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# The John Howard Society

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## Planning for Success!

This booklet enables people to help themselves. It is not the result of a survey or study. It was produced by The John Howard Society of the Lower Mainland of BC, and reflects the knowledge and experience of our staff, volunteers, and clients. It contains information about issues that commonly affect people who are in conflict with the law. Inside you will find all kinds of information you might need while you are in custody and after you are released. The booklet provides a lot of very useful information about Government services and community based organizations for the Lower Mainland of BC. You will also find contact information for organizations that can help you across the province of British Columbia. Our hope is that you will keep this guide for when you get out. Use it as a resource to find out more information.

The John Howard Society has been serving prisoners and families of prisoners in Canada since 1929. We now have branches across Canada to serve you. Each branch does different things depending on the needs of the community they serve. For more information read on...

**To get in touch with us contact:**  
**The John Howard Society**  
**#300 - 96 East Broadway**  
**Vancouver, BC V5T 4N9**  
**Phone:604-872-5651 (Ext. 302 or 303)**  
**Fax:604-872-4165**  
**Website:www.johnhoward.ca**  
**Email: jhscomserve@adsl.intergate.ca**



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## John Howard Society

### Mission Statement

**The Society works for effective and humane Criminal Justice through advocacy, reform, direct service, and public education in order to promote a safe and peaceful community.**

### Core Values

- **All people have intrinsic worth and must be treated with dignity, equity, fairness, and compassion before the law.**
- **All people have the potential to become responsible citizens.**
- **All people have the right and responsibility to be informed of and involved in the Criminal Justice process.**
- **All people have the right to live in a safe and peaceful society, and the responsibility to accept humane consequences when that right is infringed.**
- **Independent, non profit, non government organizations have a vital role in the Criminal Justice process.**
- **Justice is best served through measures which reduce crime, repair harm, and restore peaceful relations in society.**

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# Your first day out

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You've probably been thinking a lot about the day when you're finally out of this place. Maybe you've been thinking about all the things you *want* to do on this day, like getting a pizza, or tucking your child in at night. And like most of us, you probably have a list in your head of the things you *should* do, like getting your taxes filed and upgrading your education.

But on Release Day, there are only three things you *must* have figured out:

- 1 Where are you going to sleep that night?**
- 2 How are you going to get there from prison?**
- 3 How are you going to pay for it?**

Many of these things depend on your individual situation. You might be going back home to your family, or some other form of residence. There are a number of things you can do to prepare for this and many of them you can prepare for now.

If you are going back home to your family, you need to understand that life at your home has been continuing while you were gone, and it's not possible to go back to the way things were before. In a number of cases you probably don't want that anyway. All people have problems and after what you've just experienced, you'll likely have some too.

- Don't think they'll go away on their own
- Don't look for problems at your home when you get there.
- Don't expect that you'll just jump back in from where you left off.
- *Most importantly...* Don't be afraid to face the challenges and ask for help while you're doing it! That's important. We all need support.

If you are going to a shelter, make sure you have the contact information and intake procedures when you get out of prison. It's frustrating for people who don't have a roof over their heads to have to find this information right when they need it! You've got other things to think about. (See Temporary Shelters on page 12 of this guide.)

If you are going to live at a place that helps with drug or alcohol problems, you should try and set this up ahead of time. You'll need to decide which program suits your specific needs, probably see a drug and alcohol counselor in the prison, and get accepted by a program ahead of time (See Drug/Alcohol Problems on page 22 of this guide.)

One of the important things to remember about surviving in the community is that it's different than surviving while you are in prison. Most of the survival skills you learned in prison simply don't work on the outside, and many of them can get you in trouble again! You are also going to be meeting a lot of people who might not understand or appreciate where you've been, or what it was like. You need to understand and deal with that. It's a fact and it's not in your control. It's also a part of taking responsibility for yourself, your situation, and regaining control over your life. That can be difficult when you are coming from a place where decisions about your life are made for you like what you eat, when to sleep, and who your neighbours are, etc. Now you've got to make the choices for yourself! It might take a while to get used to this again. Expect it. That's normal.



**NO  
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TURNS!**



# \$\$\$ Money \$\$\$

Having some money sure helps when you're getting out of prison. If you don't have any now, you'll likely need some soon. Organizations like The John Howard Society & The Salvation Army **DO NOT** offer financial assistance. There are a few things you might want to think about, and there are a few options available to you at this point to plan ahead. Read on...

## Income tax...

### Why do income taxes?

- If you owe money, there's a financial penalty for filing past the deadline. You don't need that.
- You might have a **refund** coming depending on your situation the year before. You could use that.
- If you wait longer than 3 years, you could lose your refund! You don't want that.
- It's good to bring your financial situation up to date no matter what it is. It's better to know than to not.
- You will get a form called a "Notice of Assessment". This will help verify your income for your FAW if you are needing Income Assistance once you're out of here.
- If you can't do them yourself, you can get help! The Federal Government has a volunteer program that helps people who can't do their taxes themselves. For more information, write to:

Canada Customs & Revenue Agency  
9755 King George Highway  
Surrey, BC V3T 5E1

Ask about their Community Volunteer Income Tax Program, or call the Program Coordinator at:  
(1-800-959-8281)



**Need forms?  
Contact the John  
Howard Society  
Community  
Services Desk.**

## Income Assistance ("Welfare")

One option available to people is to access the services of the Ministry of Human Resources & Development ("welfare"). They are the main source of financial assistance to people in BC. Using their services can help you in different ways when you are getting out of prison, not just financially. You can actually start the process of accessing their services while you are in prison too!

- Put in a request with your living unit officer to attend the programs available from the Ministry of Human Resources & Development.
- Some institutions have different services than others.
- To find out more, see page 6 (Income Assistance)



## Work

There may be jobs you can do at your prison.

- Put in a request with your living unit officer to be considered for a job.
- The pay you get will help with phone calls, and canteen stuff.



# Identification

It's often taken for granted. Many people getting out of prison don't have their ID for a variety of reasons. Whatever the reason, it's important that you get some soon. Being able to identify yourself with basic ID (e.g. birth certificate, Social Insurance number, immigration paperwork) will make accessing income assistance easier, getting a bank account faster, and help with eventually getting your picture ID like your drivers license and BCID. The John Howard Society has almost every ID application you'll

	Where do you get one?	What do you do?	Cost	Phone
<b>BC Birth Certificate</b>	<p><b><u>In Person</u></b> BC Vital Statistics Agency #250 - 605 Robson Street Vancouver, BC or a Government Agency Office</p> <p><b><u>By Mail</u></b> BC Vital Statistics Agency 818 Fort Street Victoria, BC V8W 1H8</p>	<p><b><u>In Person</u></b> Fill in the Application Form &amp; pay the fee</p> <p><b><u>By Mail</u></b> Mail in the Application Form &amp; the Fee  (JHS has the Application Form)</p>	\$27.00	604-660-2937 1 800 663-8328
<b>Other Prov.</b>		See The John Howard Society		JHS
<b>Social Insurance Number (SIN)</b>	<p><b><u>In Person</u></b> Any Canada Human Resources Centre (see Federal Govt. section in the Blue Pages of your Phone Book)</p> <p><b><u>By Mail</u></b> Social Insurance Registration Central Index PO Box 7000 Bathurst, NB E2A 4T1</p>	<p><b><u>In Person</u></b> Fill in an Application Form , show the ID, pay the fee <i>Take 1 of these with you:</i> Birth Certificate, Canadian Immigration Record, Refugee Status Claim</p> <p><b><u>By Mail</u></b> Mail in the Application Form, a piece of ID &amp; the Fee  (JHS has the Application Form)</p>	New: free Replace: \$10	604-682-5400

### **Who pays for it?**

MHR&D (Welfare) **may** pay for your ID if a copy isn't already on file, or if it's the first time you're applying for it. Ask your FAW to have MHR&D replace it.

