

<http://www.alda-bc.org>



**2011-2012**

# **Vancouver Resources**

Funded in part by:





## What is ALDA?

ALDA is a non-profit charity in BC, helping and supporting adults and older youth who have suspected or diagnosed learning disabilities. We have government funded programs and services which help people find jobs, enroll in training or get started in trades or apprenticeship, or help older youth to realize their full potential. These are very special elements of what makes ALDA unique, but are only a part of the whole picture.

ALDA is a “resource center” and an organization that advocates on behalf of those who are having problems coping in the workplace, in school, or at home. All of these answers help to explain what ALDA is... but there is much more to consider.

ALDA exclusively represents and works with adults and older youth who have suspected or diagnosed learning disabilities. Our purpose is to provide a comprehensive range of services and programs that are adapted and designed to meet the needs of our clients and members, and are accessible to all regardless of their personal, social, cultural, or economic background.

### **ALDA’s core services include:**



*Current information and resources on learning disabilities*  
*Pre-screening for possible learning disabilities/difficulties*  
*Diagnostic and counselling services*  
*Referrals to other community agencies*  
*Individual support*  
*Advocacy*  
*Community presentations*  
*Public awareness education and interactive workshops*  
*Video, DVD and multi-media presentations for home use*  
*Employment assistance services*  
*Paid work experience placements for youth-at-risk*  
*Mentorship Services*  
*”Adults with Learning Differences” Support Group*

ALDA’s goal is to provide necessary services so people with learning disabilities have the opportunity to achieve greater independence and become full participants in all aspects of community life. Often, people who come to ALDA appreciate that counsellors and staff actually take the time to ask if they are living in a safe environment, know how to access free or low cost food, or that there are services that can help them sort out personal problems so that they can get on with the task of finding work or training and be more independent.

ALDA is the result of a lot of hard work. All of this behind the scenes work is as important as the program outcomes for our members, clients and program participants.

We are a needed charitable organization providing direct services to people who have learning disabilities. Sixty to eighty thousand people in our communities, who need our help, can be assisted. ALDA really cares about what happens to the people who walk through our door. We sincerely hope this resource information assists you to find whatever help you need.



*If working harder, isn't working for you.  
Call today and we can be of help!*

**604-683-5554**

ALDA's "Start Here" EAS is for anyone unemployed and actively interested in employment, trades training or an apprenticeship opportunity and have a suspected or diagnosed learning disability or learning difficulty.

**Services include:**

**Intake:** to determine participant eligibility; identify barriers to employment and individual needs; determine appropriate interventions; develop a mutually agreed upon return-to-work action plan and referral to appropriate intervention.

**Learning Disability Assessment:** (only if required)

Psycho-Educational/Vocational Assessments are essential to the success of adults who have learning disabilities and/or difficulties. It is crucial to identify and relate the following factors to employment potential and career decision making:

- The presence and type of disability
- Individual strengths and weaknesses
- Learning style
- Interests and aptitudes
- Social skills and personality

This information guides identification of realistic vocational goals and action plans, determines appropriate compensatory strategies in the workplace, and ensures an appropriate match between an individual's abilities and job requirements.

A comprehensive Psycho-Educational Assessment can increase the probability of finding and maintaining employment and contribute to an individual's overall sense of confidence and well-being.

**Skills Enhancement :** "Breaking Down Barriers"™ Workshops assist participants to understand their specific disability and how this has impacted their life, as well as how to move forward to meaningful experiences and employment.

The facilitated workshop series consists of topics including:

- Understanding your learning disability
- Barriers to Employment and how to overcome them
- Transferable skills
- Career exploration and research
- Interviewing techniques
- Resumes, cover letters and cold calls
- Time management and organization skills
- Job search skills
- Accommodations and issues of disclosure on the job

**Job Placement Assistance:**

This element of "Start Here" is provided on an individual basis.

Knowledge of job search techniques is not usually sufficient for individuals who have learning disabilities to find and secure employment.

The majority of our participants require and are provided with direct assistance in:

- Job matching
- Job placement assistance
- Employment maintenance
- Workplace accommodation.

