

# **YOUTH STREET SURVIVAL GUIDE**



**Terrace Women's  
Resource Centre Society**



**Terrace  
2017 Summer Edition**

## Introduction

This Street Survival Guide is a compilation of services for youth under the age of 19, who may be facing addiction, a crisis situation, homelessness, hunger or anything northern living throws their way.

This guide offers resources about:

- Counselling;
- Education;
- Professional training; and
- Medical Services or Legal Assistance

\*Please note this is not a complete guide to services.

The listings are meant to inform youth of the resources and services available to them in the Terrace area and should not be seen as endorsements.

*This guide is up to date as of Summer 2017, however, the information provided may change. Please contact individual organizations before you access services*



**Remember, you are not alone. We hope you find this guide useful.**

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**@ indicates a Facebook account – check out their link to stay updated!**

## **Frequently Called Numbers**

<b>Emergencies</b> .....	911
<b>RCMP Non-Emergency Line</b> .....	250-638-1102
<b>Ambulance</b> .....	250-638-1102
<b>Mills Memorial Hospital</b> .....	250-635-2211
<b>Kids Help Phone</b> .....	1-800-668-6868
24-hour, confidential, bilingual and anonymous phone counselling, web counselling and referral service for children and youth.	
<b>Helpline for Children</b> .....	310-1234 (no area code required)
24-hour helpline for children and youth who may feel unsafe, confused, or scared, and wish to talk to someone. Line is answered by child protection social workers.	
<b>Child and Family Services</b> .....	250-638-2311
Provides child protection, family services, guardianship, and youth justice.	
<b>BC Representative for Children and Youth</b> .....	1-800-476-3933
Helps children, youth and families deal with the child welfare system.	

## **Advocacy**

### **B. C's Representative for Children and Youth (@RYBC)**

1-800-476-3933

Dedicated team of advocates who are committed to ensuring the rights and interests of children and youth are protected and upheld.

#### **Who do we help?**

- Children and youth in care
- Young people under a youth agreement
- Young people in custody
- Children and youth with special needs
- Youth with special needs transitioning to adult services

#### **How can we help?**

- Help children, youth and young adults know their rights
- Help connect children, youth and young adults with services and the programs s/he needs
- Help children, youth and young adults speak up in a way that might solve their problem

## **MLA Office**

*Voice your opinions to your local politician!*

Ellis Ross – Skeena BC Liberal MLA  
(@EllisforBC)  
250-632-1251  
ellis.ross@bcliberals.com

- Assists with Provincial matters such as health care and education.

Nathan Cullen – Member of Parliament Skeena-Bulkley Valley (@nathan.cullen1)  
112-4716 Lazelle Ave.  
250-615-5339

- Assists with Federal matters such as criminal law and Indigenous policies.

#### **Notes:**



**Terrace Women's  
Resource Centre Society**

## **Addiction Services and Recovery**

### **Kitsumkalum Health Centre**

3531 Kalum Rd. W

250-635-6172

Toll free: 1-844-869-5993

Hrs: Monday – Friday, 8:00am-4:30pm

- Provides addiction services including individual, family and group counselling, life skills training and referrals.
- Provides prevention activities including workshops, awareness programs and youth groups.

### **Notes:**

### **Nechako Youth Treatment Program (NYTP)**

1308 Alward St. Prince George, B.C

250-565-2881

- Provides inpatient addictions based treatment program for 7 adolescents aged 13-18 years of age who live in the Northern Health catchment region.
- Referrals are accepted from many different sources such as *NH Mental Health and Addiction* programs across the region, physicians, community programs, family, etc.

