

The School District has compiled a list of resources to help families with supports. Weblinks and programs can change frequently. We recommend calling the organization before visiting in person to ensure time and services have not changed. If a website link is invalid, try searching the organization name in Google to locate the updated information.

Revised: April 4, 2022

Free and low-cost food directory

Name	Contact Information	Resource
Copper Hall (FB) Copper Hall (website)	33129 Railway Avenue	Breakfast 8 - 9 a.m. on Monday/Wednesday/Friday Dinner 6 – 7:30 p.m. on Tue/Thu/Sun
My House Mission Community Services	7368 Proctor Street, Mission 604-287-7200	Open Monday to Friday 11 am – 5 pm for takeaway food, showers, laundry, and crisis referral
Haven in the Hollow	32646 Logan Avenue, Mission 604-826-3634	Providing three meals per day
Mission Friendship Centre Society	33150A 1st Avenue, Mission 604-826-1281	Lunches via brown bag takeaway on Monday to Friday
Food Centre	3-32618 Logan Avenue 604-814-3333	Hamper distribution Mo and Fri from 9 am to 12 noon and Wed, 2:30 pm to 4:30 pm. The Centre is closed on Tuesdays, Thursdays, and weekends.
Grace Station	604-319-5754 32965 Lougheed Hwy, Mission, BC	Non-profit church – food hampers 12-1pm Mo-Thu
St. Joseph's Food Bank	32550 7th Ave., Mission 778-201-5000 604-425-0392 ext 4	Distributes food every 2nd Wednesday & Thursday of the month, 9 am – noon.
Starfish Pack – Mission	Rotary Club of Mission Contact: Janet Chalmers *School supplies (Sept)	Starfish provides backpacks with 2 breakfasts, 2 lunches, 2 dinners and snacks to students each weekend of the school year.
Snack Pack Society	Nadine Langford nadinesnackpacks@gmail.com 604-786-4932	Snack Pack Society provides school children with food and nutrition aid.
SARA for Women - Baby's Best Chance Pregnancy Outreach - Groups for Moms	604-820-8455 (ext: 603) POPOutreach@saraforwomen.ca	Bi-Weekly Lunches, get answers to health-related questions from a nurse and counselor and to socialize over a nutritious lunch.
Abbotsford Community Services	604-859-5749	Basics for Babies, High Protein, Farm to Foodbank
Muslim Foodbank 101-13085 115 Ave. Surrey	1-866-824-2525 contact@muslimfoodbank.com	

Family Support Agencies/ Resources

Name	Contact Information	Resource
Mission Association for Community Living (MACL)	33345 2 nd Avenue, Mission 604-826-9080 macl@macl.bc.ca	MACL supports individuals with developmental disabilities, children requiring extra support, and their families to live meaningful lives in the community of Mission.
Mission Community Services Society (MCSS) New Directions (FB)	33179 2nd Ave, Mission 604 - 826 - 3634 info@missionmcss.com NewDirections@missionmcss.com	Family and individual support therapy, parent education, parent/ teen conflict/ mediation, life skills development, Family + Parenting Support and more. Online group for Men 19+, Mon 6 pm
Childcare Resource and Referral CCRR	33313 3rd Ave, Mission 778-201-2367 ccrr@missionmcss.com	Offers workshops and a toy lending library for parents and childcare providers.
Mission4Kids – Family Place MCSS Early Years	33313 3rd Avenue, Mission, BC V2V 1P1 604 - 826 - 3634 , 778–347-1181	Family drop-in's for families and their children ages 0-6 years, specialty programs and parent education workshops
Mission Aboriginal Family Place	33110 Lougheed Highway, Mission B.C. V2V 6N9 Office 604-820-4693 Monday- Friday 8-4pm	Aboriginal families and their children ages 0-6 years old. Nutritious meal provided, parent drop-in, one-to-one educator and family outreach, and more
BC Aboriginal Child Care Society	604-913-9128 reception@acc-society.bc.ca Office Hours: M-F, 9 am – 5 pm	Community outreach, education, research and advocacy to ensure every Indigenous Child in BC has access to spiritually enriching, culturally relevant early learning and childcare services.
Punjabi Parenting Group	Mission Sikh temple 32086 Rai Ave, Mission (604)826-3634 to register	Every Monday 11 am-1 pm Do a COVID self-check before attending and keep social distancing standards.
Mission Parks Recreation & Culture	7650 Grand Street Mission, BC Tel: 604-820-5350 leisureservices@mission.ca	Access to Recreation and Leisure activities. Healthy Lifestyles program, Jumpstart, Kidsport and social development initiatives, we also offer our PLAY Pass program which provides qualified individuals free admission to the Leisure Centre.
Mission Public Library	33247 2nd Ave , Mission 604-826-6610	Various in-person and virtual programs available.
MPSD Student Services	33046 Fourth Ave, Mission BC, V2V 1S5, Phone: 604-826-6286	Educational programs for all school-age students in the district with diverse learning needs.
MPSD Early Learning & Childcare Strongstart Mission Early Years (FB)	Brianne Huish, 604-219-3311 brianne.huish@mpsd.ca	Free drop-in Literacy program for parents and caregivers and their children, available at many of our local schools and outreach sites.
Mission Division of Family Practice	mission@divisions.bc.ca	Information on how Mission is dealing with COVID 19.

