

# The Richmond Couch Surfer's Guide



*A Directory of Services and Supports for Richmond Youth*



*Your very own source for youth services in Richmond.  
Filled with lots of info including resources,  
helpful hints and recipes!*

Available on line at Richmond Community Services Advisory Council  
Website: **[www.rcsac.org](http://www.rcsac.org)**

The **Richmond Couch Surfers Guide** was created as a means to educate and support youth in the Richmond community. This resource was created for Richmond youth, by Richmond youth. Special thanks go to everyone that helped out, especially:

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## **So Why Don't You Just ... GET A JOB!!!!**

Getting a job can help you make money, meet new people and learn new stuff. It's not always an easy process, but in the end the pay of can be more than you ever imagined.

The best way to get a job is to be persistent. Job search can be disheartening, disappointing and tiring. But understand that if you keep on trying, you are almost assured to be successful! Talk to friends, neighbours and local businesses about what you are prepared to do to get a job (that's where most job leads come from!). The local papers have a number of opportunities in them so check out the classifieds. Don't be shy or embarrassed about dropping off resumes to the same place over and over and over. Just make sure you get your name out there so that when the right job does come up, you get it!

### **Getting Started...**

**Get your Birth Certificate** –you need to get this to get your SIN Card. Contact **Vital Statistics - (604) 660-2937**- to apply and purchase a copy Apply on line (pay with a Credit Card) at [www.vs.gov.bc.ca](http://www.vs.gov.bc.ca)

**Get Your SIN Card** – the first one is free but you'll have to pay for replacement cards. Go to Human Resources and Development Canada to apply for one.

⇒ **301- 4940 Number 3 Road, Richmond**

**Get a resume** - the **HRDC** office can provide guidance on how to create a great resume!! Use a computer with resume template at home, at a friend's, at school or at the Public Library.

### **Look for work On Line!**

Check out the National Job Bank -

☞ [http://jb-ge.hrdc-drhc.gc.ca/Prov\\_en.asp](http://jb-ge.hrdc-drhc.gc.ca/Prov_en.asp)

☞ <http://www.youth.gc.ca/>

Or 'hit' the papers...

☞ <http://www.bcclassified.com/search/>

☞ <http://www.van.net/classified>

☞ <http://www.canada.com/classifieds>

Need to use a computer – how about the **Richmond Public Library?**

**Main Branch -100-7700 Minoru Gate  
Ironwood - 11688 Steveston Hwy, Unit 8200  
Steveston - 4111 Moncton Street**

**HRDC** also sets up **Hire A Student** offices in the community (April-August). Contact the **HRDC Richmond** office to find out where they are located this year!

### **Employment Training Resources**

**Richmond Volunteer Centre** (604) 279-7020

Learn some new things, make a difference and get some great work experience. Call the Centre and find out how you can become a volunteer.

**Aunt Leah's Independent Life Skills Society  
Restaurant Training Program** (604) 263-3115

Youth who have limited formal education and limited practical work experience gain employment experience while learning kitchen procedures and developing skills.

**Options Youth Society  
Picasso Café** (604) 732-3290

Provides at-risk and street-involved youth with certified on-the-job training as cooks and waiters, academic training and work experience.

**Gordon House Youth SEARCh** (604) 687-8868

Pre-employment program comprised of life skills, employment preparation, work experience, further training, and/or job placement for at-risk youth ages 15 to 24

**Disability Resource Centre** (604) 232-2404.

Support, info and some training programs for disabled youth and adults

**Delta Recycling Society** (604) 270-7721

Offers employment and vocational guidance for those with physical and emotional barriers to finding a job.

## Education

### **Richmond School District**

**(604) 668-6000**

If you're trying to get into school, give them a call so they can help you figure out where to go and how to get there.

### **Alternate Schools**

### **Station Stretch School**

**(604) 668-6204**

Offers academic programming up to Grade 10 and support to youth who having experienced social and learning difficulties in the school system

### **Crossroads School Program**

**(604) 668-6167**

A continuous entry program where youth can upgrade academic and social skills while working towards long term educational and personal goals.

## **Get to Know Your Rights**

## Legal Advice

### **UBC Law Students Legal Advice**

**(604) 822-5791**

Free legal advice provided to low income individuals.

### **Legal Aid - Legal Services Society**

**(604) 273-9311**

Agency takes applications for legal aid and refers eligible clients to lawyers for representation and advice

## Tenancy

Ministry of Public Safety and Solicitor General

### **The Residential Tenancy Office**

**(604) 660-3456**

Provides information to landlords and tenants regarding their rights and responsibilities. Can assist parties to residential tenancy disputes resolve their differences and offer an active role in helping landlords and tenants settle disputes

### **Tenants Rights Info Hotline**

**(604) 255-0546**

Information on tenant rights regarding evictions, rent increases and security deposits.



## Disabilities

### **BC Coalition of People with Disabilities (604) 875-0188**

Offers support, advocacy and other direct service programs to people with disabilities.

### **Mental Health Empowerment Advocates (604) 738-5770**

Advocacy and support for people with mental disabilities

## Youth in Care

### **Federation of Youth in Care Networks (604) 527-7762**

Or Toll Free **1(800) 565-8055**

Provides advocacy, peer support, education about the rights of youth who are or have been in the Care of the Ministry for Children and Family Development.

### **John Howard Society (604) 872-5651**

Provides direct services and advocacy to individuals affected by the criminal justice system.

### **Ombudsman for Youth Toll Free 1(800) 567-3247**

Investigates complaints against services provided through local and provincial government, hospitals, colleges and public schools and other governing bodies.

## Employment

### **Employment Standards Toll Free 1(800) 663 –3316**

Investigates and assist in resolving disputes between employees/ employers over things like wages and work conditions.

### **BC Human Rights Commission Toll Free 1(800) 663-0867**

Investigates and assist in resolving disputes discrimination based on things like gender, age, nationality and sexuality.

## **Get More Info**

### **Inquiry BC**

**(604) 660-2421**

Telephone directory of BC services and resources

## **Staying Safe**

Children and youth (up to age 19) have the right to be protected by their parent(s) or guardian(s) and be safe in their family environment.

If you are aware of a situation where a child or youth is being physically, sexually or emotionally hurt, it needs to be reported to a Social Worker. Call the:

### **Ministry of Children and Family Development**

150 – 5840 Cedarbridge Way

**(604) 660-9260**

MCFD provides services to children and youth needing protection and support in dealing with family issues

If you have a child protection emergency or report and need to get a hold of an Intake Social Worker after the offices are closed, call:

### **MCFD After Hours**

**(604) 660-4927**

Or dial “0” and ask to get put through to the Children’s Helpline if you need to talk to someone about a child or youth being unsafe or hurt.

### **Children’s Helpline**

**310-1234**

## **Being Proud of Who You Are...**

Understanding, tolerance and acceptance make the world a better place to be for everyone. All people have the right to be treated with kindness and respect regardless of who they choose to love.

### **Gay and Lesbian Prideline**

**(604) 684-6869**

Telephone peer supports, info and referral, and can address topics such as coming out, same-sex domestic violence, bashing, and gender identity

**GAB Youth Services****(604) 684-4901**

Information, support services and drop in groups for gay bisexual and lesbian youth (25 and under)

**Parents, Families and Friends of Lesbians and Gays****PFLAG****(604) 689-3711**

Support for family members and friends of gay, lesbian, bisexual and transgender youth and adults

**Youthquest!****(604) 490-9115**

Services and support to gay, lesbian, bisexual and transgender youth

**Need to talk?**

Everybody needs to have someone they can trust, someone they can talk to about feelings, problems and things that matter. Friends, family, youth workers and teachers can be supports in times of needs. So can the following:

**Personal and Family Counseling****Touchstone Family Association****(604) 279-5599**

Provides personal, family counseling and parent-teen mediation services. Most services are based on a Social Worker referral so contact MCFD to see if you are eligible for support.

