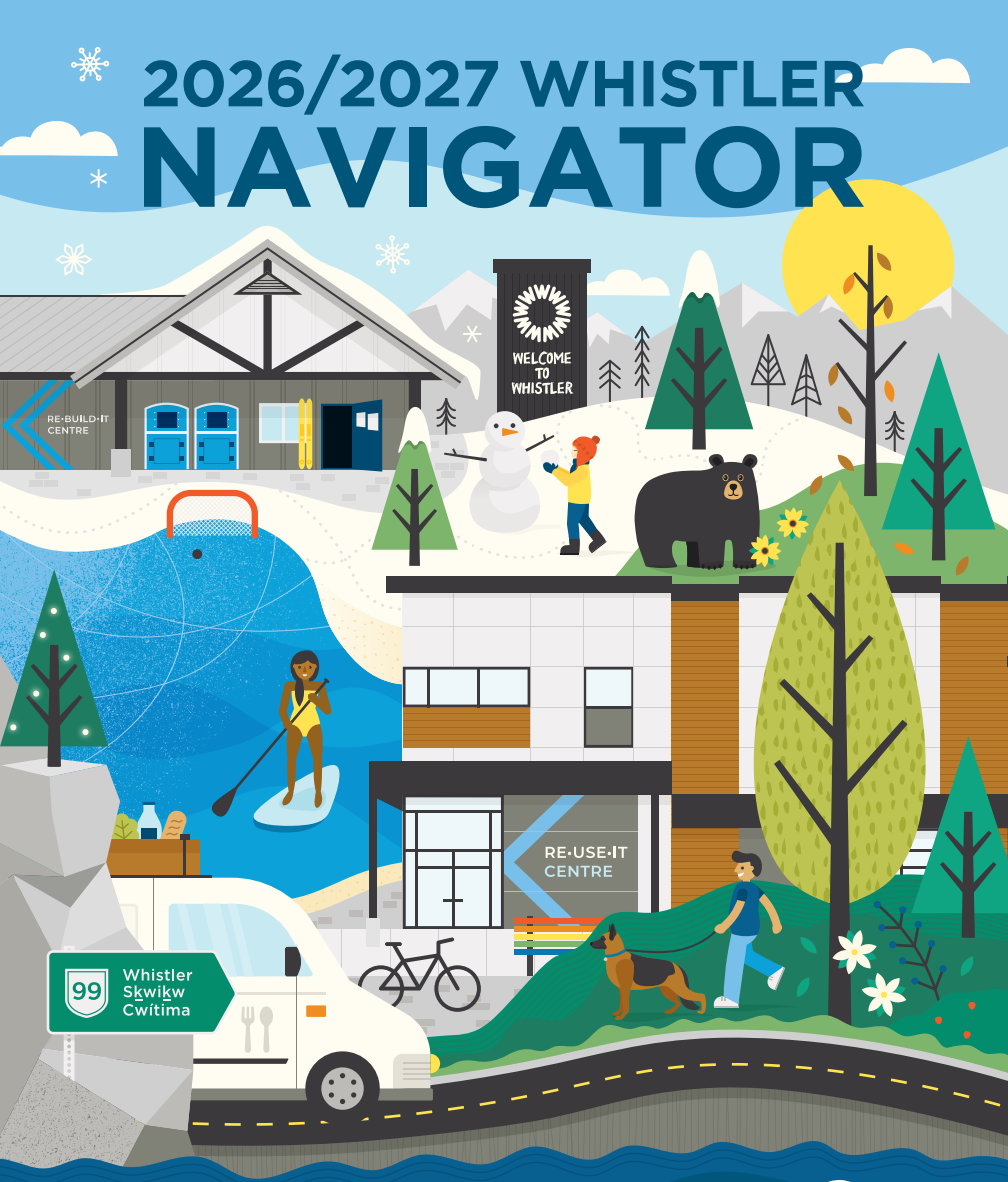
2026/2027 WHISTLER NAVIGATOR



mywcss.org

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WCSS

WHISTLER COMMUNITY SERVICES SOCIETY

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WCSS respectfully acknowledges that our work takes place on the unceded territories of the Sḵwx̱wú7mesh *(Squamish) Nation and the* Líl̓wat *(Lil'wat) Nation.*

WHISTLER COMMUNITY SERVICES SOCIETY

PUBLICATION:
Whistler Community Services Society (WCSS)
604-932-0113
mywcss.org

DESIGN:
Whistler Creative
whistlercreative.ca

ILLUSTRATIONS:
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"Welcome to the latest edition of the Whistler Navigator. At WCSS, we believe strong communities are built through relationships, mutual support, and a sense of belonging. Whether you're new to Whistler, or hoping to feel more connected, you don't have to navigate it alone. Inside you'll find local resources, services, organizations, and opportunities to get involved. We hope the Navigator helps you discover the people, resources, and opportunities that make Whistler a more connected, welcoming, and supportive place to call home."

- Jackie Dickinson, Executive Director WCSS

BECOME A VOLUNTEER

Volunteers are integral to the successful delivery of many WCSS programs and services. Whether it's a day here and there or a weekly commitment, we'd love to learn more about your interests to volunteer at WCSS. For more information on volunteering check out **mywcss.org/volunteer**

Who are we?

Imagine Canada certified Non-Profit Organization!

OUR MISSION: We support and advocate for a healthy community

OUR VISION: We provide inclusive support to build a resilient community

OUR VALUES: Trust. Respect. Inclusion. Advocacy. Collaboration.

What do we do?

Social Services and Social Enterprise in Whistler, BC!

Social Services

At WCSS, we are here to listen and provide FREE, confidential support. We provide assistance through our programs and connect you with service providers to support your well-being. Services include: Outreach support and Food Bank, physical and mental health support, harm reduction education, financial support for kids, and MORE!





Re-Use-It Centre

At our Re-Use-It Centre thrift store you can find clothing, sports equipment, electronics, household items, and more! Revenue from your donations and purchases helps us fund our vital community programs!

Re-Build-It Centre

At our Re-Build-It Centre thrift store you can find furniture, large household items, and our tool lending library, and our refundables recycling program, located in Function Junction! Revenue raised helps us fund our community programs!



mywcss.org 604-932-0113 info@mywcss.org 8000 Nesters Road, Whistler

WHISTLER
COMMUNITY SERVICES
SOCIETY

WHO CAN USE THE FOOD BANK?

When unexpected situations arise, like an accident, loss of work, shelter, or illness, these events are expensive to bounce back from financially. We're here to help until people are back on track!

Some tips to help us help our community:

- Please collect only for yourself, your partner or immediate family members
- Please visit us once every week or two weeks
- Our food bank provides purchased food and recovered food. Food provided is edible but may differ from grocery store quality

Need to visit more often? foodbank@mywcss.org

DROP-IN HOURS

Monday, Wednesday, Friday
1:30 - 5:30pm



Welcome to the shared and unceded territory of the Sḵwx̱wú7mesh (Squamish) Nation and Líl̓wat7úl (Lil'wat) Nation.