Siwal Si'wes Indigenous Education SD75	32444 7th Ave, Mission BC, V2V 2B5 604-826-3103 vivian.searwar@mpsd.ca	As a community, we will enhance student empowerment by developing the skills, wellness, confidence, and self-reliance necessary for our children and youth to flourish and prosper throughout their life journey
Child and Youth Bereavement – Mission Hospice Society	32180 Hillcrest Ave Mission, BC V2V 1L2, Canada 604-826-2235 ext 13 childandyouth@missionhospice.bc.ca	Child, Youth, Adult Grief Support with the loss of someone significant, including Circle of Friends for children.
Mission Health Unit	7298 Hurd St 604-814-5500	Regular immunization clinics by appointment. Infant feeding, newborn growth and development, support 6 days a week. Free fluoride varnishing for eligible children under 3 years. Speech assessments and support available for children under 5 years.
Mission Midwives	7327 Horne St 604-820-2424 Email	Registered midwives, primary care during pregnancy, labour, birth and the postpartum period. Deliveries at Abbotsford Hospital. Covered by MSP. Free pregnancy testing.
Options for Sexual Health	7258 Hurd St. Mission 1st floor 672-998-1904	Birth control, counseling, low-cost contraceptives, STI screening, Pap tests, pregnancy testing and general sexual health information and referrals. Drop in but appointments preferred for Pap and STI testing.
Fraser House Society	33063 4th Avenue Mission BC V2V1S6 604-826-6810 admin@fraserhouse.org	Substance use counselling and prevention services to adults, youth and families in the Mission area.
IMPACT	32555 Simon Ave #101, Abbotsford, BC V2T 4Y2 604-853-1766 9:00 a.m. to 4:30 p.m. Mon - Fri Contact	Youth and Family Support services for ages 12 to 24 and their families, in Abbotsford and Mission. Drop-in programs, individual counselling, family counselling, workshops, groups...
Creekside Withdrawal Management Detox Service	604-587-3755	An in-patient withdrawal management service for both youth and adults. Safe, supportive medically supervised environment for individuals withdrawing from the acute effects of alcohol and/or other drugs. Stabilization up to 30 days is available.
Holding Hope support by Moms Stop the Harm (MSTH)	HoldingHopeMission@gmail.com	Network of Canadian families impacted by substance-use-related harms and deaths. MSTH advocates to change failed drug policies and provide peer support to grieving families and those with loved ones who use or have used substances
Abbotsford Foundry	101-32555 Simon Avenue, Abbotsford, BC 604-746-3392	Counselling, adolescent day treatment, Short Term Assessment Response Team, Early Psychosis Intervention, Abbotsford

Foundry Virtual (virtual services)	info@foundryabbotsford.ca	Youth Clinic, Trans Care, Substance Use Programs, Peer Support
Ridge Meadows Foundry Foundry Virtual (virtual services)	22932 Lougheed Hwy, Maple Ridge, BC 604-380-3133 foundry@comservice.bc.ca	*Same as Abbotsford*
Transgender Health Support	1-877-330-6366 contact@translifeline.org	Support services include those for people who identify as transgender or gender diverse or who are questioning their gender identity. Information and support for family, friends, loved ones, and service providers.
Fraser Valley Youth Society	32555 Simon Ave, Abbotsford, BC V2T 4Y2 info.fvys@gmail.com 604-200-3203	A not-for-profit society operating in the Fraser Valley that offers local advocacy to youth.
Fraser Valley Child Development Centre	32885 Ventura Ave #102, Abbotsford, BC V2S 6A3 1-877-850-2686 604-852-2686 Contacts	We specialize in child development and provide intervention and therapy for children birth to Kindergarten and family support in all areas of their development. Referrals are continuing to be accepted and services are being provided virtually and some visits will be made in person.
SARA for women WEAVE (Women exiting abuse violence and exploitation) Mission Transition House	33070 5th Ave, Mission 604 820-8455 MissionOutreach@saraforwomen.ca 24hr access 604-826-7800 MissionSTV@saraforwomen.ca	PEACE - Prevention, Education Advocacy, Counseling and Empowerment program Support Groups, Legal Booth Santa Rosa Transitional 12unit housing,
Settlement and Integration Services	33179 2nd Ave 604-826-3634	Providing meaningful programming and support for families and individuals that are new to Canada and Mission.
Sts'ailes Jordan's Principle Coordinator 1-855-572-4453 (24/7)	Charlene Paul Phone: 604-796-9601 Charlene.paul@stsailles.com	Support for First Nations children who have or had unmet need for health, social or educational services (2007-now)
Fraser Valley Aboriginal Children and Family Services Society (FVACFSS): Xyólheméylh	1-800-663-9393 1-866-851-4619 Child Protection 1-800-663-9122 After hours	Fully delegated Aboriginal child welfare agency: family preservation, cultural programs, child welfare, alternative care