## **Child Protection System (Ministry of Children and Family Development)**

### **What is my social worker supposed to do for me?**

- Keep you safe and step in when there are problems in your family – including if your needs are not being met, your parents can't take care of you, or you are being abused.
- Anyone, including you, can phone the *Ministry of Children and Family Development* when there are problems in your family.
- Sometimes Social Workers decide to keep you with your family, but offer support to your family.
  - They decide to place you in care until your family can fix the problems.
  - Your Social Worker should keep in contact with you while you are in care.
  - They should ensure that your needs are being met.
  - They should also work with you and your family so you can go home, if possible.

**If you think a social worker can help you, phone the 24-hour Helpline for**

## **Children at 310-1234**

### **Your Rights While in Care:**

1. To live in a place that is safe and where your needs are met – including safety, food and shelter.
2. To be treated with respect, cared for, and be able to express your culture and religion freely.
3. To be consulted and allowed to express your views about the decisions being made about you. You can call B.C's Representative for Children and Youth if you don't like what's going on.
4. To be able to call your Social Worker whenever you need to.
5. To have your personal information stay private.
6. To have services and counselling if you need them.

### **I need an advocate. How do I get one?**

Anyone can call B.C's Representative for Children and Youth, including you. Phone: 1-800-476-3933

### **Notes:**



**Terrace Women's  
Resource Centre Society**

## **Clothing and Household Items**

### **Ksan Society Donation Room**

4838 Lazelle Ave.

Hrs: Monday, Wednesday, Thursday, 10:00am-2:00pm  
(10:00am-1:00pm – shopping for women and children  
only)

(1:00pm-2:00pm – everyone)

250-635-2373

- Offers free clothing, household items, books, and toys.

### **The Salvation Army**

3236 Kalum St. (\*moving soon to 3229 Sparks St.)

250-635-5446

- Provides emergency services such as clothing and household goods.

### **Notes:**



## **Community Health**

### **Kitsumkalum Health Centre**

250-635-6172

### **Kitselas Health Centre**

250-635-5084

### **Nisga'a Valley Health Authority**

250-633-3000

### **Northern Health Authority – Terrace Health Unit**

3412 Kalum Street

250-631-4200

Hrs: Monday – Friday, 8:30am-4:30pm

- Provides information regarding nutrition, safety, accommodations, sexual health, therapy,
- Assessments, therapy, and other health related issues.

### **Notes:**

## **Couch Surfing Safety Tips**

### **Etiquette:**

- Find out your host's expectations.
- Be neat.
  - Leave your space better than you found it.
- Keep your things in order and clean up after yourself.
- Participate.
  - Spending time with your host can enrich your connections.
  - Be open to giving and receiving, be it stories, songs, or your favorite memory.

### **Notes:**

### **During your experience:**

- Do you feel comfortable with them? Is everything as you expected?
- In any situation you feel unsafe, threatened or in immediate danger, remove yourself and contact the local authorities – such as police or emergency service – right away.

## **Counselling**

### ***Always There App (free)***

- You can connect with a Kids Help Phone counsellor 5 days/ week.
- It's anonymous and confidential.
- App is available in English and French.

- Assist children and youth up to 18 with social and life skills training and anger management.
- Referral from the *Ministry of Children and Family Development* is preferred, but not required.

### **Notes:**

### **Chat Counselling – [www.kidshelpphone.ca](http://www.kidshelpphone.ca)**

1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

- Allows you to connect one-on-one, real time, with a counsellor, on the web or from a smartphone.
- You can chat with a live counsellor Wed – Sun, 3pm-11pm.

### **Children Who Witness Abuse (CWWA) Program**

Provided by *Ksan House Society*

250-635-2373

Toll free: 1-888-337-5726

Hrs: Monday - Friday, 8:30am-4:30pm

- Provides free counselling for children ages 3-18 who have witnessed or experienced family violence.