Whether you are working, spending time with friends or having an epic day of play on this beautiful land - whatever you are doing right now, if you are in Whistler you are doing it on the shared unceded territory of the Squamish Nation and Lil'wat Nation.

Thriving in our respected territories with Lil'wat (Interior Salish) to the North and Squamish (Coast Salish) to the South, our shared territory is what the world now knows as Whistler. As original peoples of this land, we agree that when we can see Black Tusk, or where the river's flow changes, we are on our shared land. The Sḵwx̱wú7mesh Úxwumixw and Líl̓wat7ul have coexisted respectfully as neighbours since time immemorial.

In July 2008, the Squamish Lil'wat Cultural Centre (SLCC) opened its doors to share our two Nations' cultural knowledge with the world. Designed to evoke the form of a Squamish Longhouse and Lil'wat Istken (earthen dwelling), the SLCC embodies the spirit of partnership between our two Nations.

We welcome you to this land and encourage you to learn more about its ancient history. Our Ambassadors provide visitors with a warm welcome and the opportunity to explore the living culture of the Squamish and Lil'wat First Nations. Whether you join us to hear the sound of the welcome drum song and guided tour, to shop in Whistler's largest and only Indigenous owned First Nations gift shop, or to taste our fresh bannock at the Thunderbird Cafe, we know that by visiting our centre you, too, will embrace our vision of friendship and respect to one another.

Huy Chexw (thank you) Wa Chexw (take care) – Squamish Language
Kukw'stumc'kalap (Thank you all) – Lil'wat Language,

The Squamish Lil'wat Cultural Centre's Ambassadors and staff

SLCC.CA | @SLCCWhistler | #SLCCWhistler

Which Indigenous Communities land does Whistler reside on?

Whistler is located on the shared territories of the Lil'wat Nation from the North, and Squamish Nation from the south. Our Nations acknowledge that where ever one can see Black Tusk, we know we are on shared territory.

Who are Squamish Nation?

The Skwxwú7mesh Úxwumixw (Squamish Nation) is a vibrant and dynamic Coast Salish Nation with a strong culture, rich history and bright future. With a population of 4,000+, the largest proportion of Skwxwú7mesh stelmexw (Squamish People) reside on several urban reserves in the city of Vancouver, North and West Vancouver and the municipality of Squamish, B.C.

Who are Lil'wat Nation?

The Lil̓wat7úl (Lil'wat Nation) is a separate and distinct Interior Salish Nation with cultural and kinship ties to the St̓át̓imc. With a population of more than 2,000, the central community of Lil'wat is Mt. Currie BC and they are committed to preservation of their lands, language and culture for future generations.

What does the '7' mean & how do I pronounce it?

Both Squamish and Ucwalmícwts (Lil'wat Nation language) use '7' as a part of their alphabets. The 7 indicates a brief pause (technically known as a 'glottal stop') between syllables. Elder speakers in cooperation with linguists developed this character in the late 1960s while translating these oral languages into written form.

What language is featured on the highway signs between Vancouver and Whistler?

The Squamish Language.

What are the wooden carvings throughout the village?

They are welcome figures carved by Squamish Nation artists, welcoming visitors to our shared territory, and at the SLCC both Lil'wat Nation and Squamish Nation artists.

Where can I learn more about their cultures?

Visit the Squamish Lil'wat Cultural Centre in Whistler's Upper Village at the corner of Lorimer Road and Blackcomb Way: hourly guided tours are led by knowledgeable Cultural Ambassadors who share their cultural teachings with guests. This is also the only place in Whistler where you can try bannock, traditional sweet fried bread, available in the SLCC's Thunderbird Café.

What can I do outdoors to learn more about both Nations?

Connecting to the land is an important value for Indigenous peoples. At the SLCC, guided forest walks in our backyard will introduce visitors to local fauna and the ancient nourishment and medicines that serve us today. You can also discover authentic art around Whistler from the Squamish Nation and Lil'wat Nation through the Go Whistler Walking Tours App called the Art & Storytelling of the Sḵwx̱wú7mesh and Lil̓wat7úl to learn more visit **slcc.ca/slcc-go-whistler-app**

FIRST NATIONS MUSEUM
TOURS + GIFT SHOP + CAFÉ

Sḵwx̱wú7mesh Lil̓wat7úl
SQUAMISH LIL̓WAT CULTURAL CENTRE
WHISTLER

Visit Whistler's authentic Indigenous experience. Located in the Upper Village, 4584 Blackcomb Way, Whistler, BC

WHISTLER NAVIGATOR

The Whistler Community Services Society (WCSS) Navigator is a guide to be used to discover local resources and tools to support you in adapting to situations that may arise during your time here.

The information for each Whistler Neighbourhood is designed to help you get acquainted in your new place and enhance a feeling of belonging and exploring. There are also some secret local tips so read carefully! We hope that you find this information useful and we wish you a wonderful adventure ahead.

- ARRIVAL CHECKLIST
- WCSS TOOL KIT
- WCSS PROGRAMS & SERVICES
- COMMUNITY RESOURCES
- TOWN LIFE
- TRANSPORTATION
- HEALTH AND WELL BEING
- NEIGHBOURHOOD NAVIGATOR
- NOTABLE NUMBERS



ARRIVAL CHECKLIST

You may have heard that Whistler can be a tough town to get connected. This can be especially true if you arrive and many of the jobs have been filled and rooms taken.

Use this checklist to start your Whistler experience off right and set yourself up for success.

- [ ] Get a Work Permit to Work in Canada
- [ ] Apply for a Social Insurance Number
- [ ] Open a Bank Account
- [ ] Get Canadian Currency
- [ ] Apply for a BC Driver Licence
- [ ] Get a Cell Phone Plan
- [ ] Apply for MSP (Medical Service Plan)
- [ ] Temporary Foreign Workers
- [ ] Find a Place to Live
- [ ] Get Insurance
- [ ] Know Your Rights
- [ ] Get a Job
- [ ] Find a Doctor



Get a Work Permit to Work in Canada

BEFORE you arrive. This website can help clarify what you need to know and do in order to earn a living here: **canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit/temporary/prepare-arrival.html**

Apply for a Social Insurance Number

Your Work Permit isn't enough to get you legally working in Canada; you also need to apply for a Social Insurance Number (SIN). To do this take your ID including your passport to a Service Canada location. The closest office location is in Squamish. You can also call the Whistler Chamber of Commerce to see if they are hosting any local events in the future. **604-932-5922.**

See when Service Canada is at the Whistler Chamber of Commerce location. **offices.service.canada.ca/en/Office/BC-SBK**

Open a Bank Account

You will need a Canadian bank account to deposit and cash pay cheques. To open an account, you will need photo ID and may have to make an appointment. There are five banks in Whistler.

RBC - Royal Bank of Canada
101-4000 Whistler Way - Village
604-938-5800

TD Bank Financial Group
138-4370 Lorimer Rd. – Village
604-905-5500

CIBC Bank
4338 Main St Unit 102 - Village
604-966-0200

BlueShore Financial
101-4321 Village Gate - Village
604-982-8000

Scotiabank
101-2010 Innsbruck Drive - Creekside
604-966-3230

For more information on banking in Canada check out **cba.ca/?cat=Banking-Basics**

Get Canadian Currency

You'll need about $4,000 to get through your first month in Whistler. You can expect to spend this on short term accommodation, long term housing including last month's rent deposit, damage deposit, food, phone, fun and other basics until you get your first pay cheque.

