

HELP in the DOWNTOWN EASTSIDE

APRIL
2006

34



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CARNEGIE NEWSLETTER
665-2289
FREE - Donations accepted.



1 **FREE OR LOW COST GOODS**

"When I give food to the poor, they call me a saint.
When I ask why the poor have no food, they call me
a communist." - Dom Helder Camara

FREE FOOD

The Dugout 685-5239, 59 Powell: Coffee
and soup at 7:15am (8:45am Sun & Hol); .

Mission Possible 543 Powell: Drop-in Tues-
Fri, 1-3:30pm coffee & snack. Other programs.

First United Church 681-8365, 320 E.Hastings
Soup/buns 8:30am, coffee 9:30am Mon-Fri;
coffee and sandwich 7:00pm Saturdays.

Franciscan Sisters 385 E.Cordova
Sandwiches daily except Wed & Sat, 3:30-5;
Sundays 2-3:30. ... *or until food runs out*

Women's Centre 681-8480, 302 Columbia
(Women only). Hot lunches, 12:30 weekdays.

***Harbour Light** 119 E.Cordova: Lunch
11-11:55am weekdays; supper nightly at 6:30pm
except Tues & Thurs.

***Union Gospel Mission** 616 E.Cordova
Lunch 2:00pm weekdays; supper 8:00pm
**(Religious services before meal.)*

Food Banks Call 876-3601 for locations. In
this general area on Wed & Thurs mornings

INEXPENSIVE MEALS AND FOOD

Evelyne Saller Centre 320 Alexander,
665-3075: Cafeteria; breakfast, 10am, \$2.00;
lunch, 11am, \$2.00; supper til 5:50pm, \$2.00.

411 Seniors' Centre 684-8171, 411 Dunsmuir,
Cafeteria; breakfast to \$3, lunch to \$3.25;
Monday-Friday, 8:15-3pm, Sat. 9-2pm

Carnegie Centre 665-2220, 401 Main:
Concession/kitchen; prep & operation by staff &
volunteers. Pre-fixed # of breakfasts (45) at
10am. \$1.75; Lunches 6 days, noon, \$1.75;
Dinners (40) 5 nights, 5:00pm, \$3.00.

Downtown Eastside Community Store
179 E.Hastings Sells low cost groceries to low-
income residents.

2 **FOR PSYCHIATRIC CLIENTS**

Kettle Friendship Society 251-2854,
1725 Venables: Food at 11:30am, .75 cents.
Coast Club House 876-2357, 295 E.11th:
Lunch M-F, \$1; Supper Sat & Sun at 4pm.

ORGANIC, WHOLE FOODS

Sweet Cherubim, Drive Organics, E.E.Food
1000-block, Commercial Drive. **Co-op**

Small Potatoes 215-7783, 1660 E.Hastings
Order by phone, home delivery.

FREE CLOTHING

First United Church 681-8365,
320 E.Hastings: Mon 9-11, Tues-Thur 1-3
Franciscan Sisters 685-9987, 385 East
Cordova: Mon-Thurs, 9am-11am. Door in the
lane off Dunlevy Street.

Downtown Eastside Women's Centre
681-8480, 302 Columbia: Women & children.
Crabtree Corner 216-1650, 533 E.Hastings:
Women & children.

**INEXPENSIVE CLOTHING,
FURNITURE & HOUSEHOLD GOODS**

UGM Market 659 E.Hastings: Clothes,
blankets, dishes, furniture.

Hang-Ups Thrift Stores 1852 Commercial
St.James Thrift Store & Moving Service
606-0345, 394 Powell

411 Dunsmuir: Mon-Fri, 10-2
Value Village 1820 E.Hastings: New & used
furniture, clothing, household goods, shoes.
Salvation Army 261 E.12th Ave: Beds,
furniture, appliances, household goods,
clothing, reconditioned items.

SHELTER & HOUSING

DERA Housing Society 682-0931, 12 East
Hastings: Decent low-cost housing.
Vancouver Native Housing 320-3312, 1726
E. Hastings: Part of Skookum Hub
Main & Hastings Housing Society 331-8757
40 E.Hastings or 380 Main: New projects

Low-Cost Housing - 500 Dunsmuir

Portland Hotel Society 683-0073, 40W.Hastings:
Residential hotels, psychiatric support, outings.