### **Special Services to Children**

Provided by *Terrace and District Community Services Society*

250-635-7087

Hrs: Monday – Friday, 8:30-4:30pm (closed 12pm-1pm)

## **Crisis and Emergency Lines**

### **Crisis Prevention, Intervention and Information Centre for Northern BC (Youth Support Line)**

[www.northernyouthonline.ca](http://www.northernyouthonline.ca)

250-564-8336

Toll free: 1-888-564-8336 (call or text)

- Online chat for youth in crisis
- Information and referrals.
- The chat line, 4:00-10:00pm daily

### **KUU-US Crisis Line Society**

- First Nations and Aboriginal specific 24/7 crisis line serving the entire province.

Toll free: 1-800-588-8717

Youth line: 250-723-2040

### **Indian Residential School Survivors Society**

207-3228 Kalum Street

Toll free: 1-800-721-0066

- We support survivors with crisis counselling, court support, information, and referrals to community-based services.

### **Suicide Line**

Toll free: 1-800-784-2433 (or 1-800-SUICIDE)

- If you, or someone you know, is having thoughts of suicide.
- 24 hrs a day, 7 days/week

### **Victim Link BC**

Toll free: 1-800-563-0808

- A toll-free, confidential multilingual telephone service available across BC and Yukon 24 hours a day, 7 days a week.
- Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

### **Youth Against Violence Line**

Toll free: 1-800-680-4264

- The Youth Against Violence Line is a safe, confidential and anonymous way for young people across BC to report crime or violent incidents, or to talk through any type of problem with a supportive person.
- Offer non-judgmental support in many languages, and will provide you with options, information and referrals to services that can help.

### **Youth in BC**

Hrs: 12:00pm-1:00am

[www.youthinbc.com](http://www.youthinbc.com)

- Online crisis chat service available from 12pm to 1am, where you can chat one-on-one with a trained volunteer.
- Provides a safe, respectful place to access support and information, or just someone to listen without judgment

## **Drop-in Programs**

### **Kermode Youth Centre Drop-in**

Provided by Kermode Friendship Society

3313 Kalum Street

Hrs: Mon and Wed, 4:00pm-7:00pm.

- Share a meal, listen to or play music, and access health and wellness resources.

### **Notes:**

### **Terrace Youth Engagement Strategy**

**(@TDCSSTYES)**

Provided by Terrace and District Community Services Society

3219 Eby Street (outbuilding to the right of TDCSS's Head Office)

250-635-7141

Hrs: 11:30am-12:30pm and 3:15pm-5:15pm.

- Provides a safe space for youth aged 13-19 and offers useful resources.

**Notes:**

**Duty to Report**

**A person has a duty to report in the following cases:**

1. If you tell them someone is hurting you, has hurt you, or is likely to hurt you in the future.
2. If you tell them you are planning to hurt yourself or someone else, or if you have committed a crime.

**If you are in immediate danger, call 911 or the police.**

**If you would like to talk to someone, call the Helpline for Children at 310-1234. You do not need an area code. You can call any time of the day or night and you do not need to give your name.**

## **Education and Employment Connections**

### **BC Services Centre & Ministry of Social Development and Social Innovation**

3250 Eby St.

1-866-866-0800

Hrs: Mon – Fri, 9:00am-4:00pm (closed 12:00pm-1:00pm)

- Provides income assistance and employment services.
- Online applications are available at [www.myselfserve.gov.bc.ca](http://www.myselfserve.gov.bc.ca)

### **Literacy Terrace (@LiteracyTerrace)**

#4-3211 Kenney St.

778-634-2446

Hrs: Mon – Fri, 9:00am-4:00pm

### **Métis Employment and Training Program**

304-4546 Park Avenue

250-615-0035

Hrs: Mon – Fri, 8:30am-4:30pm

- Provides financial assistance to support education and training for Métis people age 15 and over who are unemployed, underemployed, self-employed, or whose work is subject to change.
- To be eligible, individuals must self-identify as Métis or be of historic Métis Nation ancestry, and be accepted by the Métis Nation.

### **Northwest Training Ltd. Career Counselling & Employment Centre (@NorthwestTrainingLtd)**

201-4622 Grieg Ave.