Apply for a BC Driver Licence

If you have a driver's licence from another province or country, you can use it for up to 90 days after you move here. If you are visiting, you can use your non-BC driver's licence for up to six months. After six months, you need a valid BC driver's licence to drive here. For more information on updating your driver's licence, check out **icbc.com**

Get a Cell Phone Plan

There are many mobile phone or cell phone plan options available in Whistler. You'll have the option to buy minutes or get a monthly plan. If you want to go in-person, look for Rogers, Bell or Telus stores in the village.

Apply for MSP (Medical Service Plan)

If you are new to Canada, apply for MSP as soon as you arrive. Your coverage may start three months after your arrival date in British Columbia. You should get private health care insurance (such as Travel Insurance) while you wait. Apply at **my.gov.bc.ca/ahdc/msp-eligibility**.

Temporary Foreign Workers

If you're in Whistler as a temporary foreign worker, it's important to understand your rights and responsibilities.

Important things to know:

- You have the **same rights** as Canadian workers, including the right to be paid fairly and to work in a safe environment. Even if your visa is temporary. Don't let anyone tell you otherwise.
- Your employer cannot take your passport or threaten to deport you.
- You have the right to a safe workplace and can refuse unsafe work.
- Apply for MSP (medical insurance) right away, there's often a 3-month wait.

If you're treated unfairly, you can make a complaint via the Government of British Columbia.

For help or questions about your status or rights, connect with WorkBC: **workbc.ca**

www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards

Knowing your rights and connecting to local resources can make a big difference in your experience. Whistler is a place where everyone deserves to feel safe, welcome, and supported.

Everything you need to set up your new home at the lowest prices in town!

Our social enterprise thrift stores save you money and fund WCSS community programs!

Re-Use-It Centre

At our Re-Use-It Centre thrift store, you can find household and kitchen items, linens, clothing, sports equipment, electronics, and more! Get set up for less and help your community!

- Kitchen
- Bedding
- Curtains
- Winter Gear
- Snow Goggles
- Clothing



8000 Nesters Rd, Nesters



1003, Lynham Rd, Function

Re-Build-It Centre

At our Re-Build-It Centre thrift store, you can find furniture, mirrors, art, and our tool lending library if you want to borrow some tools to kit out your vehicle living space!

- Furniture
- Couches
- Boots
- Skis and Poles
- Snowboards
- Household Goods









Find a Place to Live

Finding a place to live will be harder than you think. You can expect to share accommodations, as in most cases, privacy is an expensive commodity in Whistler. The going rate for a room in a shared house can be around $800 - $1,700, or if you are willing to share a room it may be less. Social Media and various online websites have made finding a place to live a bit easier. To see what is available, search for Facebook groups with 'Whistler housing' in the title. As well, create your own want ad on Craigslist, and network with people already living in Whistler.

HOUSE HUNTING TIPS

Hunting for housing can be exhausting. Here are some tips to help you avoid some of the mistakes that can be made:

- **Be aware of offers that seem too good to be true**. This is especially true if it involves sending money to a third party. In these circumstances, it's probably not legitimate.
- **Get recommendations from people you know.** This way you are more likely to deal with reputable agencies or landlords.
- **Don't give up your money too quickly.** No money should change hands until the property has actually been viewed and rented.
- **Be careful when looking online.** There have been reported cases where a renter found the same pictures of an apartment for rent but at a different address. Or sometimes, the property doesn't exist at all.
- **Sign and find out the terms of your lease.** It's always a good idea to read the fine print on your rental contract and find out if there is a penalty for early termination of your lease.
- **Do a reasonableness check on rates for similar properties in the same area.** If the rent seems too low, do more research.
- **Find employment with staff accommodation.** There are a number of employers such as Whistler Blackcomb and The Fairmont that offer staff accommodation. When being interviewed, ask if staff accommodation is available.
- **Get everything in writing.** Make sure all communication with your landlord is in writing form including payment transfers and start/end dates of tenancy.

HOSTELS AND LODGES

There are a few hostels and lodges in town that can serve as a good landing pad while you hunt for a permanent place to live:

Hostelling International Whistler
1035 Legacy Way, Cheakamus Crossing
604-962-0025

If you want to see more of BC, Canada and beyond, a Hostelling International membership is a cost effective way to do it. Membership is $25 + tax. When you stay a night at any HI Canada hostel, a membership is included with your stay!
hihostels.ca/en/membership

Southside Lodge
2102 Lake Placid Road | 604-932-3644
southsidelodge.com

Whistler Lodge Hostel
2124 Nordic Drive | 604-932-6604
whistlerlodgehostel.com

LONG-TERM OPTIONS

If you are interested in long-term affordable rentals and ownership housing opportunities for Whistler employees, check out the Whistler Housing Authority at **whistlerhousing.ca** and Whistler Valley Housing Society **wvhousingsociety.com.**

If you think you have been scammed, call the Whistler RCMP at 604-932-3044.

FYidoctors



Sunglasses Contact Lenses Eye Exams

FYidoctors Whistler
213–4368, Main St
(604) 932–2600

Scan QR code to book online!

Get Insurance

Once you have secured a place to live be sure to get renters insurance. Banks and insurance agencies in Whistler sell a variety of inexpensive policies. There are a number of reasons to purchase rental insurance. **As a tenant you are liable** – yes, legally responsible – for any harm you cause to any part of your building and to others who live or visit there. If your toaster oven starts a fire that damages not only your apartment, but also the neighbours or perhaps the entire complex, you may have to pay out a lot of money. You might not think that you own much of real value, but what if you had to replace everything all at once, due to fire or water damage? Replacing your clothing, alone, could run you a few thousand dollars. And that old futon and bed might not look like much, but buying new ones would be hard on the wallet. Remember to include large items like skis, boards or bikes when taking out insurance. When you consider what it would cost to replace everything, monthly insurance premiums may look pretty good by comparison. Some people believe they are covered under the building owner's insurance policy if there is a fire or if someone breaks into their home. Be aware that this is not the case!

