

Clip & Keep Reference Numbers

Bowinn Ma, MLA North Van-Lonsdale

#50-221 W. Esplanade, North Van, BC V7M 3J3
604-981-0033 / Bowinn.Ma.MLA@leg.bc.ca



NORTH SHORE SERVICES

Family Services North Shore
604-988-5281

Foundry – North Shore Youth Support
604-984-5060

Harvest Project
604-983-9488

Hollyburn Family Services
604-987-8211

Impact North Shore (formerly Multicultural Society)
604-988-2931

Lookout Shelter North Shore
604-982-9126

North Shore Community Resources
604-985-7138

North Shore Crisis Services Society
604-987-0366

North Shore Disability Resource Centre
604-985-5371

North Shore Legal Information
604-985-7138 Ext.310

North Shore Neighbourhood House
604-987-8138

North Shore Women's Centre
604-984-6009

North Vancouver City Library
604-998-3450

Older Adult Mental Health Team For Families and Caregivers
604-982-5600

Seniors One Stop Help Line
604-983-3303

Silver Harbour Seniors Activity Centre
604-980-2474

Vancouver Coastal Health
604-736-2033

Vancouver Coastal Health Patient Care Quality Office
1-877-993-9199

WorkBC North Shore (YMCA)
604-988-3766

Youth Against Violence Line
1-800-680-4264

BC SERVICES

BC211: Free Info & Referrals
Dial 2-1-1 or go to www.bc211.ca

BC Drug & Alcohol Information Referral Service
1-800-663-1441

BC Gambling Info Line
1-888-795-6111

BC Housing
604-433-2218

BC Notaries
604-681-4516

BC Ombudsperson
1-800-567-3247

Employment Standards Branch
1-800-663-3316

HealthLink BC (Health Advice)
Dial 8-1-1

LandlordBC
1-888-330-6707

Legal Services Society
604-408-2172

Medical Services Plan & Pharmacare
604-683-7151

Mental Health Support
310-6789 (no area code required)

Representative for Children and Youth
1-800-476-3933

Residential Tenancy Branch
604-660-1020

Service BC: Information on Provincial Programs & Services
604-660-2421

Service Canada
1-800-622-6232

TRAC (Renter's Advice)
604-255-0546

VictimLinkBC
1-800-563-0808

WorkSafeBC
1-888-967-5377

OTHER GOVERNMENT

City of North Vancouver
604-985-7761

District of North Vancouver
604-990-2311

District of West Vancouver
604-925-7000

MP Jonathan Wilkinson
604-775-6333

School District #44
604-903-3444

Squamish Nation
604-980-4553

Supports for People in Mental Health Crisis

PACT Response Teams

Peer-assisted care teams (PACTs) respond to crisis calls related to mental health and/or substance use on the North Shore. Access PACTs in English and Farsi from Thursday to Sunday from 6pm - midnight by calling 1-888-261-7228 or texting 778-839-1831.

In Case of Emergency

Dial 9-1-1 if someone is in immediate danger or is experiencing a crisis outside of PACT service hours.

7 days a week, from 12-8pm, Car 22 pairs police officers with a mental health care professional to respond to emergency mental health calls.

Free and low-cost mental health supports:

310Mental Health Support

» Call 310-6789 for emotional support, info, & resources specific to mental health.

1-800-SUICIDE

» Call 1-800-784-2433 if you are experiencing feelings of distress or despair, including thoughts of suicide.

KUU-US Crisis Response Service

» Call 1-800-588-8717 for culturally-aware crisis support for Indigenous peoples in BC.

Alcohol and Drug Info & Referral Service

» Call 1-800-663-1441 to find resources & support.

HealthLinkBC can also help find mental health or substance use info & support. Call 8-1-1 any time of the day or night.

Social Work Services

Drop-in or phone-in Social Work support is available to all ages at the North Vancouver UPCC.

Social Workers offer support for a variety of practical, emotional, and mental health needs, and can also provide short-term counselling. All services are free.

Call 604-973-1593 for more information or to self-refer. Social Workers are available 7 days a week, 9am - 5pm. More info: vch.ca/UPCC

Bowinn Ma, MLA North Vancouver - Lonsdale

MLA UPDATE

Winter 2022



Bowinn has now served as your MLA for five whole years! Let us know how you think she's doing by completing this brief online survey: BowinnMaMLA.ca/survey

OFFICE LOCATION

50-221 W Esplanade
North Vancouver, BC V7M 3J3

OFFICE HOURS

Walk-ins: Tues, Wed & Thurs, 9:30-4:30pm
Mon & Fri, by appointment only

CONTACT

Phone: 604-981-0033

Web: www.BowinnMaMLA.ca

Email: Bowinn.Ma.MLA@leg.bc.ca*

**Include your postal code for a faster response*

This newsletter provides a snapshot in time just once a year. Subscribe to our electronic bulletins to receive more timely & fulsome updates at: BowinnMaMLA.ca/bulletins

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A strong public health care system is critical. Whether it's seeing a family doctor or getting emergency care at the hospital, you and your loved ones deserve access to quality healthcare when you need it.

