

Resource Guide

Migrant Resources in the Lower Mainland

Compiled by Matthew Asuncion

Last Edited February 24, 2025

Summary



[This doc is currently under construction!]

Editor's note: This document is intended for frontline service providers and community members/organizers looking to share knowledge, programs and advocacy efforts ahead of upcoming [newcomer program changes](#).

Details regarding program availability are subject to change. If you have a new program/update request or would like to contribute as an editor, please e-mail matthew.asuncion.ubc@gmail.com!

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Lists of Service Providers

- [AMSSA](#) hosts a comprehensive list of resources, including:
 - A list of [Immigrant/Newcomer Serving Organizations in BC](#)
 - Toolkits for topics like [Mental Health Support for Frontline Workers](#)
 - Infosheets on supporting specific migrant groups ([Ukraine](#), [Afghanistan](#))
 - Data to back up calls to action (e.g. re: [housing for refugees and newcomers](#))
- The provincial government offers lists of newcomer and refugee service providers [here](#).
- The Public Library InterLink offers city and service-specific program information. You can choose from any or all of the following:
 - Children's Services (0 – 12)
 - Employment Services
 - English Language Services
 - Migrant Workers
 - Refugee Services
 - Seniors' Services
 - Services Delivered in French
 - Settlement Services
 - Teen and Youth Services (13 – 30)
 - Women's Services

Education & Translation Services

- Volentia Translation ([Volunteer or Book a Translator here!](#))
 - Provides low-barrier language translation and interpretation services to enhance equitable access to healthcare services, legal support, and research representation
 - With Volentia, a translator can accompany you to your healthcare appointments.
 - We serve all areas in Greater Vancouver, including Burnaby, Surrey, Richmond, and Coquitlam.
 - Our volunteer interpreters are undergraduate and graduate students who are native speakers of Mandarin, Cantonese, Korean, Vietnamese, Tagalog, Uyghur, Punjabi, Hindi, Dari, Spanish, Italian, Arabic, Farsi, and French.
- SUCCESS
 - <https://successbc.ca/service-categories/settlement/>
 - *To expand, check in on service availability*
- ISS of BC
 - <https://issbc.org/>
 - *To expand, check in on service availability*

Employment

Food Access (Including Culturally-Relevant Food)

- Collingwood Neighbourhood House Food Hub (Matthew)
 - Email: foodhub@cnh.bc.ca
 - CNH Food Hub offers residents of Renfrew-Collingwood neighbourhood (V5R, V5S, V5M) information, food security programming and food literacy workshops.
 - CNH Food Hub may be able to assist local residents with referrals to external agencies.
- South Vancouver Neighbourhood House - Food Navigator
 - SVNH Food Hub offers information and food security programs for residents of Killarney, Victoria-Fraserview and Sunset.
- Muslim Food Bank
 - <https://muslimfoodbank.com/>
- Yarrow Society for Intergenerational Justice
 - <https://www.yarrowsociety.ca/>
 - Note: Their programs are currently limited to Chinese or Cantonese-speaking seniors living in the V6A postal code (DTES/Chinatown). They are also under a degree of program strain, and may not be able to respond to requests immediately.

Health

- Contributed by Katheryn Iu and Melissa Yang ([source](#))

Mental health services

British Columbia

- [Canadian Mental Health Association - Vancouver-Fraser Branch](#) maintains a Chinese mental health service resource list
- [SUCCESS Chinese Helpline](#) provides support to Chinese Canadians who experience difficulties due to language and cultural barriers, and fear of social stigma. while demonstrating cultural sensitivity towards diverse values and beliefs
- Cantonese Helpline: 604-270-8233
- Mandarin HelpLine: 604-270-8222

Helpfinding resources

- [The Asian Mental Health Collective](#) is an organisation based in the United States that connects Asian American and Pacific Islander mental health providers with clients in a private Facebook group; view their Asian Canadian Therapy Directory [here](#)
- [The Project Lotus](#) is a youth-led organisation based in the United States that is working to challenge the [model minority myth](#) while empowering and educating the Asian American community on the importance of mental health
- [South Asian Therapists database](#)
- [Detox Local](#) has an extensive list of mental health and substance use resources specifically for the American Asian and Pacific Islander communities

- Watari Counseling
 - <https://watari.ca/>
 - *To expand, check in on service availability*

- Umbrella Multicultural Health Co-Op
 - *To expand, check in on service availability*
 - Delivers culturally-appropriate health care to immigrants and newcomers in the Lower Mainland.