### **Before you apply!**

If you are applying for your ID from prison, think about the return mail address. Will you still be here in 6-8 weeks? If not you might consider mailing it to the JHS office. Be sure to let us know if you are doing that.

### **Prison ID?**

- If you are on Conditional Release from a Federal Prison you will have a CSC Inmate ID card, or Conditional Release Card.
- If you are being released from a provincial prison, ask the releasing officer for a face sheet when you are getting out.
- Even though it's ID, be careful who you show these to. That's very personal information.



# Income Assistance

You might need Income Assistance temporarily when you get out, until you become independent and self-sustaining. It is frustrating working through another Government system after you've been in prison, but knowing more about it can help lessen the frustration. Get started and find out more right from where you are! The Ministry of Human Resources & Development has Financial Aid Workers (FAWs) who provide service and information in Provincial Prisons.

## What's available in prison?

- If you're in a Federal Prison, you may have to wait until you get out before you can get help. You can ask your Institutional Parole Officer, or call/write to your local Ministry office for more information. You can also contact the John Howard Society that services your prison. (see JHS offices on page 15)
- If you are in a provincial Prison or Remand Centre, you might be able to attend the Early Intervention Program (Welfare Orientation), or complete an Emergency Needs Assessment with a Financial Aid Worker.
  - You **might** get a cheque in your personal effects for when you get released.
  - You **might** be able to get your file opened before you get released.
  - You **might** be able to set up funding for a drug/alcohol treatment centre before you get out.



## What do I do at the Welfare Orientation?

- Listen
- Take notes
- Ask questions afterwards

The more you know the better. You may find out options you didn't know about before. If you want to ask questions, be advised that there might not be any privacy. Be careful with your personal information.

## How do I sign up for the Welfare Orientation and Emergency Needs Assessment in prison?

- Usually you put in a request with your living unit officer.
- You'll probably be scheduled to attend the orientation in the month before you are likely to be released.
- There may be a waiting list. Don't wait till it's too late.



# Income Assistance...

## What's a Welfare Orientation?

The Orientation Session is something like an information session. It describes the BC Benefits program, what the Ministry expects from you, and what you can expect from them. It also describes special programs available that might help you find work or deal with other issues.

- You will find out what documents you'll need to provide to your FAW once you get an appointment. That's very important in order to make sure things go smoothly. Be sure to ask about that.
- You might not have to attend if you have a disability that prevents you, if you are 65 or older, or if you've attended one in the last 60 days. Otherwise it is a matter of law that you attend before receiving full BC Benefits, except in very special circumstances.
- At the end, the person running the Orientation will provide you with a document that confirms you've attended. Keep that. It's important. Once you are released, this reduces the waiting time to get an appointment with a FAW.
- The document can also be helpful if you have to stay at a shelter when you are released. You may get a confirmed bed earlier in the day than if you don't have one, and it may be confirmed for longer. (See Housing on Page 12)

## What's an Emergency Needs Assessment?

The Emergency Needs Assessment is where you provide the FAW with a lot of your personal information, and they assess whether you have a need that would be considered an emergency in terms of housing, health, and food. During the interview the information you provide will determine whether or not you are eligible for an early intake interview. Make sure the information you provide is true, accurate, and if possible verifiable. Be sure to ask the FAW if there is anything further they require from you. The FAW may make a recommendation that you get an intake interview once you arrive at their office in the area you will be living. If they don't feel you have a serious need for an early intake interview, **you will have to wait three weeks before you receive an interview!** This means you will have to consider options such as going to a shelter temporarily. (See housing, page 12)

If you have used aliases in the past, the Ministry will want to make sure they know exactly who you are. Be prepared for that with any documents you might have that support your identity.

- Bring as many documents that confirm your information as you can to the interview. This isn't easy in prison. Don't forget to ask what you need to show your community FAW when you get out. Get them to write it down if you can. If you're in prison you might not get another chance to ask before you are released.



# Income Assistance...

## What funding is available?

- *Income assistance*
  - Support allowance
  - Shelter allowance
- *Disability benefits* (for more information about this, see the next page.)
- *Hardship allowance*

These rates may differ depending on your age and individual situation, and government policy changes. You might qualify for other benefits as well. Contact an advocate for current information about Income Assistance rates.



## Outstanding Warrant?

- If you have an outstanding warrant from another province in Canada, you are still eligible for BC Benefits. However, it might result in a Verification Officer looking at your information.
- If you are having problems, call an advocate. (See page 17 for contact info).

## Are you between 19 & 24?

- You must attend the Youth Works Program when you get out.
- You'll get help with upgrading your education, looking for work, and maybe more like transportation, and maybe work clothes!

## Shelter allowance

Once you know where you'll be living when you are out, you will need to provide documentation confirming this to have your rent paid.

- Ask your FAW about this during your Emergency Needs Assessment.

## Welfare fraud?

- MHR&D can disqualify you from collecting BC Benefits **for lengthy periods** if you are convicted or plead guilty to welfare fraud, and that can affect your whole family!
- If you are charged with welfare fraud, you might be convicted of a Criminal Code violation.
- Protect yourself by keeping track of your information, and keeping copies of your information.
- If an investigator employed by MHR&D contacts you, you have the right to not say anything to them until you seek counsel.
- Get in touch with an advocate or legal counsel immediately!

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# Disability Benefits

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## Who gets them?

You won't get Disability Benefits automatically. You must apply for them. You also:

- Must live in British Columbia
- Must be between the ages of 18-64
- Must have a serious mental or physical medical condition recognized by a doctor. This condition must have a significant impact on your ability to complete daily tasks.
- You are only permitted to have a small income, or no other source of income.

## How do I apply?

It's not easy, and it's even harder from prison than on the street. You'll likely need help. You also need a doctor who knows you and the nature of your disability. The language in the application can be very complicated, and if you apply on your own and run into trouble, you will delay the intended result. Try and find an advocate that deals with your particular disability (See Finding an Advocate on page 17). They will direct you to someone who deals with these applications on a regular basis.

- For more information ask The John Howard Society.

## What are they?

Disability Benefits are a form of Income Assistance. They are meant to address the special needs of people with a mental or physical disability.

- There are different categories of Disability Benefits.
- There are different benefits available depending on your particular disability and needs.
- The provincial government is currently making serious changes to the laws regulating Disability Benefits. Contact an advocate for current information regarding Disability Benefits.
- You might qualify for Disability Benefits and not know it! Ask an advocate for more information.

## I need a doctor don't I?

If you are even considering whether or not disability benefits apply to you, you probably need a regular doctor. Think about where you are going to live, then contact the:

**BC College of Physicians & Surgeons**  
1807 West 10th Ave.  
Vancouver, BC V6J 2A9  
604-733-7758 or 1-800-461-3008

They will give you the contact information for doctors in your area that are accepting new patients.

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# Common welfare troubles

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## “My cheque is gone!”

- If your cheque went missing **before** you signed on the back, you might be able to get a replacement. Contact your FAW right away.
- If your cheque went missing **after** you signed on the back, or you lost the cash, your FAW won't replace it. Ask the FAW about Crisis benefits right away. You will need some money to live on.

## “They put me on administration!”

If your FAW thinks you can't manage your money by yourself, they may put you on **“administration”**. That means you'll get your money in the form of an allowance over the period of the month. You can't appeal this decision, but you can get help. Contact an advocate in your area. Handle your money carefully, or else you might end up feeling like a little kid instead of an adult.