250-638-8108

[info@northwestcareers.bc.ca](mailto:info@northwestcareers.bc.ca)

Hrs: Mon – Fri, 8:30am-4:30pm (open through lunch)

- Provides computer access with: internet, MS Office 2013, resume and cover letter templates, printing of documents.
- Provides telephone access for: contacting potential employers, gathering labor market information, application follow-up, assistance with employer contact information, and work-related message services.
- Provides fax services for: employment and career planning purposes.
- Other services available: brief orientation to all centre resources and services, guidance using computers and internet, labor market information, and career planning information.

### **Terrace and District Community Services Society (@TDCSS)**

100-3219 Eby St.

250-635-7995

Hrs: Mon – Fri, 8:30am-4:30pm (closed 12:00pm-1:00pm)

[employment@tdcss.ca](mailto:employment@tdcss.ca)

- Services for youth include: employment counselling, resume and cover letter development and assistance, and job search assistance.

**Terrace Public Library (@TerracePublicLibrary)**

4610 Park Ave.

250-638-8177

Hrs: Mon 1:00-9:00pm; Tues – Fri 10:00am-9:00pm;

Sat 10:00am-5:00pm; Sun 1:00pm-5:00pm

- Provides WiFi and computer access
- Provides photocopier, scanner, and fax service
- Provides computer/technology lessons

**Terrace Women’s Resource Centre – The Family Place**

4553 Park Ave.

250-638-0228

- Provides computer access, referrals, advocacy, workshops, mentoring, adult/children lending library, and events.
- Provides information on child care for parents and care providers
- Provides assistance with filling out child care subsidy forms

**Notes:**



## Family Planning and Sexual Health

### **Northern Health Authority, Options for Sexual Health**

3412 Kalum Street

- Every other Wed 12-4:30pm,
- Birth control options,
- STI and Health Counselling
- Plan B—morning after pill, free;
- Pregnancy testing—free.

For more info or to book ahead call 250-631-4200.

## Notes:

### Food Resources

#### **TDCSS Homelessness Outreach Program – Soup Kitchen**

3312 Sparks St.

Coffee 8:30am-2:00pm

Lunch 11:30am

Mon – Fri.

#### **Hungry Kids Project – Kalum Community School**

Various school locations. Call 250-615-7167 or email

KCSSTerrace@live.com

Breakfast and lunch items.

Mon – Fri.

#### **Kermode Friendship Society**

3313 Kalum St. 250-635-4906

Mon – Fri, 8:30am-12:00pm (or until all snack bags are gone)

Coffee and snack bags provided.

#### **TYES Drop-In**

3221 Eby St. 250-635-7141

Lunch 11:30am-12:30pm

Dinner and snacks 3:15pm-6:15pm

Mon – Fri.

\*Care products and refreshments also provided

**Parkside Secondary School – Food Share (for students only)**

3824 Eby St.  
Tues, 12:00pm-1:00pm

**The Salvation Army – Community Food Bank**

3236 Kalum St. Call 250-635-5446 ext.1 for an appointment  
9:30am-1:30pm  
\*Open the 1<sup>st</sup> and 3<sup>rd</sup> week every month, Tues and Thurs.

**The Salvation Army – Food Share**

3236 Kalum St. 250-635-5446  
Weds & Sat, 1:00pm (unless Food Bank is operating)  
\*bring your own bags

**The Salvation Army – Breakfast**

3236 Kalum St. 250-635-5446  
Weds & Thurs, 7:30am-9:00am

**Zion Baptist Church – Soup Kitchen**

2911 Sparks St. 250-638-1336  
Thurs, 4:00pm-5:30pm (closed mid-June to beginning of September)

**Ksan Place – Food Share**

101-2812 Hall St. (Behind the shelter). 250-635-2654  
Fri, 12:00pm-1:30pm (come early)

**Ksan Place – Community Dinner**

101-2812 Hall St. (Behind the shelter). Call 250-635-2654 or check their Facebook page (@ksansociety) to confirm dates.