Know Your Rights

Tenancy Rights
A landlord can ask for the first month's rent and a half-month for a damage deposit. This is all they are legally entitled to ask. If you are having problems or feel a landlord is treating you unfairly, contact the Residential Tenancy Branch at 1-800-665-8779, **www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies.** You can also contact the Tenant Resource & Advisory Centre at 1-800-665-1185 or **tenants.bc.ca.**

Employment Rights
Take a few minutes to find out what your rights are in Canada. The Employment Standards branch can help you figure out your employment rights. 1-833-236-3700 or **www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards/contact-us**

Human Rights
If you feel your Human Rights have been violated, that you have been discriminated against on the basis of sex, age, race or religion, disability or have been wrongfully dismissed from a job, contact BC Human Rights Tribunal 1-888-440-8844 or **bchrt.bc.ca.**

Services for Immigrants and Refugees
Support for immigrants, refugees, and newcomers to adjust to life in Canada. Whistler Pemberton Newcomer Services **wpnewcomers.ca**

WorkSafe BC
When it comes to health and safety, everyone in the workplace has distinct responsibilities. Whether you're an owner, employer, supervisor, prime contractor, or worker, you have a role to play in keeping the workplace safe. As a worker, you have rights to a safe and healthy workplace. Check out **worksafebc.com/en.**

Canadian Holidays:
BC has 11 statutory holidays each year. You may be eligible for increased pay if you qualify. **mywcss.org/statutoryholidays**

2027 Statutory Holidays:

New Year's Day: Friday, January 1
Family Day: Monday, February 15
Good Friday: Friday, March 26
Victoria Day: Monday, May 24
Canada Day: Thursday, July 1
B.C. Day: Monday, August 2
Labour Day: Monday, September 6
National Day for Truth and Reconciliation: Thursday, September 30
Thanksgiving Day: Monday, October 11
Remembrance Day: Thursday, November 11
Christmas Day: Saturday, December 25

Note: Easter Sunday, Easter Monday and Boxing Day are not statutory holidays in BC.



How to Find a Job You Love:

Whistler is an ideal place to start designing your **perfect lifestyle**
and the team at Whistler Personnel is here to help you along the way.
Our job matching and career consultation services are FREE to candidates.
No Fees & No Strings.

Visit Whistler-Jobs.com

- Set up interviews with Whistler's Top Employers.
- Build your ideal schedule: full time, part-time or casual.
- Sign up for temp side hustles & earn extra income $$$.

Top Wages & Housing Available!

Whistler's Job Hotline: 604 905 4194
talent@whistler-jobs.com
www.whistler-jobs.com/job-board

WHISTLER
PERSONNEL
SOLUTIONS

Get a Job

Check the local paper, both online and print for job listings as well as social media for advertised job fairs.
piquenewsmagazine.com

Whistler Chamber of Commerce
Employment Resources & Job Board:
business.whistlerchamber.com/jobs

Whistler Blackcomb
Visit **jobs.vailresortscareers.com/whistler** to view and apply for current positions.

WorkBC Employment Services
WorkBC is at Whistler Public Library select days and at WCSS Mondays 1:30-4:30pm
604-639-1743 centre-squamish@workbc.ca

Whistler Personnel Solutions
They offer long-term, seasonal and temp job opportunities with free consultations to candidates and often have jobs with housing available for those in need.
whistler-jobs.com/jobs

Check out these useful websites!
- **whistler.ca/municipal-gov/careers**
- **indeed.ca**
- **workbc.ca/Jobs**
- **whistler.craigslist.org**
- **gibbonswhistler.com/careers**

LOCAL'S TIP

★★★★★

"Shoulder Season" is what the locals call the quieter months between the September Labour Day weekend and the middle of December. It is during this time that the resort slows down with visitors and many seasonal jobs come to an end. There are a few events that bring visitors to town, but if you want to be able to enjoy the restaurant specials, buy some new winter gear and pay your rent, plan ahead and put some money away for a rainy day - literally.

Find a Doctor

Visit Health Link BC at **healthlinkbc.ca** or by calling 8-1-1 for support in finding the care you need, or reach out to the local clinics directly to register with a family doctor:

Whistler 360 Medical Clinic 604-932-3977 **whistler360health.org/register**

Creekside Health Integrative Clinic 604-962-2447 **creeksidehealth.ca/medical-services/family-medicine**

Pathways Sea to Sky has a directory of many important services **sea-to-sky.pathwaysbc.ca**

Now that you have completed your Whistler arrival checklist, it is time to look at the Navigator Tool Kit to enhance your experience in Whistler.

WCSS TOOL KIT

PROGRAMS AND RESOURCES TO SUPPORT YOU



WCSS OUTREACH

Online Booking Available

Outreach workers provide free, confidential support for anyone experiencing challenges with mental health, food insecurity, housing insecurity, substance use, misuse and/or addiction, employment, eating disorders, violence in relationships, roommate conflict or homesickness. If you need to talk or would like to find out more about the WCSS programs, please call **604-932-0113** or book an appointment online at **mywcss.org/book** to connect with an Outreach worker. Booked and walk-in appointments are available Monday - Friday, 9am - 6pm, and we can arrange to meet you in the community, closer to home or work if needed.

WCSS COUNSELLING ASSISTANCE

Offers counselling for financially restricted individuals, couples and families who need help. Those who meet the financial criteria can access counselling, to a maximum of 6 sessions per year. An Outreach Worker will meet with you to go over the list of qualified mental health professionals. For more information **mywcss.org/counselling-assistance**

WCSS FOOD BANK

Need food assistance? Access groceries and staples to help with your finances. Check out **mywcss.org/food-bank** for hours of operation. To volunteer, please apply at **mywcss.org/volunteer**

Unable to come to the food bank due to injury or feeling unwell? Please call 604-932-0113 to book.

WCSS RE-USE-IT CENTRE

2024 winners of sustainability in action business of the year

Whistler's favourite non-profit thrift store. You can set yourself up with everything from dishes to skis. The store carries electronics, books, shoes, clothes, sport equipment, and all the stuff you need in Whistler. Prices are low and the goods are used, and in great condition. Donations are also gratefully received, and must be clean and in working order.

Open 7 days a week
Shopping 10am–6pm

Donations 10am–3pm
*or until we reach capacity
8000 Nesters Road, Whistler
604-932-1121 | reuseit@mywcss.org
mywcss.org/re-use-centre

WCSS RE-BUILD-IT CENTRE

2024 winners of sustainability in action business of the year

Find everything you need for a cozy home in Whistler. Furniture, appliances, building supplies and tools are among the amazing treasures always coming in. Curbside pickups and deliveries available in Whistler.

This is also the home of our **Tool Library.** Borrow a tool for a DIY project or home renovation. $75 for a 12 month membership.

Open 7 days a week 10 am – 5 pm
Donation drop off & Tool Library hours:
10 am - 4:30 pm
1003 Lynham Road, Function Junction
604-932-1125 | rebuildit@mywcss.org
mywcss.org/re-build-centre

Proceeds from our Social Enterprises support our WCSS programs and services including the Food Bank.

WHISTLER COMMUNITY SERVICES SOCIETY

ACTIVATE & CONNECT

For seniors 55+, connect with others through regular free social and physical activities.

BIRTH, BABY AND BEYOND

Weekly group to connect with other moms in a supportive safe space to discuss the joys and challenges of motherhood.

BREAKFAST CLUB

Available through self-serve fridges at all 5 schools in Whistler throughout the week.

COMMUNITY FRIDGE

Best for a quick bite on the go when you need more nutrition to get through your day. Provides options for residents who may be struggling with food security.

