

心理健康／社區服務資料（中文） Chinese Mental Health Service Resource List

各機構的服務、活動、和負責人常有更新。以下資料，只供參考之用。詳情及查詢，請瀏覽他們的網站，或直接與有關機構聯絡。
The services, activities, and people in charge of each organization often have changes. The following information is for reference only.
For details and inquiries, please visit their websites, or contact the relevant organizations directly.

- 1. 你的家庭醫生 - Your Family Doctor**
家庭醫生可以協助你處理情緒問題，包括藥物治療及轉介服務。
如果你要找一位新的家庭醫生或診所，To find a new family doctor or walk-in clinics.
電話：1-800-461-3008 或 811 查詢
網址：<https://www.cpsbc.ca/public/registrator-directory>
- 2. 卑詩省心理學家協會 - BC Psychological Association**
可電話提供會講華語註冊心理學家資料，也可從網址查閱。
You can find a Chinese speaking Psychologist by phone or from the website.
電話：604-730-0522（英語查詢）
網址：<https://www.psychologists.bc.ca>
- 3. 卑詩省心理諮商師學會 - BC Association of Clinical Counsellors**
可電話提供會講華語註冊心理諮商師資料，也可從網址查閱。
Information about registered Chinese-speaking counselors can be provided by phone, or viewed from the website.
電話：1-800-909-6303（英語查詢）
網址：<https://bc-counsellors.org>
- 4. 溫哥華總醫院 AAC 心理健康評估中心 VGH Access & Assessment Centre (AAC)**
心理健康評估中心 (AAC) 可在不危及生命的心理健康和/或物質使用問題期間為您、您的家人或朋友提供幫助。
AAC 為正在經歷或確定與心理健康、藥物使用和/或成癮相關的問題的溫哥華市成年居民（17 歲以上）提供服務，無需轉介或預約。
The Access and Assessment Centre (AAC) is here to help you, your family member or your friend during a non-life threatening mental health and/or substance use issue. The AAC serves City of Vancouver adult residents (17+) who are experiencing or identifying concerns related to Mental Health, Substance Use and/or Addictions.
No referral required.
電話服務時間：每週七天 由上午七時半至晚上十時 By phone: Seven days a week from 7:30 am to 10:00 pm
親自探訪時間：每週七天 由上午七時半至晚上九點半時 Walk-in: Seven days a week from 7:30 am to 9:30 pm
地址：Joseph & Rosalie Segal & Family Health Centre
803 West 12th Avenue, Vancouver
電話：604-675-3700
網址：http://www.vch.ca/locations-services/result?res_id=1186
- 5. 溫哥華中央醫院多元文化精神專科門診部
Mental Health & Substance Use Outpatient Services - Vancouver General Hospital**
要經溫哥華總醫院 AAC 心理健康評估中心或家庭醫生轉介。
Need a referral from Vancouver General Hospital AAC Mental Health Assessment Center or a family doctor。
地址：Level 2 803 West 12th Avenue, Joseph & Rosalie Segal & Family Health Centre
電話：604-675-3710（英語查詢）
網址：http://www.vch.ca/Locations-Services/result?res_id=474
- 6. 溫哥華醫院卑詩大學情緒疾病診所
Mood Disorders Clinic, UBC Hospital Site, Vancouver Hospital & Health Sciences Centre**
該精神專科門診部有會講華語的精神科醫生主診，需由家庭醫生轉介。
They have Chinese speaking psychiatrists. Doctor's referral is required.
地址：2215 Westbrook Mall, Vancouver BC
電話：604-822-7512（英語查詢）
網址：http://www.vch.ca/Locations-Services/result?res_id=1276
- 7. 兒童和青少年心理健康諮詢診所 Child & Youth Mental Health Intake Clinics**
卑詩省的兒童和青少年可以免費和自願地獲得社區的心理健康支持和服務。兒童和青少年心理健康 (CYMH) 團隊目前在卑詩省各便利的地點為兒童、青少年及其家人開設了大約 100 個門診診所。請到以下網址查看。

Children and youth can access free and voluntary community-based mental health supports and services in B.C. - in fact, Child and Youth Mental Health (CYMH) teams currently have about 100 intake clinics for children, youth and their families at convenient locations throughout B.C. Intake clinic times vary; a list of clinics and hours is below. Please check the following website.

網址：<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics>

8. 卑詩兒童醫院兒童/青少年心理衛生服務 Child and Youth Mental Health Programs and Services
Sunny Hill 兒童健康中心 BC Children's Hospital and Sunny Hill Health Centre
卑詩兒童醫院及其屬下 Sunny Hill 兒童健康中心有提供有關兒童及青少年在精神健康及身心發展方面的評估，診斷與治療，包括心理疾病、過度活躍症及自閉症等等。需要家庭醫生轉介。
BC Children's Hospital and Sunny Hill Health Centre for Children offers specialized services including assessment, diagnosis and treatment and assessment to children and adolescents with mental health issues and developmental disabilities. Referral from family doctor is required.
地址：4500 Oak Street Oak Street, Vancouver (at Entrance 5)
電話：604-875-2000 / Toll-free (BC): 1-888-300-3088 (英語查詢)
網址：<http://www.bccchildrens.ca/our-services/sunny-hill-health-centre>
9. 本拿比心理衛生服務中心 Burnaby Mental Health and Substance Use Centre
有多個心理健康中心為本拿比區 19 歲以上精神病或癮癮者提供支持服務，包括評估，治療，個體和小組治療等。會有華語翻譯員協助。
They offer a range of self-referral services that provide support for people over 19 years old who are experiencing mental illness and substance use problems in the community, include assessment, treatment, individual and group therapy. Chinese interpreter is available.
總辦事處地址：3935 Kincaid Street Burnaby, BC V5G 2X6
電話：604-453-1900 / 604-453-1930 (英語查詢)
網址：<https://www.fraserhealth.ca/Service-Directory/Locations/Burnaby/burnaby-mental-health-centre#.Xqtgu55Kh0w>
10. 列治文心理健康服務中心 Central intake of Richmond Mental Health Services
資格：居住在列治文的兒童、青年、成人和老年人。
Eligibility: Children, youth, adults, and older adults living in Richmond.
某些服務可能需要醫生轉介。Some services may require a family doctor's referral.
地址：7000 Westminster Highway, Richmond, BC V6X 1A2
電話：604-204-1111
語言：Languages：英語 English
傳真：604-244-5487
網址：<https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=17650568>
11. 列治文心理健康及癮癮輔導服務 Richmond Mental Health and Addictions Programs, Transitions
為列治文居民提供多項免費心理輔導服務，包括癮癮輔導及癮癮與心理並存問題輔導服務等。心理健康服務需由家庭醫生轉介，癮癮輔導則可以自我轉介。
Free counselling services are provided to Richmond residents with addiction problems and concurrent disorders, etc. Clients with mental health issues need to be referred by GP, while clients for Addiction problems can be self-referred.
地址：#600-8100 Granville Avenue, Richmond
電話：604-244-5488 轉介中央總線 Central Intake
604-244-5486 成人輔導服務 Adult Counseling Services, Ms. Phyllis Chan (國粵語)
網址：<http://www.vch.ca/your-care/mental-health-substance-use/richmond-mental-health-and-substance-use>
12. 列治文成人心理衛生中心 Richmond Adult Mental Health Program, Vancouver Coastal Health
為成人精神病患者提供評估，治療，外展及康復服務等多元性服務。有粵語翻譯員。
可由專業醫護人士或家庭醫生轉介。
The program provides community based assessment and treatment for adults with functional impairment due to severe, persistent mental illness. Multidisciplinary services include case management, outreach and rehabilitation programs. People need the services can be referred to the intake clinic by a mental health professional or a family doctor.
地址：#210 - 7671 Alderbridge Way, Richmond
電話：604-675-3975 (英語查詢)
網址：http://www.vch.ca/Locations-Services/result?res_id=1062

13. **Kelty 心理健康資源中心 The Kelty Mental Health Resource Centre**

卑詩省 Kelty 兒童心理健康資源中心提供心理健康和藥物使用信息和資源，協助有需要的人士查找心理健康服務，及其家長互助工作者為卑詩省和育空地區的家庭提供免費的個人支援。他們為兒童、青年及其家庭提供有關心理健康、癮癮問題和飲食失調等適當的服務資源和資訊。他們經常舉行以心理健康或健康生活為主題的英語電話研討會。服務都是免費及向公眾開放。 The BC Children's Kelty Mental Health Resource Centre provides mental health and substance use information and resources, assistance navigating the mental health system, as well as free personalized support from parent peer support workers for families across BC and Yukon. They work for children, youth and their families with appropriate resources in all areas of mental health, addictions and eating disorders. They have teleconference regularly on mental health or healthy living topics. Their services are free and open to everyone.

