



Resources and Support

Vancouver & Lower Mainland Multicultural Family Support Services Society-
Specialized Victim Assistance Program,
Burnaby: (604)436-1025

Family Services of Greater Vancouver
Community-Based Victim Service Program,
New Westminster: (604)525-9144
Seniors First BC Victim Services Program,
Vancouver: (604) 688-1927

Dixon Transition Society, Stopping the
Violence Counselling Program, Burnaby:
(604)298-2549

Vancouver and Lower Mainland
Multicultural Family Support Services
Society, Stopping the Violence Counselling
Program, Burnaby: (604)436-1025

WINGS Fellowship Ministries (Women In
Need Gaining Strength), Multicultural
Services, New Westminster: (604) 521-1893

Cameray Centre, Specialized Victim
Assistance Program, Burnaby:
(604) 436-1990

Ending Violence Association of BC (EVA
BC), For resources around sexual and
domestic violence, child abuse, and criminal
harassment: 604-633-2506

Our Mission

Burnaby Family Life's mission is to deliver high quality services that meet the current and emerging needs of individuals, families and the community in all its diversity. We facilitate and empower collaborative community solutions to enable all to reach their full potential.

Contact Us

Administrative Office
102-2101 Holdom Avenue
Burnaby, BC V5B0A4

Main Phone: 604-659-2200
Counselling Services: 604-659-2217
Fax: 604-299-7910
bfl_info@burnabyfamilylife.org

Please consider Burnaby Family Life for your next charitable donation. Your tax deductible gift can make a difference.

www.burnabyfamilylife.org



**BURNABY
FAMILY LIFE**
A PLACE TO GO... A PLACE TO GROW!

Counselling Services

Burnaby Family Life's counselling program offers therapy to adults and children who have experienced trauma due to abuse and violence



Stopping the Violence Counselling Program (STV)

Individual Counselling

Free, ongoing. Call 604-659-2217 for more information

Individual counselling offered by qualified professionals.

Eligibility: women at the age 19 years or older, who reside in Burnaby and have a history of sexual, physical and emotional abuse, and/or witnessed domestic violence in life time. Service is open to New Westminster residents if there is a history of childhood sexual abuse. Sufficient safety and stabilization is required if in recovery from substance abuse. A telephone interview is conducted to determine eligibility.

BFL Counselling Services has a reserved emergency time for Burnaby women and female youth who have experienced recent abuse. The purpose is to provide immediate support, discuss possible options and provide referrals. Please call 604-659-2217.



STV Group Counselling

Adult Survivors of Sexual Abuse (ASSA)

This is a 3-level group that starts September 2023. It offers psycho-education on the impact of sexual abuse, processing of childhood abuse memories and integration of the learning throughout the group by fostering member's ability to live in the present without being overwhelmed by the thoughts and feelings of the past. Participants are required to commit to all levels and must have a one-to-one therapist. A screening interview is required to determine eligibility, prior to the September start, so please call ahead to be put on the waitlist.

Discovery and Empowerment

This experiential group will address the impacts of childhood sexual abuse through a creative format. Re-discover yourself, gain skills to cope with the effects of trauma and explore new ways to be empowered. Group starts in January 2024.

Mindfulness for Survivors

Mindfulness is the practice of moment to moment awareness. This skill building group will assist survivors of sexual abuse to feel more grounded, peaceful and connected to their mental, physical and emotional experiences with an addition of yoga exercises. Group starts in February 2023.

Healing Journey

Healing journey is a psychoeducational support group for women survivors of Intimate Partner Violence. The group provides a safe and supportive place for women to connect and share their experiences, to gain awareness and education on the effects of trauma and move towards trauma healing.

Call 604-659-2217 for more information or to register for any of our STV counselling programs.

P.E.A.C.E Program



Prevention | Education | Advocacy | Counselling | Empowerment

Programs for children and youth experiencing violence.

Individual Counselling

PEACE program helps children between the ages 3 to 12 years to understand the impact of abuse/violence and learn new ways of coping. In addition to the services directed towards children, counsellors also provide support and information to parents/caregivers. Youth Exposed to Abuse (YEA) program is counselling program for teens who have been exposed to domestic abuse or violence. It is created in the format that best suits youth needs in the environment where they feel comfortable exploring the impact of trauma.

Group Counselling

Let it Out

Let it out is an interactive 8-week online support group for kids ages 9-11 years old for building resiliency, learning coping strategies, emotional expression and connection. For more information or to register contact 604-419-6916.

Burnaby Schools

Burnaby Family Life offers psycho-educational workshops and prevention, as well as counselling groups like "Keeping Cool" and "Creative and Strong I", to Burnaby elementary and secondary schools. We are also funded to facilitate Violence if Preventable program. If your school is interested in receiving these programs, contact 604.659.2217.