COMMUNITY MENTAL HEALTH & WELLNESS SERVICES

Workplaces and individuals looking to enhance their knowledge of mental health challenges, local resources, and how to be a better support for those around you. We are offering Mental Health First Aid, safeTALK and Harm Reduction training to set your workplace up for success, whether your employees are local or new to town!

Mental Health First Aid provides skills needed to extend crucial support to individuals navigating mental health crises or challenges. Much like traditional first aid, MHFA fosters the ability to identify common signs of distress and deliver immediate aid until professional assistance is accessible.

safeTALK (Suicide Alertness for Everyone) teaches participants how to identify persons with thoughts of suicide and connect them to support to help keep them safe.

GRIEF AND LOSS SUPPORT

An opportunity to build connections with other community members experience a supportive and confidential group environment that will support you in your grieving journey while having the opportunity to build connections with other community members experiencing similar loss.

CONCUSSION SUPPORT

In a group format receive education about community support and resources available, learn deliberate and targeted self-help strategies for managing post concussion symptoms, and have space to share personal victories, challenges and encourage peer support.

ELECTRONIC COMMUNICATION ASSISTANCE PROGRAM

The program is designed to provide communication devices to Sea to Sky community members with identified barriers to accessing them. Cell phones and communication devices are designed to foster the opportunity for participants to access support from WCSS or other local service providers deemed beneficial to maintain their physical, mental, and emotional wellbeing.

EXTREME WEATHER SHELTER

Emergency overnight shelter for individuals living outdoors, in vehicles, or in dangerous situations (poor heated dwellings, etc.) during periods of extreme cold weather that threaten their health and safety. See our social media channels for shelter open hours.

HARM REDUCTION

WCSS aims to meet people where they're at with acceptance, compassion, and no judgement. Every life is valuable.

WCSS can provide:

- **Naloxone (Narcan) Training:** Naloxone is a medication that temporarily reverses the effects of an overdose from opioids such as heroin, methadone, fentanyl, and morphine. Injection and nasal kits are available at no cost.
- **Fentanyl Test Strips:** Fentanyl is a synthetic opioid that is about 50 times as potent as heroin. At WCSS we provide a private, confidential space to test a sample of your drugs for signs of Fentanyl.
- **Harm Reduction Supplies:** Safe injecting and Safe Smoking kits that can be picked up at the Food Bank Market or with an Outreach worker. Also found at Vancouver Coastal Health Mental Health and Substance Use services located on the 2nd floor of the Whistler Health Care Centre.
- **Safe Sex and Sanitary Products:** Condoms, Lubricants, Pads, and Tampons are provided at no cost at WCSS on the third floor in the Food Bank and in the upstairs public washrooms.

Drop in drug checking services:

Tues and Fri 2:30 - 5:30pm

Free confidential 15 minute to test any drugs with information of contents to help combat toxic drug crisis.

HOLIDAY HELPER

Financial support for holiday related expenses for families experiencing financial difficulties with children under 18.

FOOD SKILLS AND NUTRITION PROGRAM

Lower-income families, pregnant people and seniors (50+) participating in WCSS food literacy programs will receive Farmer's Market coupons and learn more about nutrition through hands on cooking workshops.

KIDS RECREATION FINANCIAL ASSISTANCE

Children aged 17 and under from financially restricted families are eligible for up to $1,200 per year in funding for recreation programs, including sports, arts, camps, and more.

PLAY: PROGRAM & LEISURE ASSISTANCE FOR YOU

Offers a credit to financially restricted Whistler residents to be applied to recreation programs offered by the Resort Municipality of Whistler.

PHYSIOTHERAPY ASSISTANCE

Physiotherapy Assistance provides financial support for residents who qualify that are recovering from an injury. You will receive 6 subsidized one on one physiotherapy sessions to aid in recovery after an injury, childbirth, or concussion.

This program is in partnership with Back in Action, Creekside Health, Lifemark, Peak Performance and The Movement Lab.

How to Access WCSS Programs & Services

Call **604-932-0113** or book online **mywcss.org/book**

PREGNANCY & INFANT LOSS

Please reach out to an outreach worker for more information and further support for your journey through your pregnancy and infant loss towards healing.

RECYCLING

Look for our beverage collection containers around town marked with the WCSS logo. Bottles and cans donated into these bins help support our programs and services.

TOOL LIBRARY

Tools available for DIY projects, gardening, renovations, ski and bike tuning. Available at the Re-Build-It Centre in Function Junction.

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

Volunteers trained by the Canada Revenue Agency are available to help eligible people complete their simple yearly tax return.

WHISTLER NAVIGATOR

This digital handbook provides all the information one would ever need as a newcomer to Whistler.

WHISTLER RAINBOW CONNECTION - 2SLGBTQIA+

Whistler's 2SLGBTQIA+ social group for queer individuals, friends and allies. All ages welcome. Make friends, build community and share resources through special seasonal events throughout the year. Follow us on Instagram for updates **@whistler_rainbow_connection**.

Whistler Rainbow Connection is in partnership with The Whistler Public Library and Moguls Coffee House.

WHISTLER SENIORS 55+ RESOURCE GUIDE

The Whistler Seniors Resource Guide was created to increase awareness of programs, services and activities so that seniors can continue to connect and engage in Whistler.

How to Access WCSS Programs & Services

Call **604-932-0113** or book online **mywcss.org/book**

Need food? Need to talk? Social Services for YOU!

Our team connects you to community programs and local resources!

Outreach Services

At WCSS, we listen and provide FREE, confidential support. We provide assistance through our programs and connect you with service providers to support your well-being.

Financial
Social
Kids
Mental Health
Physical Health
Harm Reduction



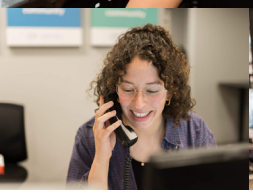


Drop-In Food Bank

When unexpected situations arise, like an accident, loss of work, shelter, or illness, we're here to help until people are back on track! Try to visit once a week. Need more help? Email foodbank@mywcss.org.

OPEN from 1:30 - 5:30pm

Monday, Wednesday, Friday



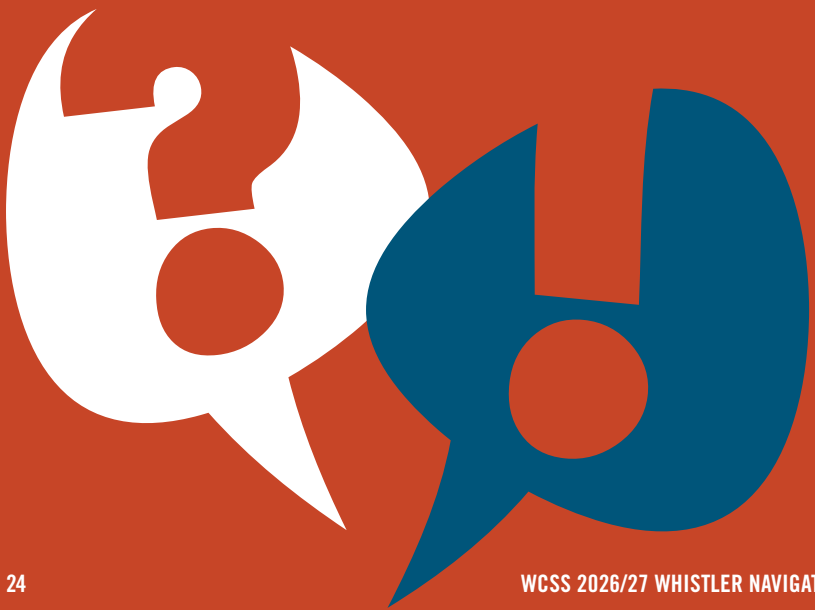






COMMUNITY RESOURCES

- COMMUNITY RESOURCES
- TOWN LIFE
- TRANSPORTATION
- HEALTH AND WELLBEING
- GET CONNECTED
- NEIGHBOURHOOD NAVIGATOR



RESORT MUNICIPALITY OF WHISTLER (RMOW)
4325 Blackcomb Way | 604-932-5535
whistler.ca

