

Mental Health

Foundry (Archway)

☎ : 605-746-3392
📍 : 101 – 32555 Simon Ave
Details: Free resources for youth 12-24

Mental Wellness Parenting Group (Archway)

☎ : 605-859-7681 ext. 304
✉ : marlayne.penner@archway.ca
Details: Free groups for parents

Short Term Counselling (Archway)

✉ : montrose@archway.ca
📍 : 2420 Montrose Ave
Details: Free counselling for any adults who needs emotional support

To search for mental health resources:
www.bcacc.ca/counsellors
www.ccpa-accp.ca/find-a-canadian-certified-counsellor

Employment

Please visit our website for more information

Archway - Various employment programs
Visit Archway.ca for details

Work BC

☎ : 1-833-314-1030
📍 : 103 - 33255 South Fraser Way
Details: Personalized employment support and resources

Where to Find Employment Opportunities:
Indeed.ca
BCJobs.ca



Housing

Learn about Renting in Canada
Tenants.bc.ca
Rentingitright.ca

Where to Find Rentals
[Facebook Marketplace](https://www.facebook.com/marketplace)
RentalsforNewcomers.com
Rew.ca
RentBoard.ca
Liv.rent
Abbotsford.Craigslist.org
Rentals.ca

*Go to FVRefugees.ca
to access more resources*

Funded by / Financé par:



English

Welcome to Abbotsford

A Resources Guide for
refugees and displaced
Ukrainians:

- Housing
- Healthcare
- Employment



Health Care Walk-in Clinics

**Call to confirm hours. Do not accept IFHP.*

To see a doctor, go to medimap.ca to search for walk-in clinics accepting patients

Abbotsford Village Medical

☎ : 604-504-7145
📍 : 302 - 2050 Sumas Way
✉ : appointments.avmc@gmail.com to book appointments

Abby Central Medical Clinic

☎ : 604-557-1777
📍 : 2855 Gladwin Rd (Superstore)
🕒 : M-F 9-2

For access to medical care through IFHP, go to the Urgent Primary Care Centre

☎ : 604-870-3325
📍 : 2692 Clearbrook Road

Dental Services

Abbotsford Dental Centre

☎ : 604-850-0714
📍 : 109 - 2669 Langdon St
Languages spoken: English, Punjabi, Hindi, Urdu, Gujarati, Malayalam, Marathi, and Ukrainian

Lifetime Dental

☎ : 604-853-8301
✉ : reception@lifetimedental.ca
📍 : 206 - 32900 South Fraser Way

Gladwin Crossing Dental

☎ : 604-743-2113
📍 : 101 - 2777 Gladwin Road

Family Doctors & Nurse Practitioners

It can be difficult to find a family doctor. Access the waitlist at the link below:
DivisionsBC.ca/Abbotsford/Find-Doctor

Search for IFHP providers in your area at:

IFHP.MedavieBC.ca/en/Providers-Search

Want a Virtual Care appointment in your own language? Call 1-800-314-0999

Need medical advice? Call 8-1-1

Emergency? Call 9-11

Disclaimer: A clinic may be registered with IFHP, but it does not guarantee they will accept it. Contact clinic directly to inquire.

Pharmacies

All registered with IFHP

London Drugs

☎ : 604-853-6811
📍 : 32900 South Fraser Way

Costco Pharmacy

☎ : 604-864-5701
📍 : 1127 Sumas Way
Membership not required to access pharmacy

Shoppers Drug Mart

☎ : 604-851-8052
📍 : 1 - 2871 Livingstone Ave

Pharmasave

☎ : 604-746-7117
📍 : 6 - 33324 South Fraser Way

Eye Care

All registered with IFHP

Complete Eye Care Optometry

☎ : 604-859-2015
📍 : 10 - 2630 Bourquin Cres

Eyemax Eyecare

☎ : 604-851-2020
📍 : 120 - 31935 South Fraser Way