EMERGENCY SHELTER

Days & Nights: 660-3194

Catholic Charities 443-3292, 828 Cambie:
Call for information.

Lookout 681-9126, 346 Alexander St: Women
& Men. Accommodation for about 40 people.

Triage 254-3700, 707 Powell: 28 beds with
psychiatric, alcohol, drug counselling. (W & M)

Haven 646-6806, 128 E.Cordova: Overnight
30-bed shelter. Intake begins at 6pm. Men only.

Covenant House 685-7474, 575 Drake: Youth

CRISIS SHELTER FOR WOMEN

872-7774 (Emergency)

Kate Booth House 872-0772 : For victims
of domestic violence (women & children). 24-hr
crisis-line, but stay is short-term.

Helping Spirit Lodge 872-6649: House for
aboriginal women and children.

Rape Relief 872-8212 (24-hour phone):
Counselling, shelter.

Powell Place 606-0403, 329 1/2 Powell.

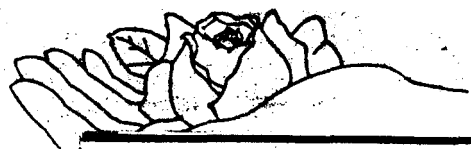
HOUSING FOR PSYCHIATRIC CLIENTS

Community Care Teams 874-7626 :
Referrals to psychiatric boarding homes.

Mental Patients Association 738-1442,
1731 W.4th: Access to 5 halfway houses

Coast Foundation 872-3502, 295 E.11th:
Operates psychiatric boarding homes.

Lookout 681-9126, 346 Alexander St:



HEALTH SERVICES

EMERGENCY

Ambulance, Inhalator, Fire - 911

Psychiatric - 874-7307 (Police - Car 87)

HOSPITALS

4

Vancouver General 875-4111, 855 W.12

St.Paul's 682-2344, 1081 Burrard

St.Vincent's 876-7171, 749 W.33rd

Burnaby General 434-4211, 3935 Kincaid

Lion's Gate 988-3131, 15th & St.George

UBC Health Services 822-7515.

Psychiatric Unit, 2255 Wesbrook Mall

Riverview 524-7000, 500 Lougheed

CRISIS SERVICES

Crisis Centre 872-3311: Emergency phone for
emotional crisis, family violence, prevent suicide

Rape Relief 872-8212: 24-hour phone; shelter

**Women Against Violence Against Women/
Rape Crisis Centre** 255-6232, 412 E.Cordova:

24-hour line for victims of sexual assault and/or
violence. Workshops, Medical and Legal support

Free Rape Crisis Line: 1-877-392-7583

Drug & Poison Information Centre

682-2344, local 2126: Poison I.D.

Venture 879-8222 (after hours emergency
psychiatric services..732-7307), 220 E.13th Ave:
Mobile team providing service from 8pm-3am.

Victims' Services 665-2225, 320 Main: Aid.

FREE OR LOW COST MEDICAL SERVICES

Downtown Community Health Centre

255-3151, 569 Powell: Basic health care, mental
and addiction treatment, counseling, podiatry, on-
site pharmacist,. Hours vary. Call for info.

On Tuesdays, 5-8:30pm, women only.

Needle Exchange Health Van 685-6561, 5 E.Hastings

STD nurses 660-9695, 59 W.Pender

Native Health Walk-In Clinic 255-9766, 449
East Hastings: Services for all every day.

Pender Community Health Centre 669-9181
59 W.Pender: A&D counseling, basic services,
methadone, specialists for infections, podiatry,
alternative therapies. 8:30-4:30, Mon to Fri.

Health Contact Centre, 166 E.Hastings: 658-
1224: Basic health services and referrals. First
point of contact for street & users. Open 7 dys

Bridge Health Clinic (Mount St. Joseph's
Hospital at Kingsway & 13th): Immigrants &
refugees; services and interpretation daily.

