



Autism Society of BC

Learning, Connection and Support Programs

AutismBC programs seek to empower, support, and connect people on the autism spectrum and their families through education, training, resources, and support groups that promote health and inclusion for individuals with autism, and related conditions, in the Metro Vancouver region.



Big Brothers of Greater Vancouver

Community Mentoring Program

The program matches “Littles” – children and youth who need a positive adult role model – with volunteer “Bigs”. Each match spends two to four hours of quality time together each week, building their friendship through sports, shared hobbies, cultural activities, or just talking together. The community program has increased children’s happiness, connection to their community, and future success.



Big Sisters of BC Lower Mainland

Mentoring Program

The mentoring program is a one-to-one mentorship for Little Sisters (ages 7 to 17) that enables life-changing relationships to ignite the power and potential of young people. Once a week for a minimum of one year, the mentor and the Little Sister meet and develop a relationship built on trust and common interests. Experienced caseworkers provide support.



**Boys and Girls Clubs
Foundation of South Coast
BC**

Club Services

The Club provides after-school programming for children and youth from across the Lower Mainland, offering safe, respectful, inclusive, and engaging environments that foster relationship building and mentoring, to engage communities and families and to positively impact children's development.



**Canadian Paraplegic
Association BC
Spinal Cord Injury BC**

**Metro Vancouver
Peer Support Program**

Spinal Cord Injury BC's Peer Support Program gives people in the Metro Vancouver region with a spinal cord injury, and their family and friends, the opportunity to connect with others in similar situations, to try activities they never imagined possible and to continue learning about living well with an injury.



**March of Dimes
Canada**

**After Stroke BC:
Empowering and Supporting
Stroke Survivors in their
Communities**

After Stroke aims to help anyone impacted by stroke to feel accepted and supported, wherever they are on their journey. The program significantly increases the health and well-being of participants by offering timely education and information that empowers participants to take control of their lives. The vision for BC is a province where stroke survivors, and their families, can recover, live life with renewed purpose and optimism, and inspire others to do the same.



Take a Hike Foundation

Lower Mainland Take a Hike Program

The Metro Vancouver program is the only full-time, evidence-based youth mental health and outdoor program in BC with an embedded in an alternative education classroom. Free programming for youth integrates clinical therapy supports with an immersion in nature program to help youth learn self-empowerment and to build capacity to succeed - in school and life.



YWCA Metro Vancouver

Crabtree Corner Community Centre

Crabtree Corner is a place of warmth, support, and refuge in the Downtown Eastside, where marginalized women and families can access holistic services critical to their health, healing, and independence. The centre delivers weekday programs and services, year-round, which include food security and family programming, as well as support for single mothers.