**Family Services of Greater Vancouver (604) 731-4951**

Provides counseling services, parenting and life skill workshops for a fee

**MSP Psychological Counseling** – an MSP referral can be made by your doctor

**Employee Assistance Program** (if applicable) – many employers can provide confidential counseling services to their employees and their families; check out what your benefits are

**Private Counselors** – please refer to the Super Pages under Physicians or ask your family doctor for a list of therapists

## Crisis Services

CHIMO Crisis Services

**Richmond Crisis Line- 9 AM –12 AM (604) 279-7070**

Telephone support for people in emotional distress. Available 9:00 a.m. - midnight, seven days a week

### **Crisis Intervention & Suicide Prevention Centre of BC**

Distress (24-hour): **(604) 872-3311**  
or **1 (866) 661-3311**

24-hour telephone crisis counseling for people experiencing emotional distress. Access for non-English speakers is available through an interpretation service.

## Alcohol and Drug

### **Richmond Alcohol and Drug Action Team (604) 270-9220**

Individual/group counseling, outreach and education for individuals misusing alcohol and/or drugs. Also provides support for family members of those using drugs and alcohol.

## Violence

CHIMO Crisis Services

**Domestic Violence Program (604) 279-7077**

Counseling for victims of domestic violence, and children who witness violence.

## Suicide

CHIMO Crisis Services

**Suicide intervention Services (604) 279-7077**

Youth and adult counseling and intervention for those who are thinking about suicide or hurting themselves

**SAFER (604) 879-9252**

Suicide prevention counselling and support for individuals residing in Vancouver and Burnaby; bereavement support for those affected by the suicide of a loved one provided to Richmond residents

### **Richmond Mental Health Team**

**TRACC Program (604) 273-9121**

Crisis response to suicidal youth through professional referral

## At Risk Youth

Richmond RCMP

### **Youth Intervention Program**

**(604) 207-4712**

Counseling for youth 12- 17 years old who are at risk of involvement in the criminal justice system.

## Victims of Crime

### **VictimLINK**

**1(800) 563-0808**

24 hours information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence

Ministry of Public Safety and Solicitor General

### **Crime Victim Assistance Program**

**(604) 660-3888**

Counseling and compensation benefits offered through the Crime Victim Assistance Program will help victims and others recover from the effects of violent crime

Family Services of Greater Vancouver

### **Trauma and Sexual Abuse Counselling**

**(604) 279-7100**

1 to 1 counselling for individuals who have been sexually abused, sexually exploited and sexually assaulted

## Depression and Other Psychiatric Issues

### **Richmond Mental Health Team**

**(604) 273-9121**

Youth and adult mental health assessment, treatment, counselling and group support

**MSP Psychological Counseling** – an MSP referral can be made by your doctor

## **Nuthin' To Do?**

Need somewhere to go and something new to do. Check out some of this stuff...

### **Recreation**

**Richmond Youth Centre** (604) 231-7249

Richmond Youth Service Agency  
8111 Granville Avenue Richmond, BC, V6Y 1P5  
Drop in centre providing 1 to 1, social and recreation activities

**City of Richmond Leisure Services** (604) 276-4107

Provides info on community centres and recreational activities going on in Richmond. Also maintains the "Fee Subsidy" and Richmond Opportunities for Affordable Recreation (ROAR) programs to allow for low-income families and individuals to access recreational activities.

**City of Richmond Roving Leaders** (604) 516-9538

Community and recreational outreach services for youth. Or (604) 516-9453

How about the library – where else can you use the Internet, rent movies, CDs and read the latest magazines for FREE!!!!

### **Community Centres**

**Cambie**

**4111 Jacombs Road**  
Phone: 604-233-8399

**South Arm**

**8880 Williams Road**  
Phone: 604-718-8060

**City Centre**

**#140-8279 Saba Road**  
Phone: 604-233-8910

**Steveston**

**4111 Moncton Street**  
Phone: 604-718-8080

**Hamilton**

**5140 Smith Drive**  
Phone: 604-718-8055

**Thompson**

**5151 Granville Avenue**  
Phone: 604-718-8422

**Sea Island**

**7140 Miller Road**  
Phone: 604-718-8000

**West Richmond**

**9180 No. 1 Road**  
Phone: 604-718-8400

Community centres are a great place to go to get involved in sports and fitness programming, do arts and crafts, use the phone and washroom or just get out of the cold!

**Main Branch -100-7700 Minoru Gate  
Ironwood - 11688 Steveston Hwy, Unit 8200  
Steveston - 4111 Moncton Street**

Or an Internet Café? Don't forget school for an Internet job search

**\*\*\*\*\*Remember to stay safe when using the Internet.**

Connecting up with people you meet in chat rooms and on line messenger services can be risky People are not always who they say they are. Never share your personal information – Phone number, address, school or place of employment with someone on-line! Also **never meet with someone you have met on-line unless you are in a public place, with a friend and have told someone (parent, friend, counselor) about your plans.**

### The Arts

#### **Richmond Arts Centre and Art Gallery**

7700 Minoru Gate, Richmond

**(604) 231-6457**


Arts programming for children and teens.

#### **Richmond Youth Orchestra**

**(604) 278-1887**

Come join and play along!

Check out the City Of Richmond Website for a listing of arts, cultural and heritage activity groups:

 <http://www.city.richmond.bc.ca/discover/organizations/organizations>

### Leadership

#### **Girl Guides of Canada**

**1(800) 565-8111**

Social, recreational and leadership opportunities for girls 12 - 18

#### **Richmond Army Cadets**

**5500 No .4 Road**

Stop by and find out what you can do and what they can do for you

#### **Richmond Sea Cadets**

**(604) 270-3231**

7411 River Road, Richmond

Leadership and survival training for youth 10-18

**Katimavik****1(888) 525-1503**

A national youth work program that involves working on volunteer projects across Canada - [www.katimavik.org](http://www.katimavik.org)

**Getting There**

Need to figure out how to get there - call **Translink!**

**Transit Information Line****(604) 953-3333**

Or go online to [translink.bc.ca](http://translink.bc.ca) to find info on bus routes, times schedules

**You're not the only one....**

Sometimes, it may seem like there's no one there who understands, that you're the only one who is going through something. You're not...

**Cancer****Living with Cancer****(604) 279-7150**

Support groups for individuals and family members effected by cancer.

**Richmond Hospice Association****(604) 279-7140**

Provides emotional and social support to people with life threatening illness and their families

**Loss****BC Bereavement Hotline****1(877) 779-2223**

Telephone support and information services for bereaved individuals and families.

**Lower Mainland Grief Recovery****(604) 231-0528**

Provides group support to those dealing with the loss of a loved one

**Mental Illness****Richmond Mental Health****(604) 273-9121**

Group and 1 to 1 supports for people afflicted with mental illness and their family.



**BC Schizophrenia Society**      **1(888) 888-0029** or **(604) 270-7841**  
Offers support and education to families with relatives who have schizophrenia

### **AIDS/HIV**

**Heart of Richmond AIDS**      **(604) 277-5137**  
Support for those affected by HIV/AIDS. Includes education, information and monthly dinners

**AIDS Vancouver**      **(604) 893-2201**  
Counseling, support programs and food bank for people with HIV/AIDS.

Vancouver Coastal Health Authority  
**Gilwest Clinic**      **(604) 233-3150**  
Provides HIV/AIDS treatment and prevention services, 9 AM to 11:30 AM Mondays and 4 PM to 7:30 PM Thursdays.

### **Services to Victims and Witnesses of Crime**

**Richmond RCMP Victim Services**      **(604) 270-6229**  
Provides assistance to victims and witnesses of crime in the Richmond area

Ministry of Public Safety and Solicitor General  
**Victim Services Division**      **(604) 660-5199**  
Provides service access to victims of crime, or to persons who have been affected by crime in their communities.

**VictimLINK**      **1(800) 563-0808**  
24 hours a day information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence

MOSAIC  
**Victim and Family Violence Programs**      **(604) 254-9626**  
Support to immigrants and refugees who have been victims of crime and domestic violence.