Pine Free Clinic 736-2391, 1985 W4th (Youth)
3 Bridges Clinic 633-4220, 1292 Hornby:
 8:30-8, M-F; hours & services vary – call first.
Reach Community Health Centre
 254-1354, 1145 Commercial Drive.
Vancouver General 875-4060, 711 W.12th:
 Outpatient: Eligible low income persons.
V.D. Clinic 660-6161, 828 W.10th: Appointmt

ALCOHOL&DRUG OUTPATIENT SERVICES

AVALON WOMEN'S CENTRE: 263-7177
ODYSSEY 11 (Youth): 879-8853
SENIORS' WELL AWARE (SWAP): 687-7927
A&D DAY TREATMENT: 875-9575

FREE OR LOW COST DENTAL SERVICES

Portland Community Dental Clinic:
 778-371-0060, 360 Columbia: Low cost service
 for D.E. residents; Appts. Mon-Thur, 9-5pm
VGH Dental Clinic 875-4006, 805 W.12th:
 Cost reduced by 20% if uninsured. 8:30-4pm
Reach Dental Clinic 254-1331, 1145
 Commercial Dr: Emergency clinic for pain
 relief. \$7.00 Tues.at 7pm. Call ahead.
Welfare 660-3143 for information.



FREE SHOWERS, LAUNDRY, DE-LOUSING

Evelyne Saller Centre 320 Alexander:
 Laundry taken at 9am, M-F,(daily limit);
 showers, de-lousing, first aid...9am-9pm.
First United Church 320 E.Hastings:
 Showers, 9am-11:30am, weekdays.
Life Skills Centre 412 E.Cordova: M-F, 10-4

SHOWERS FOR PSYCHIATRIC CLIENTS

Coast Foundation 876-2357, 295 E.11th:
 Showers at the clubhouse, 3pm daily.
Mental Patients Association 738-1422,
 1731 W.4th: Showers for members, 10am-9pm.



COUNSELLING, SUPPORT, INFORMATION

Life Skills Centre 678-8278, 412 E.Cordova:
 Free -showers, lunch, coffee, movies, LD phone;
 programs for women & men. Mon-Fri, 10-4.

PSYCHIATRIC

Strathcona Mental Health Team
 253-4401, 330 Heatley, Suite 201.
Coast Foundation 872-3502, 295 E.11 Ave
Kettle Friendship Society 251-2854,
 1725 Venables Street.
Mental Health Action, Research & Advocacy.
 689-7938, 421-119 W.Pender: Help with housing
 finance, substance abuse, appeals... M-F, 9-4.30
Community Care Teams 874-7626:
 Referrals, one-to-one counselling; boarding
 homes & rehab programs.
Dual Diagnosis 255-9843, 255 E.12th Ave:
 Outpatient and treatment options. 8:15-5, M-F

DRUG USERS

**VANDU (Vancouver Area Network of Drug
 Users)** 683-8595, 50 E.Hastings: Peer support,
 education, harm reduction.
Safe Injection Site 687-7483, 139 E.Hastings
 Supervised by Health personnel; clean rigs. Drugs
 are not supplied. Referrals for treatment
Health Contact Centre, 166 E.Hastings: 658-
 1224: Basic health services and referrals. First
 point of contact for street & users. Open 7 days
HIV/IDU Consumer Board 688-6241, 105-177
 E.Hastings. Information and advocacy.

PROSTITUTES

PEERS Vancouver 1-866-647-3377, 323-119
 W.Pender: Excellent peer support, advocacy,
 volunteer and job opportunities, employment
 counselling, training, workshops, internet access.

Some helpful phone numbers

PACE Cellular (weekends & evenings)	786-5437
W.I.S.H.	669-WISH
SYS(STREET YOUTH SERVICES)	662-8822
EMERGENCY SERVICES	660-4927
YOUTH DETOX	251-7615
ADOLESCENT SERVICES UNIT	660-9376
D.E.Y.A.S.	251-3310
NEEDLE EXCHANGE	685-6561
COVENANT HOUSE	685-7474
SAFE HOUSE	877-1234
RICHARDS STREET CLINIC	660-6776
NEXUS	660-5216
PARC	681-2122
BATTERED WOMEN'S SUPPORT SERVICE	687-1867
AIDS VANCOUVER HELPLINE	687-2437
YOUTH DETOX	299-1131
CHILDREN'S HELP LINE	Dial 0 ask for Zenith 1234



WOMEN

Downtown Eastside Women's Centre

681-8480, 302 Columbia: Counselling, free clothes, showers, laundry, workshops, programs, welfare & housing, advocacy. Safe, confidential.

Crabtree Corner 216-1650, 533 E.Hastings: Emergency daycare, babysitting, Single Moms Support Group. Food Bank for single moms on Tues; free soup & bannock Mon/Wed/Fri. Free phone, condoms, clothes., Resource & referrals.