Monthly dinners, usually held on a Tuesday, between 4:00pm-6:00pm.

**Seventh Day Adventist All Nations Centre Church Service**

3312 Sparks St. 250-635-3232  
Sat, 3:00pm  
\*food after church service

**Bread of Life Soup Kitchen and Food Share**

3312 Sparks St. 250-635-3232  
Sun, 10:00am-5:00pm  
\*food after church service

**Food Resources Cont'd**

**3 meals/week:**

Ksan Transition House (for women and children only).  
250-635-6447  
4838 Lazelle Ave.  
12:00pm lunch

Ksan Residence and Shelter. 250-635-5890  
2812 Hall St.  
5:00pm dinner

**Scheduled days:**

Terrace Churches Food Bank. 250-635-9670  
4613 Park Ave.  
9:30am-11:30am \*food is distributed via alphabetical  
order. Check their Facebook page for details  
(@terracechurchesfoodbank)

### **Free Community Programs**

#### **Kermode Friendship Society – ACYMH**

3313 Kalum Street  
250-635-4906 ext. 1028

- Offers various free programs such as Kidz Group (ages 8-12), Youth Group (ages 13-18), and Youth Drop-In (ages 13-18).

#### **Skeena Diversity Society (@skeenadiversity)**

4617 Lazelle Avenue  
250-635-6530  
Hrs: Mon – Fri, 11:00am-6:00pm

- Offers various free programs, such as International Cooking on Fridays at 5:00pm. By donation.

### **Notes:**



### **Terrace Public Library (@TerracePublicLibrary)**

4610 Park Ave

250-638-8177

Hrs: Mon 1:00-9:00pm; Tues – Fri 10:00am-9:00pm;

Sat 10:00am-5:00pm; Sun 1:00pm-5:00pm

- Offers a Teen Volunteer Program for ages 12-18. Help staff pick books for the library, organize cool contests, programming, party planning, decorating, and pizza eating.

### **Terrace Women's Resource Centre**

4553 Park Avenue

250.638.0228

Hrs: Mon – Thur 10:00am-4:00pm

- Offers various youth workshops on topics such as healthy relationships, body positivity, the cycle of violence and gender identity.

### **Volunteer Terrace (@volunteerterracebc) – YVC**

3235 Emerson Street.

250-638-1330

Hrs: Mon-Fri, 9:00am-4:30pm (closed 12pm-1pm)

- Youth Volunteer Corps (YVC) provides meaningful team-based volunteer opportunities to young people between the ages of 11 and 18.

### **Notes:**

## Government Services

### **BC Employment and Assistance (BCEA)**

3250 Eby Street

Hrs: Mon – Fri, 9:00am-4:00pm (closed 12pm-1pm)

- Provides income assistance, disability assistance, and referral to employment services.

### **Employment Insurance Office (E.I.) – Service Canada**

4630 Lazelle Avenue

Hrs: Mon – Fri, 8:30am-4:00pm

- Provides computers, printers and internet access to all Government of Canada websites, including Job Bank.
- Services include topics related to employment, financial assistance, and personal identification such as Social Insurance Numbers and birth certificates.

### **Service BC**

#101-3220 Eby St.

250-638-6515

Hrs: Mon-Fri, 8:30am-4:30pm

- Provides BC services card, BC identification card, driver's license services, and Medical Services Plan/Health Insurance BC

## Notes

## Laundry and Shower Services

### **Aquatic Centre (reopens Spring 2018)**

3320 Kalum Street

Hrs: Mon – Fri, 6:30am-9:30pm; Saturday 9:00am-4:30pm; Sunday 12:30pm-8:00pm

- Provides showers for \$2 (must not be under the influence)

### **Turning Points Housing Connections**

4444 Lakelse Ave.

Hours: Monday – Friday, 8:30am-4:30pm

- Provides free showers and laundry (must not be under the influence)

### **Ksan House Society (@ksansociety)**

2812 Hall Street

250-635-5890

- Provides free showers (must not be under the influence)

### **Ksan Transition House**

4838 Lazelle Avenue

Hrs: Mon – Fri, 8:30am-4:30pm

- Provides free showers (must not be under the influence). Women and children only.

