

Getting here

Driving

There is a parking lot with pay parking outside the building.

There is free parking on the street, within walking distance.

Taking transit

If you are taking transit:

- From Burnaby Hospital, take Bus 129 and get off at Canada Way and Ledger Avenue
- From Metrotown, take Bus 144 and get off at the bus loop at Burnaby City Hall
- From Edmonds Station, take Bus 133 and get off at Canada Way and Ledger Avenue
- From Brentwood Station, take Bus 123 and get off at Canada Way and Ledger Avenue

Finding us

Walk to **4940 Canada Way**. When you get to the building, look for a sign that says “Burnaby Mental Health and Substance Use”. Follow the directions on the sign. We are in unit #100.

If you have questions about Tea and Talk, please give us a call.

Contact us

Burnaby Mental Health and
Substance Use Services

Unit 100 - 4940 Canada Way
Burnaby

604-453-1900



Burnaby Mental Health
and Substance Use Services,
info and location

www.fraserhealth.ca

This information does not replace the advice
given to you by your healthcare provider.

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For more copies: patienteduc@fraserhealth.ca

Tea and Talk



Come join us!

**Thursdays from
2:00 p.m. to 3:00 p.m.**

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Explore different topics

We talk about a variety of topics. Below are some of the things we might discuss.

- Connecting with other people, including:
 - social skills
 - communication
- Healthy living, including:
 - nutrition
 - sleep
 - sexual Health
 - medication management
 - dealing with symptoms
- Self-development, including:
 - self-awareness
 - self-esteem
 - creative expression
 - motivation and setting goals
- Life balance
- Problem solving
- Recovery
- Preventing relapse

We can also let you know about community resources that you might find helpful.

Support each other

You can connect with people who are in a similar situation to yourself. If you feel comfortable, you can support each other with the following:

- Meeting new people
- Managing your mental wellness
- Developing skills and interests
- Getting helpful information
- Enjoying your life



Enjoy a snack

We have coffee or tea and snacks for you to enjoy while you are here with us.



Join us as often as you want

You are welcome to come to Tea and Talk as often as you like, or as little as you like.

Ask questions or sign-up

If you have questions about Tea and Talk, or if you would like to come, call your case manager.

Case managers
604-453-1900