WISH Drop-In Centre 320 E.Hastings: Safe place for women working on the streets. Shower facilities, food, relax with various ongoing programs. 6-10pm Sun-Fri; 681-9244 for info.

[Office at 515-119 W.Pender; 669-WISH]

Sheway Project 216-1699, 533 E.Hastings:: Pregnancy outreach program, maternity clinic, counselling and nutrition info, housing advocacy, donated kids' clothing often available.

Vancouver Status of Women 255-6554, 2652 East Hastings: Excellent resource.

Battered Women's Support Services 687-1868(business), 687-1867(counselling) 10-week & drop-in group for heterosexuals & lesbians who've been emotionally and/or physically abused; counselling, legal advocacy. Date violence program for teens.

Vancouver Women's Health Collective 736-5262, 225-119 W Pender;: Info library/referral centre on women's health issues, doctor/therapist index, phone counseling, support grps.

NATIVE PEOPLE

Aboriginal Front Door Society 604-697-5666, 384 Main Street: Adult education, arts & crafts, drumming, healing circles. 8-2pm Mon-Friday

Helping Spirit Lodge 872-6649, 3965

Dumfries: Native family violence counselling.

Native Courtworkers & Counselling Association 687-0281, 50 Powell St.

Vancouver Aboriginal Centre

251-4844, 1607 E.Hastings: 9am-10pm.

Hey-way-noqu' 874-1831, 401-1638 E. Broadway: Healing Circle for Addictions Society.

UNN (United Native Nations) 688-1821, 110-23 West Pender: All manner of Native issues.

Vancouver Native Health Society 254-9949, 449 E.Hastings: Walk-in clinic. Physician service for all with or without medical coverage. 7 days/week; evenings (4:30-8:30) Mon-Thur. Referrals and other services. *Clinic # is 255-9766.*

Vancouver Aboriginal Child & Family Services 872-6723, 210 W.Broadway:

Counselling for Native families. Advocacy and assistance with foster situations+apprehensions.

DISABLED

Downtown Eastside Handicapped Assoc 411 Dunsmuir: Peer support, counselling; trips.

BC Coalition of People with Disabilities 875-0188, 204-456 W.Broadway: Advocates on access, housing, employment, rights.

Adult Learning Disabilities Association 683-5554, 1322-510 W.Hastings: Drop-in resource centre; counselling, referrals

BC Paraplegic Assoc 324-3611: Resource centres for people with physical disabilities.

SENIORS

Downtown Eastside Seniors Centre

254-2194, 509 E.Hastings: Services include social, advocacy, referrals, housing help.

[*Neighbourhood Helpers Project* is sponsored by DE Seniors (254-6207).]

Continental Seniors Centre 1067 Seymour (3rd floor): Cafeteria, TV room, cards, pool table, outdoor deck.

Strathcona Community Centre 713-1838
601 Keefer: Offers a wide range of social & recreational activities.

411 Seniors' Centre 684-8171, 411 Dunsmuir:
Counselling on Pensions, Social Assistance,
Housing, etc. Mon-Fri, 8:30-4pm

Elders' Network 732-0812: Information on
services available for seniors.

OTHER COUNSELLING SERVICES

WATARI Youth/Family Alcohol&Drug Service
254-6995, 301-877 E.Hastings,: Free confidential
counseling, education, referrals and prevention
programs. Offers encouragement through training
and skill development to address A&D problems.

Family Services Association 731-4951,
1616 W,7th: Low fees according to income;
marital/family/group counselling.

Detox 682-3674, 119 E. Cordova.

Alcohol & Drug Detoxes 660-9382: Run by
Ministry of Labour & Consumer Services

John Howard Society 872-5651, 300-96 E.
Broadway: Support and services for those in
contact with the criminal justice system.



LEGAL SERVICES

Legal Services Society 601-6206, 4th floor,
510 Burrard: Legal aid services available; must
have proof of income. 9-12, 1-3 Mon-Fri, closed
Wed afternoon..

The Law Line 601-6100

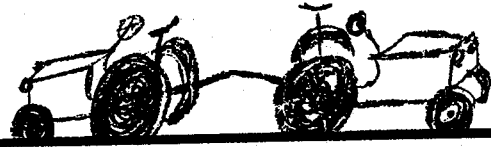
PIVOT 696-1322: Non-profit legal advocacy.