**Notes:**

**Legal Services**

**Legal Aid BC - Aboriginal Legal Aid  
(@LegalAidBC)**

207-3228 Kalum Street

Toll Free: 1-800-787-2511

Hrs: Mon – Fri, 8:30am-4:30pm (closed 12pm-1pm)

- Provides legal information, advice, and representation to people with low income.
- Helps with family problems, child protection matters, immigration issues, and criminal law issues.

**Notes:**

## **LGBTQ Support and Services**

### **Skeena Pride Alliance (@skeenapride)**

- A welcoming group for all walks of life.
- For more information on meetings please send a Facebook message.

### **Northern Transgender Health Clinic (@transcarebc)**

102-1302 7<sup>th</sup> Avenue, Prince George  
250-596-8100

- The clinic provides medical care and support to transgender individuals.
- Services include hormone readiness assessment, hormone therapy, referrals for surgical readiness assessment, pre-operative information and education, post-operative care, and counselling.

### **Notes:**

### **QMUNITY, PrideLine (@Qmunity)**

1-800-566-1170

Hrs: Mon – Fri, 7:00pm-10:00pm

- Provides telephone support to queers of all ages throughout BC.
- Trained volunteers listen with a welcoming, non-judgmental, affirming ear.
- They also give information and referrals to other queer, mental health and substance abuse resources

## **Low Barrier Public Washrooms**

### **Kermode Friendship Society (@KermodeFS)**

3313 Kalum Street

Hrs: Mon-Fri, 8:30am-4:30pm

### **Terrace and District Community Services Society (@TDCSS)**

3219 Eby Street

Hrs: Mon – Fri, 8:30am-4:30pm (closed 12pm-1pm)

### **Terrace Women’s Resource Centre Society (@terrace.womens.resource.centre.society)**

4553 Park Avenue

Hrs: Mon – Thurs, 10:00am-4:00pm

### **Volunteer Terrace (@volunteerterracebc)**

3235 Emerson St

Hrs: Mon-Fri, 9:00am-4:30pm

## **Notes**

### **Mental Health and Addiction Supports**

#### **What is mental health? Why should I know about it?**

Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental.

#### **Mental Fitness Tips**

- **Daydream** –
  - Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether a beach, a mountaintop, a forest or a favorite room from your past, let the comforting environment wrap you in a sensation of peace and tranquility.
- **“Collect” positive emotional moments** –
  - Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.



- **Learn ways to cope with negative thoughts –**
  - Negative thoughts can be insistent and loud. Learn to address them with a positive alternative
  - Try using healthy ways to cope, distract or comfort yourself. Self-care is key.
- **Keep a journal –**
  - Self-expression can help you gain perspective, release tension and boost your body's resistance to illness.
- **Share humour –**
  - A little humor can go a long way to keeping us mentally fit!
- **Volunteer –**
  - Volunteering is a “win-win” activity because helping others makes us feel good about ourselves and builds social connections.
  - It widens our social network, provides us with new learning experiences and can bring balance to our lives.

**Kermode Friendship Society – Aboriginal Child and Youth Mental Health Program**

3313 Kalum Street  
250-635-4906

Hrs: Mon– Fri, 8:30am-4:30pm

- Offers support groups and one-on-one support to children and youth from age six to 19.
- Youth groups offer recreational activities focused on mental, physical, emotional and spiritual health.

**310-Mental Health Support**

250 310-6789

- The crisis centre provides emotional support to youth 24 hours a day, 7 days a week.
- We support and empower individuals to see their own strengths and options.
- We provide education and training aimed at fostering resiliency and building capacity to respond to crisis and suicide.