## “That's not fair!”

Sometimes people feel like they weren't treated fairly by their FAW. In some cases it's the truth. In other cases the rules might just be confusing. Contact an advocate to find out if you are being treated fairly and by the rules. They might have information that makes the rules easier to understand. They might also have information about how you can remedy the problem, or they might be able to contact your FAW to further explain your situation on your behalf. Either way you will have a better understanding of your issues.

- If the above doesn't work, you and your advocate might have to speak with a District Supervisor. That's the FAW's boss.
- If that doesn't work, you may have to get in touch with the Ombudsman. They deal with complaints about provincial government programs and services when all internal methods of review are exhausted.



# Food



<b><u>Free/Low Cost Meals</u></b> (Not all provide full meals, and may only provide food at certain times. Be sure to call ahead for details.)			
<b><u>Vancouver</u></b>			
The Dugout 59 Powell Street 604-685-5239	First United Church 320 East Hastings 604-681-8365	Quest Outreach 303 East Cordova 604-602-0186	Carnegie Centre 401 Main St. 604-665-2220
Harbour Light (Salvation Army) 119 East Cordova 604-646-6800	Franciscan Sisters 385 East Cordova 604-685-9987	Union Gospel Mission 616 East Cordova 604-253-3323	Evenlye Saller Centre 320 Alexander St. 604-665-3075
Covenant House 575 Drake Street 604-685-7474 (meals for youth 13-24yrs old)	Kettle Friendship Soc. (psych. Clients) 1725 Venables 604-251-2801	Coast Club House (psych. Clients) 295 E 11 <sup>th</sup> Ave. 604-879-9612	
<b><u>New Westminster</u></b>			
Union Gospel Mission 658 Clarkson 604-525-8989	United Church of New Westminster 529 Queen's Ave. 604-522-1606	Westminster 4 Square Church, 333 6th St. 604-521-8414	St. Barnabas Hall 1010-5 <sup>th</sup> Ave. 604-526-6646
		<b><u>Burnaby</u></b>	<b><u>Abbotsford</u></b>
Salvation Army Family Services 325 6 <sup>th</sup> St. 604-521-2421	Holy Trinity Cathedral 514 Carnarvon St. 604-521-2511	Edmonds Youth Re- source Centre (604-522- 2327)7443 Edmonds St.	Salvation Army 33933 Cyril St. 604-852-9305
<b><u>Surrey</u></b>		<b><u>Food Banks</u></b>	
Salvation Army 14069 - 104th Ave. 604-581-3896	God's Heart Ministry 14455-104 Ave. 604-581-3525	<p>Food banks distribute groceries to people in need. Once you're out, and have a place to live, you should call the Greater Vancouver Food Bank 604-876-3601 for locations &amp; hours.</p> <ul style="list-style-type: none"> <li>Look in the white pages under "Food Bank" for other cities</li> </ul>	

# Housing

Unless you own your own home, you'll need to find a place to stay when you get out. Homelessness is one of the biggest social issues in BC, so you need to prepare ahead of time. That might mean finding temporary shelter until you find something more stable. You might need to go to a recovery house or treatment centre (see Drug/Alcohol Problems on page 23).

## Temporary Shelters

If you need a temporary place to stay when you get out, free shelters are available.

### Some facts about shelters:

- You might only be able to sleep there at night, but at least it's warm and dry. That's important to stay healthy!
- Bedspace in shelters is limited. Call ahead of time if possible.
- You might not be able to get a bed, or sleep in it until a certain hour of the day. Be prepared for that.
- You might need a referral from MHR&D. If you have one, or the form you received during the Welfare Orientation you might get in earlier, or have a bed guaranteed for longer. Don't lose that form!
- Remember, it's not a jail. It's a place to help you in your time of need. Don't get kicked out for bad behaviour.

### Where do I go?

Find a shelter in the city you want to live in. Don't forget, some smaller communities might not have temporary shelters.

<u>Vancouver</u>	<u>More Vancouver</u>	<u>Surrey</u>	<u>Other places...</u>
<i>Catholic Charities Men's Hostel</i> 828 Cambie St. 604-443-3292 (Evening self referrals)	<i>Lookout Shelter</i> 346 Alexander St. 604-681-9126 (Evening self referrals) (Men & Women)	<i>Surrey Men's Shelter #1</i> (MHR&D referral required)	<i>Fraserside Emergency Shelter</i> New Westminster (MHR&D referral required)
<i>Salvation Army-Dunsmuir House</i> 500 Dunsmuir St. 604-681-3405 (Evening self referrals) (Men only)	<i>Triage Emergency Shelter</i> 707 Powell St. 604-254-3700 (Men & Women)	<i>Surrey Men's Shelter #2</i> (MHR&D referral required)	<i>Salvation Army-Richmond House</i> 3111 Shell Road. (MHR&D referral required)
<i>The Haven</i> 128 East Cordova 604-646-6806 (Evening self referrals) (Men only)	<i>Yukon Shelter</i> 2088 Yukon St. 604-264-1680 (Men and Women)	When the above shelter info. mentions that a referral is required, you should call the MHR&D (welfare) after-hours number which is: <b>604-660-3194 (Lower Mainland)</b> <b>1-800-660-3194 (Out of Lower Mainland)</b>	

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# Housing

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## Stable Housing

Finding stable housing in BC can be hard at the best of times, and even more difficult from prison. You've got to consider what you can afford and your specific needs. Some people who are getting out of jail need to consider what neighborhood or city they want to live in, because they might have restrictions about where they can live. Others might want to find a new neighborhood to live in because there was just too much trouble where they lived before. There are organizations that can help you find what you need! Read on....

## Who helps?

In many cases, it's non-profit organizations that help people find appropriate housing. In some cases, it may be part of a government program. You tell them what things you are looking for, like:

- I can only afford this much rent...
- I want to live in this city...
- I've got this many kids...
- I need to be close to a hospital...
- I need wheelchair access...
- Etc.

They will try and help you find the housing solution that best suits your needs. This may take a while, so get in touch with them early.

If you are getting out of a **Federal** Prison, ask your IPO about going to a halfway house. It gives you some time to find something more permanent, and makes the transition from prison to community easier. There are no corrections halfway houses in the **Provincial** system.



## Where are they?

*Downtown Eastside Residents Association*  
(Advocacy organization)  
#1-425 Carral St.  
Vancouver, BC V6B 6E3  
604-682-0931

*Lower Mainland Community Housing Registry Society*  
#101-630 Columbia St.  
New Westminster, BC  
604-525-5376

*BC Housing (west)*  
1296 Station St.  
Vancouver, BC V6A 2X3  
604-609-7024

*OPTIONS Community Housing Services*  
#100-6846 King George Hwy  
Surrey, BC V3W 4Z9  
604-590-7368

*Affordable Housing Advisory Association*  
#211-800 McBride Blvd.  
New Westminster, BC V3L 2B8  
604-521-0818

*BC Housing (east)*  
7337 Edmonds St.  
Burnaby, BC V3N 1A7  
604-525-3033

*Lookout Emergency Aid Society*  
429 Alexander St.  
Vancouver, BC V6A 1C6  
604-255-0340



# Staying in touch...

While the outside world is making communications easier, it's getting harder for people in prison. But staying in touch with people and organizations on the outside is important so make the effort if you can. It helps you stay connected to the outside world, and it can help you prepare for your eventual release. There are three ways you can contact people and organizations that might help.



## BY VISIT

Find out which organizations visit your institution by asking your living unit officer, or by contacting the John Howard Society. A few who attend Lower Mainland institutions on a regular basis are:

John Howard Society

Salvation Army

Persons with AIDS

Native Courtworkers Association

Mental Patients Association

Downtown Eastside Youth Activity Society

- Put in a request to see their representative the next time they come.