地址：Healthy Minds Centre, Entrance #85, Room P3-302, 3rd floor, 4500 Oak Street, Vancouver, BC
(卑詩兒童醫院內 Children's Hospital Site)

電話：604-875-2084 (in Greater Vancouver) / 1-800-665-1822 (toll-free in BC)

電郵：keltycentre@cw.bc.ca

網址：<https://www.keltymentalhealth.ca>

14. **中僑互助會新思力行心理健康課程**

SUCCESS - The Changeways Chinese Mental Health Education Course

對象為列治文居民，目的幫助抑鬱症及焦慮症病者學習處理情緒及減低生活壓力，如何面對生活危機等以國語或粵語進行。課程為七星期，1年兩次。

This program is for Richmond residents. It aims to help people learn ways of coping with depression and anxiety as well as strategies in reducing stress. The course will be conducted in Cantonese or Mandarin for seven weeks, and held twice a year.

查詢及報名：致電 604.408.7274 內線 2087 (關小姐)

電郵：family.youth@success.bc.ca

網址：<https://successbc.ca/event/changeways>

15. **加拿大心理衛生會「重振旗鼓」情緒處理自學計劃 CMHA BounceBack® Program**

BounceBack®的學習內容是采用基於認知行為療法 (CBT)，免費為有情緒低落或焦慮徵狀的人而設。透過光碟，書本及電話上的指導，參加者學習新概念及技巧來處理情緒問題。計劃內容包括平衡思維，建立信心及健康的行為，解決問題，改善睡眠，面對壓力等。參加者在家中進行。

This Cognitive-Behavioural Therapy-based program is for anyone experiencing mild to moderate symptoms of depression and/or anxiety. Through the use of a DVD, self-help workbooks with telephone coaching, individuals learn new concepts and techniques to cope with common issues such as low mood, unhelpful thinking, inactivity, sleep, worry, etc. Participants complete this free program from their home.

重振旗鼓在線活動 BounceBack® online program 網上註冊連線：www.bouncebackonline.ca

由教練帶領的學習 BounceBack® Coaching：<https://bouncebackbc.ca/bounceback-coaching>

經過訓練的 BounceBack®教練將通過最多六次的電話學習來幫助學員。有國粵語教練提供服務。可上網報名或由醫生轉介。

A trained BounceBack® coach will help participants learn skills to improve their mental health.

BounceBack® Coaching can be accessed by going to the website through self-referral or by going to your doctor directly in-person to get a referral. Coaching + workbooks are available in Mandarin, Cantonese and other languages.

BounceBack® Today Video 視頻：<https://www.bouncebackvideo.ca>

有國粵語等多種語言的視頻將為您提供有關管理情緒，改善睡眠，建立信心，增強活動能力，解決問題和健康生活的實用技巧。

The videos will provide you with practical tips on managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are available in Cantonese and Mandarin.

註冊代碼 Access code to register: bbtodaybc

電話：1-877-318-3098 國粵語 Mandarin and Cantonese

1-866-639-0522 英語 English

16. **加拿大心理衛生會溫哥華菲沙分處--華語心理健康推廣小組**

Canadian Mental Health Association, Vancouver-Fraser Branch - Chinese Mental Health Promotion Program

加拿大心理衛生會是推動心理健康服務的機構，有多個服務分處。溫哥華菲沙分處提供心理健康教育及康復等服務等，其華語心理健康推廣小組舉辦各種適合大眾的促進身心健康免費活動，包括健康講座、互助小組、及快樂長者活動包括話劇班、唱歌班、舞蹈健身班、學畫班等。現都轉為網上活動。

CMHA promotes mental wellness through public education, accessible and personal empowerment services. Their Chinese Mental Health Promotion Program develops health promotion Happy Seniors activities, events, support groups and provides service resource information. Now our activities are held via Zoom now.

粵語「打開心窗」關懷互助小組 - Cantonese 'Heart to Heart' Share and Care Group

小組透過保密性交流分享，一起學習處理情緒、壓力及人際問題，並促進自我認識、接納及成長。每次聚會都有一主題分享以檢視個人健康生活方向。

This confidential interactive group meets once a month to encourage participants to learn ways to manage emotions, stress and interpersonal issues as well as to promote self-awareness, acceptance and growth through sharing and mutual support.

會期：每月之最後一個星期三晚上七時至八時半/ the last Wednesday of the months from 7:00pm ~ 8:30pm*

地點：現轉為網上聚會 We meet via Zoom now.

地址：2425 Quebec Street, Vancouver

聯絡人：Stella Lee 李女士 / Ada Lam (國粵語)

電話：236-317-3308, 手提 Cell: 604-603-0332 / Cell: 604-306-9188

電郵：stella.lee@cmha.bc.ca

網址：vancouver-fraser.cmha.bc.ca/chinese-program

17. 開創會所 Pathways Club House

開創會所為大溫地區居民提供精神健康公共教育服務，日間活動中心，職業輔導/訓練及康復者住宿服務等。並有中文愛心小組每月舉辦講座及「打開心窗」國粵語互助小組活動。

Pathways Clubhouse provides services including recreational activities, employment, supported housing and other services to residents in the Lower Mainland who are diagnosed with a mental illness. Their Chinese Family Support Group organizes monthly workshops and support group sessions.

開創會所中文愛心小組活動 Pathways Richmond Chinese Family Support Group :

活動: 1. 健康專題講座：每月第二個星期六，下午一時至二時半

Health Seminar: 2nd Saturday of every month, 1:00pm to 2:30pm

2. 打開心窗互助小組分享(國、粵語)：每月第二及第四個星期六，下午二時半至四時

The 2nd & 4th Saturday of the months

*活動免費參加，需預先報名。The event is free to attend, pre-registration required.

地址：315 - 8111 Granville Avenue, Richmond, BC

聯絡人：Lee Ma (國粵語)

電話：604-761-3723 / 604-276-8834 ext. 215

電郵：pathways.csg@gmail.com

網址：<https://pathwaysclubhouse.com>

18. 卑詩省心理健康協會支持小組 – Mood Disorders Association of British Columbia Support Group

MDABC 是朋輩帶領的支持小組，提供一個安全的地方讓您可以分享您的故事、您的掙扎和成就，並在其他人有類似擔憂時互相傾聽意見。MDABC 在卑詩省擁有超過 25 個同行領導的支持小組(現在沒有粵語互助小組)。

An MDABC peer-led support group is a safe place to share your story, your struggles and accomplishments, and to listen to others as they share similar concerns. MDABC has more than 25 Peer-led Support Groups in cities and towns across British Columbia. You will find the group contacts, meeting times, and locations on their website.

聚會形式：實體或網上聚會 In-person or online meeting

電話：604-873-0103 (No Chinese support group at present)

地點：480-789 West Pender Street

網址：<https://mdabc.net/resources/mdabc-support-groups>

19. 加拿大社區情緒健康協會 Community Mental Wellness Association of Canada

該會提供中文心理健康教育及宣傳，伴我行支持小組及轉介服務，個人及團體諮詢輔導服務，每週社交活動，青年領導能力培訓，每月的心理健康講座等。

Their services include mental health education and advocacy, Peer support and referrals, family/group counselling, weekly social events, youth leadership training, monthly mental health workshops, etc.

地址：200-6061 No 3 Road, Richmond BC

聯絡人：Ahlay Chin 陳女士

電話：604-273-1791/ info@cmwac.ca

網址：www.cmwac.ca

20. 卑詩省阿氏症協會-家庭支援小組 Alzheimer Support Group, The Alzheimer Society of BC

該會在不同地區設立家庭支援小組，以英語分享。有關小組聚會時間及地點，請致電或瀏覽以下網址。

They have support groups in English at different locations. For group meeting schedules and locations, please call or visit their website.

