

Wellness Gems

Free and low-cost wellness resources in the Greater Vancouver area

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1. Physical Activities and Exercise Opportunities	
ClassPass	<ul style="list-style-type: none"> • Offers free unlimited streaming and live-streaming of at-home workouts from around the world
Eastside Boxing Club	<ul style="list-style-type: none"> • Free after school boxing program for youth from East Vancouver Monday through Friday • Free self-defence classes and classes for mom and tots in East Vancouver
Fraser St. Run Club	<ul style="list-style-type: none"> • Free run club – events such as Track Tuesdays and Feel Good Fridays
Karma Teachers Yoga Studio	<ul style="list-style-type: none"> • Free or by donation yoga classes
Mat Collective	<ul style="list-style-type: none"> • Free outdoor yoga during the summer
Mobi Bikes	<ul style="list-style-type: none"> • \$20 annual pass for Mobi Bike access for people with limited income
Night Hoops	<ul style="list-style-type: none"> • Offers free, late night basketball programming for youth in Vancouver and Burnaby
November Project	<ul style="list-style-type: none"> • Free fitness group that meets at Queen Elizabeth park every Wednesday at 6:30am • The group's Facebook page is updated regularly
Vancouver Leisure Access Program	<ul style="list-style-type: none"> • Free or discounted membership to Park Board facilities • Info on Vancouver community centres: www.vancouver.ca/parks-recreation-culture/community-and-cultural-centres.aspx • Community centre map: www.vanmapp1.vancouver.ca/gmaps/covmap.htm?map=community centres&zoom=11
YMCA 360	<ul style="list-style-type: none"> • Online health and fitness videos available on demand

2. Online Groups and Event Pages	
Eventbrite	<ul style="list-style-type: none"> Eventbrite can be searched for local events, and results can be organized by date, location, topic, and cost
Kids Out and About	<ul style="list-style-type: none"> Webpage with information about local events and opportunities for youth
Kids Up Front	<ul style="list-style-type: none"> Free online activities/events/tours
MEC	<ul style="list-style-type: none"> Mountain Equipment Co-Op (MEC) hosts running clinics and outdoors workshops
Meetup - Health and Wellness	<ul style="list-style-type: none"> Free health and wellness groups, that can be sorted by location and size
Meetup - Meditation	<ul style="list-style-type: none"> Free meditation groups and classes, that can be sorted by location and size

3. Museums, Galleries, and More	
Museum of Anthropology	<ul style="list-style-type: none"> Free admission for UBC students, staff, and Indigenous peoples
Vancouver Art Gallery	<ul style="list-style-type: none"> On Tuesday from 5:00PM to 8:00PM admission is by donation Timed tickets (60-minutes) can be purchased online
Vancouver Inspiration Pass	<ul style="list-style-type: none"> Free 2-week cultural and recreational pass that you can borrow through the VPL For anyone age 14 and older
Vancouver Public Library	<ul style="list-style-type: none"> Free book borrowing! Offers various free online and in-person events for all ages

4. Health Resource Pages	
B.C. Health Services	<ul style="list-style-type: none"> B.C. Health services offers nursing, dietician, navigation and pharmacist services, available to be contacted with questions
City of Vancouver	<ul style="list-style-type: none"> List of free health-related information, tools, and resources for youth
Directions Youth Services Drop-In	<ul style="list-style-type: none"> In partnership with St. Paul's hospital and Vancouver Coastal Health, Directions has an on-site medical clinic (no care card required)
UNYA	<ul style="list-style-type: none"> The Native Youth Health and Wellness Centre is a clinic for Indigenous youth ages 12 to 30
Vancouver Coastal Health	<ul style="list-style-type: none"> List of Lower Mainland youth clinics These are youth friendly and do not require a care card

Vancouver Women’s Health Collective	<ul style="list-style-type: none"> • A non-profit organization supporting self-identified women fostering health, wellness, and equity through feminist approaches • Offers a nurse practitioners clinic, yoga and Pilates classes, wellness counselling, community acupuncture
Your Dental Health	<ul style="list-style-type: none"> • List of low-cost dental services

