

# Call or text 2-1-1

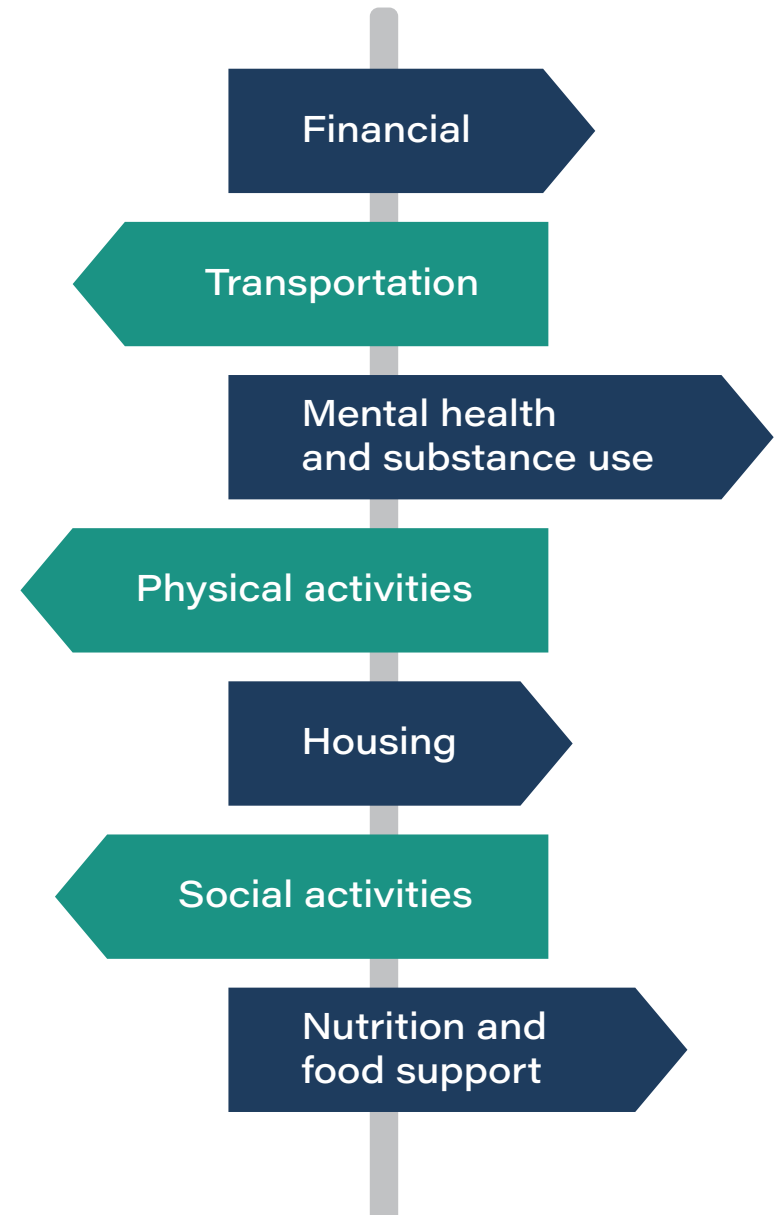
to be connected  
with these resources

- 24/7
- Multilingual
- Confidential
- 1:1 support

## Looking for additional supports?

Ask 2-1-1 about getting **connected** to  
a **seniors community connector**.

## Need some help?



United Way  
British Columbia

Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island

# How can we help:

Call or text 2-1-1



## Financial

- Rent subsidies
- Help filing tax returns
- Disability applications



## Transportation

- Taxi vouchers
- HandyDART booking
- Volunteer drivers



## Mental health and substance use

- Fraser Health Crisis Line 604-951-8855
- Recovery support
- Safe consumption site



## Physical activities

- Chair yoga
- Supervised exercise programs
- Walking groups



## Housing

- Social housing
- Assisted living/long-term care
- Home support



## Social activities

- Cultural groups
- Reading clubs
- Caregiver or peer supports



## Nutrition and food support

- Meals on Wheels food delivery
- Food bank and food centres
- Foodfit for Seniors
- Indigenous programming and resources
- Newcomer support
- Language support resource
- Skills training program

**...and more!**