free enhanced childcare.

No cost.

Contact: (604) 308-1857

Multi-cultural Specialized Victim Assistance

Provides justice related information and support to victims of crime. Clients are given information about the legal process on a one-to-one basis through the use of relevant written material, visits to Crown Counsel and court tours prior to their court appearance. Referrals to relevant support groups or private counseling are made available.

Languages offered: Punjabi, Hindi and English

No cost.

Contact: (604) 859-7681 Locals 274, 275 or 305 (604) 820-8427 (Mission)

Host Program

A friendship programs that brings new immigrants together with Canadian adults (and/or their families) to help them learn about Canadian culture, Abbotsford and practice their English.

Language offered: English

No cost.

Contact: (604) 217-3055



Employment Mentoring

“Building connections for employment” between professional mentors in the business community and professional immigrant adults who are interested in learning more about working in Canada.

No cost.

Contact: (604) 217-0444

Legal Advocacy Program

Provides assistance to agricultural workers with legal issues related to employment. This includes filing appeals, attending hearings, interviews, filling out forms and explaining written letters or decisions clients may receive.

Languages offered: Punjabi and Hindi

No cost - self referral.

Contact: (604) 859-7681 Local 307

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Enhancing Harmony ITFAK Program

Offers a Respectful Relationship Counselling Program to men focusing at preventing family violence. Offers intake, assessment and weekly group counseling to men on probation. Also provides crisis response and support to victims.

Languages offered: Punjabi, Hindi, Urdu and English.

No Cost. ***Community Corrections Referral***

Contact: (604) 859-7681 Local 278

Translation and Interpretation

Interpretation and translation services are provided in over 35 languages, providing specialized services in legal, medical, agricultural and technical terminology. Cost for service on a per job basis.

Contact: (604) 870-3769

Languages offered: English and Punjabi

For the Family...

Family Outreach

For families with children 0-12 years identified, through MCFD, as experiencing conflict or difficulty in parent -child relationships. Supportive family intervention, planning and referral services for families. Family counseling is provided in family homes.

MCFD Referral



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Neighbourhood Place & ABC-123 Preschool Literacy Program

Provides community drop-ins, preschool classes, parent and tot activities and staff support providing referral and family support information.

Languages offered: English and Punjabi

Community Drop-in:
Monday - Thursday
(mornings)

ABC-123 Preschool:
Monday/Wednesday
afternoons or
Tuesday/Thursday
afternoons

Contact: (604) 859-7681
Local 266





Nobody's Perfect (Punjabi and English)

Funded by the Fraser Health Authority, this program is for parents of children 0 - 6 years of age. Participants will learn how to understand their child(ren) better, share ideas, tips and experiences and receive information on children's behaviour, health and safety.

Languages offered: Punjabi and English

Contact: (604) 825-1303

Child Care Subsidy

This program helps parents who are students or are working to complete the child care subsidy application form.

Languages offered: Arabic, Swahili, Mandarin, Cantonese, Bosnian, Serbo-Croatian, Albanian, Turkish, Macedonian, Russian, Punjabi, Hindi, Urdu, Spanish, Korean, Japanese, Vietnamese, Farsi, German, Afghani, Taiwanese and Pashto.

Contact: (604) 859-7681 local 273 or 319

Child Care Resource and Referral

Helps parents find child care. Ongoing support and visits, workshops and training for in home child care.

Contact: (604) 850-7934 local 224

Best for Babies

Provides prenatal referral for pregnant women and women up to 6 months postnatal; also, Moms with children age 3 and younger. One-on-one groups at the Sikh Temple and Abbotsford Community Services.

Languages offered: Punjabi and English

No cost (transportation may be provided).

Contact: (604) 859-7681 Local 288

South Asian Community Resource Office (SACRO)

Outreach, support and referrals for South Asian youth and families.

Languages offered: Punjabi and English.

Contact: (778) 809-4400



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For Youth...

Friendships Across Cultures

A friendship program for youth who attend



secondary school in Abbotsford. New immigrant youth are matched with a youth from Abbotsford. Activities are offered at participating secondary schools for youth to participate in.

No cost.