電話 : 1-800-936-6033

網址 : <https://alzheimer.ca/bc/en/help-support/programs-services/support-groups>

- 粵語腦退化教育視頻 Cantonese Dementia Education Videos
<https://www.youtube.com/playlist?list=PLQ9NxeOiTFhSy91WVYauIDl4JvJZAvtjG>
- 關注腦退化或記憶衰退問題 Questions about Alzheimer's disease or dementia
腦退化中文熱線 First Link® Dementia Helpline
電話 : 1-833-674-5007 粵語或國語 Cantonese or Mandarin
- Minds in Motion® online Cantonese Fitness and Social Program 粵語健身和社交活動項目，適合早期癡呆症患者與親友或照顧者一起參加。For people living with any form of early-stage dementia to attend with a family member, friend or other care partner.
逢星期三 Wednesdays : 下午一時至二時十五分 1pm – 2:15 pm
聯絡人 : Sharon Tong 唐柳迎小姐
電話 : 604-687-8299
電郵 : stong@alzheimerbc.org
網址 : <http://www.alzheimer.ca/en/bc/ContactUs>

21. 大溫華人柏金遜會支持小組 The Greater Vancouver Chinese Parkinson's Society
給予病友及其照顧者在精神和情緒上互相支持、提供柏金遜病的最新資訊及推廣教育
They provide support and resource information to people with Parkinson and their care-givers
活動 : 支持小組活動 Support Group
日期 : 每月第三個星期六 (八月和十二月無聚會)
Date : 3rd Saturday of the month (no gatherings in August and December)
時間 : 上午十時至中午十二時半 - Time: 10:00 am to 12:30 pm
地址 : 本拿比麗晶廣場二樓(中信中心) - CCM Centre, Burnaby Crystal Mall, 4533 Kingsborough St., Vancouver
聯絡人 : 謝先生 Mr. Tse (國粵語) Mandarin and Cantonese
電話 : 604-689-2968 或 778 -829-2968 , 或 604-877-8606 本拿比中信中心
網址 : www.gvcps.org
22. 溫哥華及低陸平原多元文化家庭援助會-華裔家庭婦女受虐待者支援小組
Chinese Support Group for Women and Families who are facing family violence - Vancouver and Lower Mainland
Multicultural Family Support Services Society
專門為面臨家庭暴力的移民和少數族裔婦女及其家庭成員提供輔導及有關服務
Provides culturally-sensitive services to immigrant and visible minority women, children and families who are experiencing family violence. Individual counselling is also provided for mothers and children who experience family violence.
聯絡人 : Lydia Gan / Lily Hsueh (國粵語)
電話 : 604-436-1025
網址 : <https://www.vlmfss.ca/>
23. 列治文殘障人士支援中心華人互助會 Richmond Centre for Disability Chinese Support Group
該中心為殘障人士提供資訊服務、就業及生活技能訓練等
To provide information and resources and training for people with disabilities and help them obtain independent living skills
地址 : #842 - 5300, No 3 Rd, Lansdown Centre, Richmond, BC
時間 : 星期一至星期五 上午十時至下午四時半 - Monday – Friday, 10 am to 4:30 pm
聯絡人 : Kathie Shih (國語) / Samuel Siu (粵語)
電話 : 604-232-2404
網址 : www.rcdrichmond.org
24. 中信中心各互助小組 Support groups run by CCM Centre
 - 中信癌症關懷組 CCM Cancer Support Group:
有義工上門探訪，關心患友及家人的身心靈需要 They have or home visits for group members by volunteers.
列治文區 Richmond : 每週星期三 Every Wednesday
溫哥華 Vancouver : 每週星期四 Every Thursday
三聯市 Tri-city : 逢星期五 Every Friday
 - 健康和醫學講座 Health Talks : 每月第三個星期六 2:00-4:00 pm/ the 3rd Saturday of the months
因疫情關係暫停 Suspended due to the Pandemic
 - 癌症病人互助組 Cancer Patient Support Group: 隔週星期五 Every other Friday 10am – 12:00pm
聯絡人 : Ms. Joanne Yu
電郵 : jvu@ccmcanada.org

- 不一樣的家長互助組 Parent Support Groups for Special Needs Children
隔週星期五 Every other Friday 10am - 12:00pm
聯絡人：Ms. Mable Law
電郵：mlaw@ccmcanada.org
- 華人腦創傷關懷互助小組 Chinese Brain Injury Support Group：
每月第二及第四個星期六 10:00 am ~ 12 noon / 2nd and 4th Saturday of each month
因疫情關係暫在線上進行 Online only due to the Pandemic
- 長者探訪 Senior visit：(Ms. Joe Lo) jlo@ccmcanada.org
由受訓義工到長者家中探訪 Trained volunteers visit seniors at their home every Tuesday.

該中心尚有多種社區活動及服務，包括婦女及耆英活動、興趣小組等，並附設靈機輔導中心，因疫情關係有部分活動有所改變 They also have women and seniors programs, interest groups and Linkage Counselling Service. Some activities have been changed due to the outbreak.

地址：中信中心（本拿比麗晶廣場二樓）CCM Centre, 2/F Crystal Mall, 4533 Kingsborough St., Burnaby
聯絡人：Terries Chow 鄒穎寧女士
電話：604-877-8606
電郵：caring@ccmcanada.org
網址：<https://www.ccmcanada.org/>
活動網址：<https://centre.vancouver.ccmcanada.org/>

25. 卑詩癌症中心華語互助小組 / 病人及家屬輔導服務

BC Cancer — Chinese Support Groups / Patient and Family Counseling Service

該中心設有粵語及國語的互助小組，同時為癌症患者、其家屬及照顧者提供個別輔導及支援服務，並可轉介或聯繫社區團體互助服務。現新增在線靜觀減壓課程，分別設有粵語及國語班。

They have Cantonese and Mandarin-speaking Support Groups, and also offer individual, couple and/or family counseling, as well as resource support through referrals to and connections with other community programs. Online Mindfulness Based Stress Reduction (MBSR) Programs are recently offered in Cantonese and Mandarin.

互助小組 (國, 粵語)

會期：每月一次 once a month

時間：請參閱報名連結 - Please refer to the registration link

網上登記：<https://redcap.bccrc.ca/surveys/?s=H4KDW3KLXFLA8FDK> (粵語組 Cantonese Group)
<https://redcap.bccrc.ca/surveys/?s=LT4ETHHA3N4XYR7L> (國語組 Mandarin Group)

靜觀減壓課程

會期：國語課程：預計 2023 年 9 月至 11 月舉辦，每周上課一次，包括 8 節課堂及靜修日 Course in Mandarin is tentatively run from September to November 2023, with 8 weekly sessions and a retreat.

粵語課程：預計 2024 年 1 月至 3 月舉辦，每周上課一次，包括 8 節課堂及靜修日 Course in Cantonese is tentatively run from January to March 2024, with 8 weekly sessions and a retreat.

時間：9:30 am - 12:00 noon

網上登記：<https://redcap.bccrc.ca/surveys/?s=LEXH4J3Y47> (粵語及國語組均適用)

適用於上述活動

地址：以上活動均以在線視像會議形式舉行 (All above sessions use Zoom online video conferencing)

聯絡人及電話：Sandy Kwong 鄺秀虹女士 (國粵語) 604-877-6000 (內線 672375) 或
Helen Kwan 關凱文女士 (國粵語) 604-877-6000 (內線 673063)

網址：www.bccancer.bc.ca

26. 列治文前列腺癌支援網絡 Richmond Prostate Cancer Support Group

該小組乃義工組織，幫助華人了解前列腺疾病的病徵、預防、治療與研究等資訊，歡迎病人及家屬參加。組員可以說英語、國語和粵語。無需註冊，歡迎所有年齡段的人。This is a volunteer support group providing help to Chinese-speaking men. Everyone in the group can speak English, Mandarin or Cantonese. The information on prostate diseases is provided through professional presentation, website and telecare. No registration required, all ages welcome.