**Ministry of Children and Family Development – Child and Youth Mental Health**

400-4545 Lazelle Ave

250-615-4860

Hrs: Mon – Fri, 8:30am-4:30pm

- Services include assessment, intake services, case management and consultation, treatment, family therapy, education, referral to day treatment programs, in-home support, and parenting programs.

**Youth Community Outpatient Services – Mental Health and Addiction Community Programs**

3412 Kalum St

250-631-4202

Hrs: Mon – Fri, 8:30am-4:30pm

- Provides outreach to youth with co-occurring mental health issues and addictions through assessment, individual and group therapy, case

management, life skills training, recreational activities and family support

- If I am being detained or arrested, I have a right to know why, and a right to speak privately to a lawyer – without delay – even if I can't afford to pay.
- I can only be strip-searched in private and by officers of the same sex.
- I have a right to know a police officer's name and badge number.
- I can report a police officer who abuses me, swears at me, or violates my rights.
- I have the right to make decisions about my own health care

**Notes:**

**My Rights**

- The police are allowed to approach me and ask me questions. In most cases, however, I do not have to answer their questions if I don't want to.
- If I am stopped by the police, they will likely ask for my name and address. They may also ask for my identification. In most cases, I am not required to provide this information.
- I can say "NO" if the police ask to search me or my things. Saying "NO" does not mean I have something to hide.
- I can leave unless I am being detained or arrested.

Age	Right or Responsibility
5	Attend school
12	Name change with permission of parent(s)
12	Consent needed for adoption
12	Able to work with consent of parent/guardian
12	Age of consent if partner is less than 2 years older
12-17	Responsible for crime - protected by the Youth Criminal Justice Act
14	May be sentenced for crimes under adult law
14	Donate organs/tissues for medical purposes

Age	Right or Responsibility
14	Age of consent if partner is less than 5 years older
15	Able to work without consent of parent/guardian
16	Leave school
16	Able to write a will
16	Marry with permission of parent(s)
16	Apply for own passport
16	Get a driver's licence with permission of parent(s)
16	Age of consent
17	Join the armed forces with parental consent
17	Able to donate blood
18	Vote in a provincial or federal election
18	Able to run in an election
18	See a restricted/adult movie
18	Entitled to full minimum wage
19	Enter a binding contract

Age	Right or Responsibility
19	Get married (without parent's permission)
19	Get a driver's licence (without parent's permission)
19	Drink/Purchase alcohol
19	Age to gamble
19	Buy lottery tickets
19	Join the forces without parental consent
19	Minimum age required to adopt a pet from SPCA
19	Leave home (without parent's permission)
19	Age to receive a credit card in BC
19	Buy cigarettes
19	Sue or be sued on your own
19	Name change (without parent's permission)
no legal age	Babysitting
no legal age	Consent to health care treatment depending on maturity level

Age	Right or Responsibility
no legal age	Getting tattoos or piercing
no legal age	See school records
no legal age	Testify in court
no legal age	Single parents can sign up for social assistance
no legal age	Consume alcohol at home, if supplied by parent(s)
no legal age	Protection from age-based discrimination

**Source:** <http://www.justiceeducation.ca/>

**Notes:**

**Pregnancy**

**Baby's Best Chance Handbook**

3412 Kalum Street

250-631-4200

Hrs: Mon– Fri, 8:30am-4:30pm

- Provides practical, evidence-based information about healthy pregnancy and caring for an infant.

**Kermode Friendship Society (@KermodeFS)**

3242 Kalum Street

Phone: 250-635-4906

- Pregnancy Outreach Program (POP): Mondays, 10am-12pm
- Provides support and information on pregnancy and infancy.