## BY PHONE

As you've probably figured out the phone systems in prison don't make things easy. However, there are certain numbers you can call from Provincial prisons for free! These numbers are mainly lawyers and certain government agencies which can help you. Other things to consider are:

- Don't overload yourself or your family with too many calls, including collect calls. You're probably both on a budget, and each call costs you \$0.90 or them \$1.75!
- Each call announces that you are calling from a prison. Depending on who you call, you might not get through because of that. You might consider writing a letter instead.



## BY MAIL

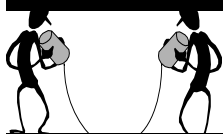
Did you know that you can mail 7 letters per week within Canada from Provincial prisons for **free**? This is a good way to stay in touch. A well thought out letter is an excellent means of communicating your thoughts and interests.

- You can write to family and friends. It doesn't cost you any money.
- You can write to organizations that can help you upon your release, such as recovery homes or treatment centres, counselling organizations, etc. They can send you information. If you can't find the mailing address for an organization you are looking for, call the John Howard Society Community Services Desk. We're there to help you.



### John Howard Society-Community Services Program

The John Howard Society Community Services Desk has volunteers who provide an information and referral service especially designed for people in your situation. If you are looking for an organization that could help with your release plans, you should contact them. They are voluntary members of your community who want to help you!



# Address/phone book

This phone book contains some of the contact information we thought people coming out of prison need to know, both while they are in and for the first while after their release. It isn't exhaustive though; many of these people can give you more contact information about other people that can help you.

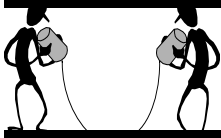
## **John Howard Society offices (British Columbia)**

**(For other provinces/territories check out [www.johnhoward.ca](http://www.johnhoward.ca) or call your local JHS office)**

Lower Mainland #300-96 E. Broadway Ave. Vancouver, BC V5T-4N9 604-872-5651	South Okanagan/ Kootenay Region #201-2949 Pandosy St. Kelowna, BC V1Y 1W1 250-763-1331	Northern BC 1150-4th Ave. Prince George, BC V2L 3J3 250-561-7343	Nanaimo 109 Finlayson St. Nanaimo, BC V9R 2P4 250-754-1266
Fraser Valley 1790 McKenzie Rd. Abbotsford, BC V2S 7B7 604-852-1226	North Okanagan/ Kootenay Region 2307-43rd St. Vernon, BC V1T 6K7 250-542-4041	Thompson Region #312-141 Victoria St Kamloops, BC V2C 1Z5 250-374-3844	Campbell River #201-140A-10th Ave. Campbell River, BC V9W 4E3 250-286-0611
	Victoria 2675 Bridge St. Victoria, BC V8T 4Y4 250-386-3428	Courtenay 1455 Cliffe Ave. Courtenay, BC V9N 2K6 604-338-7341	Powell River 4695F Marine Ave. Powell River, BC V8A 2L2 604-485-2436

### **Other important numbers**

A/D Referral Service	604-660-9382 1-800-663-1441	BC Bar Lawyer Referral Service	604-687-3221	PWA Prison Outreach	604-527-8605
MCF Addiction Services	604-660-3082	LSS-Law Line	604-601-6100	Sally Ann. Corr. Serv.	604-660-4287 604-299-3908
Welfare Emergency Services	604-660-3194	Tenant Right's Hotline	604-255-0546	Narcotics Anonymous	604-873-1018
Enquiry BC	604-660-2421	AIDS Van. Helpline	604-687-2437	Alcoholics Anonymous	604-434-3933
Vancouver Crisis Line	604-872-3311	Surrey Crisis Line	604-951-8855	Cocaine Anonymous	604-662-8500
Coquitlam Crisis Line	604-540-2221	Richmond Crisis Line	604-279-7070		



# Address/phone book

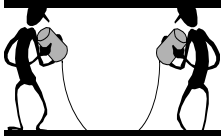
## Legal Aid Offices Across British Columbia

**Provincial call centre: 1-866-577-2525**

<u>Regional Offices</u>		<u>Local Offices</u>			
Kamloops	250-314-1900	Abbotsford	604-859-7681	North Vancouver	604-981-0291
Kelowna	250-763-8613	Campbell River	250-287-9521	Penticton	250-493-7164
Prince George	250-564-9717	Chilliwack	604-793-7264	Port Alberni	250-724-5137
Surrey	604-585-6595	Courtenay	250-897-1400	Nanaimo	250-754-1266
Terrace	250-635-2133	Cranbrook	250-426-4066		
Vancouver	604-601-6000	Dawson Creek	250-782-7366	Quesnel	250-992-8387
Victoria	250-388-4516	Duncan	250-746-3930	Richmond	604-273-9311
<u>Prisoners Legal Services</u>		Fort St. James	250-996-7700	Fort St. John	250-785-1408
First call: 1-888 -839-8889		Hazelton	250-842-5218	Vernon	250-545-3666
Then call: 1-866 -577-5245		Langley	604-539-0998	Williams Lake	250-392-4152

Effective September 3, 2002 the Legal Services Society will provide legal aid and legal information services to the public through 7 regional centres, a toll-free provincial call centre, and 19 local agent offices. In addition, government agents in communities across the province will provide support for Legal Services Society information services and act as a drop-off/pick-up point for Legal Services Society clients.

All legal aid offices are able to accept applications for Legal Aid and refer eligible clients to lawyers. They will also be able to direct you to legal information services such like the Law Line. The Law Line allows you to speak with law librarians. They don't provide legal advice, but they can give you information. They also stay in touch with community based agencies that provide services to clients. They may be able to refer you to someone who specifically deals with your type of issue.

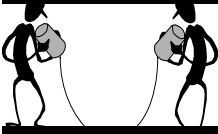


# Address/phone book

Having problems with your FAW? Got questions you need answers to? These people can help.

## Welfare Advocates in British Columbia

<u>Lower Mainland</u>	<u>Vancouver Island</u>
St. Paul's Anglican Church 1130 Jervis St. Vancouver 604-683-4287	Action Committee of People with Disabilities 926 View St. 250-383-4105
Canadian Mental Health Association 1075A Marine Dr., North Van. 604-987-2111	North Island Crisis and Counselling 250-949-6033
BC Coalition of People with Disabilities #204-456 W. Broadway 1-877-232-7400	North Island Advocacy Coalition Campbell River 250-830-1171
Downtown East Residents Association #1-425 Carrall St. 604-682-0931	Together Against Poverty-Victoria 250-361-3521
First United Church 320 E. Hastings St. 604-681-8365	Advocacy Centre -Comox Valley 250-338-4694
The Kettle Friendship Society (Mental health) 1725 Venables St. 604-253-0669	Sunshine Coast Unemployment Action Centre Gibsons 250-886-2425
Law Students Legal Advice Program Various locations. Ph. 604-822-5791	Advocacy outreach Society-Salmon Arm 250-832-7231
Mental Health Action Research #421 119 W. Pender 689-7938	Kamloops Active Support Against Poverty #8E-750 Cottonwood Ave. 250-554-0166
Newton Advocacy Group (Mental Health) #116-13479 76th Ave., Surrey 604-596-2311	Advocacy Centre-Nelson 501 Front St. 250-352-5777
Tenant's Rights Coalition Hotline 604-255-0546	Boundary Family Services Society-Grand Forks 250-442-5355
UBC First Nations Legal Clinic 191 Alexander St. 604-601-6430	Active Support Against Poverty-Prince George Box 903-265 72nd Ave. 1-877-563-6112
Vancouver Mental Patients Association 1733 W. 4th Ave. (Mental Health) 604-738-5770	
Welfare & Handicapped Persons Rights Abbotsford 604-853-8009	