Law Students' Legal Advice Program
822-5791: Students under the supervision of
lawyers help with advice & assistance.

At Carnegie Tues. 7-9pm. Legal clinics

U.B.C. Legal Clinic 822-5791: Provides free
advice & assistance. 9-4, Monday to Friday

**Vancouver Community Legal Assistance
Society** 685-3425, 300-1140 W. Pender Street:
Programs, services in Disability, Mental Health,
and Community law.



ADVOCACY RESOURCE LIST

**Downtown Eastside Residents' Association
(DERA)** 682-0931, 12 E.Hastings: Welfare
advocacy, housing, EI, community issues.

BC Coalition of People with Disabilities
875-0188, 204-456 W.Broadway: PWD/PPMB,
access, housing, employment, rights mentally &
physically disabled. (*Advocates: 872-1278*)

First United Church 681-8365, 320 E.Hastings:
Welfare, RTA, Monday to Friday.

**Prostitution Alternatives Counselling & Edu-
cation (PACE)** 872-7651: Help with housing,
detox, welfare, food, clothing, shelter, daycare,
employment, job training...getting off the street
and somewhere safe! (Founded by former pros)

Peers Vancouver 681-3044, 323-119 W.Pender:
Advocacy for prostitutes. 9-5, Monday to Friday.

Mental Patients Association 738-2811,
1731 W.4th.: 9-4, Monday to Friday.

Mental Health Action, Research & Advocacy
689-7938, 421-119 W.Pender: M-F, 9-4:30

Advocate for Children & Youth,
Toll-Free: 1-800-476-3933

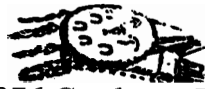
PIVOT 696-1322: Non-profit legal advocacy.

**Vancouver Community Legal Assistance
Society** 685-3425, 300-1140 W.Pender Street:
Frontline advocate's resource for developing &
litigating cases on disability, mental health,
welfare & unemployment issues.

**Vancouver Aboriginal Child & Family
Services** 872-6723, 210 W.Broadway:
Counselling for Native families. Advocacy and
assistance with foster situations+apprehensions.

United Native Nations 688-1821, 110-23
W.Pender: Employment, Environmental Youth
Corps, veterans' affairs, MAMLE (child
advocacy), education, housing, status & rights.

BC Public Interest Advocacy Centre 687-
3063, 208-1090 W.Pender. The name tells it.

EMPLOYMENT

Tradeworks 253-9355, 876 Cordova: Training in construction, computers, home imp. Internet access, job search & resumes, email, other help. "Job Shop" program. 8:30-4pm, Mon-Fri

Pathways Information Centre 682-7353, 390 Main: Referrals and training, job placement and creation, economic & business enhancement aid, Call or drop in. 9:30-4:30 * www.dtes.ca *

Bladerunners 688-9116, 56 W.Hastings: Skills, etc. placement on construction Call first - 9-5, M-F.



ADVOCACY in LANGUAGE & LEARNING

Learning Exchange 408-5164, 121 Main: UBC community outreach. Student volunteer placement, internet coalition, resources, aid.

Carnegie Learning Centre 665-3013, 401 Main: GED(Grade 12 equivalent), ESL (English as a Second Language) one-to-one tutors, reading/writing/math, resumes, computers...

First United Church 681-8365, 320 E. Hastings: Basic literacy, Mon-Thur, 12-3pm

Adult Learning Disabilities Association 683-5554, 603-409 Granville: Drop-in resource centre; counselling for LD adults...

Downtown East Education Centre 101 Powell

FRENCH

La Boussole 683-7337, 612 E. Broadway: English lessons, GED (equivalency), literacy upgrading. Mon-Thur, 9-4, Fri 9-noon.

SPANISH

Servicios de Orientacion(SOS) 255-4611 212-96 E Broadway: Immigration counselling, advocacy, emergency aid. English classes, Referrals. 9 am-5pm, Monday to Friday.

