



Volunteers

play an important role at Fraserside. If you would like to learn more about your community and make a difference in the lives of others, contact

Fraserside at 604-522-3722 x121.

We look forward to hearing from you!

Other Fraserside Programs

Counselling

- Perspectives Adult and Youth Addictions Services
- Children Who Witness Abuse

Community Living (Referrals required)

- Residential Services
- Day Programs
- Supported Employment
- Mobile Work Crew

Employment Services

- Employment Service Centre
- Self-directed Job Search

Housing

- Social Housing
- Emergency Family Shelter

Mental Health (Referrals required)

- New Leaf Clubhouse
- Supported Housing
- Fraserdale Short Stay Program



Living Well Program Funders

- Blue Sky Foundation
- Choices Market
- City of New Westminster
- CKNW Orphans' Fund
- Gaming BC
- Kidsport BC
- Local Businesses
- Local Camps
- RBC Foundation
- Starlight Casino
- United Way
- Vancity
- Vancouver Foundation -Sun Fund

Definition of low income in New Westminster with respect to receiving subsidies from Fraserside

# Persons in Household	Maximum Annual Income
1	\$17,407
2	\$21,669
3	\$26,639
4	\$32,345
5	\$36,685
6	\$41,375
7 or more	\$46,065



Making a difference in people's lives.

Celebrating 40 years! 1972-2012



Living Well Programs

#202 - 768 Columbia St.
New Westminster, BC V3M 1B4

Tel: 604-522-3722 x121
Fax: 604-522-4031

info@fraserside.bc.ca
www.fraserside.bc.ca

FUN

Any New Westminster resident living with a **low income** may apply at Fraserside's Community Grants desk (604-522-3722 x120) to receive:

- **50% off registration fees** for most New Westminster Parks, Culture & Recreation Programs, including swimming and skating admissions.



- **\$300 off** children's team sport registration fee (provided by Kidsport BC).



- **Financial Assistance** with summer camp registration fees.



FOOD



Biggest Little Garden in Town (BLGT) is a vegetable container garden program designed to increase food production in urban environments. If you live in an apartment or have mobility issues and would like to eat fresh vegetables from your own garden, become a BLGT member.

- Membership is FREE
- The garden and plants are FREE

Members must agree to care for the plants and promise no food is wasted. For more info call 604-512-6896 or 604-522-3722 x117.

Cooking Club members meet once a month to cook meals to take home to their families. We provide the kitchen and the food at no cost to you. You provide the labour and the appetites. To become a member call 604-522-3722 (voice mail x215).



FRIENDS

Adopt-a-Family at Christmas is a program that connects families in-need in the community with those who are willing and able to give.



Registration begins early Nov. (mid Oct. for families who are new to the program). For more information, please contact 604-522-3722 x121.

ESL Conversation Circles are free to participants and are held at the New Westminster Public Library, Friday and Saturday mornings. Fraserside volunteers facilitate conversations while welcoming new comers to the community. For more info call the library at 604-527-4660.

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