活動：

- 前列腺癌支援小組 Prostate Cancer Support Groups

會期：每月第二個星期四 Meeting: The 2nd Thursday of the months

時間：下午六時三十分至八時三十分 6:30 pm - 8:30 pm

- 列治文前列腺癌友步行團「藍天健行」沿著美麗的河堤和公園散步（在下雨天或寒冷季節，步行於列治文購物中心）

會期：每週二和週四早上9時至11時

聯絡人及電話：Daniel 604-836-6423

地址：明納長者中心 1033 室 / Minoru Seniors Centre, 7191 Granville Ave, Richmond V6Y 1N9

電話：604-836-6423

網頁：<http://www.ChineseProstate.com>

27. 加拿大華人夫婦懇談 Canadian Chinese Marriage Encounter Association
該會主辦幫助夫婦們增進了解溝通的粵語工作坊及夫婦共融週末營。屬天主教會的一個不謀利組織，但活動對象是不分宗教。
They have communication workshops and marriage encounter weekends to help couples enrich marital relationships. Their service is open to all Chinese community regardless of religion.
聯絡人電話：楊光醫生夫婦 Catherine & Dr. Yang 604-889-8378
李崇仁夫婦 (Margaret & Dominic Lee) (778)-863-2303
電郵：info@ccmea.com
網址：www.ccmea.com
28. 加拿大華人自閉症協會 The Canadian Chinese Autism Association of BC
該會宗旨是為自閉症患者提供信息和服務資源，並提高華人社區對自閉症的認識。
They help develop services and support for autistic persons and to raise the awareness to autism in the Chinese community.
本拿比 BACI 自閉症家長互助小組 Burnaby BACI Chinese Autism Parent Support Group
會期：每月第二個星期六晚上 The 2nd or last Saturday of the month
時間：6:30 pm ~ 8:30 pm
地點：7716 Royal Oak Ave., Burnaby
聯絡人：John Tsang 曾先生 (國粵語)
電話：604-928-8289
電郵：john_tsang2000@yahoo.ca
29. ACT 自閉症社區訓練 Autism Community Training Society
該會為家長和專業人士提供自閉症治療訓練及資訊、並提供有關如何選擇有效治療方法的諮詢。
They provide information and support to families of children with Autism Spectrum Disorders including: workshops for parents and professionals, information on diagnosis, best practices in autism treatment & referrals.
地址：Suite 120B 3823 Henning Dr, Burnaby, BC
電話：604-205-5467 或免費長途電話 1-877-939-5188
網址：<http://www.actcommunity.ca/contact>
30. BC 省自閉症信息服務 Autism Information Services British Columbia
會說華語的專業人士透過電話或電郵、提供有關自閉症的資訊。
Chinese-speaking professionals provide information on autism by phone or email.
地點：Pacific Autism Family Centre
3688 Cessna Drive, Richmond, B.C.
電話：1-84-878-4700
服務時間：星期一至星期五，上午八時半至下午四時半 Monday – Friday, 8:30 am – 4:30 pm
電郵：AutismInformation@gov.bc.ca
網址：<https://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/support-needs/autism-spectrum-disorder>
31. CHIMO 展望社會服務中心危機熱線 CHIMO Crisis Services/Crisis Line
CHIMO 危機熱線 Crisis Line : 604-279-7070
由受過專業培訓的志願者提供免費、保密和非評判性的情感支持 Free confidential and non-judgmental emotional support provided by professionally trained volunteers.
服務時間：每週七天，早上八點到午夜 From 8:00am to midnight, seven days a week
網上求助 Crisis Chat : <http://www.chimoservices.com/get-help/crisis-line>
網上求助服務時間：星期四至星期六，下午四時至晚上十時 Thursday to Saturday, 4 to 10 pm
CHIMO 有國粵語專業人員為列治文居民免費提供如何面對家庭暴力的輔導，及有關自殺和心理危機的輔導服務，社區資源轉介等，並為新移民及難民提供協助。
CHIMO has Chinese speaking counselors to provide free services to Richmond residents to children/teens/adults experienced abuse, violence or crisis. They also provide support services to new immigrants and refugees
地址：120-7000 Minoru Blvd., Richmond BC
電話：604-279-7077
電郵：chimo@chimoservices.com
網址：<http://www.chimoservices.com>
32. 211 社區服務電話專線 211 Community Services Hotline-BC

211 電話專線提供免費、保密和多種語言包括中文的社區服務信息。會由專業人員評估每個來電者的需求，提供準確的信息和建議合適的服務。

211 is an easy to remember telephone number that provides free, confidential, and multilingual info about a full range of community, social, and government services.

求助熱線電話：211

服務時間：每日 24 小時服務 /24 hours 7 days per week

電郵：help@bc211.ca

網址：<https://bc211.ca/help-lines>

33. 8-1-1 健康資訊及社區服務電話專線 8-1-1 Provincial Health Information and Advice Phone Line

求助熱線電話：811

服務時間：每日二十四小時服務 /24 hours 7 days per week

網址：<https://www.811healthline.ca>

34. BC 省衛生局危機熱線 BC Provincial Health Bureau Crisis Line

危機熱線為所有年齡段的人提供即時、免費和保密的情感支持、危機干預和社區資源信息。

The Crisis Line provides immediate, free, and confidential emotional support, crisis intervention and community resource information to people of all ages.

服務時間：每日二十四小時服務 / 24 hours 7 days per week

- 菲沙沿岸衛生區 Fraser Health Crisis Line - Option Community Services

服務地區 Areas Served : Burnaby to Boston Bar : New Westminster, Coquitlam, Maple Ridge, Pitt Meadows, White Rock, South Surrey, Delta, Surrey, Langley, Abbotsford, Mission, Chilliwack, Hope, and Agassiz

求助熱線 Crisis Line : 604-951-8855 - 1-877-820-7444

網址：<https://www.options.bc.ca/program/fraser-health-crisis-line>

- 大溫哥華沿岸衛生區 Greater Vancouver Coastal Distress Line

服務地區 Areas Served : Vancouver, North Vancouver city and district, Bowen Island, West Vancouver, Powell River and area, the Sunshine Coast, Squamish, Whistler, Pemberton, Howe Sound/the Sea-to-Sky Corridor

求助熱線 Crisis Lines : 604-872-3311, 1-866-661-3311

網上求助 Crisis Chat : www.youthinbc.com

網上求助服務時間：下午至凌晨一點 Hours : Noon to 1am

35. 中僑互助會心理熱線 S.U.C.C.E.S.S Chinese Help Lines

由經過專業培訓的普通話和粵語志願者免費提供國、粵語的電話關懷與幫助，及相關社區資源資訊等服務。

S.U.C.C.E.S.S. Chinese Help Lines provides free, confidential, and non-judgmental emotional and informational support by professionally trained volunteers in Mandarin and Cantonese.

服務時間：每週 7 天由上午十時至晚上十時 (Monday to Sunday from 10am to 10pm, 7 days a week)

國語熱線：604-270-8222 (Mandarin) / 粵語熱線：640-270-8233 (Cantonese)

網址：<https://successbc.ca/counselling-crisis-support/services/help-lines>

36. 中僑互助會家庭及青少年服務部 SUCCESS's Family and Youth Services

中僑互助會在低陸平原的多個地點，為社區提供多元化的社會服務。其家庭和青少年服務部提供心理輔導、新思力行教育小組，和不同的家長支持小組等服務。

S.U.C.C.E.S.S. provides services across the Lower Mainland of BC. Their Family and Youth Services provide counseling, Chinese Changeways psycho-educational program and a range of support groups for Chinese Parents, etc.

- 中僑心理輔導服務 S.U.C.C.E.S.S. Counselling Service

是為居住在大溫哥華地區的市民提供個人及家庭心理輔導服務，語言選擇包括英語，廣東話及國語。

It is a counselling service for people living in the Greater Vancouver area, with language options including English, Cantonese and Mandarin.

費用：每節 25 至 140 元 (視乎家庭收入) Fee: \$25 to \$140 per session (Depending on household income)

電話：604-408-7266 廣東話/國語 Cantonese / Mandarin

- 心理教育活動 (Psycho-educational program)：包括「溝通技巧課程」，「壓力處理課程」及「新思力行課程」等。

總辦事處地址 Head office : 28 West Pender St., Vancouver

電話：604-408-7266 內線 Ext.2084

網址：<https://successbc.ca/service-categories/family>

輔導網址 For Counselling : <https://successbc.ca/counselling-crisis-support/services/counselling>

37. 中信靈機輔導服務 CCM Linkage Counseling Service

靈機是非牟利服務，由一群基督教專業輔導人士包括心理輔導員、社工提供輔導及有關的教育服務。

Linkage is a non-profit group of Christian counselling professionals volunteering their time to serve the community by providing holistic care through counseling and education.

費用：個人/夫妻/兒童/家庭 \$70 每節 1 小時

婚前輔導 \$80 每節 (1.5 小時)

見實習治療師 \$40 /1 小時

Fee : Indiv./couple/child/family \$ 70 per session/hour

Premarital counselling \$ 80 per session (1.5 hours)

Session with Intern therapist \$ 40 per session/hour

地址：中信中心（本拿比麗晶廣場二樓）CCM Centre, 2/F Crystal Mall, 4533 Kingsborough St., Burnaby

聯絡人：Rachel Lau（國粵語 Cantonese and Mandarin）

電話：直接線 604-629-2266

網址：[CCM Linkage Chinese Counseling Service](http://www.ccm-linkage.com)

38. 大溫哥華家庭服務會 Family Services of Greater Vancouver

家庭輔導服務部 Family Therapy Department

他們有華語家庭輔導員為有困擾的家庭及個人提供輔導服務，亦透過不同的教育課程及講座協助各家庭適應新文化，題目包括婚姻、子女教養、家庭關係與個人成長等問題。在溫哥華、列治文都有舉辦。

They have Chinese speaking counselors to provide family services. They also hold Chinese parenting, life skills, and personal growth Chinese groups and workshops.

- 家長小組 Parenting Group : 604-279-7100

時間和地點：請查看 網址 / Time and Location are various

- 家庭重整服務 Vancouver Family Preservation & Reunification Services: 需要轉介 need referral

溫哥華辦事處：

地址：4103 Fraser Street

電話：604-875-6277

列治文辦事處：

地址：250-7000 Minoru Blvd., Richmond BC

電話：604-279-7160

網址：www.fsgv.ca/

39. 點石家庭協會 Touchstone Family Association

透過不同的治療方法及小組活動，幫助有需要的家庭及學童解決家庭衝突、情緒困擾、夫婦相處之道和親子關係等。需要這些服務者可自行向政府兒童及家庭部申請，或由此部門轉介。

They can provide Chinese info on parent-teen conflict resolution, parenting skills, child development, marital relationships, etc.