5. Mental Health Resource Pages	
Bounce Back BC	<ul style="list-style-type: none"> • Online mental health program • Free skill-building program for youth and adults seeking to address anxiety, depression or related conditions and experiences
Care for your Coronavirus Anxiety (COVID-19-specific)	<ul style="list-style-type: none"> • This website was developed by Shine, and is focused on reducing anxiety and stress particularly as it relates to COVID-19
Crisis Centre BC	<ul style="list-style-type: none"> • Free, confidential emotional support and help if you are in crisis and/or having thoughts of suicide: <ul style="list-style-type: none"> ○ Anywhere in BC 1-800-SUICIDE: 1-800-784-2433 ○ Mental Health Support Line: 310-6789 ○ Vancouver Coastal Regional Distress Line: 604-872-3311 ○ Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am) • Free, online programs and workshops to support mental health (including mindfulness): https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation/
FamilySmart	<ul style="list-style-type: none"> • Has a variety of programs, including Parents In Residence and Youth In Residence, who provide peer support, mentoring, systems navigation, and access to information/resources
Foundry BC	<ul style="list-style-type: none"> • Mental health and substance use support • Groups, workshops, and employment support • Support available to youth 12 to 24 years old
Health Link BC	<ul style="list-style-type: none"> • BC mental health and substance use resource page
Kelty Mental Health	<ul style="list-style-type: none"> • BC-based mental health support centre, connected to BC Children’s Hospital • Basic definitions, support navigating mental health services, information for youth and parents
Looking Glass	<ul style="list-style-type: none"> • Free, scheduled, real time Online Peer Support program • For people in Canada aged 14 and up experiencing disordered eating, weight, or body image issues

Vancouver Coastal Health – Child and Adolescent Response Team	<ul style="list-style-type: none"> Free short-term mental health support for children/youth experiencing acute psychiatric or emotional crisis
Vancouver Coastal Health – Child and Youth Mental Health	<ul style="list-style-type: none"> Free moderate-severe mental health services (virtual and in person)
Y Mind: YMCA	<ul style="list-style-type: none"> Free online program for youth 13-30 coping with stress and anxiety

6. Youth Centres, Organizations with Youth Programming	
Aunt Leah’s Place	<ul style="list-style-type: none"> Focused on supporting youth in and from foster care and young mothers with life skills and access to food, education, and employment
Boys and Girls Club	<ul style="list-style-type: none"> Clubs, camps, counselling services, and employment support Substance use counselling services - programs such as Odyssey and Nexus
Broadway Youth Resource Centre	<ul style="list-style-type: none"> Offers a wealth of resources as a “one-stop-shop” for youth in East Vancouver. BYRC supports youth with housing, employment, and general health and wellbeing through a variety of programs Their Facebook page is updated regularly
City of Vancouver Community Centres	<ul style="list-style-type: none"> Vancouver has 24 community centres that focus on recreational, social, and cultural activities for residents Many offer youth-specific programming
Directions Youth Services	<ul style="list-style-type: none"> Offers food, housing, shelter, employment opportunities, and drop-in spaces
Federation of BC Youth in Care Networks	<ul style="list-style-type: none"> Variety of programming, workshops, and services for youth in and from care
Frog Hollow Neighbourhood House	<ul style="list-style-type: none"> Offers programming such as a newcomer youth cooking program and also operates D-Yes (for employment opportunities)
Mount Pleasant Neighbourhood House	<ul style="list-style-type: none"> Programs include Indigenous programming, childcare, employment services, family resource programs, food programs, literacy, newcomers & immigrants welcome, older adults and seniors, preteens & youth, special events & projects, and volunteering opportunities
Qmunity	<ul style="list-style-type: none"> Youth programs include youth drop-ins; bras, binders and breast forms exchange program; one-on-one support; and broader referrals – all for LGBTQ/2S youth under 25
South Vancouver Youth Centre	<ul style="list-style-type: none"> Variety of youth groups offered, as well as supports for foster families, family counselling, and transition to adulthood services

Urban Native Youth Association	<ul style="list-style-type: none"> Offers programs around health, wellness, education, training, and housing support for Indigenous youth
YMCA	<ul style="list-style-type: none"> Programs for youth include mentorship, alternative suspension, and mindfulness

7. Other	
City of Vancouver – free/low-cost resources	<ul style="list-style-type: none"> Includes lists of places to access free meals and groceries as well as where to access free clothing Also has an updated list of shelter space and warming centers
CityReach	<ul style="list-style-type: none"> Free food for families program
Coastal Community Kitchen	<ul style="list-style-type: none"> Cooking programs for foster parents Learn more and register at fostersupport@hollyburn.ca
Freshwater Fisheries Society of BC	<ul style="list-style-type: none"> Borrow fishing gear for free!
Places to go for walks	<ul style="list-style-type: none"> Stanley Park (Vancouver, BC) Pacific Spirit Park (UBC) Trout Lake (Vancouver, BC) Central Park (Burnaby, BC) Deer Lake Park (Burnaby, BC) English Bay (Vancouver, BC) Langara Trail (Vancouver, BC) Queen Elizabeth Park (Vancouver, BC) Mural walking tour (Vancouver, BC)
Vancouver Food Asset Map	<ul style="list-style-type: none"> Free online resource for low cost and free food (kitchens, programs, grocery items, etc.)
Y Mind Program	<ul style="list-style-type: none"> Program on mindfulness hosted by the YMCA

To suggest edits or additions to this list, please contact sophie_trust@outlook.com.