



SOROPTIMIST®

International of South Delta

Investing in Dreams

COMMUNITY RESOURCES FOR WOMEN IN SOUTH DELTA

Crisis & Support Lines

BC 24/7 Crisis Line:

Suicide & mental health support
1-800-784-2433

Delta Assist 24-Hour Crisis Line:

604-594-3455

VictimLink BC (Multilingual, 24/7):

1-800-563-0808

Health & Wellness

Fraser Health Crisis Line:

604-951-8855

BC Women's Hospital & Health Centre:

604-875-2424

Delta Hospital:

604-946-1121

Employment & Education

WorkBC Delta:

Job search, training, and career resources
604-591-9116

Soroptimist Live Your Dream Award:

Education & training support for women
(applications open yearly)

Delta School District – Continuing Education:

604-940-5550

Family & Parenting

Deltassist Family & Community Services:

Parenting programs, counselling, seniors' outreach
604-594-3455

Options Community Services:

Family support, settlement services
604-596-4321

South Delta Food Bank:

604-946-4430

Ladner Community Meal:

Free dinner and dessert, everyone welcome.
Tue before income assistance: 6-7pm
All Saints Anglican Church 4855 Arthur Drive
Delta
604-946-8413

Ladner Snack:

Free coffee, tea and pastries, everyone welcome.
Tue: 2-4pm
Ladner United Church 4960 48 Ave Delta
604-946-6254

Tsawwassen Community Meal:

Free lunch for seniors from September to May
Third Tue: 11:30am
South Delta Baptist Church 1988 56 St Delta
604-943-8244

Meals on Wheels: Ladner Tsawwassen
Meal delivery to seniors, and those with a disability or illness.

Meals from \$8 mowds@yahoo.com

1. S.Delta: Mon/Wed/Fri

2. Tsawwassen: Mon-Fri

Deltassist Christmas Hamper Program:

Ladner 202, 5000 Bridge St. Delta
604-594-3455 / inquiry@deltassist.com

Local Support & Services

Delta Assist Women's Counselling & Support:

604-594-3455

WAVAW Rape Crisis Centre:

604-255-6344 (Greater Vancouver)

BC Housing – Transition Houses & Safe Homes:

1-800-257-7756

Monarch Place

604-521-1888

wingsmp@monarchplace.org

Azure Place

604-957-1556

wingsap@azureplace.org

Community & Connection

South Delta Soroptimists:

Programs, scholarships, and volunteer opportunities supporting women & girls locally

si.southdelta@gmail.com

South Delta Women's Transition Resources:

Information via Deltassist

604-594-3455

Delta Gymnastics & Recreation Centres:

Community fitness and wellness programs

Starfish Back Pack Program South Delta Baptist Church:

mgrierson@southdelta.org

Boys and Girls Club of South Coast BC:

www.bgcbc.ca 604-879-6554

Heron Hospice Society of Delta

Grief and Bereavement Support

604-245-7380

info@heronhospice.org