# My Own Contacts

This is your place to write down important contacts. You should do it while they are still fresh in your memory. You never know when you will need an address or a phone number. Now you'll have a lot of important contact information on a single page!  
**Do your best not to lose this page.**

<b>My Lawyer:</b>	<b>Phone #:</b>
<b>Address:</b>	
<b>Probation/Parole Officer:</b>	<b>Phone #:</b>
<b>Address:</b>	
<b>Counselor:</b>	<b>Phone #:</b>
<b>Address:</b>	
<b>Financial Aid Worker:</b>	<b>Phone #:</b>
<b>Address:</b>	
<b>Personal Contact:</b>	<b>Phone #:</b>
<b>Address:</b>	
<b>Personal Contact:</b>	<b>Phone #:</b>
<b>Address:</b>	
<b>Personal Contact:</b>	<b>Phone #:</b>
<b>Address:</b>	
<b>Personal Contact:</b>	<b>Phone #:</b>
<b>Address:</b>	



# Clothing



<p><b><u>Need clothing once you are out?</u></b></p>	<p><b>Union Gospel Mission</b> 616 E. Cordova St. Vancouver 604-253-3323</p>	<p><b>Lookout Shelter</b> 346 Alexander St. Vancouver 604-681-9126 (residents only)</p>
<p><b>First United Church</b> 320 East Hastings Vancouver 604-681-8365 Mon-Wed-Fri 9am-noon</p>	<p><b>Franciscan Sisters</b> 385 East Cordova Vancouver 604-685-9987 Mon-Thurs, 9am-11am Enter off Dunlevy St.</p>	
<p><b>Persons With Aids</b> 1107 Seymour St. 604-527-8605</p>	<p><b>Dress for Success Store</b> #210-9801 King G. Hwy. Surrey 604-589-9023</p>	<p><b>St. Helen's Church Hall</b> 10787-108 Ave. Surrey 604-581-4800</p>
	<p><b>SPCA Thrift Stores</b> Check white pages or Call the JHS office</p>	<p><b>Salvation Army Thrift Stores</b> Call local office</p>

**Were your clothes destroyed or ruined when you were arrested? Maybe you were arrested in the Summer & now it's Winter? You definitely shouldn't go without!**



- If you have a friend or family member nearby, they can do a 1 for 1 clothing exchange at your institution. Ask your living unit officer for details.
- **Sometimes** organizations like the John Howard Society, Salvation Army, and Persons With Aids can get you clothing in jail for your release. It does take time though depending on resources, and the request **must** be approved by the Records Supervisor at your prison. Ask your living unit officer if you can do that at your prison. Call the organizations above and have your measurements ready.



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# Work

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Finding a job on the outside can be hard. This may sound tough, but it's true. The world doesn't owe anyone a job, and they don't grow on trees or fall out of the sky! Looking for work is actually a full time job in itself! You can prepare for this challenge before you get out though. Read on...

## **Do some thinking and take things one step at a time!**

### **When can I start?**

Basically, once you are stable. Think about your priorities though; looking for work upon your release when you don't have housing or other basics lined up just isn't practical. Are there other issues such as a drug habit, or health concerns you need to work on first?

### **What have you done in the past?**

Write down the type of work you've done in the past. Include employers' names and contact information if possible. That'll help when you do a **resume**. Think about whether it's still practical for you to do this type of work. If your employment history isn't that great, write down what skills you've got. Don't forget that whether you learned to do carpentry, cut sheet metal, or cook in a cafeteria, from prison or on the street, it's still a part of your **skills inventory!** If you're not sure about something, put it down anyway. You're just gathering information for now.

### **What would you like to do?**

Write down what type of job you **want** to do when you get out of prison. Do you already have the experience? Will you need more training or education? Where will you get it? Who will you contact? Is it practical for you to consider this type of work?

**Now you're ready to get things started! The following steps will help.**

### **Step 1: Create A resume...**

A resume is one of the most efficient ways you can advertise yourself to potential employers. With it you can sell your skills to more people, and most employers want to see a resume before they see you in person anyways. Contact **The John Howard Society** for help with a resume if you haven't done one before. Have your employment/skills history ready and on paper. We will create a resume and print it for you so you can have it ready for your release.

### **How will my record affect me?**

It might limit the type of work you can do, but over a million people in Canada have a criminal record. Most of them have jobs! You might consider a **pardon** down the road though...(See Pardons on Page 30)



# Work

## **Step 2: Where do I find a job?**

**Network** by using as many resources as you can, including:

- Friends/family-Tell your friends, and relatives you're looking for work. They can tell others about you and tell you if they find something you might be interested in.
- Read the want ads in a local newspaper.
- Go to places that advertise work, such as EI offices. Check the blue pages of the phonebook for info.
- If you are going on Income Assistance until you find a job, you can access certain employment programs. Ask your Financial Aid Worker for help. They'll probably be referring you to one anyways. Remember, regular Income Assistance is supposed to be temporary until you can sustain yourself. From there you can access job listings in newspapers and the internet, finish/fax/ or photocopy your resume, talk to an employment counselor, and learn new skills, all for free! Your FAW may be able to help you with getting work clothes and equipment to get started if you get a confirmed job. You need to ask them about this yourself.
- If you are going back to school, find out if your school has an employment placement office.

**“Networking” just means using all the resources available to you. It’s important!**

## **Step 3: Applying for jobs**

Each job lead could be different. The potential employer might want to you to:

- Contact them by phone.
- Mail or fax them a resume.
- Apply to them in person.

Be sure to follow the direction given in the employment ad. Following direction from potential employers tells them a lot about you. They want people who can listen well, and follow instructions clearly.

## **Step 4: Interviewing for a job**

### **What do I bring to the interview?**

- Yourself, on time, neatly dressed, well fed, and groomed as best you can. Looking and feeling your best will give you the energy and confidence you need to present yourself well.
- A copy of your resume even if you already gave them one. Remember, you are asking them for the job!

### **What will they ask me about?**

- Your previous jobs (Don't say anything negative!)
- Your skills (Talk about the skills which are relevant to the job)
- Your areas for improvement (“I'm very hard-working; sometimes I don't know when to quit!” is a good one to use. This is not the time to mention that you're always late!)



# Drug/Alcohol Problems

Dealing with a drug problem inside can be tough. If you are reading this in prison, you've probably already experienced detox. Now if you want to get help with your problem you can get started while you are clean and sober. Staying clean and sober while you are in will give you more confidence to stay clean once you get out. That's important. Now's your chance to start working on the parts of your life that lead to your addiction. There are different ways to do this, and some of them you can get started from inside! Read on.....

## Support Groups

AA and NA are fellowships of people with the common issue of addiction. It's a place to share your experiences with others who have been there too. They also provide acceptance and support for members out in the community. As well, you could get a sponsor who can talk with you one on one. **You might be able to go to meetings in prison.** Most recovery homes & treatment centres use meetings as a major part of their program. You should at least develop an understanding of their principles. Just knowing them gives you food for thought. Ask your living unit officer for the day and time at your institution. You can access them almost everywhere and any time of day once you're out! Call the JHS for a schedule of meetings on the outside for wherever you call home, or call them directly. For listings of other support groups dealing with different issues check out the phone listing in the middle of this book. There is no crime in admitting you have a problem, only in what you take from yourself and others in not doing so. Read on...



604-434-3933



604-873-1018

You may want to write a relapse prevention plan. It is your chance to write down what **your** addiction is about. All it takes is a pen and some paper. You could keep it to yourself, or you could show it to a sponsor, counselor, or recovery house that wants to help you deal with your issues. You could even ask them to help you write it if you are having trouble. A relapse prevention plan includes...