# Vancouver Resources

## Clothing - Free or Low Cost

Crabtree Corner	533 E. Hastings St.	604-216-1650
Downtown Eastside Women's Centre	302 Columbia St.	604-681-8480
Dress for Success	675 W. Hastings St.	604-408-7923
First United Church	320 E. Hastings St.	604-681-8365
Franciscan Sisters	385 E. Cordova St.	604-685-9987
Gathering Place	609 Helmecken St.	604-665-2391
Gordon Neighbourhood House	1019 Broughton St.	604-683-2554
St. Vincent De Paul (gen enquiries)	1738 E. Hastings St.	604-873-1303
Salvation Army	3213 Fraser St.	604-872-7676
Value Village	1820 E. Hastings St.	604-254-4282

## Community Health Centres and Clinics

Evergreen Community Health Centre	3425 Crowley Dr.	604-872-2511
North Community Health Centre	200-1651 Commercial Dr.	604-253-3575
Pacific Spirit Community Health Centre	2110 W. 43rd Ave.	604-261-6366
Pender Community Health Centre	59 W. Pender St.	604-669-9181
Raven Song Community Health Centre	2450 Ontario St.	604-709-6400
South Community Health Centre	6405 Knight St.	604-321-6151
Three Bridges Community Health Centre	1292 Hornby St.	604-736-9844
Vancouver Coastal Health (Regional)	200-520 W. 6th Ave.	604-736-2033

## Community Youth Clinics

Broadway Youth Resource Centre	691 E. Broadway	604-709-5720
Commercial Drive Youth Clinic	1651 Commercial Dr.	604-253-3575
Evergreen Community Health	3425 Crowley Dr.	604-872-2511
Mid-Main Youth Clinic	3998 Main St.	604-709-6400
Pine Free Community Health Youth Clinic	1985 W. 4th Ave.	604-736-2391
Three Bridges Community Health	1292 Hornby St.	604-736-9844

### **Computer/Phone Services for Job Search - Free and low cost**

Aboriginal Community C&E Services	1607 E..Hastings St.	604-251-7955
DERA VoiceMail (low cost)	12 East Hastings	604-682-0931
Family Services Downtown Employment	200 - 1033 Davie St.	604-434-0367
Family Services of Greater Vancouver	300 - 1638 E. Broadway	604-434-0367
The Gathering Place	609 Helmecken St.	604-665-2391
YWCA Employment Resource Centre	500 - 5750 Oak St.	604-263-5005

### **Counselling - Free**

Broadway Youth Resource Centre	691 E. Broadway	604-709-5720
South Community Health Centre (Youth)	6405 Knight St.	604-321-6151
UBC Life & Career Centre	800 Robson Square	604-822-8585

### **Crisis/Information Lines**

Alcohol and Drug Information and Referral	604-660-9382
Crisis Intervention and Suicide Prevention	604-872-3311
Government of Canada Information	1-800-622-6232
Mental Health Information Line	604-669-7600
Mental Health Emergency Services	604-874-7307

### **Dental - Low Cost**

UBC Faculty of Dentistry (Main Clinic)	2151 Wesbrook Mall	604-822-2112
Reach Community Health Centre	1145 Commercial Drive	604 254 1331
VCC Dental Hygiene Clinic	250 W. Pender Street	604-443-8499

### **Drug and Alcohol Counselling**

Broadway Youth Resource Centre	691 E. Broadway	604-709-5720
Evergreen Community Health Centre	3425 Crowley Dr.	604-872-2511
Pacific Spirit Community Health Centre	2110 W. 43rd Ave.	604-267-3970
Pender Community Health Centre	59 W. Pender St.	604-669-9181
Raven Song Community Health Centre	2450 Ontario St.	604-709-6400
Three Bridges Community Health Centre	1290 Hornby St.	604-714-3480

UBC Life and Career (referral only)	800 Robson St.	604-822-8585
Watari Research Association	877 E. Hastings St.	604-254-6995

### **Food - Free and Low Cost**

Carnegie Community Centre	401 Main St.	604-665-2220
Frog Hollow Neighbourhood House	2131 Renfrew St.	604-251-1225
Greater Vancouver Food Bank Locations	1150 Raymur Ave.	604-876-3601
Salvation Army Harbourlight	119 E. Cordova St.	604-646-6800
Kiwassa Neighbourhood House	2425 Oxford St.	604-254-5401
Salvation Army Family Services	3213 Fraser St.	604-872-7676
St. Paul's Anglican Church	1130 Jervis St.	604-685-6832
Union Gospel Mission	616 E. Cordova St.	604-253-3323