## **Bullying and Anger**

Bullying occurs when a person persistently uses their power to hurt or scare others. One individual or a whole group can do it. It takes on several forms:

- ☛ **Verbal – name calling, put downs, threatening**
- ☛ **Psychological - spreading rumours, stalking, dirty looks, hiding or damaging another person’s possessions**
- ☛ **Physical - hitting, kicking, poking tripping, stealing**
- ☛ **Social – ignoring, excluding, ostracising, alienating**

**Bullying is a form of exploitation. It is not OK.** If you are being bullied or know someone who is, talk to your teacher, school counsellor or parents.

Most kids, youth and adults who ‘bully’ have problems with their own sense of self worth. If you think you have problem with bullying others, get help. Talk to someone you trust – a teacher, counsellor, family member or friend who can help you to change the way you interact with people.

**Youth Against Violence Line 1(800) 680-4264**

A confidential way to report and prevent crimes connected with youth crime, bullying, peer pressure, intimidation or threats by a person or a gang, or any other violence-related issues.

**Anger Management Counselling**

**For Youth 12-17**

Touchstone Family Association

**Unloading Zone Program (604) 279-5599**

Group education that provides youth with practical skills and strategies to defuse and resolve their anger.

**For Parents**

Broadway Youth Resource Centre

**Unloading Zone for Parents (604) 709-5720**

A six-week program that helps parents understand their own management of anger, thereby helping them to understand their child's anger issues.

**For Men age 18 and over**

Assaultive Husbands Program for Men

**Victim and Family Violence Programs (604) 254-9626**

Provides court-mandated anger management counseling for men convicted of spousal assault. Serves men with origins in India, Pakistan, and Fiji. Others may attend the program if space is available

Catholic Charities

**Beyond Power and Control: Men in Relationships (604) 443-3220**

A 16-session program that challenges men to understand issues around violence, to develop an awareness of their use of power and control, and to take responsibility for their actions. Self-referral and fee for service.

**It's Your Body...**

Keeping a healthy body is an important way to 'be all that you can be'. Movies, videos and magazines show us pictures of people who we 'should' look like. Unfortunately, those images are usually based more in fantasy than reality. Trendy diets, steroid and exercise crazes can seem to offer a quick way to change what we want to change. Unfortunately, many can cause irreparable damage to your body.

Being healthy is part of a lifestyle, not a pill or diet book. Your body is an incredible machine – it deserves to be taken care of and treated properly. Taking care of it means eating well, exercising and doing things that make you feel good about yourself.

**Nutrition**

Confused about what to eat, how much of it to eat and when to eat it? With all the misinformation that's out there, it's no wonder. Check out these resources to get advice on a healthy diet.

**Dial A Dietician**

Call the free nutrition line at

**(604) 732-9191**

It can give nutritional advice that will help you make sure you're eating healthy.

**Health Canada**

**[www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn](http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn)**

Provides food guides, healthy weight charts and lots more information about nutrition.

**Exercise**

Being active is vital to keeping up your physical and mental health. Check out the local community centres for student rate aerobics, dance and yoga classes as well as access to their cardio and weight rooms.

### **For a free and easy way to exercise consider this...**

Walking is one of the best ways to get fit. It burns fat and builds lean muscle mass (which reduces fat and increases health).. If you walk at brisk pace (enough to cause a little heavy breathing and heart pounding), you can incinerate 250 calories in an hour. Step it up to jog and you double it! Try walking to school or work, take the stairs instead of the elevator and GO PLAY OUTSIDE!!!!

## **Eating Disorders**

Eating Disorders can vary in severity. However, they are almost always rooted in individual's feelings of low self worth, need for control and inability to deal with feelings in a healthy way. Both males and females suffer from these disorders. They include:

### **Anorexia Nervosa**

Characterised by a significant weight loss resulting from excessive dieting and starvation. Anorexics consider themselves to be fat, no matter what their actual weight is.

### **Bulimia Nervosa**

A cycle of binge eating followed by purging to try and rid the body of unwanted calories through vomiting, laxatives and/or exercise. A binge can look different for each individual.

### **Compulsive Overeating**

Uncontrollable eating (usually as away to cope with feelings and stress) and consequent weight gain.

## **Getting Help**

Eating disorders cause a lot more than malnutrition, rotten teeth and stretch marks. Serious heart, bowel and kidney disorders are just a few of the possible side effects

One of the most difficult things to do is to admit and accept that you have an eating disorder. The next hardest thing to do is reaching out and asking for help. There is support available. Talk to a Doctor, Nurse or School Counsellor about what resources are available to help you through this.

## Counselling

CHIMO Crisis Services

**Eating Disorder Program**

**(604) 279-7077**

Information, education, support groups and counseling related to eating disorders.

St. Paul's Hospital Providence Health Care

**Eating Disorder Clinic**

**(604) 806-8347**

Provide eating disorder assessment, treatment and education; requires medical referral.

## **Sexual Assault, Date Rape and Sexual Exploitation**

Sexual Assault is any **sexual touching** or **sexual intercourse without active, voluntary informed or mutually understood consent** to engage in such activity.

### Sexual Assault

Up to 80% of rapes are committed by someone the victim knows. **Date rape is no different from “regular rape/sexual assault”** except that the **victim knows his/her rapist**. Friends, partners, acquaintances, or dates can commit the crime. **If sex is done without your consent, then it's rape and it is a crime.**

**Minors may never give consent to a legal adult** nor may **people who are physically and mentally incapacitated** (for example, from alcohol or drug use).

### Sex and Alcohol

Plain and simple, **alcohol alters your ability to think clearly**. When you drink, at some point you will begin to see the world through “beer goggles” (you will be less picky about selecting whom you will hook up with).

**Mixing sex with alcohol or other drugs increases the chances of:**

- ‡ **Unintended pregnancy**
- ‡ **Sexually transmitted disease**
- ‡ **Sexual assault**

Example: Susan and Todd were on their third date when Todd forcibly had sex with her. Because Susan had been drinking, she figured that it was her

fault. **It was not.** It took Susan months to realise what she had experienced was date rape.

### **Tips for avoiding sexual assault:**

- 👍 **Run – if you run, you have a 50% chance of escape**
- 👍 **Run and scream – you have increased your chances of escape to 75%**
- 👍 **Fight back – take a self defence class to learn effective techniques**
- 👍 **Trust your instinct – if the person you are with seems disrespectful and controlling, this is a warning sign**
- 👍 **Stay sober and stay with your friends**
- 👍 **Report attacks to the police**

### **What to do if someone's been sexually assaulted**

If you know someone who has been sexually violated, here's how you can help:

- ✓ **Be supportive, listen instead of talk**
- ✓ **Encourage them to go to the hospital and/or police for help**
  - ✓ **Make sure they have a safe place to stay**
- ✓ **Make yourself available to go with them to the hospital, police, counselling, etc.**

### **Do not:**

- ✖ **Blame them**
- ✖ **Be angry with them**
- ✖ **Force them to talk**
- ✖ **Assume you understand how they feel**

### **Sexual Exploitation**

Sexual Exploitation is when, for financial, sexual or personal benefit, **one person takes sexual advantage of another person**, usually under the age of 18. **Sexual exploitation occurs regardless of the perceived benefit to the victim.** I.E. when someone let's you stay at their place because you have nowhere else to go and then manipulates, pressures, guilt's or forces you to engage in sexual acts.

Sexual exploitation can happen to both girls and guys. It occurs when someone takes sexual advantage of a person's situation. This can include:

- ✦ **Persuading /pressuring a person to either do or agree to do something that may not be in their best interest**
- ✦ **Forcing a person to do something against their will**
- ✦ **Using property, money, food, shelter, friendship for the giver's personal benefit**

If you have been assaulted or exploited, **tell someone.**  
**Call 911** and report what has happened to you or **go to the Hospital Emergency.**

### **Sexual Assault and Exploitation Resources**

#### **Trauma and Sexual Abuse Counselling (604) 279-7100**

1 to 1 counselling for individuals, who have been sexually abused, sexually exploited and sexually assaulted.