- What drugs have you used in the past, or have used the most recently?
- How long have you been using?
- What have you done about it in the past?
- Who/where did you go for help? (adding names & contact information helps)
- What worked for you, and what didn't work?
- What do **you** think about all of the above?
- What will you commit to in order to address the problem? (Be honest & specific)

Now it's on paper, and life sometimes looks a little different once you've written it. Maybe you've thought that same thing before. But now you've written this about yourself, and it's not someone else writing about you! Keep this document and add to it. Talk to a counselor about your options... Mail it to people you've talked to about helping you. Read on...



# Alcohol/Drug Problems

## Recovery Houses & Treatment Centres

Facing the challenges of addiction on the outside is much different than when you are in prison. Going from a very structured environment to very little structure can be a shock for most people. This is generally the period when people who are getting out of prison are most vulnerable to triggers that lead them to relapse. For the first while you might consider going to a recovery house or a treatment centre. They are clean, safe, sober living environments where you can get help with your addiction issues. You will likely be attending support group meetings such as NA and AA while you are there. You will also be able to talk one on one with someone who has significant experience in dealing with addiction. Some recovery homes are geared towards groups of people with different issues, goals, and approaches to dealing with them. For example, some of the different approaches used are:

- Christian based programs
- First Nations based programs.
- Harm Reduction programs, including Methadone Maintenance Treatment

You will have to participate in communal living activities like cooking, cleaning, etc. These places are meant to be therapeutic environments that help people. **THEY ARE NOT HALFWAY HOUSES.** They have no ties to corrections, and that means that jail house attitudes must be left at the door. One of the main reasons we find people being asked to leave recovery homes for is disruptive behavior. You should think about the reasons you want to go there. If you want help, that's great. If you just want out of jail and don't want to talk to people about your addiction, you should reconsider. Residential programs aren't for everyone, and setting yourself up for failure is just another set back you don't need. You might consider other approaches to dealing with addiction. For contact information, intake procedures, and approach for therapy contact the John Howard Society, or put in a request to see the drug/alcohol counselor who attends your prison.

## Recovery Homes vs Treatment Centres: What's the difference?

The main difference you may see is quality assurance. A Treatment Centre must meet licensing standards put in place by a governmental body. Their staff must have certain qualifications in a number of areas to work there. The building must meet certain codes for it to function. Often times this means they might receive subsidized funding from the government to provide services. You may need to speak with a registered drug/alcohol counselor before you are accepted.

That doesn't mean that recovery houses don't meet these requirements. They just won't have a governing body ensuring quality of service. There are a number of recovery homes in BC that have never been licensed, yet they still provide excellent programs. You should find out more information. Read on...

## How do I get started in applying?

- Start early. It takes time.
- Talk to someone about it (e.g. JHS, drug/alcohol counselor).
- Find out about what's available and where they are located.
- Find out whether or not they accept people directly from prison. Some do and some don't.
- Decide which program is for you
- Write them a letter about your interest, and maybe send your relapse prevention plan.

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# HEP C, HIV & AIDS

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## HEP C: some basic information

Hepatitis C is currently an incurable disease of the blood. Lots of people in prison have it. Generally it targets the liver; however, it can affect different people in different ways as well. It can take a long time to cause serious health problems in some cases, or can progress relatively quickly in others. Because it is a viral infection of the blood, it can trigger a number of other problems too. Sometimes the symptoms of the virus will remain dormant for long periods of time without effect. You might be thinking “Wow, that sounds confusing!”, but you should know that up to 1% of Canadians have Hepatitis C. Many of them are leading successful, productive lives. Many other infected people don’t know they have it! Finding out is very important. There is no cure at this point, but there are ways you can reduce the damage the virus does to your body, even in prison! Most people we deal with in prison don’t have enough information about the virus, or what they can do about it. If you know you have Hepatitis C, you should put in a request to see the Health Care staff to find out more information about the status of the virus and what you can do to deal with it within the prison, in terms of what foods you should and shouldn’t eat, or other suggestions they might have. You could also consider getting in touch with a support group. For contact information call the John Howard Society.

## How do you get infected?

The most common carrier of the virus is human blood. Some common ways you can come in contact with human blood are:

- By sharing needles
- By having unprotected sex
- Through non-sterile body piercing/tattoo equipment
- Through blood transfusions (that’s very rare)

## What can I do to reduce the risk of infection?

### **Practice Safe Sex**

- Use a latex condom/latex barriers during sex. If you use a lubricant, make sure it is water-based. Don’t use oil-based lubricants. They weaken the condom. Don’t re-use the condom.
- Don’t have unprotected sex with anyone unless you are sure they aren’t infected.
- Abstinence (no sex).

### **Safe Drug Practices**

- Don’t share a needle unless it has been thoroughly cleaned with bleach and water. (See next page for more information about how to do this).
- Don’t do drugs intravenously.

## What can I do about it once I’m out?

**Get medical coverage!** Contact the JHS for a Medical Services Plan (BC Carecard) application and fill it out. Ask for help.

**Get a Doctor!** Your best ally in dealing with the virus is your doctor. Find a general practitioner you are comfortable with. To do this you should get in touch with the:

### **BC College of Physicians and Surgeons**

1807 West 10th Ave.

Vancouver, BC V6J 2A9

604-733-7758 or 1-800-461-3008

They’ll give you the contact information for a doctor in your neighborhood. Ask them about a referral to a specialist.

**Get Informed!** At bare minimum find out as much as you can about the disease, and **disability benefits** (see page 9) from other reliable sources such as:

### **BC Coalition of Persons with Disabilities**

#204-456 W. Broadway

Vancouver, BC V5Y 1R3

604-875-0188 or 1-877-232-7400



# HIV, AIDS & HEP C

## HIV & AIDS: some basic information

AIDS (Acquired Immune Deficiency Syndrome), is what you might develop from prolonged exposure to HIV (Human Immunodeficiency Virus). For basic information about how people protect themselves from infection, how they get infected, and what you can do once you get out of prison see the previous page. HIV and AIDS are both diseases of the blood for which there is currently no cure. However, over time we are learning more and more about what people can do to manage the virus through diet, and medication in order to continue being productive despite having the virus. Many people have lived with the virus for years. But it takes work and support. Like Hep C, your best tool in dealing with the virus is being informed and developing a strong relationship with your doctor. You can do this by connecting with organizations and support groups that help. British Columbia in particular has lots of these organizations, and some that provide certain services to people in prisons in the Lower Mainland! Read on...

### Persons With AIDS (PWA) Prison Outreach Program

If you are at SPSC, or NFPC, PWA has dedicated volunteers that visit people in prison! They can provide you information, support, and referrals. With membership, you can access their complimentary health program. Put in a request to see them, or call: **604-527-8605**.

If you are serving time in a **BC Provincial Institution**, bleach and condoms are available in the Living Units and from the Health Care Unit. You can also get bleach and condoms in all **Federal Institutions**, without having to ask staff. Condoms and bleach (1 oz.) from the Institution are not contraband, so you cannot be charged for having them.

### How to Clean a Needle

1. Rinse with water twice  
Fill Syringe with water; shake; empty syringe.  
Fill Syringe with water; shake; empty syringe.
2. Clean with Bleach twice  
Fill Syringe with bleach for 30 seconds; shake; empty syringe.  
Fill Syringe with bleach for 30 seconds; shake; empty syringe.
3. Rinse with water twice  
Fill Syringe with water; shake; empty syringe.  
Fill Syringe with water; shake; empty syringe.

