Peter Ewart Middle School

A Collection of Resources for our PEMSchool community.

Langley Mental Health Resources



The members of our staff have compiled a list of useful resources to help parents communicate and explain the current COVID-19 situation to their children. Please take your teen to the hospital emergency department or phone 911 if they are in crisis

**Langley-Specific Services during Covid can be found here:** [**https://langleychildren.com/langley-covid-resources/**](https://langleychildren.com/langley-covid-resources/)

# Visit Family Doctor

* Schedule an appointment with your family doctor. If you do not have a doctor, go to a walk-in-clinic, or call nurse line 811
* While in session, your school counsellor can complete a series of screenings and notes completed with your student for you to bring into your appointment. This is often a helpful launching point for appointments

# Family Smart: [familysmart.ca](http://familysmart.ca)

* Youth and parents resources and support, education, and training programs, webinars, peer support, Friends for Life program.

# Encompass Support Services Society: [e﻿ncompass-supports.com﻿](http://www.encompass-supports.com/) 604.534.2171

* Child, Youth, and Family Outreach and Support Programs, Youth Homelessness, Sexual Abuse Support, Parenting Programs, Family Place Resources & Outreach, Settlement and Integration Services

\*Open with limited face-to-face appointments.

# Langley Community Services Society: [lcss.ca](http://lcss.ca) 604.534.7921

* Family Services, Community Counselling, Substance Use Services, Parent Education and Outreach, Settlement and Integration Services

\*No face-to-face appointments at this time

# Langley Youth and Family Services: <https://www.lyfs.ca>

* Family Counselling for Langley Residents - Youth with acting out behaviors
* Students require a referral completed by parent and counsellor or RCMP referral

# Boys and Girls Club: [bgcbc.ca](http://bgcbc.ca)

* Provides after school and evening social and recreational activities

# Youth Unlimited: [youthunlimited.com](http://youthunlimited.com)

* Provides opportunities for youth 10-24 to experience recreation and art programs free of charge.

\*Faith-based

# Langley HUB: langleyyouthhub.com Office: 604-546-1130

* Facilitates youth programs to help meet basic needs whenever needed including food, bus passes, showers, laundry, clothing, employment opportunities, and access to housing
* <http://www.langleyyouthhub.com/>

\*Currently closed for drop-in but providing counselling services through the phone

# Child & Youth Mental Health (CYMH) atMinistry of Children and Families Offices (MCFD) 604.514.2711

20432 - 64th Avenue, Langley ﻿﻿

* Intake Clinic - Wednesday 8:30 am - 3:30 pm
* The parent/guardian should accompany the teen to the appointment. Clients arrive, sign-in and are seen in the order they arrive; they need to have their medical card
* This service is for moderate to high mental health issues. Medical doctors should be involved with low-risk level mental health concerns
* After the intake process, a decision is made about future services/counselling

\* Currently taking intake over the phone