### **Haircuts - Free or Low Cost**

Vancouver Community College	250 W. Pender St.	604-443-8300
London School of Hairdressing	300 Pender St.	604-685-4121
Mission Possible	543 Powell St.	604-253-4469

### **Hospitals**

BC Children's Hospital	4480 Oak St.	604-875-2345
BC Women's Hospital	4500 Oak St.	604-875-2424
Mt. St. Joseph's	3080 Pr. Edward St.	604-874-1141
St. Paul's Hospital	1081 Burrard St.	604-682-2344
St. Vincent's Hospital	749 W. 33rd Ave.	604-876-7171
UBC Hospital	2211 Westbrook Mall	604-822-7121
Vancouver General Hospital	855 W. 12th Ave.	604-875-4111

### **Housing**

BC Housing	601 - 4555 Kingsway	604-433-1711
Youth Housing Registry Worker	691 E. Broadway	604-709-5720
Covenant House Vancouver	575 Drake St.	604-685-7474

### **Laundry - Free or Low Cost**

Evelyn Saller Centre	320 Alexander St.	604-665-3075
The Gathering Place	609 Helmecken St.	604-665-2391

### **Literacy and Basic Education**

Carnegie Community Centre	401 Main St.	604-665-2220
Educacentre (French)	896 W. 8th Ave.	604-708-5100
First United Church	320 Hastings St. E.	604-681-8365
Native Education Centre	285 5th Ave. E.	604-873-3761
VCC Adult Basic Education	1155 E. Broadway	604-871-7369

### **Transportation and Transit**

BC TransLink		604-953-3333
HandyDART		604-430-2692
Safe Ride		604-708-9955
Vancouver Taxi Ltd.		604-871-1111

### **Tutoring**

The Gathering Place	609 Helmecken St.	604-257-3849
Frontier College	1001 Cotton Dr.	604-713-5848
VCC Homefront Learning (ESL)	1155 E. Broadway	604-871-7277
UBC Learning Exchange	612 Main St.	604-408-5164
Teachers' Tutoring Service	203 - 1929 W. Broadway	604-730-3410

### **Upgrading**

The Gathering Place	609 Helmecken St.	604-257-3849
Hastings Education Centre	1661 Napier St.	604-713-5735
South Hill Education Centre	6010 Fraser St.	604-713-5770
Main Street Education Centre	333 Terminal Ave.	604-713-5732
Downtown East Education Centre	101 Powell St. 6	604-713-5760
Roberts Education Centre	1666 Comox St.	604-713-5752

### **Shelters - Men and/or Women**

Belkin House	555 Homer St.	604-681-3405
The Lookout	346 Alexander St.	604-681-9126
Triage	707 Powell St.	604-254-3700
Union Gospel Mission	616 E. Cordova St.	604-253-3323
Yukon Shelter	2088 Yukon St.	604-264-1680

### **Shelters - Women/Families**

Bridge Emergency Shelter (DTES)		604-684-3542
Homestead	975 W. 57th Ave.	604-266-9696
Powell Place	329 Powell St.	604-606-0403
St. Elizabeth Home	Mount Pleasant	604-606-0412
Welcome House for Immigrants	530 Drake St.	604-684-7498

### **Shelters - Youth**

Covenant House	575 Drake St.	604-685-7474
Directions Youth Services Centre	1134 Burrard St.	604-633-1472

### **Websites**

ALDA - Adult Learning Development Association	<a href="http://www.alda-bc.org">www.alda-bc.org</a>
BC Government	<a href="http://www.gov.bc.ca">www.gov.bc.ca</a>
BC Housing	<a href="http://www.bchousing.org">www.bchousing.org</a>
Translink	<a href="http://www.translink.bc.ca">www.translink.bc.ca</a>
City of Vancouver	<a href="http://www.vancouver.ca">www.vancouver.ca</a>
Crisis Centre	<a href="http://www.crisiscentre.bc.ca">www.crisiscentre.bc.ca</a>
Government of Canada	<a href="http://www.canada.gc.ca">www.canada.gc.ca</a>
Lower Mainland Employment Resources	<a href="http://www.lmer.ca">www.lmer.ca</a>
Service Canada National Job Bank	<a href="http://www.jobbank.gc.ca">www.jobbank.gc.ca</a>
Vancouver Public Library	<a href="http://www.vpl.vancouver.bc.ca">www.vpl.vancouver.bc.ca</a>

*Helping people work with Learning Disabilities*



**For more information on our services  
and other brochures please contact:**



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