Don't re-use the same water. **Use fresh water for every rinse.**

### What if I've got Hep C & HIV or Aids?

Your situation is different than having just one or the other, in terms of diet and methods of treatment. You need to find out more information. In Vancouver, you should contact:

#### **HepHive**

449 East Hastings St.  
Vancouver, BC V6A 1P5  
604-254-9950

### Free Supplies

(e.g. Bleach, needles, condoms, information)

#### Vancouver

Street Outreach Nurses

**DEYAS**  
221 Main Street  
604-685-6561

1170 Bute St.  
604-660-7949  
219 Main St.

**AIDS Vancouver**  
1107 Seymour Street  
604-681-2122

604-660-9695  
1058 Seymour St  
604-660-6776

#### New West.

**Health Services**  
537 Camarvon Street  
604-525-3661

#### Surrey

**Surrey Family Services**  
10667 - 135A St.  
604-583-5999



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# Legal Services Society

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The Legal Services Society does many things for many people. They are a non-government organization that has offices across BC. They provide Legal Aid to eligible applicants, and legal information to all people in BC through Regional, Local Offices and the Law Line. They assisted with funding for the production of this booklet too! Read on...

## Legal Aid

Depending on your financial situation and the nature of your legal issue, you may be eligible for Legal Aid. They might help you with the following issues:

- **Criminal law (Where if convicted, you are likely to go to jail)**
- **Family law (Where violence exists, or child removal cases)**
- **Immigration (Where you are facing deportation or removal from Canada)**

To find out more information about what help they might provide you with your legal issue, have your information ready and call the local or regional Legal Aid office. (See address book Pg 17). You don't have to be financially eligible to get legal information from your Legal Aid office. If they don't cover your case, they might be able to point you in the direction of someone who can help.

## Public Legal Information

- LSS runs the Law Line. The Law Line is staffed by Law librarians who can help provide legal information. They are not lawyers and will not provide legal advice, but they can help you better understand your legal issue and possibly provide you with print materials that will give you a better understanding of your issue.
- LSS also has lots of information about Community based agencies that might be able to help. They can refer to the agency that can deal with your specific issues.

## What else is available from the Legal Services Society?

The Legal Services Society is undergoing a variety of changes that will effect their delivery of service, and what issues will still be covered. At the time of printing it remains unclear as to what may still be available once the changes are finalized. For current information you should get in touch with the regional or local office near you. They will be able to tell you what services continue to exist, or refer you to someone else who can help.



# Resources for Women

If you are a woman in conflict with the law or know a woman who is, you might get in touch with the Elizabeth Fry Society. They are among the main service providers for women in conflict with the law in Canada. The first Elizabeth Fry Society started in Vancouver in 1939. Since then, they now have 21 offices across Canada. They are a federation of societies which works with, and on behalf of, women involved with the justice system, particularly women in conflict with the law. Elizabeth Fry Societies are community based agencies dedicated to offering services and programs to marginalized women, youth, children & families at risk. They offer services both in correctional facilities, and in the community.

## **What do they offer?**

- Residential services for youth at risk and women on conditional release from prison
- Residential programs for women addressing drug/alcohol issues
- Information/referrals to appropriate organizations that could be of help
- Integrated individual and family counseling for a variety of issues
- Supervised visitation programs for families of children in the care of Ministry of Children & Families

## ***For more information, contact:***

### **Elizabeth Fry Society of Greater Vancouver**

4th Floor-402 East Columbia Street

New Westminster, BC V3L 3X1

604-520-1166

If you are serving time at **BCCW**, put in a request with your living unit officer to see the Elizabeth Fry Society the next time they are in.

## **Community agencies providing integrated services (info/referrals/counseling)**

Violence Against Women in Relationships	604-255-6344
Women Survivors Group	604-531-6226
Avalon Women's Centre	604-263-7177
Vancouver Women's Health Collective	604-736-5262
Vancouver Status of Women	604-255-3998
Downtown Eastside Women's Centre	604-681-8480
Battered Women's Support Services	604-687-1867
Prostitution Alternatives Counsel. & Educ.	604-872-7651
Positive Women's Network	604-692-3000

## **Shelters & Substance Abuse Assistance**

Vancouver Rape Relief & Women's Shelter	604-872-8212
Women's DEW Program (drug/alcohol)	604-875-9575
Step by Step for Women (drug/alcohol)	604-591-3153
Aurora Centre (drug/alcohol)	604-875-2032
Powell Place (emerg. shelter)	604-606-0403
Kate Booth House (emerg. shelter)	604-872-0772



# First Nations Resources

While the information provided in this booklet is not geared towards people of any particular cultural background, there are certain organizations and programs which recognize the specific needs of First Nations people. This could be in regards to legal matters, drug/alcohol counseling, education, housing, etc. Most BC Provincial prisons and BC Federal prisons will have a Native Liaison or Elder who attends and provides assistance within the institution, and can help with referrals for follow up once you are released. Put in a request with your living unit officer to see the Native Liaison or elder at your institution. Other resources you can contact directly are listed below.

## **Legal Assistance**

*Native Courtworkers Association*  
604-985-5355  
PO Box 32, 415 W. Esplanade  
North Vancouver, BC V7M 1A6

## **Integrated Services**

*Hey-Way'-Noqu' Healing Centre  
for Addictions Society*  
604-874-1831  
#206-33 East Broadway  
Vancouver, BC V5T 1V4

*Vancouver Aboriginal Friendship Centre*  
604-251-4844  
1607 East Hastings St.  
Vancouver, BC V5L 1S7

*United Native Nations Society*  
604-688-1821 or 1-800-555-9756  
110-425 Carrall St.  
Vancouver, BC V6B 6E3

## **Health Issues**

*Healing Our Spirit (BC Aboriginal HIV/AIDS Society)*  
#100-2425 Quebec St.  
Vancouver, BC V5T 4L6  
604-879-8884 or 1-800-336-9726

*Vancouver Native Health Society*  
449 East Hastings St.  
Vancouver, BC V6A 1P5  
604-255-9766

## **Drug/alcohol**

### **(counselling/referrals)**

*Hey-Way'-Noqu' Healing  
Circle for Addictions  
Society*  
604-874-1831  
#206-33 East Broadway  
Vancouver, BC V5T 1V4

*Cwenengitel Aboriginal  
Society*  
604-588-5561  
13321 108th Ave.  
Surrey, BC V3T 2J7

## **Education/ employment**

*Native Education Centre*  
604-873-3761  
285 East 5th Ave.  
Vancouver, BC V5T 1H2

*First Nations Employment Prog.*  
604-522-9701  
604 Blackford St.  
New Westminster, BC V3M 1R6

## **Housing**

*Vancouver Native Housing Society*  
Office: 604-320-3312  
3725 2nd Ave.  
Burnaby, BC V5C 3W6

*Kekinow Native Housing Society*  
604-591-5299  
1014-7445 132nd St.  
Surrey, BC V3W 1J8

## Stress

Everyone experiences stress. In fact, experiencing some stress is natural. Without it we would lose the drive to continue living! However, going to prison is **very** stressful. According to a well-known study on stress, there are only 3 things considered to be more stressful than serving a prison term. (They are death of a spouse, divorce, and separation). According to another study, the most stressful times while serving a prison term are the beginning of your sentence, the end of your sentence and the first two weeks after being released. So, it's probably not a good idea to make any life-altering decisions in the first two weeks after being released. Give yourself some time to adjust and then you'll be able to move on. Talk to someone. You are not alone.

### Mental Health Associations

Offer psychiatric assessment and treatment, as well as information and referral services.