#### **Vancouver Rape Relief**

**(604) 872-8212**

Advocacy, support and shelter for women who have been sexually assaulted

#### **WAVAW**

**(604) 255-6344**

24 hour crisis support for those who have experienced a sexual assault

## **Violence**

### **Counselling**

CHIMO Crisis Services

#### **Stopping the Violence Program**

**(604) 279-7077**

Individual and group counseling to women and children who have experienced violence

CHIMO Crisis Services

#### **Multicultural Outreach Worker**

**(604) 270-4949**

Outreach to women who have left a transition house or need to know their options

MOSAIC

**Victim and Family Violence Programs (604) 254-9626**

Women's Support Services

Provides culturally and linguistically-specific support groups, individual support, advocacy, and information and referral to South Asian women experiencing domestic violence and abuse, including those who are still in the relationship, have left, or are in crisis

### Shelters

**BC/Yukon Society of Transition Houses**

**1 (800) 661-1040**

Network of transition houses, safe homes, and second stage houses in BC and the Yukon

**Nova Transition House**

**(604) 270-4911**

Transition house for women (and their children) who are escaping physical, emotional, and/or sexual violence

**Vancouver Rape Relief**

**Rape Relief and Women's Shelter**

**(604) 872-8212**

Transition house for battered women and their children.

Salvation Army

**Kate Booth House**

24-hour: **(604)-872-7774**

Safe, secure residential environment in a confidential location for women and children fleeing family violence

### **Medical Stuff**

Here are some Richmond Medical Clinics – there are more listed in your Super Pages. Call to check for the hours before you go!

**Cook Road Clinic**

8171 Cook Road

**(604) 279-1942**

**Ironwood Medical Clinic**

#100 11666 Steveston Hwy

**(604) 448-9595**

**Blundell Centre Medical Clinic**

150–6020 Blundell Rd

**(604) 241-8911**

**Westminster Medical Clinic**

103-7031 Westminster Hwy

**(604) 270-6004**



## For Youth

**Richmond Youth Clinic** (at Richmond Hospital)  
**7000 Westminster Highway** (604) 233-3150 Confidential  
medical examination and information on health issues including sexually  
transmitted diseases, pregnancy and general health concerns. No  
appointment necessary and no MSP coverage required.

**Clinic hours:**  
**3 PM to 5 PM Monday**  
**3:30 PM to 5:30 PM Wednesdays**  
**2 PM to 4 PM Fridays (by appointment only)**

**Across the bridge...**

**Three Bridges Community Health Centre, Youth Clinic**  
1292 Hornby Street, Vancouver (604) 736- 9844  
Medical clinic in Vancouver for **youth ages 25 and under**

## For emergencies

**Richmond Hospital**  
7000 Westminister Highway (604) 278-9711  
For health EMERGENCIES 24 hours a day

## Sexually Transmitted Diseases

Diseases like genital herpes, gonorrhoea, chlamydia, genital warts and syphilis are out there waiting for you if you're not careful. **Symptoms for sexually transmitted diseases (STDs) can include burning, itching, sores and discharge in the genital area.** Some diseases are treatable but all are preventable. If you are sexually active, get to your doctor, clinic or the Youth Clinic for a check up as fast as possible.

***You can avoid getting a sexually transmitted disease if you:***

- ⌘ **Decide not to have sex.**
- ⌘ **Use latex condoms.** Condoms offer protection against STDs but they must be used properly (talk to a doctor or nurse about how to use them)
- ⌘ **Have sex with only one partner who is not infected and who is having sex only with you.**
- ⌘ **Have regular STD check-ups.**

Free latex condoms are available from:

**Heart of Richmond AIDS (604) 277-5137**  
**Richmond Youth Clinic (604) 233-3150**

### Other STD Resources

**Sexually Transmitted Disease Clinic**  
**BC Centre for Disease Control (604) 660-6161**

655 West 12th Avenue Vancouver, BC

Public clinic providing free diagnosis, treatment, and counseling for sexually transmitted disease, including HIV. Hours are **8:30 AM to 7:30 PM**

**Monday and Friday, 8:30 AM to 4 PM Tuesday to Thursday, and 9:30 am to 1 PM Saturdays**

**Sexually Transmitted Disease Information Line (604) 872-6652**

24 hour line of pre-recorded information on STDs including symptoms, treatment and prevention

**Heart of Richmond AIDS (604) 277-5137**

Support for those affected by HIV/AIDS. Includes education, information and monthly dinners

**AIDS Vancouver (604) 893-2201**

Counseling, support programs and food bank for people with HIV/AIDS.

## **Getting out of the Sex Trade**

When someone exchanges sexual favours for money or material goods, they may be involved in the sex trade.

Sex trade involved and sexually exploited children and youth come from all social, economic, and ethnic backgrounds. However, there are some

**common characteristics of children and youth targeted by recruiters.** These include:

- × **Low self-esteem is the most common and powerful factor for putting youth at risk of being exploited.**
- × **Being the victim of sexual, physical, or emotional abuse or trauma is also a common factor among high risk youth.**

- × **Situations in which a youth questions his/her security or sense of belonging, such as family crisis/conflict, problems at school, moving to a new school, poor peer relations**
- × **Drug and alcohol abuse at an early age, as well as parental drug/alcohol abuse, are important risk factors.**

Most children and youth get involved in the sex trade because someone has introduced them to it. Most don't realise they are being set up by the 'recruiter' who can often seem like someone who cares about you I.E. a friend or a boyfriend. But **a recruiter does not care about you – they care about the financial, sexual and social benefits that you can provide to them.**

Here are some **signs that someone may be trying to get you involved in the sex trade:**

- ‡ **recruiters can be male or female**
- ‡ **they are often similar in age to the potential victim**
- ‡ **recruiters often offer "friendship" and the image of an exciting, glamorous life to lure a youth into the sex trade**

### **How to identify a pimp**

While pimps can be male or female, the majority are **male between the ages of 13-45**. In addition, pimps:

- **are very manipulative and know how to find a youth's weaknesses I.E. fill a need to feel wanted and attractive, make you feel good and/or feel like an adult**
- **may initially pose as a boyfriend who is nice to the family**
- **usually they are unemployed, have limited education, and little material possessions but may appear to have lots of money**
- **may claim to be in the "entertainment industry"**
- **may be involved with drugs and are often associated with other criminal activity**

**How to tell if someone you know may be sex trade involved or being sexually exploited:**

- ↖ **they withdraw from home life, are secretive and uncommunicative, miss curfew or run away**
- ↖ **they skip school and drop old friends for a new group**
- ↖ **they dress provocatively, wear heavy makeup and obsess about wanting to look older**
- ↖ **they lie about where they are and what they're doing**
- ↖ **they stay out late and/or come home drunk or on drugs**
- ↖ **they are extremely protective of a new boyfriend**
- ↖ **they have unexplained money and/or bringing home new and expensive clothing (high heels, club dresses) and gifts**
- ↖ **they pack a change of clothes when they go out**

Trying to get out or help someone get out of the sex trade? **Get in touch with someone who can help...**

**PACE**

**(604) 872-7651**

Cellular (after-hours) **(604) 786-KIDS**

Advocacy, counselling and prevention services for those involved in the sex trade

**Children of the Street**

**(604) 775-7510**

Education and support for those involved in and affected by youth prostitution

Family Services of Greater Vancouver

**Trauma and Sexual Abuse Counselling (604) 279-7100**

1 to 1 counselling for individuals who have been sexually abused, sexually exploited and sexually assaulted.

Richmond RCMP

**Victim Services**

**(604) 270-6229**

Provides assistance to victims and witnesses of crime in the Richmond area

## **Drug and Alcohol Misuse**

### **Individual and Group Support**

#### **Richmond Alcohol and Drug Action Team (604) 270-9220**

Provides 1-to-1 and group support, outreach and education around drug and alcohol usage. Also refers out to Detox and treatment resources.