- 國粵語家庭交流小組 Cantonese & Mandarin Speaking Family Support Group：幫助家長多認識如何與子女溝通的技巧

聯絡人：Selina Ma 馬淑君女士 604-207-5034

- 是時候作出調適嗎 What is Needed to Make a Difference：這小組針對個人、家庭和教養子女的難題

聯絡人：Selina Ma 馬淑君女士 604-207-5034 / Fion Cheng 604-2075047

- 有備無患小組 Ready-or-not Cantonese & Mandarin Parenting Group 國粵語家長小組：探討預防青少年用或濫用藥物問題

- 社區行動計劃 CAPC Program：為有 0-6 歲子女的家長而設。

聯絡人：Annie Leung, 604-207-5027

總辦事處地址：120-6411 Buswell St., Richmond BC

<https://www.touchstonefamily.ca/programs-and-services/family-preservation/chinese-support-group>

40. 本拿比輔導中心 Burnaby Counselling Group

Acts 輔導中心 Acts Counseling Centre

為非牟利機構，低收入家庭可申請輔導服務津貼。They offer an income-based subsidy program.

這是一項由碩士課程輔導員訓練中心新畢業的實習輔導員提供的輔導服務，學生收費大約二十，實習生約五十元不等。視乎經驗。

Acts Counseling Centre is a training centre for counselors in the Masters of Counseling Program of the Associated Canadian Theological School. A nominal fee of \$20-30 is charged for a session with a Practicum student, and \$50 is charged with an internship student - depending on experience.

地址：Suite 230 – 3701 Hasting Street, Burnaby BC
電話：604-430-1303
網址：<https://counsellinggroup.org/clinical-team>

41. **Wishing Wells 輔導服務中心 Wishing Wells Counselling Service**
有精通國粵語的註冊臨床心理輔導員提供專業輔導服務包括個人、家庭、青少年以及採用遊戲治療的兒童輔導。
Their BC Registered Clinical Counsellors provide counseling service in English, Cantonese & Mandarin.
Professional counseling services are provided for individuals, family, teenager and children. n.
地址：240-809 West 41st Avenue, Vancouver BC (鄰近 Oakridge Mall)
電話：604-568-6556
網址：<https://www.wishingwells counselling.com>
42. **Moving Forward 家庭服務**
有國粵語的心理輔導員通過面對面、電話和在線平台向加拿大各地服務不足的社區提供免費的短期和負擔得起的長期諮詢。
Cantonese and Mandarin counsellors offer free short-term and affordable long-term counselling options to underserved communities across Canada via in-person, telephone, and online platforms.
臨床顧問、社會工作者和受監督的實習生提供針對創傷、壓力、憤怒、藥物濫用、悲傷、失落、抑鬱、的小組和研討會
Clinical consultants, social workers and supervised interns offer groups and workshops on trauma, stress, anger, substance abuse, grief, loss, depression.
地址：101-12827 76th Ave, Surrey, BC (辦公室因 COVID-19 而關閉 Office is closed due to COVID-19)
電話：877-485-5025
電郵：hello@movingforward.help
網址：<https://movingforward.help>
43. **SHARE--三聯市幼兒心理健康服務 Tri-cities Early Childhood Mental Health service**
為有零至六歲幼兒的家庭提供服務，其子女發展遲緩並出現情緒行為問題。服務包括評估，轉介治療，提供解決問題的策略，並鼓勵積極的親子互動。活動以英語和韓語為主。
This service serves children aged 0-6 and their families, for children experience social, emotional or behaviour difficulties with developmental delay. Services include assessment, connection to treatment, providing strategies to help reduce symptoms and encourage positive parent-child interactions. Nobody's Perfect Activities Most are in English and Korean.
地址：#200-25 King Edward Street, Coquitlam BC
聯絡人：Catherine Ho (國粵語)
電話：604-529-5132
網址：<https://sharesociety.ca/early-years-community-parenting-programs>
44. **匯新情緒健康中心 The Diversity and Emotional Wellness Centre**
提供臨床服務包括學業、焦慮、憂鬱、關係問題、及事業發展。每一位執業的專業人士都有不同的專長，例如兒童和青少年的問題、文化差異、及各種兩性、性行為及性取向的問題。
They specialize in a number of clinical areas, such as academics, anxiety, depression, relationships, and vocational development. Each of their licensed professionals also has his or her own specialty, such as child and youth, diversity, and LGBT issues.
地址：#185 - 9040 Blundell Road, Richmond
聯絡人：楊碩昌博士 卑斯註冊心理師 Reg. Psychologist Dr. Tigerson Young (國粵語 Cantonese and Mandarin)
電話：604-961-2347
電郵：tmyoungphd@yahoo.com
聯絡人：黃偉昌博士 卑斯註冊心理師 Reg. Psychologist Dr. Wallace Wong (國粵語 Cantonese and Mandarin)
電話：604-783-0050
電郵：Wallace.wong65@gmail.com
網址：<https://diversitycentre.net>
45. **啟程心理 Nuway Counselling**
啟程心理提供提供保密的夫妻和家庭治療。處理不同的問題包括約會問題、分手、焦慮和抑鬱、工作與生活平衡、分居和離婚、共同育兒、不忠、生育問題、育兒問題和親密關係壓力等。Nuway Counselling provides confidential couples and family therapy. Individuals and families dealing with dating issues, break up, anxiety and depression, work-life balance, separation and divorce, co-parenting, infidelity, fertility issues, stress regarding parenting and intimacy will benefit from this service.

后程心理 Nuway counselling 有一項特別服務 “Senior Link”（長者靈康計劃），是為長期獨居和行動不便的長者及其家人而設。計劃參與者可與后程心理的碩士生心理治療師預約每周電話會議，不限次數。讓長者訴說心中事，放下精神情緒困擾和解決家庭問題。該計劃每月收費 60 加元（含稅），有少量條件限制。

The "Senior Link" program offered by Nuway Counselling is designed for seniors who are isolated from their communities as companionship and emotional outlets. It allows seniors and their families make unlimited weekly wellness calls with their Master's student therapists to unload emotional stress. The plan costs \$60/ month with tax included. (Some conditions apply)

啟程心理的橙色計劃 (Orange plan) 為有需要的人士提供無限次心理諮詢服務。參加者可以與碩士生心理治療師預約每周會談，談論個人精神健康困擾、工作、婚戀、親子和家庭關係。該計劃每月收費 60 加元起(含稅)。有少量條件限制。

Nuway counselling's Orange Plan is a low-cost therapy program designed to reach those who cannot afford regular counselling services. It allows participants to book unlimited weekly sessions with the Master's student therapists to speak about their personal issues, couple's relationships, parenting or family issues. The plan starts at \$60/month with tax included. Some conditions apply.

地址：#200-5050 Kingsway, Burnaby, BC V5H 4H2

電話：604-448-2416 or 778-358-2626

電郵：info@nuwaycounselling.ca

網址：<https://www.nuwaycounselling.ca>

46. Dr. Art 心理智能培訓中心 Dr. Art School of Expressive Arts Therapy

提供兒童、青少年及成人心理治療，家庭輔導，及自閉症、好動症或 IQ、EQ、CQ 學能訓練分析，個別或小組。 Provides psychotherapy, art/play therapy, IQ, EQ, CQ assessment and training for Mental Illness, Depression, Autism, ADD and family conflicts.

地址：#3-5911 Cooney Rd., Richmond BC

聯絡人：劉思愛博士 Dr. Sze Oi Lau (國粵語 Cantonese and Mandarin)

電話：604-723-1998

網址：<https://www.seedrart.com>

47. BC 省殘障人士聯盟 Disability Alliance BC- Advocacy Access Team

他們提供免費的一對一幫助，以申請或協助上訴省級收入援助福利；還提供申請 RDSP 的幫助和信息，並幫助 CPP 殘疾上訴。

They provide free one on one help to apply for or to assist in the appeal of provincial income assistance benefits; also provide assistance and information in the applying of the RDSP, and will help in the appeals of CPP Disability.

地址：#1450-605 Robson Street, Vancouver, BC

聯絡人：Lillian Wong 黃美英女士 (英粵語 English & Cantonese)

電話：604-872-1278

電郵：feedback@bccpd.bc.ca

網址：<http://www.disabilityalliancebc.org>

48. 卑詩省能力中心 - 殘障人士就業輔導服務 The BC Centre for Ability - Employment Program for Persons with Disabilities

該中心為復健者提供治療、職業輔導及其他支援性的服務。

A non-profit organization provides individualized therapy, comprehensive vocational and support services to individuals with disabilities.

