

Our vision

is a healthy community where everyone can live full and meaningful lives.



Volunteer with us

We offer a variety of volunteer opportunities in our programs and with our services. To learn more or join our volunteer team call (604) 984-9627 or email volunteer@familyservices.bc.ca

Support us

If you are interested in donating to our programs and services, we would love to hear from you. Please call (604) 988-5281 or email donations@familyservices.bc.ca

Listen to our podcast

Join our team as we talk about issues big and small, that we are all facing together. www.familyservices.bc.ca/podcasts

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FSNS Foundation 864745575RR0001
FSNS 119061240RR0001

Family Services of the North Shore
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(604) 988-5281
www.familyservices.bc.ca

 @FamilyServicesoftheNorthShore
  @FSNorthShore



Family Services
NORTH SHORE
Changing lives together

We respectfully acknowledge that the services we provide are on the traditional and unceded homelands of the Coast Salish peoples, including the x^wməθk^wəyəm (Musqueam), Sḵw̓x̓wú7mesh (Squamish), and səf̓ilw̓ətaʔ (Tsleil-Waututh) Nations.

WE ARE HERE TO help

- Counselling Support
- Group Support
- Parenting Support
- Support for Young Families
- 2SLGBTQIA+ Support
- Eating Disorders Prevention Support
- Senior and Caregiver Support
- End of Life or Grief Support
- Community Outreach & Christmas Bureau Programs

Contact our Intake Counsellor
and let us know how we can support you and your family.

Call (604) 988-5281 or email intake@familyservices.bc.ca

Many of our programs and services are free or offered at a reduced rate.

Family Services of the North Shore supports individuals and families of all ages and *stages of life*

Family Services of the North Shore is a non-profit, community-based agency. For over 60 years, we have been committed to making a deep and lasting impact across the North Shore. We offer counselling, support, education, and volunteer engagement opportunities to help you reach your full potential throughout your life, whenever you need us most.



Counselling Support

Our team of registered Clinical Counsellors works with children, youth, individuals, seniors, as well as couples and families. We offer support through a wide range of issues from simple to complex, including stress, anxiety, depression, relationship conflicts, life transitions, abuse, and trauma. Counselling support is available at reduced rates.

We also offer counselling support at no cost through our **Sexual Assault Intervention program**, our **Stopping the Violence program**, and our **Family Preservation and Support programs**.

Sexual Assault Support

The **Sexual Assault Response program** provides free coordinated services for survivors of sexual assault, inclusive of all ages and genders.

Group Support

- Be Yourself group for 2SLGBTQIA+ youth (English)
- Parents of 2SLGBTQIA+ children and youth (English)
- Women, Trauma, and Empowerment (English/Farsi)
- Men, Trauma, and Violence (English/Farsi)
- Breastfeeding and Postpartum (English/Farsi)
- Grief and Loss (English)
- Parenting (English/Mandarin/Farsi)
- Caregiver (English)

Support for Young Families

Thrive Family programs offer free family drop-in programs for parents and caregivers with children from birth to six years old.

Eating Disorders Prevention Support

The **Embody program** equips BC parents and professionals with trusted tools and resources to support young people before they develop an eating disorder. www.embodybc.com

2SLGBTQIA+ Support

The **PROUD2BE program** is dedicated to empowering 2SLGBTQIA+ people, with a focus on trans, two-spirit, non-binary, and genderqueer youth, as well as their families.

Senior and Caregiver Support

The **Seniors and Caregivers Connect program** provides support, connection, and resources for family and friends who are caring for older adults who live at home.

End of Life or Grief Support

Connection and resources for those with, or living with, life-limiting or chronic illness, or grieving the death of a loved one.

Additional Support

The **Christmas Bureau and Community Outreach programs** offer assistance year-round, and during the holiday season with gift baskets, groceries, hot meals, resources, and connection for individuals, seniors, and families.

For more information, visit:
www.familyservices.bc.ca