



## Available FRAFCA Programming (last revised May 4, 2020)

See below for a list of adapted programming at the Fraser Region Aboriginal Friendship Centre (FRAFCA) during COVID.

### Online Group/Drop-In Programming

Support	Description	How to Access
<b>All Community Culture Night</b>	Virtual community culture nights on Facebook Live every Wednesday 5pm	Follow <b>Marissa FRAFCA</b> on Facebook
<b>Postnatal and Taking Care of Your Children – Caregiver Groups</b>	Weekly virtual groups by Zoom, for caregivers with children 0-2 years old, or 2-4 years old	Join <b>Frafca Postnatal</b> group or <b>Frafca TCYC</b> group on Facebook  Follow <b>Emily FRAFCA</b> on Facebook or call Emily at 604-868-6950 for more information
<b>Spirit Bear Early Childhood Drop-In</b>	Weekly how-to videos for various arts and crafts, and cultural posts with traditional stories/links to traditional teachings, targeted to families with children 0-6 years old  Facebook Live storytime Tuesdays and Thursdays at 11am	Follow <b>Kaley FRAFCA</b> and <b>Theresa FRAFCA</b> on Facebook
<b>Prenatal Group</b>	Weekly virtual groups by Zoom on Fridays at 10am, for expectant mothers and caregivers	Join <b>Frafca Prenatal</b> group on Facebook or contact Corina at <a href="mailto:corina.bye@frafca.org">corina.bye@frafca.org</a>
<b>Indigenous Youth Connections</b>	Virtual youth culture night and activities	Follow <b>Marissa FRAFCA</b> on Facebook and <a href="https://www.tiktok.com/@frafca.youth">frafca.youth</a> on Tictok
<b>Positive Health Support Group</b>	Virtual support group by Zoom, first session on May 5 <sup>th</sup> 2 pm – 3pm, schedule TBA	Contact Phyliss at <a href="mailto:phyliss.sauve@frafca.org">phyliss.sauve@frafca.org</a>

## Outreach Staff

Support	Description	How to Access
<b>Early Childhood Development</b>		
<b>Prenatal and Doula Support</b>	Outreach support for expectant mothers and fathers, connection to doula services	Contact Corina at <a href="mailto:Corina.Bye@fafca.org">Corina.Bye@fafca.org</a>
<b>Aboriginal ECD Outreach</b>	Connection and referrals to community resources and supports for families with children under 6	Contact Theresa at <a href="mailto:Theresa.olson@fafca.org">Theresa.olson@fafca.org</a>
<b>Children, Youth and Families with Extra Support Needs</b>		
<b>Aboriginal Infant Development Program</b>	Screening and assessments for children 0-6 years of age to support healthy development, currently offering phone support and assessments by videoconference	There currently is a waitlist, referral form can be found on FRAFCA website here: <a href="https://fafca.org/programs-services/program-referral-process/">https://fafca.org/programs-services/program-referral-process/</a>
<b>Family Connections</b>	Supports and advocates for families with children ages 5-18 to access needed government and community-based resources and services	Contact Tanya at <a href="mailto:tanya.michell@fafca.org">tanya.michell@fafca.org</a>
<b>FASD Keyworker</b>	Phone support to caregivers of children who were exposed to alcohol or drugs prenatally, have complex developmental behavior conditions, or have no diagnosis but show serious deficits in the areas of development and learning, mental health/behavior, or adaptive and social skills.	There currently is a waitlist, referral form can be found on FRAFCA website here: <a href="https://fafca.org/programs-services/program-referral-process/">https://fafca.org/programs-services/program-referral-process/</a>  Contact Leslie at <a href="mailto:leslie.senft@fafca.org">leslie.senft@fafca.org</a>
<b>Canada Learning Bond Navigator</b>	Phone support to access post-secondary grants and funding for eligible children from low-income families	Contact Annette at <a href="mailto:Annette.christopher@fafca.org">Annette.christopher@fafca.org</a> 236-858-3152
<b>Youth</b>		
<b>All Nations Youth Safe House (ANYSH)</b>	30-day home-like space that is safe, comfortable, and caring for youth age 16-18 who may be enduring times of hardship  Open, but reduced bed space capacity	24 hour phoneline: 604-584-2625
<b>Indigenous Youth Urgent Needs</b>	Open for intake.  Phone support for cultural connections, advocacy, referrals, accompaniment, coaching, mentoring and emotional support for youth age 16-24.	Contact Natasha by: Facebook <b>Natasha FRAFCA</b> Email <a href="mailto:natasha.singh@fafca.org">natasha.singh@fafca.org</a> Phone 604-262-5657