#### **Al-Anon/Alateen (604) 688-1716**

Does someone close to you – parent, sibling, boy/girlfriend - have a problem with alcohol? Group meetings can help you see you're not the only one going through it. Call to find out where and when group meetings are in your community.

#### **Narcotic Anonymous 24 Hour Line (604) 873-1018**

Group supports for people trying to give up narcotics and maintain a drug free lifestyle.

#### **Vancouver Addiction Services (604) 660-9382**

Info on alcohol and drug counselling, Detox and prevention programs

#### **DEYAS Counselling**

223 Main Street Vancouver (604) 685-7300

Provides 1 to 1 counselling, detox and treatment referrals

#### **Watari Youth Day Treatment Program (604) 438-3755**

Provides alcohol and drug counselling, education and day programming for youth 13-24

### **Detox**

Pacific Legal Education Association

#### **PLEA Detox Program (604) 891-1082**

Detox services for youth 21 and under; self and professional referral

Family Services of Greater Vancouver (604) 872-4349

#### **Street Youth Detox Toll free: 1(877) 872-4349**

Detox services for youth 21 and under; self and professional referral

DEYAS (604) 251-7615

#### **Street Youth Detox Or (604) 251-3310**

Detox services for youth 21 and under; self and professional referral

## Problem Gambling

**Richmond Alcohol and Drug Action Team** (604) 270-9220

Provides 1-to-1 and group support for problem gamblers

**Referral line for Problem Gambling** 1(888) 795-6111

1-to-1 counselling for people who are 'in over their heads' with gambling and those family and friends effected by it.

### **New to the country?**

**SUCCESS** (604) 279-7180

Mandarin, Cantonese and English speaking support for newly arrived immigrants who need some help in figuring out where to go and what to do.

**SUCCESS Chinese Crisis Line**

Cantonese: (604) 270-8233

Mandarin: (604) 270-8222

Offers telephone support to the Chinese community, in Cantonese and Mandarin. Also provides information and referral.

**Richmond Multicultural Concerns Society**

210-7000 Minoru Boulevards (604) 279-7160

Provides information and referral, settlement services and English as a second language classes

Richmond Youth Service Agency

**Youth Buddy Program** (604) 271-7600

Peer support for Asian immigrant youth

MOSAIC

**Victim and Family Violence Programs** (604) 254-9626

**Multicultural Victim Support Services Program**

Support to immigrants and refugees who have been victims of crime, including torture.

**Women's Support Services**

Provides culturally and linguistically-specific support groups, individual support, advocacy, and information and referral to South Asian women experiencing domestic violence and abuse, including those who are still in the relationship, have left, or are in crisis

## **It's A Tough Job, But ...**

Adolescence is a time of transition. Those natural changes can effect not only youth, but their families as well. While the teen years can be seen as a sort of training program for independence they can also be chaotic and conflictual. For the vast majority of situations, patience and learning the art of picking your battles is the key. When it becomes too much, there is support there to help both parents and teens cope.

### **Parent Teen Conflict**

#### **Parents Together**

**(604) 325-0556**

Coping and parenting support for parents by parents. Call to find out where and when the next group is...

#### **Touchstone Family Association**

**(604) 279-5599**

Parent-teen mediation services available through a Social Worker referral.

#### **Family Services of Greater Vancouver**

**(604) 731-4951**

Counseling services, parenting and life skill workshops

Broadway Youth Resource Center

#### **Unloading Zone for Parents**

**(604) 709-5727**

A six-week program that helps parents understand their own management of anger, thereby helping them to understand their child's anger issues.

### **Younger Kids**

#### **Richmond Family Place**

**(604) 278-4336**

Parenting workshops and support for families with young children.

### **Younger Parents**

#### **Pregnant and Parenting Youth Program**

**(604) 271-7600**

I to 1 and group support for young moms & dads to be and young mom's & dads already

## **Pregnant?**

If you're pregnant, your physical and emotional health should be your priority.

Contact your family doctor, go to a medical clinic or the **Youth Clinic - (604) 233-3150** -to discuss your pregnancy and how you feel about it

### **You can also try...**

#### **Crisis Pregnancy Centre**

**(604) 731-1122**

Information is available regarding pregnancy and alternatives. Also offer pregnancy tests, prenatal instruction and accommodation search assistance. Maternity and baby clothes, referrals, advocacy, and post-abortion grief support available

#### **Planned Parenthood**

**(604) 731-4252**

Provides information on pregnancy and support to pregnant youth

### **So you're having a baby...**

Richmond Secondary School

#### **COLTS Program**

**(604) 668-6400**

Allows pregnant and parenting youth (13-18) to continue their education.

Kwantlen College

#### **Young Parents Program**

**(604) 599-2794**

Provides opportunity for young parents to complete their high school education and begin post-secondary studies.

Community and Family Health Services

#### **Richmond Health Department**

**(604) 233-3150**

Provides pre-natal classes and information and education on healthy pregnancies.

#### **Newborn Hotline**

**(604) 737-3737**

Telephone access to a community health nurse to answer questions about you and your baby



## Housing

Christian Advocacy Society

### **Burnaby Safe House**

**(604) 430-4154**

Accommodation for vulnerable pregnant women, and for battered or abused women and their children

Willingdon Church

### **Mom's Place**

**(604) 435-5544**

Temporary accommodation for pregnant, single young women ages 13 - 21.

## **Need a Place to Stay?**

All of these resources provide free temporary accommodation to youth that are homeless. The stay in these residences is usually about a week, giving you time to work things out with your family, contact a Social Worker or find alternate housing.

### For Youth

#### **Temporary Shelter for youth 17-23**

##### **Covenant House**

**(604) 685-7474**

575 Drake Street, Vancouver

#### **Providing 1 week of shelter for youth 16-18**

##### **Walden House**

**(604) 877-1234**

##### **ASH House**

**(604) 254-5147**

#### **Temporary shelter for youth 13-15**

##### **Underage Safe House**

**(604) 253-5847**

##### **North Shore Safe House**

**(604) 903-4390**

### For Men

#### **Salvation Army Richmond House**

3111 Shell Road

**(604) 276-2490**

Short-term emergency shelter for men **19 and over**.

## **For Pregnant Youth Under 21**

Christian Advocacy Society

### **Burnaby Safe House**

**(604) 430-4154**

Accommodation for vulnerable pregnant women, and for battered or abused women and their children

Willingdon Church

### **Mom's Place**

**(604) 435-5544**

Temporary accommodation for pregnant, single young women ages 13 - 21.

## **For Women and Children Leaving Violent Relationships**

### **BC/Yukon Society of Transition Houses**

**(604) 669-6943 or: 1(800) 661-1040**

Network of transition houses, safe homes, and second stage houses in BC/Yukon

## **Free Stuff**

### **Groceries**

#### **Richmond Food Bank**

**(604) 271-5609**

Outlets:

**#7 - 12491 No. 2 Road, Richmond**

Distribution is from **11 AM to 1 PM on Wed. / Thurs.** and from **6 PM to 7 PM on the third Wednesday** of the month. **Requires 2 pieces of ID.**

Peace Mennonite Church gymnasium

**11571 Daniels Road**

Distribution is from 1 PM to 2 PM on Tuesday

#### **Salvation Army Emergency Food Bank**

205-6200 No. 3 Road, Richmond **(604) 277-1593**

Non- perishable food items provided on emergency basis.

#### **Salvation Army**

8280 Gilbert Road, Richmond

**(604) 277-2424**

Bread distributed 12:30 PM – 1:30 PM on Thursdays

## Meals

### Richmond

#### **Salvation Army**

8280 Gilbert Road, Richmond

**(604) 277-2424**

Free lunch – 12:30 PM – 1:30 PM on Thursdays

#### **St. Albans Hall**

7260 St. Albans Road , Richmond

**(604) 278-2770**

Free dinner – 5:30 PM on Tuesday

### Vancouver

Union Gospel Mission

#### **Youth Drop-In Centre**

1075 Seymour Street, Vancouver

**(604) 688-7587** Open from 3-6

PM Wed.-Sun.