S.O.S.: Chinese settlement worker for advocacy & immigration counselling. 255-4611

SOCIAL ACTIVITIES, DROP-IN¹² AND RECREATION

COMMUNITY CENTRES

Carnegie Community Centre 665-2220, 401 Main: Open daily 9am-11pm. Food services & kitchen, library (Native, French, Spanish, Chinese collections) cards, board games, Seniors Lounge, gym, learning centre with tutors, a pool room, weights, theatre, poetry, music, computer room, art gallery, haircuts... (*newsletter!*)

The Gathering Place 665-2391, 609 Helmcken: Seeing is believing! New centre with library, a pool room, various fitness classes, food services, music, poetry, laundry, computers, good company

Evelyne Saller Centre 665-3075, 320 Alexander: Cafeteria, TV lounges (TSN), pool table, cards & board games, showers, laundry, crafts.

La Boussole 683-7337, 612 E.Broadway: 'Friendly' coffee, cards, board games; every 2 weeks a different social event/activity. Mon-Fri.

Ray-Cam Co-op Centre 257-6949, 920 East Hastings: Full-sized gym, variety of recreational programs. Kid's Klub.

**MENTAL HEALTH CONSUMERS**

C.M.H.A. Recreation 872-3148

Mental Patients Association 1731 W.4th.: 738-1422 / 738-5177: Drop-In Centre 10am-9:30pm, Mon to Fri; 12-7pm Sat & Sunday.

The Living Room 255-7026, 528 Powell: Drop-in, recreation. People with a mental health history welcome.

Kettle Friendship Society 251-2854, 1725 Venables: Crafts, games, videos, social contact.

Mental Health Network Society 733-5570 109-96 E.Broadway: Peers. Shared resources, nwsltr





WOMEN

Downtown Eastside Women's Centre
681-8480, 302 Columbia: Drop in or call for information. Variety of services

Single Moms 533 E. Hastings (YWCA Crabtree Corner): Call 216-1650 for information.



SENIORS

411 Seniors' Centre 684-8171 411 Dunsmuir,:
Membership \$8/yr for 55+; pool table, cards,
crafts, woodworking, thrift shop, library.

Downtown Eastside Seniors Centre
254-2194, 509 E. Hastings: Cards, TV, pool
table, talk, companionship, outings

Continental Seniors Centre 1067 Seymour:
Cards, TV, pool table, cafeteria.

Elders Network 732-0812: Information on
services available for seniors.



NATIVE GATHERINGS

Cultural Sharing 401 Main (Carnegie),
665-3003: Mondays, 7pm in Theatre.

Vancouver Aboriginal Centre
251-4844, 1607 E. Hastings: 9am-10pm

YOUTH

ARIES Project (Urban Native Youth)
255-1326, 1607 E. Hastings: "Street involved"
Native youth aged 14-19. Counselling/life skills,
health info, arts & crafts, Recreational/cultural.



INFORMATION

Police Information 717-3321

Jail Information 775-3800: 24-hour phone to
see if someone is in jail at Main & Cordova.

Court Information 660-4200, 222 Main:
To find out court appearance dates & times for
Provincial Court on Main.

Transit Information 953-3333 for bus routes
& schedules; 682-7887 for lost bus passes.

General Information 875-6381: Greater
Vancouver Information & Referral.



DOWNTOWN EASTSIDE YOUTH ACTIVITIES SOCIETY

Now at 49 West Cordova 251-3310

Needle Exchange 685-6561, Needle Van
operates on 3 routes. Call for info.

Sexually Transmitted Diseases 660-9695
(Pager: 669-6500 ext 4087) Free, anonymous
testing for sexually transmitted diseases, HIV,
hepatitis, TB; also pregnancy. Consultation &
referrals. (Now thru Pender Clinic: 669-9181)

Drug & Alcohol Counsellor 685-7300,
251-3310, 49 W. Cordova; Native, women, others..

Youth Workers are at 49 W. Cordova, Mon to
Saturday, and on the streets evenings. Help with
all service issues and concerns affecting both
youth & adults in the Downtown Eastside.

DEYAS Youth Detox 251-7615, 49 W. Cordova;:
For street-involved youth no older than 25. Detox
services, referrals and counselling for medical
and advocacy needs.

OTHER SERVICES

Community Lifeskills Centre 216-2776,
412 E Cordova: Safe, learning/training programs
Mon-Fri, 10am-4pm.

Co-op Radio 684-8494, 360 Columbia St:
Local music, ethnic issues, political commentary.
Global audience. **(102.7 FM)**.

Tenants' Rights Action Coalition 255-0546:
Excellent resource - information & aid.

Main & Hastings Community Development Society
331-8757, Call for information.