Contact: (604) 859-7544 local 225

Youthemes

A recreation program for youth in grades 6-12. Activities promote friendship, fun and being violence free. Drop-in sports and discussion programs are offered.

Languages offered: Punjabi and English.

No cost.

Contact: (604) 825-4111

Immigrant Youth and Young Adult Program (I.Y.Y.A.)

For Immigrant youth who are ages 15-25, and in Canada for less than 5 years. Looking for help with literacy training and ESL, computer and life skills.

No cost.

Languages offered: English and Punjabi

Contact: (604) 859-7544 local 227



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For Seniors...

Immigrant Seniors Program

Provides immigrant and refugee seniors (55 years old and older) with guidance and support on personal and family adjustment issues, recreational and education activities, as well as completing forms including Canada Pension Plan and Old Age Pension.

Languages offered: Arabic, Swahili, Mandarin, Cantonese, Bosnian, Serbo-Croatian, Albanian, Turkish, Macedonian, Russian, Punjabi, Hindi, Urdu, Spanish, Korean, Japanese, Vietnamese, Farsi, German, Afghani, Taiwanese and Pashto.

Contact: (604) 859-7681 local 307



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For the Unemployed...

BC Employment Program - BCEP

Intake, job search, life skills, counseling, ESL, individual and group support to permanent resident immigrants born outside of Canada, who are on Income Assistance.

Assistance and support offered through all languages (*provided by interpreters*).

No cost.

Contact: (604) 859-7681 Local 277

Skills Connect

The Skills Connect for Immigrants Program can help you find that perfect employment fit. Our program can help you with an individual approach, tailored to meet your needs.

No Cost.

Contact: (604) 866-1645

For Everyone...



Diversity Education and Resource Services

Provides educational

workshops for students, adults, businesses and organizations on diversity related topics including responding to racism and discrimination. Staff provide support and referrals to victims of discrimination.

Language offered: English

No cost.

Contact: (604) 859-7681 Local 270

Fraser Valley Human Dignity Coalition

A group of community members who work together to respond to incidents of discrimination and hate in Abbotsford.

Together they organize public education events.

No cost.

Language offered: English

Contact: (604) 859-7681 Local 270

Safe Harbour

This program encourages local businesses and organizations to give equitable treatment to customers, providing a safe place to those who have been mistreated and to prepare employees to work within the diverse community.



No cost.

Language offered: English

Contact: (604) 859-7681 Local 270

**SAFE
HARBOUR**
RESPECT FOR ALL

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Addiction Services...

One-on-One Counseling

Provides counseling to those seeking help around issues with drugs and alcohol use. Also, counseling is provided to family members and friends who are affected by the use of alcohol/drugs by a family member. *

Contact: (604) 850-5106

Support Group

For Indo-Canadian men every Wednesday evening, through the Abbotsford Addictions Centre.

Languages offered: Punjabi, Hindi, Urdu and English

No cost. *

Contact: (604) 850-5106

** Must attend an orientation before being admitted for counseling or group sessions.*

Multicultural School Based Prevention

Educates the youth in middle and high schools about drug prevention and offers one-on-one support to high risk Indo-Canadian youth and their families.

Also runs an Indo-Canadian Teen Support Group.

Languages offered: Punjabi and English

No cost.

Contact: (604) 850-5106 or (604) 613-1557

Parent of Teen Group (Punjabi)

Groups for parents focusing on conflict resolution, communication, self-esteem, anger

management, social skills, assets for effective parenting and living harmoniously with youth.

Language offered: Punjabi

No cost.

Contact: (604) 859-7681 Local 299

Teen Support Group

Group for local middle and high school youth. Youth address concerning issues and collaborate on solutions. Focus on communication skills, anger management, social skills, self-esteem building, alcohol and drug information and prevention.

Language offered: Punjabi and English

No cost.

Contact: (604) 859-5106 or (604) 613-1557



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For More Information...

Abbotsford Community Services
2420 Montrose Avenue
Abbotsford, BC V2S 3S9

Phone: (604) 859-7681

Fax: (604) 859-6334

www.abbotsfordcommunityservices.com



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