Meal served at 7 PM Wed.-Sun.

#### **First United Church**

320 East Hastings, Vancouver

**(604) 681-8365**

Free Clothing: 9-11 AM – Mon., Wed., Fri.

(except IA issue day)

Coffee Time: 9:30-11 AM Mon.-Fri.

Morning Soup- 8:30 AM– Mon.-Fri.

Family Services of Greater Vancouver

#### **Richmond Community Kitchens**

**(604) 279-7100**

Teaches youth and adults nutritional and economical ways to cook

## Clothing, Household and Personal Items

#### **Western Regional Advocacy Group Society**

330-3771 Jacombs Road

**(604) 214-0613**

Offers donated beds free to low income people

Union Gospel Mission

#### **Youth Drop-In Centre**

1075 Seymour Street, Vancouver

**(604) 688-7587**

Free clothing dispensed 9-11 AM – Mon., Wed. Fri. (except IA issue day)

**Crisis Pregnancy Centre** (604) 731-1122  
Maternity and baby clothes provided to low-income moms

### Condoms

**Heart of Richmond AIDS** (604) 277-5137  
**Richmond Health Department** (604) 233-3150  
Free Latex condoms and sexually transmitted disease prevention information

### Recreation

**City of Richmond Leisure Services** (604) 276-4107  
Provides info on community centres and recreational activities going on in Richmond. Also maintains the “**Fee Subsidy**” and **Richmond Opportunities for Affordable Recreation (ROAR)** programs to allow for low-income families and individuals to access recreational activities.

### Financial Support

**Ministry of Human Resources - Income Assistance**  
100-5760 Minoru Blvd (604) 660-9284  
Offers Income Assistance to eligible individuals and families residing in the Richmond community.

Volunteer Richmond Information Services  
**Richmond Christmas Fund** (604) 279-7035  
Christmas voucher and toy room for low-income Richmond residents.  
Registration usually occurs in November of every year.

## **Living On a Budget**

Living on a budget is a reality that we will all have to face sooner or later. Learning how to budget early in life can allow for you to set some good money habits that will translate into dollars and cents down the road.

Here are a few tips on saving money:

- ✕ **Check out dollar stores for household items and gifts**
- ✕ **Stock up on sale items and buy no name brands wherever possible.**
- ✕ **Before you buy, always wait for what you want to go on sale (it always does!)**

- ✕ **Try clothes on before you buy them just to make sure it's what you want.**
- ✕ **Keep all your receipts in a jar or shoebox so that you can take things back that don't fit or don't work.**
- ✕ **Shop with a list and join department and grocery store member discount clubs.**
- ✕ **Use coupons from newspapers and the Super Pages and check flyers for sales.**

### Household Hints

- ✕ Use baking soda as a scrubbing powder for cleaning the kitchen sink, bathtub and toilet. Rinse with water and a couple of drops of bleach to disinfect.
- ✕ For tea or coffee stains in cups or other stubborn stains on plates etc. rub with a soft, wet cloth that has been dipped in baking soda.
- ✕ A quick way to clean your bathroom...run your shower at the hottest setting and close the door till everything gets steamy. Then grab a cloth and start wiping
- ✕ Candles will burn more slowly, with less dripping, if put in the freezer for an hour before using.
- ✕ Place a fabric softener sheet in the bathroom wastebasket, keeps the bathroom smelling fresher
- ✕ For a dripping faucet, tie a string to the faucet that's long enough to reach the drain. The water will run down the string silently until you have a chance to get the drip taken care of.
- ✕ Need a lid for a pot or pan? Nail a wooden drawer knob to bottom of a foil pie plate, as they come in several sizes, you can have lids a-plenty
- ✕ Wrap cheese in a cloth dampened in vinegar as it keeps longer.
- ✕ Cheese washes off the grater easily, if you rub a little vegetable oil on grater first
- ✕ Burn an orange peel on the stove to get rid of disagreeable odors Stop potatoes from sprouting, store them together with apples

### Cooking For Yourself

Most of the time making your own meals is less expensive, more convenient and faster than going to the store and buying something that is already made. Bake ware and cooking utensils are abundant at garage/church sales and dollar and thrift stores are usually stocked with kitchen things.

The key to cooking is to be creative and have some fun. Recipes are easy to find on line, at school and at the library. Here's a few:

## **Fast, Cheap and Easy...Recipes, That Is!**

### **Party Pita Pizza**

*2 8 inch pita shells*

*1 Cup pasta sauce*

*Lots of Cheese – mozza, cheddar, feta – whatever!*

*Toppings: cut up deli meats, peppers, mushrooms, onions, tomato, hard boiled eggs broccoli, spinach, artichokes, etc. - basically anything you like!*

Turn oven on to broil. Put pita shell on cookie sheet or pie plate. Spoon pasta sauce on to shell and spread out evenly. Top with cheese (the more the better!) and follow that with all the other toppings. Put in oven on second highest rack and broil about 10 minutes. \*\*\*\* Some ovens are hotter than others so check every couple of minutes to make sure it's not burning.

### **M&T's Tuna Mac and Cheese**

*1 box macaroni and cheese dinner*

*1 can tuna fish*

*Grated cheese (about a  $\frac{3}{4}$  of a cup)*

Prepare macaroni as directed on box. Leave in pot on stove on low-medium heat. Drain tuna. Stir into macaroni. Sprinkle grated cheese on top and cover with lid. Turn element off and let stand 5 minutes, until cheese has melted. Dig in.

### **Easy Gourmet Caesar Salad**

*1 med. size, head Romaine lettuce, washed and torn into bits*

*1 can shrimp, drained or 1 chicken breast/beef or tofu steak, grilled*

*1 Tbsp. Lemon juice,  $\frac{1}{4}$  Cup Parmesan cheese*

*$\frac{1}{2}$  Cup Croutons*

*Caesar salad dressing (bottled)*

Prepare lettuce and put into serving bowl. Toss in shrimp, chicken or tofu that has been cooked and seasoned to your taste. Pour on dressing (about  $\frac{1}{2}$  cup per lettuce head) and toss. Top with croutons and Parmesan cheese. This makes a great before dinner salad if shared and a full meal for 1.

### **Williams Road Stovetop Pasta Casserole**

*2 Cups Dry pasta (macaroni or spiral types are best)*

*1 can crushed tomatoes (500 ml)*

*1 LB Ground meat – beef, chicken turkey*

*1 onion, diced*

*2 Cups fresh vegetables cut up – mushrooms, peppers, carrots, etc.*

Cook pasta according to package directions. Completely brown meat in fry pan coated in oil (about 2 Tbsp.). Add diced onion and vegetables sauté on high heat (about 5 minutes). Turn heat down to medium and add can of tomatoes – stir. Reduce heat to low and simmer for 20 minutes. Add drained and rinsed pasta to pan and stir together. Season to taste with pepper, salt or Italian spices. Leave on stove at low for another 5 minutes, remove and serve.

### **5 Minute Fudge**

*2 tablespoons butter*

*2/3 cup evaporated milk*

*1 2/3 cup sugar*

*1/2 teaspoon salt*

*2 cups miniature marshmallows*

*1 cup chocolate chips*

*1 teaspoon vanilla*

Combine butter, milk, and *med. Size* salt in a medium size pot on medium heat. Bring to a boil. Cook 4-5 minutes, stirring constantly. Remove from heat, stir in marshmallows, chocolate, vanilla. Stir vigorously for 1 minute until marshmallows and chocolate melt and blend. Pour into 8 inch square buttered pan. Cool. Cut into squares.

### **Recipe Substitutions**

Try these for baking...