Neighbourhood Safety Office 687-1772,
501 E. Hastings: Steering committee of community
reps work with agencies/cops on gang pimping of
kids in sex trade, drugs & phony retail, criminal
activities enforced to repay head-tax 'loans', etc.
Volunteers welcome. Safe Haven. CATs

Better Business Bureau 682-2711, 8:30-3:30

Neighbourhood Helpers Project 254-6207,
509 E. Hastings: Connects volunteers with
isolated seniors & persons with disabilities.

Pigeon Park Savings 408-8890, 92 E. Hastings:
Banking services to low-income residents. Flat-
rate cheque cashing. Mon-Fri, 10-5.

BC Men's Resource Centre 878-9033

MOVING for Low-Income People

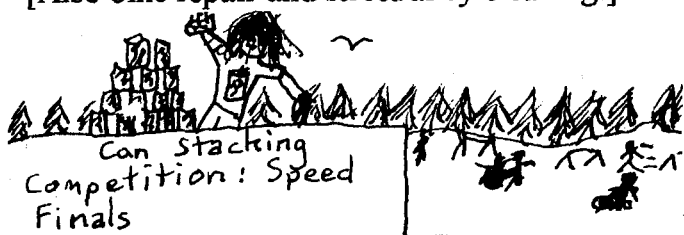
St. James Moving Service 606-0345, 394 Powell

Ray's Moving 255-1713, 1987 Triumph

RECYCLING

Electronic Recycling Association 215-4483,
2028 Wall St. Non-profit; focus on reuse of IT
equipment. Donates various hardware items to
charities and low-income people.

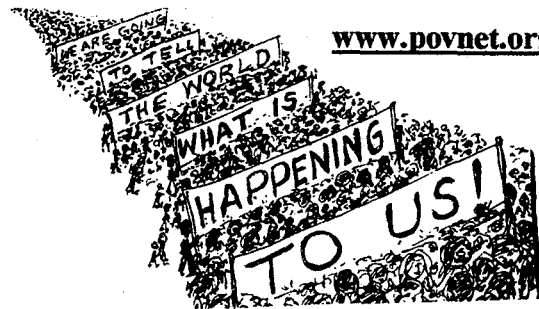
United We Can 681-0001, 49 E. Hastings
9:30-5 M-F, 9:30-4 S-S: "This is the best in the
city - no hassles, no limits and no bullshit."
[Also bike repair and street/alley cleaning.]



**GET INVOLVED IN THE FIGHT
AGAINST POVERTY..THE FIGHT FOR
A SENTIENT PEACE**

www.carnnews.org
carnnews@vcn.bc.ca

www.povnet.org

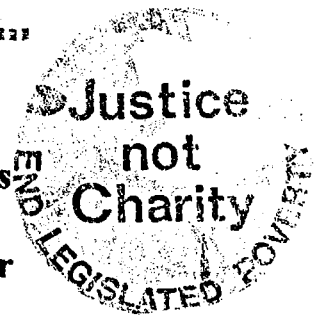


*So many issues,
so little time.*

Carnegie Community Action Project
604-729-2380: Research, pub.ed. & direct action,
Focusing on issues that affect our Downtown
Eastside neighbourhood: housing, gentrification,
homelessness, drug policy, and poverty

POOR-BASHING...

- * It's immoral
- * It hurts people
- * It helps justify policies which widen the gap between rich and poor
- * It must be stopped.



GET INVOLVED IN THE FIGHT

NOTE: If you know of any changes to this information, or have any ideas on how to keep up with stuff like this, please call 665-2289. If you need more information on agencies or services listed, **CALL THEM** or go to www.dtes.ca

AIDS Vancouver 681-2122, 1107 Seymour: This is the *Pacific AIDS Resource Centre*, connected to the international network of AIDS research and support services.