Mental Health + Wellness

Name	Resource
MPSD Curriculum Connections	Wellness Resources for Families.
Child and Youth Mental Health (CYMH)	Mental Health and Counselling. Intake clinics Tue 9-12pm, 1-3pm #201 – 7364 Horne Avenue, Mission BC Ph: 604-820-4311 Frontrunners Program 604-820-4300 (for caregivers of 0-12 yo)
Crisis Centre BC	Anywhere in BC 1-800-SUICIDE: 1-800-784-2433 Mental Health Support Line: 310-6789 Vancouver Coastal Regional Distress Line: 604-872-3311 Sunshine Coast/Sea to Sky: 1-866-661-3311 Seniors Distress Line: 604-872-1234 Online Chat Service for Youth: www.YouthInBC.com (Noon to 1 am) Online Chat for Adults: www.CrisisCentreChat.ca (Noon to 1 am)

Fraser Health Crisis Line START	1-877-820-7444: We listen, provide referrals and support. 1-844-782-7811 Abbotsford Short Term Assessment Response Treatment: Confidential mental health crisis intervention services for children and teens.
Kids Help Phone	Get information on equity, emotional well-being, bullying and abuse, school and work, relationships, identity and more.
Open Parachute	Online school wellbeing programs for Canadian Students, Parents, and Teachers
Stigma Free Society	Student Mental Health Toolkit for youth, educators, school counsellors, and parents/ guardians who want to teach and promote mental wellness to Grades 4-7 and 8-12.
Heart-mind Online	Resources that support the heart, the mind, and the well-being of children to help promote positive social and emotional development.
FETCH	For Everything that is Community Health Mission
Wellness Together Canada	Mental health and substance use support, resources, and counselling with a mental health professional.
Anxiety Canada My Anxiety Plan	Information for Children, Youth and Adults about symptoms, disorders, and treatment. My Anxiety Plan is a self-directed anxiety management program for parents or individuals.
Mindshift App	Cognitive Behavioural Therapy tools to help you cope with anxiety, using strategies to help you deal with everyday anxiety and specific tools to tackle a range of challenges.
Self-help for Anxiety Management App SAM	App to help you understand and manage your anxiety including tools to help you monitor anxious feelings, practice physical and mental relaxation and build your own toolkit of resources to draw on as needed.
Dealing with Depression DWD	An interactive resource that can help you understand and deal with low mood and depression. A step-by-step approach can help you learn how to apply realistic thinking, problem-solving, and goal setting to your daily life.
Walk Along Mind Steps	Small steps to take care of yourself and help you get through the day.
Lives in the Balance	Free videos and resources for parents/caregivers of children with various behavioural challenges, based on the Collaborative & Proactive Solutions (CPS) model by Dr. Ross Greene.
Mental Health Foundations	Free webinar videos of the EFFT parent workshops offered at CYMH. For parents and caregivers struggling with the behavioural or emotional needs of their children.
<ul style="list-style-type: none"> • Ask Kelty Mental Health Tool • Kelty's Substance Use & Youth 	An interactive tool that can be helpful when looking for supports and services in BC for Children and youth.
Sad Early Years	Benefits for Life: Social and Emotional Development in the Early Years
BC Children's Centre for Mindfulness	BREATHR App young adults try a variety of mindfulness practices, from guided meditations to simple practices that can be used anywhere.
BounceBack	Free program from the Canadian Mental Health Association that helps you build skills to improve your mental health.
Drug-Free Kids Canada	Tips and tools on how to engage kids in meaningful dialogue about substance use.