- \* **1 Oz. Unsweetened Chocolate = 3 Tbsp. Cocoa Powder + 1 Tbsp. Butter or Margarine**
- \* **1 cup Brown Sugar =  $\frac{3}{4}$  cup granulated sugar +  $\frac{1}{4}$  cup molasses**
- \* **Juice of 1 Orange =  $\frac{1}{4}$  Cup Orange Juice**
- \* **1 Tbsp. Cornstarch = 2 Tbsp. all purpose flour (for thickening)**
- \* **1 cup Sour Cream = 1 cup Yogurt**
- \* **Milk, whole (1 c.)  $\frac{1}{2}$  c. evaporated milk plus  $\frac{1}{2}$  c. water**
- \* **1 whole egg = 2 egg yolks plus 1 Tbsp water**
- \* **1 cup corn syrup =  $\frac{2}{3}$  cup granulated sugar plus  $\frac{1}{3}$  cup water**

## **Home Remedies and Beauty Tips**

### **Hygiene**

#### ***Yellow Teeth***

Moisten a cotton swab with a little water. Dip in baking soda and polish teeth individually.

#### ***Smelly Feet***

Soak feet in strong tea for 20 minutes every day until the smell disappears. To prepare your foot bath, brew two tea bags in 2 ½ cups of water for 15 minutes and pour the tea into a basin containing two litres of cool water.

### **Skin**

#### **Facials**

##### ***Egg white Toner***

Clean face thoroughly using mild soap. Apply 1 raw egg whites (beaten) to your skin and leave on for at least 15 minutes. Wash off with warm water.

##### ***Cool As A Cucumber Yogurt Facial (For Normal/Oily Skin)***

1/2 cucumber

1 Tbsp. plain yogurt

Puree cucumber in blender. Mix in yogurt and apply to face.

Leave on for 30 minutes. Rinse well.

##### ***Oatmeal Facial (For Oily Skin)***

Make a paste of ½ cup oatmeal and 1/3 cup warm water. Apply to face, let dry completely. Remove by very gently rubbing off with your fingers

### **First Aid**

#### ***Insect Bites***

Mix water with cornstarch into a paste and apply. This is effective in drawing out the poisons of most insect bites

#### ***Cold and Flu***

Make tea with honey and lemon but add a ½ teaspoon of cayenne pepper to the cup to stimulate your immune system and clear your sinuses.

#### ***Sunburn***

Dab sunburn with apple cider vinegar to prevent blistering



## ***Slivers***

Hold ice on spot of a splinter for a few minutes to numb area and reduce pain before removing

## **Hair**

### ***Dandruff***

Pour 1 cup white or cider vinegar onto damp hair. Massage into your scalp and leave it in for a few minutes. Wash your hair as usual and rinse with cool water. Repeat this process daily until the dandruff disappears, usually within a few days.

### ***Build Up Remover***

Take a tablespoon of baking soda and massage into wet hair, rinse and shampoo as usual. Do this weekly. For a super cleansing, rinse off the baking soda with a few tablespoons of cider vinegar mixed with warm water

### ***Hot Oil Treatment***

1/2 cup olive oil  
1/2 cup boiling water

Bring water to a boil in a pot or kettle. Pour into a coffee cup or other heat resistant container. Add olive oil (room temperature) to water and beat with whisk or hand mixer until blended. **Let the mixture cool for about 5 minutes until it is cool enough to touch to the back of your hand without burning.** Massage into damp hair, taking care not to burn your head (if it's too hot, wait another 5 minutes). Put a shower cap or plastic bag over your hair and wrap your head in a hot towel that has been soaked in hot water then wrung out. Leave mixture on your hair for 1/2 hour, then shampoo as regular.

## **Bath and Beauty**

### ***Bath Powder***

1/2 cup baking soda  
1/2 cup cornstarch  
Fragrance oil - optional

Combine baking soda and cornstarch together in a bowl and mix together until thoroughly blended. If desired, add fragrance oil (about 15-20 drops) and stir until thoroughly blended. Let dry before packaging

### ***Bath Salts***

1 cup salt (your choice: Epsom, Sea or Kosher Salt)

½ cup baking soda (softens your skin)

Essential oil of your choice

Food colouring optional

Pour the salt, the essential oils, and a few drops of food colouring into a bowl. Mix with a whisk or fork until texture is even. Pour into a jar or metal can to store. When it's time to use the bath salts, pour some of the mixture into the bathtub and add warm water. Stir the water so the salt dissolves.

### ***Basic Lip Gloss***

1/4 cup beeswax

1/4 cup castor oil

2 Tbsp. sesame oil

Beet juice or a 'flake' of lipstick (enough for the shade you want)

Optional – a drop of cinnamon, orange or peppermint oil for scent

Melt beeswax in a clean soup can, placed in a sauce pan of boiling water.

Watch closely and when it is liquid, remove from heat and add oils. Add as much beet juice/lipstick as desired for color. Store in jar. Transfer a small portion to a purse-sized container for use when away from home. Any favorite essential oil.

## **QUICK FIND RESOURCE DIRECTORY**

<b>Al-Anon/Alateen</b>	<b>(604) 688-1716</b>
<b>Assaultive Husbands Program for Men</b>	<b>(604) 254-9626</b>
<b>AIDS Vancouver</b>	<b>(604) 893-2201</b>
<b>Aunt Leah's Restaurant Training Program</b> 8872 Hudson Street, Vancouver	<b>(604) 263-3115</b>
<b>BC Bereavement Line</b>	<b>1(877) 779-2223</b>
<b>BC Coalition of Peoples with Disabilities</b> 204-456 West Broadway, Vancouver	<b>(604) 875-0188</b>
<b>BC Human Rights Commission</b>	<b>1(800) 775-2000</b>
<b>BC Schizophrenia Society</b>	<b>(604) 270-7841</b>
<b>BC/Yukon Society of Transition Houses</b>	<b>1 (800) 661-1040</b>
<b>Burnaby Safe House</b>	<b>(604) 430-4154</b>
<b>Catholic Charities</b>	<b>(604) 443-3220</b>
<b>Children's Helpline</b>	<b>310-1234</b>
<b>Children of the Street</b>	<b>(604) 775-7510</b>
<b>CHIMO Crisis Services</b> 120-7000 Minoru Blvd., Richmond	<b>(604) 279-7077</b>
<b>CHIMO Crisis Line</b>	<b>(604) 279-7070</b>
<b>Christmas Fund</b> 190-7000 Minoru Blvd., Richmond	<b>(604) 279-7035</b>
<b>City of Richmond Leisure Services</b> 6911 Number 3 Road	<b>(604) 276-4107</b>
<b>COLTS Program</b> 7171 Minoru, Richmond	<b>(604) 668-6400</b>
<b>Community Centres</b>	
<b>Cambie</b> 4111 Jacombs Rd., Richmond	<b>(604) 233-8399</b>
<b>City Centre</b> 140-8279 Saba Rd., Richmond	<b>(604) 233-8910</b>
<b>Hamilton</b> 5140 Smith Dr., Richmond	<b>(604) 718-8055</b>
<b>Sea Island</b> 7140 Miller Rd., Richmond	<b>(604) 718-8000</b>
<b>South Arm</b> 8880 Williams Rd., Richmond	<b>(604) 718-8060</b>
<b>Steveston</b> 4111 Moncton St., Richmond	<b>(604) 718-8080</b>
<b>Thompson</b> 5151 Granville Ave., Richmond	<b>(604) 718-8422</b>
<b>West Richmond</b> 9180 No.1 Road, Richmond	<b>(604) 718-8400</b>
<b>Covenant House</b> 575 Drake Street, Vancouver	<b>(604) 685-7474</b>
<b>Crime Victims Assistance Program</b>	<b>(604) 660-3888</b>
<b>Crisis Intervention &amp; Suicide Prevention Ctr. of BC</b>	<b>(604) 872-3311 or 1 (866) 661-3311</b>
<b>Crisis Pregnancy Centre</b>	<b>(604) 731-1122</b>
<b>Crossroads School Program</b> 173-7011 Elmbridg Way, Richmond	<b>(604) 668-6167</b>
<b>Delta Recycling Society</b> 101-8160 Cook Road, Richmond	<b>(604) 270-7721</b>
<b>Detoxes</b>	
<b>PLEA Detox Program</b>	<b>(604) 891-1082</b>
<b>Street Youth Detox</b>	<b>1(877) 872-4349</b>
<b>Street Youth Detox</b>	<b>Or (604) 251-3310</b>

