

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 Community 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
604-982-3310

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
1-800-236-3700

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

LandlordBC
1-888-330-6707

Legal Aid BC
604-408-2172

OTHER GOVERNMENT

City of North Vancouver
604-985-7761

District of North Vancouver
604-990-2311

District of West Vancouver
604-925-7000

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
604-982-3302

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 (YWCA)
604-988-3766

Youth Against Violence Line
1-800-680-4264

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

MP Jonathan Wilkinson
604-775-6333

School District #44
604-903-3444

Squamish Nation
604-980-4553

New Pharmacist Services

People in BC can now see a pharmacist for 21 minor ailments, prescribed contraceptives, & some prescription renewals/adjustments.

Minor Ailments:

- » Allergies
- » Cold sores
- » Fungal infections
- » Heartburn
- » Hemorrhoids
- » Headaches
- » Impetigo
- » Indigestion
- » Itching/bug bites
- » Menstrual pain
- » Mild acne
- » Nicotine dependence
- » Oral fungal infections
- » Oral ulcers
- » Pink eye
- » Shingles
- » Sprains and strains
- » Skin rash
- » Threadworms/pinworms
- » Urinary tract infections (UTIs)
- » Yeast infections

Prescription renewal/adjustments

Pharmacists in BC can now:

- » Renew some prescriptions
- » Adjust dose or timing
- » Change the formulation of your medication (e.g. from tablet to capsule or liquid)
- » Substitute your medication for a similar one

How you can renew your prescription

A pharmacist may be able to renew if:

- » You are stable, need to continue on your medication, and have been on the same medication at the same dosage for 6 months or longer with no concerns.
- » Your prescription is still valid and was issued in the past 24 months and the prescriber is still practising in BC.

Depending on the medication and the condition being treated, a pharmacist may also be able to issue you a new prescription.

Book an Appointment

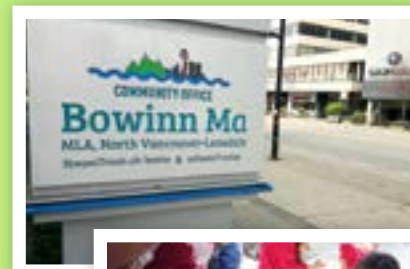
Use the provincial online booking system to make an appointment with a pharmacist at: bookpharmacist.gov.bc.ca

You can also visit a pharmacy without making an appointment. Services offered and pharmacist availability may vary.

Bowinn Ma, MLA North Vancouver - Lonsdale

MLA UPDATE

Fall 2023



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

Follow on social media:



Message From Your MLA

There can be no doubt: the climate crisis is here. We started the year with ice storms, deadly avalanches, and flooding. Then, exacerbated by a widespread drought unlike any we've experienced in our province before, British Columbia faced one of the most challenging wildfire seasons in living memory this summer.

Over 2200 wildfires burned through 2.85 million hectares of land. Tens of thousands of people were evacuated from their homes and hundreds of structures were lost. We also grieved the death of six heroic wildland firefighters.



Serving as Minister of Emergency Management and Climate Readiness through the last year has granted me the solemn privilege and grave responsibility of leading the province's response to these disasters. The experience has highlighted two things for me.

First, being good at responding to disasters when they happen isn't good enough; we must also work to mitigate the impacts of those disasters before they happen. In recognition of this, I tabled the Emergency & Disaster Management Act in the Legislature this fall.

This modernized emergency management legislation adheres to the United Nations' best practices for disaster risk reduction and incorporates all four phases of emergency management: mitigation, preparedness, response, & recovery. It also recognizes the inherent rights and leadership of First Nations in emergency management as well as the realities of the climate crisis.

Second, our ever-escalating emergencies are but a symptom of the greater, global problem of human-caused climate change. Even as we do the work we must do to prepare for extreme weather events, so must we do the extraordinarily important work of driving down the greenhouse gas emissions that are causing the climate crisis to begin with. Our CleanBC strategy and *Roadmap to 2030* lays out how British Columbia will do its part, but there's much more to do.

Despite all of the devastation and bad news, what I saw this summer gives me hope. People and communities came together to support one another in times of crisis. There were countless stories of unique partnerships, overwhelming generosity, and heroism across the province. British Columbians are compassionate, resilient people and I know that we'll get through all of this together.

Bowinn Ma, MLA
North Vancouver-Lonsdale

PREMIER DAVID EBY'S FIRST YEAR

David Eby has hit the ground running as our newest Premier of British Columbia. 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 last year:



\$61 million in provincial funding secured to build a brand new 585-seat Cloverley Elementary School.



A combined investment of over \$15-million brings 95 affordable rental homes to members of Squamish Nation. Opens in summer 2024.




Over \$700,000 in funding for North Shore events like Squamish Nation Amalgamation Day, Shipyards Festival, Philippine Days, & Ambleside Music Festival.




Supportive housing & complex-care project proposed to provide secure housing and supports for 65 vulnerable people experiencing homelessness in North Van.




Nearly \$30 million in funding to support North Shore municipalities in delivering the local infrastructure and amenities our communities need to thrive.




Permanent boost to BC Family Benefit helps more than 285,000 families.



Expanded Better-at-Home program to help seniors in more communities.




\$500-million Rental Protection Fund to help non-profits secure rental buildings.




ClimateReadyBC.gov.bc.ca helps communities better prepare & respond to natural disasters.



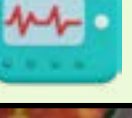
Over 13,000 child care spaces now in \$10-a-day program.



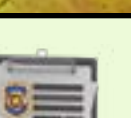
Pharmacists able to prescribe contraceptives and medications for 21 minor ailments.




New Cancer Care Action Plan to better prevent, detect, and treat cancers.




BC completed over 350,000 surgeries in 2022-2023 fiscal year.




Specialized teams of police, prosecutors, and probation officers created to tackle repeat violent offending.




New provincial funding supports food security for low-income people.



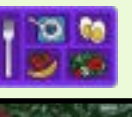
\$369M to support risk assessment and climate mitigation projects in local communities.



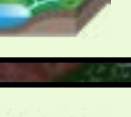
Unprecedented \$100-million investment in healthy watersheds.




Launching new housing action plan to help deliver even more homes for people, faster.




Expanded local school food programs.




New energy action framework requires oil & gas projects fit within BC's climate commitments.




Motor Vehicle Act changes to help keep cyclists & pedestrians safer.




Big boost to Climate Action Tax Credit for low and moderate-income families.



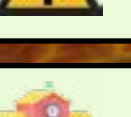
BC installing 50 additional Earthquake Early Warning (EEW) sensors.




National Day for Truth and Reconciliation now enshrined in BC Law.




Free prescription birth control.




343 ventilation projects completed in BC schools.




Amended Environmental Management Act ensures industrial environmental cleanup.




Changes to reduce ER wait times for people in mental-health crisis.




Minimum wage raised to \$16.75/hr.



New law against sharing of intimate images without consent.



Tackling money laundering & organized crime by ending hidden ownership of numbered companies and private businesses.



New nurse staffing model to allow for more time spent with patients.



\$100,000 towards a public monument in North Van to honour victims of Flight PS752 and the global movement for women, life, freedom, & justice for the people of Iran.



\$11 million investment for North Shore Neighbourhood House project to bring 89 affordable rental homes and a respite centre to North Vancouver.



Construction is well underway on major upgrades to Phibbs Exchange. Completion expected mid-2024.



North Shore libraries received a \$1 million boost to expand collections and provide enhanced programming.



Funding for City of North Van to create a network of 30 km/h zones on local streets to improve safety for vulnerable road users and reduce noise & emissions.

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