**Terrace Child Development Centre**

4665 Park Ave.

Call 250-635-1830 to register

- Offers a free pregnancy outreach program, which promotes healthy pregnancies and positive early parenting experiences. Women of all ages are welcome.
- Weekly drop-in group on Wed, 11:00am-1:00pm

**Notes:**

**Suicide Prevention**

**What are the warning signs of suicide?**

- Talking about, or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Making plans and giving away items
- Showing worrisome behavioural cues or marked changes in behavior. This includes significant:
  - Withdrawal from, or change in social connections/situations
  - Changes in sleep (increased or decreased)
  - Anger or hostility that seems out of character or out of concern
  - Not interested in doing favorite activities

*Recent increased agitation or irritability*

**What are the risk factors that may increase the chances of suicidal behavior or suicide?**

- Mental health disorders, mood disorders, anxiety disorders, substance use disorders, eating disorders and disruptive disorders
- Previous suicidal behavior or prior suicide attempts
- Feeling hopeless, showing signs of aggression or being impulsive
- Family factors, like parent-child conflict, parental mental illness and a family history of suicidal behavior
- A history of childhood abuse

- Stressful life events that commonly include: interpersonal conflict, rejection, failure, humiliation and loss
- Exposure to peer suicide
- Having access to the means for suicide

If you think someone's life is in immediate danger, call 911.  
Call 1-800-SUICIDE, that's 1-800-784-2433. Help is available 24 hours a day.

**Remember, Your Life Counts!**

**Keep Going and Do Not Give Up!**

**Help is Available! *Please See the Crisis and Emergency Lines Section For a Detail List.***

### **What are the protective factors?**

- Strong coping and problem-solving skills
- Experience with success and feelings of effectiveness
- Strong sense of belonging and connection
- Warm, supportive relationships
- Support and acceptance at school and from peers
- Success at school
- Strong cultural identity
- Community self-determination

### **Violence**

**You are not alone if you have experienced violence or abuse.**

**The following are some examples of abuse:**

### **What Can I Do About It?**

If you think someone you know is considering suicide:

- Remind yourself that all talk of suicide must be taken seriously
- Say to the person:
  - "You are really important to me."
  - "I don't want you to die."
  - "It's reasonable to feel like you do, but I can help you find other solutions."

- Someone hits you or physically hurts you.
- Threatens to hit you or physically hurt you.
- Threatens to 'out' you (i.e. tell others that you are queer) if you do not do what they want.
- Threatens to commit suicide if you do not do what they want.
- Humiliates you through words or mistreatment.
- Forces you to engage in sexual acts without your consent.

- Threatens you with deportation or keeps your (and/or your children's) immigration/refugee papers to control you.
- Controls all of the money and will not let you have your own money.
- Forbids you to have contact with your friends or relatives
- Humiliates you or becomes angry every time you talk with family or friends

**If you or a member of your family becomes a victim of crime:**

- Call 911 immediately to file a report.
- Get support by calling a neighbor, friend, family member and/or a crisis line (see *Crisis and Emergency Lines*)

**Terrace and District RCMP Victim Assistance Program**

3205 Eby St.

250-638-7411

Hrs: Mon-Fri, 8:00am-4:00pm

- Provides support services to victims and witnesses of crime or trauma, including emotional support, form completion assistance, court orientation and accompaniment, information about the justice

system, personal and home safety information, and referral to community resources.

**Victim Link**

1-800-563-0808

- Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.
- 24 hours a day, 7 days/week

**WI-FI & Public Internet Access**

**Terrace Public Library (@TerracePublicLibrary)**

4610 Park Ave.

250-638-8177

Hrs: Mon 1:00-9:00pm; Tues – Fri 10:00am-9:00pm;

Sat 10:00am-5:00pm; Sun 1:00pm-5:00pm

- Can get a library card “BC ONE” without address

**Notes:**

**If you found this guide useful and no longer need it, please pass it along to a friend.**

**PUBLISHED AND FUNDED BY:**