	Intakes are done over the phone or Zoom, with in-person client outreach on an as-needed basis. Urgent needs support with groceries, bills and housing support.	Contact Brooke by: Facebook <b>Brooke FRAFCA</b> Email <a href="mailto:brooke.ashley@fafca.org">brooke.ashley@fafca.org</a>
<b>Indigenous Youth Outreach &amp; Empowerment (IYOET) Workers</b>	Phone support and outreach services to youth 13-18 years old who are, or are at risk of becoming, street entrenched or who have already engaged in high-risk behavior	Referrals from MCFD social worker and high-risk youth team.
<b>Elders</b>		
<b>Elders Outreach</b>	Phone wellness support, grocery delivery and connection to resources for Elders	Contact Lisa at <a href="mailto:lisa.denton@fafca.org">lisa.denton@fafca.org</a> 604-789-3025
<b>Health and Wellness</b>		
<b>Traditional Counselling</b>	One-on-one spiritual and traditional counselling by phone	Contact Candace at <a href="mailto:candace.hill@fafca.org">candace.hill@fafca.org</a> 778-874-8914
<b>Indigenous Addictions Counselling</b>	One-on-one counselling by phone, support to access treatment	Contact Rodney at <a href="mailto:Rodney.olinek@fafca.org">Rodney.olinek@fafca.org</a> 604-445-3776
<b>Positive Health</b>	Outreach and phone support for Indigenous people living with HIV	For Surrey area, contact Phyliss at <a href="mailto:Phyliss.sauve@fafca.org">Phyliss.sauve@fafca.org</a>  For Abbotsford- Boothroyd, contact Sharon at <a href="mailto:sharon.olson@fafca.org">sharon.olson@fafca.org</a> 604-832-0421
<b>Indigenous Domestic Violence Prevention</b>		
<b>Community Liaison</b>	Support and safety planning for families impacted by domestic violence, with the goal of reducing and alleviating child safety concerns and enhancing the functioning of families. In person outreach as needed.	Contact Chelsey at <a href="mailto:chelsey.grier@fafca.org">chelsey.grier@fafca.org</a>
<b>Individuals/Couples Counselling</b>	Phone counselling support to individuals in trauma from a traditional lens	Contact Elfie at <a href="mailto:elfie.klassen@fafca.org">elfie.klassen@fafca.org</a> 778-685-0701
<b>Housing and Homelessness Support</b>		
<b>Harm Reduction and Homeless Outreach</b>	Street outreach Mondays, Tuesdays, and Thursdays to provide harm reduction supplies and homelessness responsive kits	Contact Louise at <a href="mailto:louise.sallai@fafca.org">louise.sallai@fafca.org</a> or <a href="mailto:raymond.collinge@fafca.org">raymond.collinge@fafca.org</a> 236-558-7112

<b>FRAFCA Housing Helpline</b>	For clients and community members to call about FRAFCA's housing supports. Supports include but not limited to rental arrears, past due utility payments, rental subsidies, and food security.	Call 236-558-7112 between 8:30-4:30pm Monday to Friday (closed statutory holidays) <a href="mailto:Louise.sallai@fracfa.org">Louise.sallai@fracfa.org</a> <a href="mailto:Cynthia.rofuli@fracfa.org">Cynthia.rofuli@fracfa.org</a>
--------------------------------	--	---

### Other Supports

<b>Support</b>	<b>Description</b>	<b>How to Access</b>
<b>Service Canada Outreach Support Centre- Indigenous Specific Phonenumber</b>	1-800 toll free service, Indigenous communities and other vulnerable clients facing barriers will receive additional support for accessing Federal benefits.	Western region: 1-877-631-2657
<b>Indigenous Health and Wellness Clinic</b>	Access to primary health nurse practitioners, nurses, mental health therapist and Elder in Resident by telehealth, or in-person appointments if needed.	Call 604-283-3293 for appointments
<b>Income Tax Clinic</b>	Support to low/modest income individuals and families to complete and file income tax return.	Drop off your paperwork to FRAFCA Head Office (A101-10095 Whalley Blvd, Surrey) during office hours (Monday-Friday 8:30am-4:30pm / closed for lunch 12-1pm)
<b>Fraser Health Counselling</b>	Aboriginal Mental Health Liaison one-on-one mental health counselling support by phone	Call Rohit at 778-288-6043
<b>Crisis Phone Lines</b>	24/7 crisis phone support  <i>If you are in crisis, KUU-US can help. Available 24/7.</i>	<b>Call now: 1-800-KUU-US17.</b> Adult/Elder Crisis Line: 250-723-4050 Child/Youth Crisis Line: 250-723-2040  METIS Crisis Line 24/7 1 -800- METISBC CRISIS LINE 1-833- 638-4722