地址：2805 Kingsway, Vancouver BC

電話：Tina Chow 604-630-3022; Main line: 604-451-5511

網址：<https://bc-cfa.org/contact>

49. 沿岸心理健康基金會 - 復健者日間活動中心 Coast Mental Health Foundation - Coast Club House

該中心為精神康復者提供社交康樂活動、就業輔導等支援性服務，包括提供有關經濟居所及工作實習機會資料。 A non-profit organization provides social, vocational, and Employment services for people with emotional and /or psychiatric barriers. Services include low cost meals, access to affordable housing and work placements, etc.

地址：293 E. 11th Ave., Vancouver BC

電話：604-675-2357

網站：<https://www.coastmentalhealth.com/what-we-do/pillar-services>

50. Connections Community Services (CCS) - Connections Youth Centre

為 16 至 29 歲年青人提供就業輔導及其他支援性等服務、此外也提供多種服務給其他不同年齡的人士。

They provide a place for Richmond youth to socialize, access community resources and supports, receive one-to-one assistance, and participate in a variety of activities and programs including: homework clubs, day camps,

volunteer opportunities, leadership training, recreational activities, outreach programs and services, school based support, employability programs etc.

地址：5751 Cedarbridge Way, Unit 110, Richmond

電話：604-271-7600 ext. 145

聯絡人：Daniel Suen (國粵語) 手提電話：Cell：604-218-5361

網址：<https://connectionscommunityservices.com>

51. Open Door Group -Work BC

提供就業輔導及其他支援性的服務。

They have employment-related programs and other support services to assist anyone to choose, get and keep competitive employment.

地址：#900 – 1200 Burrard St., Vancouver

電話：604-334-6372

網址：<https://www.opendoorgroup.org>

52. 溫哥華沿岸衛生局戒除癖癮輔導 Addiction Services, Vancouver Community Health Services, VCH

提供免費心理輔導服務 (粵語或國語的翻譯員) 包括幫助戒毒、戒酒及減少毒品、酒精使用的心理輔導；同時也為毒品、酒精使用者的家人提供輔導。

Free counselling services will be provided to people who is actively using alcohol or drugs, or to people who wish to stop or reduce using alcohol or drugs. Counselling will be also provided to their family members. Cantonese and Chinese interpreters are available if required.

地址：220-1200 West 73rd Ave., Vancouver BC

電話：604-266-6124

53. 列治文康復會 Richmond Addiction Services Society (RASS)

為兒童、青少年和家庭提供健康促進、預防和早期干預服務

Provides health promotion, prevention and early intervention services for children, youth, and families.

地址：105 - 8080 Anderson Road, Richmond BC

聯絡人：陳國衡先生 Clarence Chan (粵語)

電話：604-270-9220 Youth and Family Program (for 15-25 years old youths)

網址：<https://www.richmondaddictions.ca/services>

54. 卑詩中文問題賭博輔導服務 BC Responsible & Problem Gambling Program - Chinese Counselling

省政府提供的免費個人及家庭輔導給受賭博問題影响的人仕，包括賭徒及其家人。內容絕對保密。

BC 問題賭博 24 小時熱線 1.888.795.6111。Call BC Problem Gambling 24 hrs Help Line 1.888.795.6111

本拿比/三聯市/素里輔導員 Burnaby/Tri-city/Surrey：Bella Chan 604-408-7256 / Bella.Chan@success.bc.ca

列治文輔導員 Richmond：Phyllis Chan 778-869-3379 / bcbgambingprevention@gmail.com

溫哥華輔導員 Vancouver：Irene Tang 604-408-7256 / irene.tang@success.bc.ca

網站：<https://www.bcreponsiblegambling.ca/>

55. 台加文化協會 Taiwanese Canadian Cultural Society

台加身心靈成長中心 (TCCS Enhancement Centre for Holistic Well-being)

目的促進個人身心靈智慧的培育，包括講座、心靈聊天室、自我成長課程等。

Promoting holistic well-being through Seminars, Talk Spa, Classes on Personal Growth etc.

地址：8853 Selkirk St., Vancouver

電話：604-267-0901/ www.tccs.ca

網址：<http://www.tccs.ca/>

56. 佳頤中心 Gaia Community Care and Wellness Society (GCCWS)

成立於 2019 年的慈善組織，旨在促進華裔長者及其家人的健康。以國粵語提供工作坊、研討會、資源和其他服務，涵蓋保持運動、健康飲食、應對老齡化、自我保健，及建立照顧者能力等範疇。

A charitable organization incorporated in BC in 2019, aims to support the health and wellness of older Chinese adults and their families. Offers workshops, seminars, resources and other services in Cantonese and Mandarin related to staying active, healthy eating habits, coping with aging, self-care and building the capacity of caregivers.

總辦事處地址：Suite 200, 8877 Odlin Crescent, Richmond

電話：778-223-7236

電郵：info@gccws.ca

網址：<https://gccws.ca/ch>

57. Raven Song 社區健康診所 Raven Song Community Health Centre

該機構為無家可居者和有住屋津貼的人士免費提供健康諮詢、檢查和免疫注射服務等。有醫生、護士及翻譯員當值。不用預約及轉介。Raven Song Community Health Clinic provides free general consultation, health

consultation and health counseling for the homeless and those with housing allowances. Appointment is not necessary.

地址：2450 Ontario Street, Vancouver

服務時間：逢星期一至星期五下午一時至四時開放 Monday to Friday from 1pm to 4pm

電話：604-709-6540 / 604-709-6400

58. 法律援助聯絡電話及資訊 Contacts for Legal Advice Access Pro Bono 免費法律諮詢服務

這是一個可尋找有關卑詩省法律資訊的網站，例如就業、房屋及家庭法律等，有多種語言選擇。您可以使用點擊法律網站的求助地圖 HelpMap，在社區內尋找可在法律事務上幫助您的人士。

There is information on every-day legal topics, such as employment, housing, and family law, available in many languages. You can use the Clicklaw HelpMap to find someone who can help you with your legal issue in your community. Some of these services are offered in languages other than English.

電話：604-878-7400 低陸平原 (Lower Mainland) or BC

省外免費電話：1-877-762-6664 (no charge, elsewhere in BC)

電郵：help@accessprobono.ca

網址：<https://www.accessprobono.ca>

點擊網站中文資訊 Clicklaw

Clicklaw 是一個網站，您可以在其中找到有關 BC 法律的信息。

Clicklaw is a website that you can find information about the law in BC.

網址：www.clicklaw.bc.ca/content/chinese-traditional

Pro Bono Richmond Clinics at CHIMO Crisis Services

電話：604-279-7077

法學院學生的法律諮詢計劃 Law Student's Legal Advice Program

電話：604-822-5791

網址：www.lslap.bc.ca

卑詩省法律服務學會（法律援助） Legal Services Society of BC (Legal Aid)

電話：604-408-2172 or 1-866-577-2525 (Toll free)

如果你需要中文服務的話，請撥打(604) 684-1628 將會有人幫您預約時間

If you need service in Chinese, please call (604) 684-1628 and someone will help you make an appointment

網址：www.lss.bc.ca/publications/language.php?lang=3

Dial a Law 法律資訊中文錄音 Audio Law information in Chinese :

電話：604-687-4680

網址：www.dialalaw.org

如果你需要中文服務的話，請撥打(604) 684-1628 將會有人幫您預約時間

58. 華人社區響應網絡 Chinese Community Response Network

是為加拿大卑詩省華裔長者而設立，透過定期上載及更新海報，讓長者按圖找到感興趣的活動或適合的服務，從而享受更健康和有尊嚴的黃金歲月。

The Chinese Community Response Network was established for Chinese seniors in British Columbia, Canada. By regularly uploading and updating posters, the elders can find interesting activities or suitable services by clicking on the picture. Enjoy healthier and dignified golden years.

網頁內容包括不同的社區活動，社區服務和政府服務的網站連結和小冊子。

This webpage includes website links and brochures of different community programs, services, and the government services.

