

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 on a sliding fee scale based on income.

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**.

Group Support

- Breastfeeding and Postpartum (English)
- Grief and Loss (English)
- Parenting (English/Korean/Mandarin/Farsi)
- Postpartum Depression (Farsi)
- Rebuilding Family Relationships for men who have used violence (English/Farsi)
- Women and Empowerment (English)

LGBTQ2S+ Support

The **PROUD2BE program** offers counselling for families, individuals, youth, and children, and support groups for gender diverse youth, and for parents of gender diverse youth.

Eating Disorders Prevention Support

The **Jessie's Legacy Eating Disorders Prevention and Awareness program** provides resources, information, and support for youth, families, educators, and professionals across the province. www.jessieslegacy.com.

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.

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.

Additional Support

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

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

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 (778) 870-6793 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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Family Services of the North Shore
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www.familyservices.bc.ca

 @FamilyServicesoftheNorthShore
  @FSNorthShore



We respectfully acknowledge that the services we provide are on the traditional and unceded homelands of the Coast Salish peoples, including the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliwətaʔ (Tsleil-Waututh) Nations.

WE ARE HERE TO help

- Counselling Support
- Group Support
- Parenting Support
- Support for Young Families
- LGBTQ2S+ Support
- Eating Disorders Prevention Support
- Senior and Caregiver Support
- End of Life or Grief Support
- Christmas Bureau & Community
- Outreach 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.*



Charitable Registration:
FSNS Foundation 864745575RR0001
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