WHISTLER BYLAW SERVICES
4325 Blackcomb Way | 604-935-8280
whistler.ca/bylaw

WHISTLER POLICE/RCMP
4315 Blackcomb Way | 911 Emergency
604-932-3044 Non-emergency
bc.rcmp.ca

WHISTLER FIRE RESCUE
911 Emergency
604-935-8260 Non-emergency

GARBAGE, RECYCLING & COMPOST

Whistler does not have door-to-door garbage pick-up. Your building may have garbage facilities, or you will need to take your waste to a garbage, compost and recycling depot, located at 8010 Nesters Road (Nesters) or 1001 Lynham Road (Function). Function and Nesters Recycling Depots open from 7am to 7pm daily. You can bring your compost and garbage on the bus if needed following a few simple rules.
whistler.ca/waste

Recycling to Support A Good Cause:
Look for special bins with the WCSS logo at the Function and Nesters Recycling Depots open from 7am to 7pm daily. All bottles donated into these special bins help support WCSS programs and services.

LITTERING

Bears and other wildlife will eat garbage, so be sure to keep your garbage and recycling secure indoors until you are able to take it to the depot. Find information about what you can recycle and compost:
whistler.ca/solidwaste

FOREST FIRE HAZARD

Do not throw your cigarette butts out of a car window or on the trails. Even if you think they are put out, when it is dry, they could start a fire. Report a wildfire by calling ***5555** from a cell phone.

Download the BC Wildfire Service app providing real-time wildfire information and an interactive map that users can customize to display a variety of fire-related data.

www2.gov.bc.ca/gov/content/safety/wildfire-status

POST OFFICE

Whistler Post Office - Marketplace
106 – 4360 Lorimer Road | 604-932-5012
To rent a Postal Box, you need to make a $15 deposit for a set of keys. **canadapost.ca**

Whistler Visitor Centre
Postage stamps are available at this location – 4230 Gateway Drive, open 9am - 5pm

CERTIFICATION

To work with food you may need a Food Safe certificate, check the Whistler Chamber of Commerce, **whistlerchamber.com/training-and-events**, for course dates. If you want a job serving alcohol you will need the BC Serving It Right certificate. Take the exam online for $35 and save a few bucks and paper! Visit **responsibleservicebc.gov.bc.ca.**

WHISTLER PUBLIC LIBRARY

4329 Main Street | 604-935-8435
publicservices@whistlerlibrary.ca
whistlerlibrary.ca

The library provides access to a collection of over 49,000 items, including books, movies, audio books, magazines, video games, a seed library, board games and more! The library also offers in house laptops to use, ability to scan and print documents, and a new Wonder Lab with green screen, sound booth, digitization station, tech kits and creation station. Visit **whistlerlibrary.ca** for full details about the services offered.

The Whistler Public Library also hosts free events for all ages **whistlerlibrary.ca/events.**

Library cards are free to all BC residents! To sign up, drop by the library with one piece of photo ID, and one item that shows your Whistler mailing address. If you can't visit in person, you can email **publicservices@whistlerlibrary.ca** to sign up for a temporary account that you can use from home.

Monday, 10 a.m. to 6 p.m.
Tuesday, 11 a.m. to 7 p.m.
Wednesday, 10 a.m. to 6 p.m.
Thursday, 11 a.m. to 7 p.m.
Friday, 10 a.m. to 6 p.m.
Saturday, 10 a.m. to 6 p.m.
Sunday, 10 a.m. to 6 p.m.
Closed on Statutory Holidays

SPIRITUAL CARE

Our Lady of the Mountains
Roman Catholic Church
6299 Lorimer Road – Whistler Cay
whistlercatholicchurch@telus.net
604-905-4781 | **whistlercatholicchurch.ca**

Whistler Community Church
7226 Fitzsimmons Road
admin@whistlerchurch.ca
604-962-2449 | **whistlerchurch.ca**

CANADIAN INCOME TAX REFUNDS

If you are in Whistler on a Working Holiday Visa you may be entitled to a tax refund at the end of the tax year. The deadline for filing your taxes is April 30 for the previous year. You can apply directly to the Canada Revenue Agency, use a tax refund company, or if you are financially restricted, are not self-employed and have a simple return you can access the WCSS Community Volunteer Income Tax Program. Volunteers help Whistler residents in completing and submitting their yearly tax returns at no cost. For more information contact 604-932-0113 or visit **mywcss.org/income-tax-program.**

This program is a partnership with Whistler Community Services Society, Whistler Public Library, Canada Revenue Agency, Whistler Pemberton Newcomer Services, and the Whistler Multicultural Society.

SPIRIT PASS + THE WHISTLER EXPERIENCE

The Whistler Chamber is invested in your Whistler experience! Take advantage of exclusive Whistler Experience® Program benefits including career development training, access to the Whistler Blackcomb Spirit Pass (the only ski pass product available all season with its own list of benefits), deals on adventure activities, cost savings on fitness programs and passes, access to affordable networking events and more! Learn more at **whistlerchamber.com/whistler-experience**

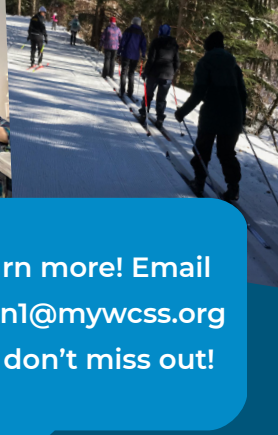
Our Activate & Connect participants enjoy FREE year round activities!











Our Activate & Connect program offers fun, FREE activities, like workshops for writing, art, and design, tours of local museums, group workouts, and MORE!

Learn more! Email karen1@mywcss.org and don't miss out!

TRANSPORTATION

In Whistler, you can navigate your way around the community by bus, bike, on foot or by car. Each neighbourhood has its own unique charm, services, trails and hidden gems. Kilometers of paved valley trails link Whistler neighbourhoods from Function to Emerald. Buses run regularly and taxis and ride shares are an option.