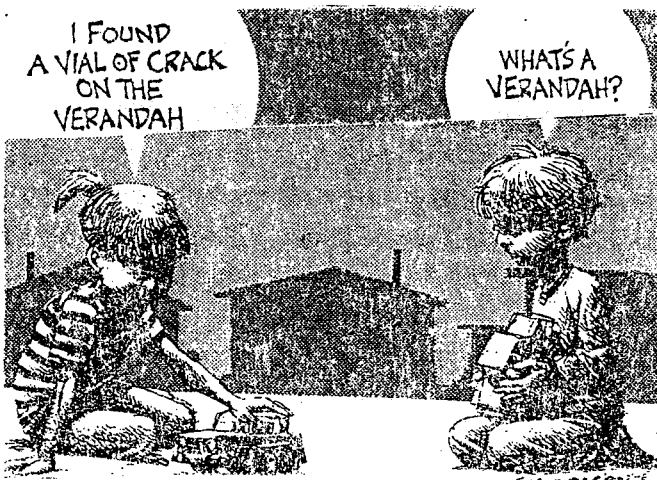
Healing Our Spirit (BC Aboriginal) 879-8884, 100-2425 Quebec: Care, support for Aboriginal Peoples infected and affected by this disease.

Positive Women's Network 681-2122, 1107 Seymour: Supports women living with HIV/AIDS in making their own choices about HIV-related care, including treatments, reproduction, and advocacy. Mon-Fri, 9-5; drop-in 11-4.

S.O.S. - Peer education on AIDS 255-7273

Vancouver Native Health Society - Outreach 254-9937, 441 E.Hastings: Positive Outlook offers drop-in, outreach, medical, social services.

A.S.I.A. [Asian Society for Intervention of AIDS] 669-5567 210-119 W.Pender.



Immigrant Services

Settlement Section 684-7498, 580 Drake: Help with housing, jobs, social services, translation.

Family Counselling 681-3505, 501-333

Terminal Ave: Crisis intervention, adjustment.

Language Instruction: 684-2561, 501-333 Terminal: Afternoon or evening classes. All welcome.

MOSAIC 254-9626, 1720 Grant: Services in 22 languages & translation. Settlement & social aid.

Bridge Health Clinic (Mount St. Joseph's Hospital at Kingsway & 13th): Immigrants & refugees; Mon, Tue & Fri 1-4pm, Wed, Thur 1:30-4:30pm

Thanks for funding, past & present:

Carnegie Assoc., First United Church, PLURA, Four Sisters Co-op, DERA, Legal Services Society, Rotary Club of Chinatown, VanCity, MHR, Dr. Soma, City of Vancouver.

	(500)		PRINCESS	
	Oppenheimer (400) Park		JACKSON	
	(300)	E N — S W	DUNLEVY	PENDER
	(200)		GORE	
ALEXANDER	POWELL	CORDOVA	HASTINGS	MAIN
	(100)		* CARNEGIE	COLUMBIA
(100)	(200)	(300)	(400)	CARRALL
	(0)			ABBOTT
	(100)			CAMBIE

Listening Post: 382 Main; Share space for meditation, listening, prayer, spiritual practice. 12-7, M-F; 4-8 Sun.

"If certain preconditions are necessary for the use of magic, those preconditions will inevitably arrange themselves." - Stephen King

19.

MENTAL HEALTH CONSUMER

Informal: You are in hospital because you requested admission.

- you can accept or refuse specific treatments. You must agree first.
- you must consent without ultimatums or threats being put to you.
- you will be discharged within 72 hours unless status is changed to involuntary.

Involuntary: POLICE say you act in a way likely to endanger yourself and/or another's safety.

A JUDGE believes you are a mentally disordered person..and/or dangerous to be at large..and/or that usual procedure causes a dangerous wait;

A DOCTOR determines you are mentally disordered.. require treatment (care, control, supervision).. for your own or others' safety.

* 2 doctors have to fill out forms

* You can appeal admission on 1st day.

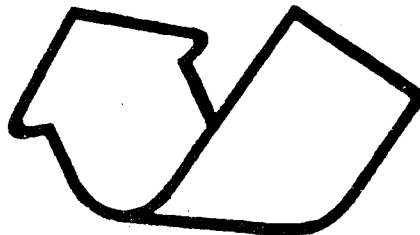
* Admission as an involuntary patient can be good for 30 days.

* Unless a doctor reports that you should (have to) stay in hospital, you must be let go after 30 days.

* If a doctor reports that you have to stay it can be for 90 days.

IF YOU ARE IN A PROVINCIAL MENTAL HEALTH FACILITY, CONTACT THE MENTAL PATIENT'S ADVOCATE. IT IS FREE.

MENTAL HEALTH ADVOCATES
CLAS 685-3425; BCCPD 872-1278
Kettle 253-0669; MPA 738-1422



Paul's law: You can't fall off the floor.