- Offers mobile outreach clinics to farm worker communities in Delta/Langley.
- Reach Community Health Centre
 - <https://www.reachcentre.bc.ca/>
 - Low-barrier walk-in dental and medical clinic located on Commercial Drive.
 - **No MSP/ID required. All clients are served regardless of immigration status or ability to pay*.**
 - ****Pharmacy requires payment; accepts [BC Pharmacare](#) for low-income residents.***
 - The Medical Clinic is not accepting new patients at this time, but the UPCC will treat everyone in the community who has an urgent health illness or injury (need to be seen [within 12-24 hours](#)).
 - For more assistance navigating medical support, you may visit/contact the Health Equity and Engagement Department Monday to Friday: 9:30 am - 5:30 pm.

Legal Aid

- Migrant Workers Centre (<https://mwcbc.ca/>)

We may be able to help you with the following:

- Provide information about rights and obligations under the Temporary Foreign Worker Program;
- PR applications under care giver pilot programs;
- Work place injuries;
- WorkSafeBC claims;
- Missing wages and hours;
- Poor working conditions;
- If you've been forced to pay fees to get a job;
- Labour exploitation;
- Sexual harassment at work;
- Getting fired from work;
- Employment Standards Branch complaints;
- Closed Work Permit applications;
- Francophone Mobility Program work permit applications;
- Open Work Permit for Vulnerable Workers;
- Work Permit Under Special Programs;
- Employment Insurance;
- Judicial Reviews of Immigration applications.

Unfortunately, we are unable to assist you if you are one of the following:

- Refugee or refugee claimant;
- International student;
- Co-op permit holder;
- Canadian Citizen;
- Permanent resident;
- Divorce and other family law cases;
- Open work permit holder, including
- Post-grad work permit;
- International Experience Canada work permit;
- CUAET work permit;
- Living outside of BC;
- Your issue happened outside of BC;
- Applying for PR under Humanitarian and Compassionate Grounds;
- Applying for the BC Provincial Nominee Program;
- Applying for PR under Express Entry, International Experience Class, or Canadian-Experience Class ;
- Applying for Family Sponsorship; or
- Applying for Canadian Citizenship.

Women's Services

- Salvation Army - Kate Booth House
 - <https://salvationarmy.ca/britishcolumbia/kateboothhouse/>
 - Kate Booth House is a confidentially located shelter, which provides a safe, caring environment for women and their children fleeing domestic violence. Residential services and crisis line are offered 24 hours a day throughout the year, to give support and advocacy and help battered women and children regain their self-esteem and rebuild their lives.
 - If you or someone you know is in need of assistance, contact the Crisis Line: 604.872.7774

LGBTQ+ Services

Organizing

Suggested notes:

- Organization
 - Webpage/IG
 - Summary about the organization's mission/audience
 - Campaigns focused on migrants' rights in Canada (human rights, workers' rights, tenants' rights, legal/refugee rights)
- Sanctuary Health
 - <https://sanctuaryhealth.blogspot.com/>
 - Advocates for access to services for all regardless of immigration status or documentation.
 - Campaign examples:
 - Enrolling newborn babies of refugee claimants for MSP when their parents are not eligible for MSP ([May 2024](#))
 - Sanctuary Schools ([October 2023](#))
 - Access to care upon arrival ([March 2020](#))
 - [More links and resources](#) (including other advocacy groups)
- Migrant Worker
- Migrante BC
 - <https://migrantebc.org/> / <https://www.instagram.com/migrantebc/>
- Damayan BC
 - <https://www.damayanbc.org/>
- Fuerza Migrante
 - <https://fuerzamigrante.ca/en/>
- Filipino BC
 - https://www.instagram.com/filipino_bc/
 - Programs/Campaigns:
 - [Kusina](#): A biweekly community kitchen program created by and for Temporary Foreign Workers, Live-In Caregivers,

Migrant Workers, and their families. Hosted at Collingwood Neighbourhood House every other Sunday.

- Example topics:
 - Finding legal support as caregivers
 - Navigating paths to permanent residency as caregivers, home care workers, or international students
- Radical Action with Migrants in Agriculture
 - <https://www.ramaokanagan.org/>

Volunteer Opportunities

Suggested notes:

- Organization
 - Webpage/IG
 - Campaign/Program focus (human rights, workers' rights, tenants' rights, legal/refugee rights)
 - How volunteers can contribute
 - Who to contact for more information

- Migrante BC
 - <https://migrantebc.org/> / <https://www.instagram.com/migrantebc/>
 - Victims of The Promised Land Consultancy Campaign

- Umbrella Multicultural Health Co-Op
 - Information on volunteering available [here](#). For all of our volunteer positions we require a commitment of at least one Sunday per month.

- Volentia Translation
 - Volentia provides low-barrier language translation and interpretation services to enhance equitable access to healthcare services, legal support, and research representation
 - Our volunteer interpreters are undergraduate and graduate students who are native speakers of Mandarin, Cantonese, Korean, Vietnamese, Tagalog, Uyghur, Punjabi, Hindi, Dari, Spanish, Italian, Arabic, Farsi, and French.
 - Volunteering is open to UBC Students. You can find the application link on their [Linktree](#).