BUSES

The Whistler Transit System is a great way to get around town. Things to know:

- Buses run every day of the year.
- A transit day starts at 5am and ends at 3:30am the next calendar day.
- Download the Transit App or the Umo App for real time bus location info
- If you are travelling alone, and feel your safety is threatened, you can ask the driver for a "Request a Stop"
- You can bring your snow gear on board.
- Each bus can carry up to two bikes on the bike rack on the front of the bus
- BC Transit also has a Pemberton Commuter

How to Pay:

- **Use exact change:** $2.75 or Umo Cash Balance. No change given.
- **Contactless payment:** Tap with your bank card or mobile wallet. You'll be charged a single ride fare.
- **Go with Umo:**
  It's your choice how to use Umo App or Card. Buy passes or load a Cash Balance through the App, online at **ca.umopass.com**, Umo's customer service line at 877-380-8181, or at a vendor location:
  - Whistler Visitors Centre
  - Whistler Municipal Hall
  - HI-Whistler

  Subject to change. For an updated list, visit **bctransit.com/whistler**

  A digital DayPASS will be automatically applied to a Umo App or Card after payment on the second trip of the transit day. A paper DayPASS can be purchased from the driver with cash.

  DayPASS is valid for one day of unlimited travel within the Whistler Transit System. Pre-purchase a DayPASS through the app, online at ca.umopass.com, Umo's customer service line at 877-380-8181, or at a vendor location.
- **Seasons Passes:** Monthly, 6-Month and 12-Month Passes will offer significant savings over paying cash fares.
- **Whistler Experience Spirit Pass:** The RMOW, Whistler Blackcomb and the Whistler Chamber have partnered to offer Whistler Experience® participants discounted 1-month, 6-month, and 12-month Spirit Transit Passes. For more details visit **whistler.ca/transit**

VALLEY TRAIL

Save your money, help the environment and get healthy by walking, riding or skating the Valley Trail! For excellent maps on how Whistler connects, see **whistler.ca/bike** or pick up a map from the Visitor Centre.

TAXI

Taxi Ride
When in Whistler a quick hop from here to there, like the 10 minute drive from Whistler Creek to the Village, will cost you around $15 and nothing beats a door-to-door taxi ride.

Whistler Taxi 604-932-3333
Book a ride with the Whistler Taxi App

Whistler Resort Cabs **resortcabs.ca**
604-938-1515

There is no Uber or Lyft in Whistler!

BIKING

Biking is BIG in Whistler, if people are not using the valley trail to and from work; they are ripping down the mountain in body armor.

Whistler has an extensive network of single track cross-country multi-use trails for advanced riders and hikers, as well as hiking and biking trails in Lost Lake and the Whistler Interpretive Forest. Find maps and information at **whistler.ca/parks-recreation-culture/trails**

Whistler supports two biking clubs, Whistler Cycling Club **whistlercyclingclub.ca** and Whistler Off Road Cycling Association (WORCA) **worca.com.**

WORCA has led the stewardship of mountain biking trails in the Whistler valley for over 30 years. Every year they sanction events that bring the mountain biking community together, foster the evolution of the sport through youth programs, and employ experienced trail builders and staff to construct, maintain, and advocate for Whistler's mountain bike trails.

For information about secure bike parking, check out **whistler.ca/bikeparking**

PARKING

There are several options for parking in Whistler. Costs and rules vary depending on time of day and summer vs winter.

- From April 1 to Oct 31, overnight parking is permitted in Day Lots 1 to 5 with a maximum stay of 24 hours.
- From Nov 1 to Mar 31, overnight parking is not permitted in Day Lots 1 to 5 to allow for snow clearing and lot maintenance. The Day Lots are closed from 3-6 a.m. every night.
- Please refer to RMOW's **Parking map** to see all of the available options. →

Visit **whistler.ca/parking** for all details about parking in Whistler.

Accessibility:

- All Whistler Transit System vehicles are accessible. Route buses have lifts or low floors to help passengers get on and off. Benches at the front can be raised, allowing mobility aids, and strollers to strap in.
- Dedicated accessible parking stalls can be found on the Access Whistler Map.
- Access Whistler Map also shows ramps and details to get around the village.

Access Whistler Map

← Visit the map

BIKE THEFT PREVENTION

Be mindful that your bike is at risk of being stolen but with these practical tips, you can help keep your ride safe:

- Register your bike online with **project529.com/garage** so authorities can locate and return stolen bikes easier.
- Choose a high-quality U-lock or a sturdy metal folding lock for better protection compared to cable locks.
- Secure your frame and wheels to an immovable object so thieves can't target quick-release components.
- Keep a recent photo of your bike. This could help in identifying your ride if recovered after a theft.
- Choose busy, well populated areas with good visibility for locking your bike, or consider using a free and secure bike valet.

BUS TO/FROM VANCOUVER

The Gateway Loop is the main entry point into Whistler Village. Located behind the Village Square and between Gateway Drive and Village Gate Boulevard, this transportation hub for Whistler's taxis and private bus services is where you can find the Whistler Visitor's Centre.

YVR SkyLynx: (operated by Universal Coachlines) offers bus service from Vancouver Airport and City Centre to Squamish, Creekside and Whistler. 1-604-326-1616 **yvrskylynx.com**

Epic Rides: An express bus service from downtown Vancouver to Whistler daily. **epicrides.ca** 604-349-1234

Whistler Connection: One way and return trips between Whistler and Vancouver Airport. **whistlerconnection.ca** 604-938-9711

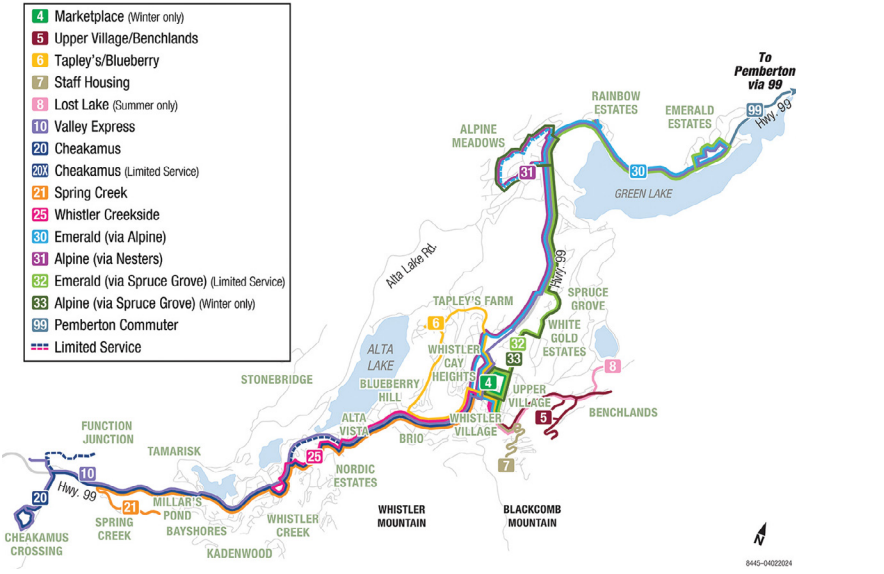
PopaRide.com: A safe, easy and convenient way to organize rideshares between Whistler and Vancouver.