Vaping Prevention Toolkit, Consider the Consequences	Health education resources for youth to explore their thoughts and perceptions about vaping.
ADDTITUDE – Inside the ADHD Mind	Resource for parents with children with ADHD
Feelings First	Awareness around social and emotional development in the early years. By BC Healthy Child Development Alliance
Media Smarts for Parents	Resources for parents about Media Literacy
Insight Timer	Over 80,000 free guided meditations from over 10,000 teachers on topics like stress, relationships, healing, sleep, creativity, and more.
In the Know	FamilySmart Community Parent Peer Support Workers host monthly video events followed by a facilitated conversation on topics that are important to families and those working to support the mental health of children and youth.
Teens and Screen time	A Fact-Not-Fear Approach to Parenting In the Digital Age Yalda Uhls - YouTube
Mindful Mike	Mindfulness based stress and anxiety reduction, meditation.

Parent Peer Support

Name	Contact Information	Resource
Family Support Institute of BC	Kerry Lawson klawson@fsibc.com	Family support specific to families whose children have extra support needs.
Big Brothers, Big Sisters of the Fraser Valley	604 820-3337, email Cassie at cassie.silva@bigbrothersbigsisters.ca	Building a child’s future through the friendship and guidance of mentoring. Providing volunteer mentors to children through community-based mentoring, in-school mentoring and after-school group mentoring programs. Services are provided virtually or socially distanced depending on the program at this time.
FamilySmart (formerly The Force Society) Parent Youth In Residence	Monica Thimer Monica.thimer@familysmart.ca 604-878-3400 We are available to meet in person, or by phone or email. Free service. No-waitlist.	We are families whose kids struggle with Mental Health and/or Substance Use challenges. We know what it is like because we have been there too. For over 20 years, through the Parents in Residence (PiR) program, FamilySmart has provided parent peer support to B.C. families. We can listen, understand, offer resources and options, and connect you to services.
Mission District Parent Advisory Council (DPAC)	604-826-6286 chair@dpacsd75.com	Parents’ connection with the School District. Parent support
Parents and Caregivers Mental Health Support Group PMHSG		Safe place where parents can talk about challenges they are facing with their children, as well as share resources.

Financial Support

Name	Resource
Federal	Funding supports for individuals and businesses.
Provincial	Funding support for individuals and families.

Activities for Kids

Looking for fun, educational, and interactive online activities kids can do from home or in the classroom?

Physical Literacy

- **Cosmic Kids Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>
- **GoNoodle (movement and mindfulness videos):** <https://www.gonoodle.com/>
- **Zumba with Dovydas:** https://www.youtube.com/channel/UCOjZigyo_fg2V7JdGwePSwg
- **Kidz Bop:** https://www.youtube.com/watch?v=sHd2s_saYsQ&t=126s

Space and Science

- **Storytime from Space:** <https://storytimefromspace.com/>
- **NASA image and video library:** <https://images.nasa.gov/>
- **Smithsonian Fun Stuff for Kids and Teens:** <https://www.si.edu/kids>
- **Coding with LEFT:** <https://www.left.io/kids-coding>

Virtual Tours of Museums and Art Galleries

- **Vancouver Art Gallery:** <https://bit.ly/2MkwyDs>
- **National Museums of Canada:** <https://www.historymuseum.ca/exhibitions/#online-exhibitions>
- **Art Gallery of Ontario:** <http://boxwood.ago.ca/>
- **National Geographic Online Fieldtrips:** <http://www.nationalgeographic.org/education/student-experiences/>
- [SD75 Virtual Field-trips](#)
- [More Virtual Field Trips](#)

Online Learning Resources

- **Knowledge Network:** <http://www.knowledgekids.ca/>
- [Open School BC](#)
- **Learn75: Tumblebooks, CBC Curio, NFB Campus, BC Digital Classroom.** Students login using student#@Learn75.ca and their pass phrase.
- [Siwal Si'wes Digital Library](#)
- [Indigenous Storybooks Canada](#)
- [SD75: Curriculum Connections](#)
- [SD75 75 K-6 Virtual Learning Commons](#)
- [Thalit Sqwelqwel](#) (Stories of Truth) (K - Grade12)

Story Time & Library Resources

- **Ms. Diana McCall's Storytime:** <http://www.youtube.com/channel/UC6f-7mOoqJ8bRW23ITsB7TQ/videos>
- **Fraser Valley Regional Library Online Events:** [kids/teens filtered events](#)
- **SD 75 School Library Online Catalogues:** <http://mpsd.follettdestiny.ca/>
- **KNOWBC:** <http://www-knowbc-com.bc.idm.oclc.org/>
- **Storyline Online:** <http://storylineonline.net/>

Digital Media Literacy

- [Digital Media Literacy Educational Games](#)

Free Online Resources

- [Khan Academy](#) - nonprofit with the mission to provide free, world-class education for anyone, anywhere.

Math Resources

- [Math in Mission](#) – designed by Math Mentor Teacher Rebekah Stenner