- Burnaby Mental Health Centre: 604-453-1900  
(serving Burnaby)
- Delta Mental Health Centres  
North Delta: 604-592-3700  
Ladner/Tsawwassen: 604-948-7410
- Greater Vancouver Mental Health Services  
Richmond: 604-273-9121  
Vancouver: 604-874-7626
- Langley Mental Health Centre: 604-514-7940  
(serving Aldergrove, Fort Langley, Langley)
- Maple Ridge Mental Health Centre: 604-476-7165  
(serving Maple Ridge, Pitt Meadows)
- New Westminster Mental Health Centre: 604-777-6800  
(serving New Westminster)
- North Vancouver  
Assessment and Treatment Services: 604-904-3540  
Community Psychiatric Services: 604-983-6020
- Surrey Mental Health Centres  
North Surrey: 604-587-7030  
South Surrey/White Rock: 604-541-6844
- Tri Cities Mental Health Services: 604-941-3471  
(serving Belcarra, Coquitlam, Port Coquitlam, Port Moody)

### Mental Patients Association

They provide help to people with mental health issues. They also have Court Workers that assist people who are in conflict with the law in a wide variety of ways. They have offices located in the Vancouver Provincial Courthouse and in the Surrey Provincial Courthouse.

**Vancouver:** 604-682-4628  
604-682-7170  
604-688-4628

**Surrey:** 604-572-2405

They also provide a number of services in the community! For more information, call or write

**Community Resource Centre**  
1731 West 4th Ave.  
Vancouver, BC V6J 1M2  
604-738-1422 or 604-738-5177

### Other people who help...

<b>Kettle Friendship Society</b> 1725 Venables St. Vancouver, BC V5L 2H3 604-251-2801	<b>Triage Emergency Services &amp; Care Society</b> 707 Powell St. Vancouver, BC V6A 4C5 604-254-3700
<b>Coast Foundation</b> 293 East 11th Ave. Vancouver, BC V5T 2C4 604-872-3502	<b>BC Coalition of People with Disabilities</b> #204-456 W. Broadway Vancouver, BC V5Y 1R3 604-875-0188 or 1-877-232-7400

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# Education

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If you need information about furthering your education, there is a service available to help you called the Education Info Line, which has information for all schools in BC. They can provide you with information on the following:

- Adult Basic Education (ABE, Literacy)
- Completing High School (GED)
- Post-Secondary Training
- How to get Financial Aid/Student Loans

**Education Info Line (Open Learning Agency):**

604-431-3300  
1-800-663-9711



ABE and GED are available in most **Provincial Institutions**. For further information, ask a program officer.

If you are serving in a **Federal Institution**, ABE, GED and Post-Secondary are either available at the institution or through distance education. For further information, ask your Institutional Parole Officer.

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# Pardon me?

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**Down the road, what will a pardon get me?**

Once you have been awarded a pardon, the record of conviction cannot be revealed without permission from the Solicitor General of Canada. However, a pardon may not be recognized outside of Canada and will not guarantee entry into a foreign country.

**If I get a Pardon, will a criminal record check by an employer show I have a criminal record?**

It will show that you have a criminal record for which you have been pardoned. What you were convicted for cannot be revealed.

**How do I get one?**

- Complete the waiting period after the Warrant Expiry date of the offence, or probation are done.  
Summary offence - 3 years  
Indictable offence - 5 years
- Obtain a Pardon Application Booklet and fill in the forms.
- Submit the forms with the Application fee.

**Where do I get a Pardon Application Booklet?**

From the National Parole Board or from The John Howard Society.

**How long does it take?**

It takes about two years from when you start the paperwork.

**How much does it cost?**

The application fee is \$50.00

There are other costs for criminal record checks

**Can I lose my pardon once it is granted?**

Yes. A pardon is automatically revoked if you are later convicted of a Federal offence.

A pardon *may* be revoked if you are later convicted of a summary (provincial) offence, if you made false statements on your application, or if you are found to be of poor character.

**Who do I contact for more information?**

National Parole Board  
32315 South Fraser Way, Suite 305  
Abbotsford BC V2T 1W6  
(604) 870-2468 or 1-800-874-2652



# Community Resources

## Referral Services

General Information and referrals for a vast range of services are available from Community Services organizations.

**Information Services:** 604-875-6381  
(Serving Greater Vancouver)

### **Alcohol and Drug Information and Referral Service**

Lower Mainland: 604-660-9382  
Rest of BC: 1-800-663-1441

**Enquiry BC**                               **1-800-663-7867**  
604-660-2421

(Prov. Govt. info & connects you to gov't services)

**Reference Canada**                       **1-800-O-Canada**  
(1-800-662-6232)

(Federal Government information)

## Salvation Army

The Salvation Army is an International Organization that helps people and families. They provide a wide variety of services, such as shelters/food programs/counselling/thrift stores/and many other valuable services that can probably help you. Many of their offices have Correctional & Justice Services too! The Correctional and Justice Services offers support to men both while in custody and once they have been released. They provide assistance with court appearances as well as help finding legal advice, release information, referrals and spiritual counselling.

### Salvation Army Corrections & Justice Services

Vancouver Office  
222 Main Street  
Vancouver, BC  
V6A 2S8  
604-660-4287

Burnaby Office  
3833 Henning Drive  
Burnaby, BC  
V5C 6N5  
604-299-3908

## Family Services & Community Services

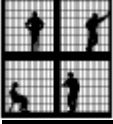
All over Canada you will find organizations accredited by Family Services Canada, and other Community Services Offices. They provide a variety of services that help families and individuals improve their lives. Find out if there's a Family or Community Services organization in your city and see what they can do for you!

**Family Services of Greater Vancouver:**  
1616 West 7th Ave.  
Vancouver, BC V6J 1S5  
604-731-4951

**North Vancouver Office**  
#101 - 255 West 1st St.  
North Van, BC V7M 3G8  
604-988-5281

**Surrey Community Services**  
9815 140th Street  
Surrey, BC V3T 4M4  
604-584-5811

**West Vancouver Office**  
1410 Clyde Ave.  
West Van, BC V7T 1G1  
604-926-7851



# Some Straight Talk



When you are being released from prison you will have a number of things to consider so that you don't end up back inside. You can either ease back into your situation, or allow yourself to come crashing back to the street. It all depends on you. You have to take responsibility for your own choices, issues, and what you do about them. Or don't do. That doesn't just mean just taking responsibility for what led to your current situation, but it also means planning for a successful future.

There is a big difference between successful planning and dreaming. Dreaming is a way of shutting out and ignoring your reality, whereas successful planning means taking hold of your situation and making it work for you. Be practical about your planning and be realistic about what you can do ahead of time. Come up with a plan that has alternatives if something doesn't work out the way you thought it would. Be willing to accept certain changes to your plan. Don't think of your plans as if they were written in stone!

Some of the people we deal with have never planned ahead. Some have made great plans that didn't work for one reason, or a combination of reasons. Successful planning may be a new experience for some. Take baby steps. That way if you make a mistake you only fall back a little bit. Taking big steps too quickly can result in falling back even further than when you started. While you are inside, you can make some plans for your release, but you can't prepare for everything. Some things may have to wait until you get out before you can get them started. That can be scary for people, because they don't know if their plans will work when they need them to.

Successful plans usually involve people other than yourself. Don't assume that you know what other people are thinking about you when you are asking for help, and don't assume that they won't help you. Parole and Probation officers may not always be the best listeners, but if you try and work with them cooperatively you may establish a working relationship. You need to understand their role, and the amount of time they can spend with you. If you are getting help from someone else, tell your P.O about it. They may be able to assist or provide information for you or the person who's helping you. Don't think that one person will be able to help you with everything. Even people who are in need on the outside, often get help from a variety of sources. No one person or organization can be all things to all people at all times.

Most importantly don't deny your fears. Whether they are big or small, real or imagined, they need to be taken seriously. Be honest with yourself. It's not as easy as you think. Most people need to talk about their fears to identify, and get over them.

We wish you all the best on your journey, and hope you'll stay in touch with us as long as you need.

Many thanks to the Legal Services Society for their assistance in the production of this guide. And many thanks to the volunteers & clients of the John Howard Society for their input.