More than 38,000 net new health care workers have been added to BC's public healthcare system and we're delivering more medical imaging services for people than ever before.

Despite these improvements, rapidly growing pressures on the system mean that issues of access are being acutely felt by people across the province. Exacerbated by overlapping public health emergencies, an aging population, skilled worker shortages, and more people choosing to call BC home every day, it's clear that even more action is needed.

Signing bonuses and student debt forgiveness incentives are already helping us welcome new physicians into family practice. A modernized payment model co-developed with Doctors of BC will further help attract and retain more family doctors.

We'll continue to implement the rest of our Health Human Resources Strategy to support healthcare providers and make our healthcare system work better for British Columbians. This means hiring even more health care professionals, expanding medical training, and using innovative strategies to improve access, like expanding the abilities of pharmacists to prescribe routine medications.

Child care is one of the biggest bills many families face each month. Without access to high-quality child care, many parents wouldn't be able to continue working, learning, and supporting their families. Fortunately, we've been making significant progress on our ChildCareBC plan since its launch in 2018.

Tens of thousands of families are already paying \$10 a day or less for child care thanks to a combination of child care fee reductions, an income-tested subsidy program that provides up to \$1250 per month per child, and \$10aDay ChildCareBC Centres.

Over \$35 million in fee reductions so far have gone back into the pockets of parents on the North Shore alone. Recently increased child care fee reductions of up to \$900 per month per child will further help families even more.

We've also funded the creation of 30,500 new spaces (with more to come) to help increase access to child care across the province, including 1100 here on the North Shore.

There's even more to do on this and I'm excited to continue this work for our communities.

Bowinn Ma, MLA
North Vancouver-Lonsdale

FIVE YEARS OF WORKING FOR YOU

David Eby has hit the ground running as our newest Premier of British Columbia and we find ourselves reflecting on the legacy that John Horgan leaves behind. The work of our government is far from over and we still have a lot to do, but here are a few of our favourite accomplishments from the past five years:



Thousands of health care support workers, including those at LGH and Evergreen House, were repatriated into the public health system following two decades of privatization.



Brooksbank students now join Lynnmour, Queen Mary, Larson, Norgate, and Westview Elementary students in having new playgrounds to enjoy.




Travelodge has been leased to temporarily provide housing for people experiencing homelessness while other permanent projects come online.




Construction on Capilano University's first on-campus housing will begin in 2023, creating 362 beds and a 250-seat dining hall at the main campus in North Vancouver.




Construction broke ground in November on major improvements at Phibbs Exchange.




First province with 5 days paid sick leave for all workers.




Province-wide tuition-free post secondary education for former youth-in-care and other life changing supports until the age of 27.




Raised minimum wage from lowest to highest of any province in Canada.




Brought thousands of health care support workers back into the public system after two decades of privatization.




Took big money out of politics by banning corporate and union donations.




Internationally-recognized leader in climate action with CleanBC strategy.




Leading BC through a global pandemic with the strongest economic recovery in Canada.




Improved security for renters and lowered rental rate increases.



Record investments in Fair PharmaCare to lower drug costs for people.




Largest shoreline and coastal cleanup in BC's history.




Eliminated unfair MSP Premiums, saving families \$1800/year.




Record investments in new schools, hospitals, housing, transportation, child care, and more.




Eliminated the largest fossil fuel subsidy in BC.




Tackled criminal money laundering and housing speculation.




First province to implement the UN Declaration on the Rights of Indigenous Peoples through legislation.




Ended interest on BC Student Loans.




First province to recognize First Nations' inherent rights to exercise jurisdiction over the welfare of children in their communities.




Banned the grizzly bear trophy hunt.




Free public transit for kids 12 and under.




Protected 1.7 million hectares of old growth forests in partnership with First Nations.



Largest-ever permanent increases to income and disability assistance rates.



Largest car insurance rate reductions in ICBC history.



Ended mink fur farms.



Re-established the Human Rights Commission.



The Lynn Woods social housing project for seniors is now open, providing 106 affordable one-bedroom apartments in Lynn Valley.



North Vancouver School District is now one of the first in British Columbia to have had all seismic concerns fully addressed.



North Shore public libraries received nearly \$230,000 in provincial pandemic relief funding to improve facilities and programming.



New state-of-the-art centre for childhood studies has broken ground at Capilano University.



In addition to the acute care tower currently under construction, new facilities at LGH include a high acuity unit and a psychiatric emergency unit to provide trauma-informed, recovery-oriented care.

This is just a snapshot! Want to see more? Visit BowinnMaMLA.ca/workingforyou/