<b>DEYAS Counselling</b> 223 Main Street Vancouver	(604) 685-7300
<b>Dial A Dietician</b>	(604) 732-9191
<b>Disability Resource Centre</b> 160-5726 Minoru (604) 232-2404	
<b>Eating Disorder Clinic</b> St. Paul's Hospital Burrard, Vancouver	(604) 806-8347
<b>Employment Standards</b>	1(800) 663-3316
<b>Family Services Of Greater Vancouver</b> 1616 West 7th Avenue, Vancouver	(604) 731-4951
250-7000 Minoru Boulevard, Richmond	(604) 279-7100
<b>Federation of Youth In Care</b> 270-550 Sixth Street, New Westminster	1(800) 565-8055
<b>GAB Youth Services</b> 1170 Bute Street, Vancouver	(604) 684-4901
<b>Gay and Lesbian Prideline</b>	(604) 684-6869
<b>Gilwest Clinic</b> 7000 Westminster Highway	(604) 233-3150
<b>Girl Guides of Canada</b>	1(800) 565-8111
<b>Gordon House Youth SEARCH</b> 1401 Comox Street, Vancouver	(604) 687-8868
<b>HORA -Heart of Richmond AIDS</b>	(604) 277-5137
<b>Human Resources and Development Canada</b> 301- 4940 Number 3 Road	
<b>Inquiry BC</b>	(604) 660-2421
<b>John Howard Society</b> 300-96 East Broadway, Vancouver	(604) 872-5651
<b>Kate Booth House</b>	(604)-872-7774
<b>Kwantlen College</b> Young Parents Program	(604) 599-2794
<b>Legal Aid – Legal Services Society</b> 300-8055 Anderson Road	(604) 273-9311
<b>Living With Cancer</b>	(604) 279-7150
<b>Lower Mainland Grief Recovery</b>	(604) 231-0528
<b>Mental Health Empowerment Advocates</b> 1733 West 4th Avenue, Vancouver	(604) 738-5770
<b>Ministry of Children and Family Development</b> 130, 150 – 5840 Cedarbridge Way	(604) 660-9260
<b>Ministry of Children and Family Development</b> After Hours	(604) 660-4927
<b>Ministry of Human Resources - Income Assistance</b> 100-5760 Minoru Blvd	(604) 660-9284
<b>Mom's Place</b>	(604) 435-5544
<b>MOSAIC</b> 1522 Commercial Drive, Vancouver	(604) 254-9626
<b>Narcotic Anonymous</b>	(604) 873-1018
<b>Newborn Hotline</b>	(604) 737-3737
<b>Nova Transition House</b>	(604) 270-4911
<b>Ombudsman For Youth</b>	1(800) 663-3316
<b>Options Youth Society Picasso Café</b> 3066 Arbutus Street, Vancouver	(604) 732-3290

<b>PACE</b>	(604) 872-7651
<b>PFLAG</b>	(604) 684-9872 Local 2060
<b>Parents Together</b>	(604) 325-0556
<b>Planned Parenthood</b>	(604) 731-4252
<b>Residential Tenancy Office</b> 5021 Kingsway, Burnaby	(604) 6603456
<b>RCMP</b> 6900 Minoru Blvd., Richmond	(604) 278-1212
<b>RCMP Victim Services</b>	(604) 270 6229
<b>RCMP Youth Intervention Program</b>	(604) 207-4712
<b>Referral line for Problem Gambling</b>	1(888) 795-6111
<b>Richmond Army/Sea Cadets</b> 5500 No. 4 Road, Richmond	(604) 270-3231
<b>Richmond Arts Centre</b> 7700 Minoru Gate, Richmond	(604) 231-6440
<b>Richmond Community Kitchens</b> 190-7000 Minoru, Richmond	(604) 279-7100
<b>Richmond Community Mental Health Team</b> 200-6061 Number 3 Road, Richmond	(604) 273-9121
<b>Richmond Drug and Alcohol Action Team – RADAT</b> 170-5720 Minoru	(604) 270-9220
<b>Richmond Family Place</b> 6560 Gilbert Road, Richmond	(604) 278-4336
<b>Richmond Food Bank</b> #7 12491 No. 2 Road, Richmond	(604) 271-5609
<b>Richmond Health Department</b>	(604) 233-3150
<b>Richmond Health Services</b>	(604) 233-3100
<b>Richmond Hospice Association</b>	(604) 279-7140
<b>Richmond Hospital</b> 7000 Westminster Hwy., Richmond	(604) 278-9711
<b>Richmond Multicultural Concerns Society</b> 210-7000 Minoru Blvd., Richmond	(604) 279-7160
<b>Richmond Roving Leaders</b>	(604) 516-9538 Or (604) 516-9453
<b>Richmond School District</b> 7811 Granville Ave., Richmond	(604) 668-6000
<b>Richmond Volunteer Centre</b> 190-7000 Minoru Blvd, Richmond	(604) 279-7020
<b>Richmond Youth Drop-In Centre</b> 8111 Granville Avenue, Richmond	(604) 231-7249
<b>Richmond Youth Orchestra</b>	(604) 278-1887
<b>Richmond Youth Clinic (at Richmond Hospital)</b> 7000 Westminster Hwy., Richmond	(604) 233-3150
<b>Richmond Youth Service Agency</b>	(604) 271-7600
<b>Tenants Rights Hotline</b>	(604) 255-0546
<b>Three Bridges Community Health Centre, Youth Clinic</b> 1292 Hornby Street, Vancouver	(604) 736- 9844
<b>Touchstone Family Association</b> 120-6411 Buswell, Richmond	(604) 279-5599
<b>Translink Bus Information</b>	(604) 953-3333
<b>Trauma and Sexual Abuse Counselling</b> (604) 279-7100 250-7000 Minoru Blvd., Richmond	

## **Safe Houses**

Burnaby Safe House	(604) 430-4154
Walden House	(604) 877-1234
ASH House	(604) 254-5147
Underage Safe House	(604) 253-5847
North Shore Safe House	(604) 903-4390
<b>SAFER (Suicide Attempt Counselling Service)</b> 300-2425 Quebec Street, Vancouver	(604) 879-9251
<b>Salvation Army</b> 8280 Gilbert Road	(604) 277-2424
<b>Salvation Army Emergency Food Bank</b> 205-6200 No. 3 Road	(604) 277-1593
<b>Salvation Army Richmond House</b> 3111 Shell Rd., Richmond	(604) 276-2490
<b>Sexually Transmitted Disease Clinic</b> 655 West 12th Avenue, Vancouver	(604) 660-6161
<b>St. Albans Hall</b> 7260 St. Albans Rd., Richmond	(604) 278-2770
<b>Station Stretch School</b> 5280 Minoru Blvd., Richmond	(604) 668-6204
<b>STD Information Line</b>	(604) 872-6652
<b>SUCCESS</b> 220-7000 Minoru Blvd., Richmond	(604) 279-7180
<b>UBC Law Students Legal Advice</b>	(604) 822-5791
<b>Vancouver Addiction Services</b>	(604) 660-9382
<b>Vancouver Rape Relief</b>	(604) 872-8212
<b>VictimLink</b>	1(800) 563-0808
<b>Victim Services ( MPSSG)</b>	(604) 660-5199
<b>Vital Statistics -</b>	(604) 660-2937
<b>Volunteer Richmond Information Services</b> 190-7000 Minoru Blvd., Richmond	(604) 279-7020
<b>Watari Youth Day Treatment Program</b> 301-877 E. Hastings Street, Vancouver	(604) 438-3755
<b>Western Regional Advocacy Group Society</b> 330-3771 Jacombs Rd., Richmond	(604) 214-0613
<b>Youth Buddy Program – RYSA</b>	(604) 271-7600
<b>WAVAW</b>	(604) 255-6344
<b>Youth Against Violence Line</b>	1(800) 680-4264
<b>Youthquest!</b>	(604) 523-9115