網址：<https://bccrns.ca/bccrnsnetwork/chinese-community-response-network>

59. 心理治療服務 (私人執業) Chinese Speaking Psychotherapists in Private Practice :

註冊心理學家 Registered Psychologists :

Dr. Adrienne Wang 王雅君博士 (國語 Mandarin)

Registered Psychologist and Certified Cognitive Behaviour Therapist

地址：400-601 West Broadway, Vancouver

電話：604-871-4171

網址：<https://www.dradiennawang.com>

Dr. Audrey Ho 何文韻博士 (國粵語 Cantonese and Mandarin)

地址：Kerrisdale Professional Centre 262-2025 West 42nd Ave., Vancouver

電話：604-266-7982 / 604-875-3230

Dr. Debbie Leung 梁穎茵博士 (粵語 Cantonese)
地址：Wise Mind Centre, 750 West Broadway, Suite 1206, Vancouver
電話：604-761-8201
電郵：debbie@dbtvancouver.com
網址：<https://wisemindcentre.com>

Dr. Jack Young 楊正權博士 (國粵語 Cantonese and Mandarin)
地址：FHL Clinics, #233 -11180 Coppersmith Pl., Richmond
電話：604-834-7456
(FHL clinics 尚有其他多位會講粵語或國語的心理治療師。
FHL clinics has a number of other psychotherapists who can speak Cantonese and/or Mandarin)

Dr. Keith Lam 林琦峰博士 (國粵語 Cantonese and Mandarin)
地址：2/F, 1892 W. Broadway, Vancouver / 2/F, 5050 Kingsway, Burnaby
電話：604-771-2232
網址：www.drkeithlam.com

Dr. Macy M. Lai 博士 (粵語 Cantonese)
地址：#300 - 3665 Kingsway Ave., Vancouver
電話：604-802-8613

Dr. Mandy (Yao-Min) Chen 陳瑤珉博士 (國語及台語 Mandarin & Taiwanese)
專於 Specialty：憂鬱症，焦慮症，情緒管理，青少年心理健康及親子輔導 depression, anxiety, emotion regulation/life stress, youth mental health and parenting support
地址：Southpoint Development Clinic, Suite 202 – 15350 34th Avenue, South Surrey
電話：778-317-5928

Dr. Sheena Miao 苗文薰博士 (國語 Mandarin)
專於 Specialty：兒童及青少年心理健康及親子輔導 child and adolescent mental health, parenting
網址：<https://www.drsheenamiao.com/>
電話：778-321-4693
電郵：info@drsheelamiao.com

Dr. Tigerson Young 楊碩昌博士 (國粵語 Cantonese and Mandarin)
匯新情緒健康中心 The Diversity and Emotional Wellness Centre
地址：#130 -8191 Westminster Hwy., Richmond
網址：<https://diversitycentre.net/about/>
電話：604-961-2347
電郵：tmyoungphd@yahoo.com

Dr. Tina Wang 王琪博士 (國語 Mandarin)
地址：Kerrisdale Professional Centre
#262-2025 West 42nd Avenue, Vancouver
電話：604-266-7962
網址：www.drTinawang.com

Dr. Wallace Wong 黃偉昌博士 (國粵語 Cantonese and Mandarin)
地址：匯新情緒健康中心 The Diversity and Emotional Wellness Centre
#130 -8191 Westminster Hwy., Richmond
電話：604-783-0050
電郵：wallace.wong65@gmail.com
網址：<https://diversitycentre.net/about/>

Dr. Yuk Shuen Sandra Wong 黃玉璇博士 (國粵語 Cantonese and Mandarin)
地址：747 - 550 West Broadway, Vancouver, BC
手提電話：778-999-3578/ 傳真：604-221-8071
電郵：yswong@telus.net
網址：www.drwongpsychologist.com

註冊心理諮商師/心理治療師 Registered Clinical Counsellors/Psychotherapists：

Arnold K Tse 謝喬韜先生 (國粵語 Mandarin & Cantonese)
註冊臨床心理諮商師 Registered Clinical Counsellor)
服務：焦慮，抑鬱，哀傷，職業發展，交通意外後創傷治療。
Anxiety, depression, grief & loss, career development, post-motor vehicle accident treatment.
地址：1008-8181 Cambie Road, Richmond, BC

電話：778-316-8831
電郵：atsecounselling@gmail.com
網址：<http://atsercc.wordpress.com>

Bessie Wang 王玥女士 (國粵語 Mandarin & Cantonese
註冊臨床心理諮商師 Registered Clinical Counsellor)
服務：在溫哥華和本拿比提供國粵語輔導服務。
Cantonese & Mandarin counselling service provided in Vancouver & Burnaby.
電話：604-448-2416
電郵：<mailto:info@nuwaycounselling.ca>

David Chong 莊清鴻先生 (國粵台語 Mandarin & Cantonese & Taiwanese
註冊臨床心理諮商師及註冊社工 Reg. Clinical Counsellor/ Reg. Social Worker)
地址：Richmond Olympic Oval, 160-6111 River Road, Road Richmond, BC
電話：778-297-7992
電郵：info@davidchongcounselling.ca

Debbie (Chia Fang) Kuan, 官佳芳女士 (國英語 Mandarin & English
註冊行為諮商師 Registered Behavioral Consultant (RASP, RCC & CCC)
服務：為 2.5 至 80 歲的個人、夫妻和家庭提供服務。包括 SD, 特殊需要, 多動症, 行為問題, 焦慮, 抑鬱, 家庭, 選擇性緘默症, 失落和悲傷, 家庭暴力/虐待, 分居, 離婚和強迫症等。
Services population: age 2.5 to 80. Individuals, couples and families counselling - ASD, Special needs, ADHD, Behavioural issues, Anxiety, Depression, Family, Selective Mutism, Loss & Grief, Domestic violence/abuse, Separation, Divorce, and OCD.
地址：RealEyes Exceptional Counselling
211-10584 153 St, Surrey, BC V3R 9V1
電話：604-728-6169
電郵：gerinc2016@gmail.com
網址：<https://nomorewaitlists.net/listing/british-columbia/surrey-3/Mental-Health/realeyes-counselling>

Denise Kan 簡麗君女士 (國粵語 Cantonese & Mandarin
註冊臨床社工師 Registered Social Worker in BC & USA)
服務：為 7 歲及以上的客戶提供個人/團體/家庭治療及專題講座, 專於心理健康服務。
Provides individual/ groups / Families therapy to clients aged 7 and above, and workshops as well. Specialized in mental health
地址：1. Main Office : Suite 303-4885, Kingsway, Burnaby
2. 708-1155, West Pender St. Vancouver
3. 2nd/Fl., 1892, West Broadway, Vancouver
電話：778-865-7710
電郵：denise@DKCounselling.com

Fion Cheng 鄭嘉媛女士 (國粵語 Mandarin & Cantonese--註冊臨床心理諮商師 Registered Clinical Counsellor)
服務：個人/夫妻和家庭輔導, 抑鬱和焦慮, 賭博和癮癮, 職業輔導及親子講座。Individual/ Couples and Families Counselling, Depression and Anxiety, Gambling and Addiction, Career Coaching/Parenting workshop.
地址：#200 - 8877 Odlin Crescent, Richmond, BC
電話：778-889-2883
電郵：fioncheng.counsellor@gmail.com
網址：<https://www.fioncheng.com>

Fiona Hu - Encourage Counselling (英語、台語和普通話 English, Taiwanese, and Mandarin) 註冊臨床諮詢師
Registered Clinical Counsellor, MCP, RCC)
地址：37 - 4429 Kingsway, Burnaby, BC V5H 2A1
電話：604-352-1705
電郵：info@incourage
網址：<https://incouragecounselling.ca/>

Florence Ling 凌美儀女士 (國粵語 Mandarin & Cantonese/註冊臨床心理諮商師 Registered Clinical Counsellor)
地址：Broadway - 2nd Floor, 1892 West Broadway, Vancouver
Downtown - Suite 908, 938 Howe Street, Vancouver
Metro town - 2nd Floor, 5050 Kingsway, Burnaby
電話：778-855-5805
電郵：florenceling1024@gmail.com
網址：<https://www.florenceling.com/>

Huamei Kang 康花梅女士 (國語 Mandarin -- 註冊臨床諮商師 Registered Clinical Counsellor)

服務：提供個人，夫妻和家庭諮商：有關自我關係，創傷，抑鬱，焦慮，移民／留學相關的困境。歡迎預約免費的 20 分鐘面對面／電話諮商。Provide services to individual, couples and families counselling, relationships, trauma, depression and anxiety, immigration/overseas study-related dilemmas. Welcome to make appointment for a free 20-minute face-to-face/phone consultation.

地址：28 East Royal Ave. New Westminster

電話：778-801-4691

電郵：hkang.counselling@gmail.com

** Maternity leave and the estimated return date is Aug 2023

Li Shao 邵黎女士(國語 Mandarin-註冊臨床心理諮商師 Registered Clinical Counsellor)

地址：Jericho Counselling Centre, Suite 1004-750 West Broadway

電話：604-434-5727

電郵：li@jerichocounselling.com /

網址：jerichocounselling.com/counsellors/li-shao

Lorraine Cheung 張朗妍女士(國粵語 Mandarin & Cantonese-註冊臨床心理諮商師 Reg. Clinical Counsellor)

地址：只設網上服務 Online services only

電話：778-316-5664

Lorraine Ng 吳嘉敏女士(國粵語 Mandarin & Cantonese-註冊臨床心理諮商師 Reg. Clinical Counsellor)

服務：提供個人，青少年，夫妻和家庭諮商，抑鬱，焦慮，移民／留學，職業輔導，照顧者壓力及親子／家庭關係問題。歡迎預約免費的 20 分鐘電話諮商。Individual, Adolescents and Families Counselling/Depression and Anxiety, relationships and parenting issues, etc. Feel free to book for a free 20-minute phone consultation.

地址：200 - 5050 Kingsway, Burnaby

電話：604-638-3105

電郵：Email：lorraine@nuwaycounselling.ca

網址：nuwaycounselling.ca

Mega Leung 梁美嘉女士(英, 粵語 English & Cantonese)

註冊臨床心理諮商及認可心理創傷治療專家

Reg. Clinical Counsellor & Certified Trauma Specialist)

地址：Unit 95-10451 Shellbridge Way, Richmond

電話：604-227-7305

電郵：enquiry@megaleung.com

網址：www.megaleung.com

Mildred Mok 莫愉燕女士(國粵英語 Mandarin, Cantonese, English)

註冊社工 Registered Social Worker

服務：為 3-80 歲個人提供情緒/心理治療及個人成長服務，包括抑鬱、焦慮、過渡期適應、心理創傷、哀傷、人際關係困難、婚姻/家庭問題、特殊需要(自閉症、多動症、選擇性緘默症等)、慢性身體痛症等

地址：315-2083 Alma Street, Vancouver, BC V6R 4N6

電話：+1 (778) 653-0330

網站：<https://carryingforward-focusing.com/>

Ming Huey Chang 張明慧女士(國粵語 Mandarin & Cantonese)

註冊臨床社工 Registered Clinical Social Worker

地址：只設網上服務 Online services only

電話：778-883-2238

電郵：ming@truepresencecounselling.com

網址：<https://www.truepresencecounselling.com>

Molly Mo 莫麗文女士(國語 Mandarin-註冊臨床心理諮商師 Registered Clinical Counsellor)

地址：Hope Counselling Centre, 200-1892 West Broadway, Vancouver

電話：604-915-9111

電郵：molly.mo.counselling@gmail.com

Nelson Szeto - In courage Counselling (粵語 Cantonese) 註冊臨床心理諮商師 Registered Clinical Counsellor, MCP, RCC-ACS)

地址：37 - 4429 Kingsway, Burnaby, BC V5H 2A1

電話：604-352-1705

電郵：info@incourage

網址：<https://incouragecounselling.ca/>

Phyllis Chan 陳碧菲女士(國粵語 Mandarin & Cantonese)

註冊心理治療師 Canadian Cert. Counsellor)

服務：提供個人、家庭輔導及就業輔導服務。多個地方都有辦事處。請來電預約時間地點。

Provides individual, family and employment counseling. She has offices in different locations.

電話：778-869-3379

Roxanne Chou 周瑞菁女士 (國語及台語 Mandarin & Taiwanese)

臨床心理諮商師及註冊藝術治療師 Registered Clinical Counsellor & Art Therapist)

服務：在本拿比提供個人/兒童/青少年/夫妻/家庭輔導服務，需電話或電郵預約。

Provides individuals, youth, couple and family counselling in Burnaby, by appointment only.

電話：604-306-4326

電郵：chou.roxanne@gmail.com

Wing Sum (Sharon) Kwok 郭詠心女士 (國粵語 Mandarin & Cantonese)

註冊心理治療師 Registered Clinical Counsellor)

服務：提供個人及家庭輔導。多個地方都有辦事處。請來電預約時間地點。Provides individual & family counseling including stress reduction, parenting & family therapy.

地址：1892 West Broadway, Vancouver, BC V6J

電話：604-781-2262 / 778- 860-7237

電郵：kwosharon@gmail.com

網址：<https://www.psychologytoday.com/ca/therapists/wing-sum-sharon-kwok-vancouver-bc/446962>

**你也可以由以下網址找到會講中文的註冊心理治療師。

You can also search Chinese speaking counsellors from this website:

網址：https://www.psychologytoday.com/ca/therapists/asian/bc/vancouver?sid=5e584a2c20d3a&rec_next=1

60. 緊急危機服務熱線 Emergency/Crisis Services

● 911

如果你覺得你自己或有人可能有傷害自己或別人的危險，請立即撥打 911 或立即前往醫院急診部求助。

If you feel you or anyone might be in danger of self-harm or hurting someone else, call 911 or go to the hospital emergency department right away.

● 溫哥華總醫院 AAC 心理健康評估中心 VGH Access & Assessment Centre (AAC)

電話：604-675-3700 (每週七天 由上午七時半至晚上十一時開放 Open 7 days a week from 7:30 am to 11:00 pm walk-in clinic and phone service)

● 危機熱線 Crisis Line- Crisis Intervention and Suicide Prevention Centre of Greater Vancouver

電話：604-872-3311

網址：<https://crisiscentre.bc.ca/contact-us>

(大溫危機介入及防止自殺中心，提供每週 7 天 24 小時電話輔導 Provides telephone counseling, 24 /7)

● 卑詩危機熱線協會 BC Crisis Line Associations

自殺危機介入熱線 (24 /7)：1-800-SUICIDE (1-800-784-2433)

心理健康支持熱線 Mental Health Support (24 / 7)：310-6789 (無需撥字頭 no need to dial area code)

● 菲沙危機熱線 Fraser Health Crisis Line：604-951-8855 或 or 1-877-820-7444

網址：<http://www.options.bc.ca/fraser-health-crisis-line/overview>

(電話提供自殺危機介入及處理情緒困擾。Deliver suicide prevention crisis intervention and distress management services by telephone.)

● 列治文 CHIMO 危機熱線 Richmond CHIMO Crisis Line

電話：604-279-7070 (英語 English)

61. 心理健康服務參考資料，請參閱以下網站 Websites for more mental health and resource information：

1. 有關心理健康及測試的翻譯資料 Mental Health Info in multi-languages：<https://www.heretohelp.bc.ca/other-languages>
2. 中文版抑鬱症自我護理計劃病人指南 Chinese Self-Care Depression Program info：
[抑郁自我护理计划 \(d3mh72llnfrpe6.cloudfront.net\)](http://d3mh72llnfrpe6.cloudfront.net)
3. What to Expect From Your Child's School in Children's mental health
<https://www.heretohelp.bc.ca/sites/default/files/what-to-expect-from-your-childs-school-in-childrens-mental-health.pdf>
4. 有關求助方法資料 CMHA Info on Getting Help：www.cmha.bc.ca/how-we-can-help
5. 卑詩癌症中心華語癌症病人資源手冊 BC Cancer Agency has a Chinese Resource Guide：
<http://www.bccancer.bc.ca/coping-and-support-ite/Documents/Support%20Programs/2011NavigationGuide.pdf>
6. 列治文社區服務指南英文版 Richmond Community Services Directory in English：
<https://rcrg.org/CommunityServicesDirectory>

7. 中文翻譯健康教育資料 HealthLinkBC Chinese Health Information :
https://www.healthlinkbc.ca/sites/default/files/temp/translatedindex_chinese.pdf
 8. BC 精神分裂症協會手冊 “早期精神病干預：幫助您的家人” 英文版
BC Schizophrenia Society information booklet “Early Psychosis Intervention : Helping Your Family Member”
<https://www.bcss.org/wp-content/uploads/resources/EPI-booklet-11-small-5.5-x-8.5-Fall-2016.pdf>
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其他服務：

1. 生命熱線 (平安鐘) Lifeline : 604-872-5433
 2. 中餐熱線送餐服務熱線 Meals on Wheels
服務時間 Service time : 星期一至星期五 Monday to Friday
電話 : 604-733-6615
網址 : <https://cn.carebc.ca>
 3. 老年人心理健康 - 服務溫哥華居民 Older Adult Mental Health (Cambie Team)
轉介專線 Referral line : 604-709-6785
 4. 溫哥華社區家庭健康服務 - 服務溫哥華居民 Vancouver Community Home Health Service (Health Unit) Serving Vancouver residents
服務包括：洗澡, 餵食藥物, 提供物理治療師, 營養師...等等.
Services include : bathing, feeding medicines, providing physical therapists, nutritionists...etc.
轉介專線 Referral line : 604-263-7377
 5. 列治文社區家庭健康服務 - 服務列治文居民 Richmond Community Home Health Service (Health Unit) Serving Richmond residents
轉介專線 Referral line : 604-675-3644
地址 : 7671 Alderbridge Way, Richmond, BC
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**以上服務資料是由加拿大心理衛生會溫哥華菲沙分處編印, 供需要華語心理衛生服務資料的人士參考。如有需更新信息或錯漏之處, 請電郵 stella.lee@cmha.bc.ca or ada.lam@cmha.bc.ca, 謝謝!

If you have any updated information to be included or if you find any mistakes on this list, please e-mail Stella Lee at

stella.lee@cmha.bc.ca or Ada at ada.lam@cmha.bc.ca. Thanks!

(Last update-Oct. 2023)