RIDE SHARING SAFETY

If you accept rides from strangers, let someone know where you are going, when you expect to get there and that you have arrived safely. Carry your phone and ID with you at all times. Note the description of anyone who offers you a ride, including the vehicle. Share information about suspicious persons with the police. Trust your instincts. If someone makes you feel uncomfortable, don't get in!

We're not endorsing hitchhiking as a means of travel, but we recognize that for a lot of people there are no other means of travel. Please do it safely.

WHISTLER BC TRANSIT ROUTE MAP



HEALTH AND WELLBEING

Whistler is world renowned for its epic mountain terrain with over 200 marked runs, 8,171 acres of terrain, 16 alpine bowls and three glaciers. Many people travel here in the early fall in anticipation of snow and winter to begin. Along with enjoying the amazing array of outdoor activities and the ability to stay active and fit year round it is also important to focus on your overall mental health and wellness while visiting or living in Whistler. This involves eating a balanced diet, getting enough exercise and practicing good sleep hygiene.



MENTAL HEALTH AND SUBSTANCE USE

Trying to find balance and stay healthy in a party atmosphere is always a challenge. There are a number of resources, services and groups available for people who use substances in Whistler. The Whistler and Pemberton Health Care Centres offer a variety of services and programs to help those who choose to use, do it safely. There are also education, support and counselling services for those with mental health and/or substance use challenges.

Needle Exchange / Safer Smoking Kits

Both Health Care Centres in Whistler and Pemberton provide a needle exchange service for disposing of used needles in a safe way. They also provide clean needles, sterile water and alcohol wipes and other safer injecting equipment. This service also exists for safer smoking equipment.

Take Home Naloxone

WCSS, Whistler and Pemberton Health Care Centres offer free take home Naloxone kits and training on how to use them. Naloxone works to block opioid receptors, reversing the effects of an opioid overdose. It is best to call ahead to 604-698-6455 to book a time for training by a clinician and to receive a kit.

Support Groups

A variety of groups to support mental health and wellness are offered at various times throughout the year in both Whistler and Pemberton through Vancouver Coastal Health. Groups for Anxiety, Depression, Communication and Mindfulness are made available. Contact 604-698-6455.

Mental Health & Substance Use Services

Vancouver Coastal Health's Mental Health & Substance Use Services support people over 25 experiencing substance use and/or mental health challenges. Services include assessment and treatment planning, short-term counselling, wellness groups, and referrals to other supports such as detox and treatment centres. The mental health team includes nurses, social workers, clinical counsellors, and psychiatrists who work from an interdisciplinary approach. For more information call 604-932-3202 **www.vch.ca/en/location-service/whistler-mental-health-and-substance-use-services-intake**

SMART Recovery

Please check out SMART Recovery website **smartrecovery.org** for the most up-to date information regarding in person or online meetings, forums and resources for support.

Whistler Community Services Society

In addition to the Whistler and Pemberton Health Centres, WCSS also offers substance use harm reduction services such as take-home Naloxone, safer smoking, injecting kits and fentanyl testing strips available onsite. If you would like training on how to administer Naloxone and general opioid awareness and response, book an appointment with an Outreach Worker online at **mywcss.org** or by calling 604-932-0113.

PearlSpace

The Drop-In Centre Whistler
Monday to Thursday 10 am to 4 pm
1519 Spring Creek Drive
604-962-8711 **infowhistler@pearlspace.ca**
A supportive and inclusive space for women, Two-Spirit, gender diverse, non-binary, trans people and their children to meet with outreach workers to receive resources.
pearlspace.ca
24/7 Sexual Assault Support Line:
604-389-9168
24/7 Crisis and Support Line:
1-877-890-5711

Be Safe App

Be Safe by mindyourmind is a free mobile app designed to support young people in reaching out during a crisis. The app aims to help users with making informed decisions and accessing relevant and reliable resources in their area. Be Safe is available on both Apple and Android devices, and as a printable pocket guide. **besafeapp.ca**

Physical Health Care Emergency
Dial 9-1-1
Mental Health Care Emergency
Dial 9-8-8: Suicide Crisis Helpline
If you or someone you know is thinking about suicide, call or text 988. Help is available 24 hours a day, 7 days a week. 988: Suicide Crisis Helpline offers support that is bilingual, trauma-informed, culturally appropriate and available to anyone in Canada. If you are in immediate danger, feeling unsafe or have taken action to harm yourself, please call 911.

Toxic Drug Alerts Service
Send and receive Toxic Drug and Health Alerts by text. Provides a free, real-time text messaging service for anyone to receive toxic drug alerts or share information about toxic drugs in their community. This service is anonymous, to sign up, text the word **JOIN** to **253787** (ALERTS).

Alcoholics Anonymous
Whistler (604-905-5489) Meeting virtually or in person on Tuesday, Thursday, and Saturdays at 8pm or Sundays in person at 8pm (2nd floor of Whistler Health Care Center).

For other groups in Sea to Sky area, contact **sea2skyAA@gmail.com** **district19aa.ca**

Vancouver Coastal Health
Part of the Sea-to-Sky Mental Health and Substance Use services, the Whistler location offers information and helps connect you to the service that will best meet your needs. Our team provides accessible, compassionate, client-centred care to individuals, groups and the community.

Our services are free, confidential and include:
- Assessment and treatment planning
- Counselling
- Employment and education support
- Referrals to other support and resources
- Wellness groups (please contact us for a current listing)
- Consultation and education to community groups and events

Get a referral from your doctor or call 604-932-3202 or Access/urgent response line: 604-698-6455
www.vch.ca/en/health-topics/mental-health-and-substance-use

Mind Map BC
MindMapBC is a custom-made database of outpatient mental health services including professional counselling, peer counselling, support groups, and others. We have also included relevant resources, and social and networking groups. Learn more about the types of services on **mindmapbc.ca**

Pathways Sea to Sky Community Service Directory
Sea to Sky Community Services including Homeless Prevention Outreach, Legal Advocacy at no cost, Women's counselling, Family support. Easy navigation for the complex world of community services. The user- friendly search and filter options help you quickly find the best service/program in your local community that meets your needs. **sea-to-sky.pathwaysbc.ca**

HelpStartsHere
Everyone's story is unique, whether you are on a personal journey or are supporting someone who is facing mental health or substance use challenges. The site has over 2,600 service listings publicly-funded or not-for-profit mental health and substance use supports and many articles featuring easy to understand language and curated information about commonly searched topics. Learn more here **helpstartshere.gov.bc.ca**

Sea to Sky Community Services Society (SSCS)
Provides over 40 social service programs, which strengthen individuals and build healthier communities throughout the Sea to Sky Corridor. Including Homeless Prevention Outreach, Legal Advocacy at no cost, Women's counselling, and Family support. 604-892-5796 **sscs.ca**

WELLNESS AND OTHER RESOURCES

Occupational and Vocational Support

Enables persons with functional, psychological, developmental, cognitive, and emotional impairments or health challenges to overcome barriers to accessing, maintaining or returning to employment or occupation.

Call the Vancouver Coastal Health Home and Community Care Access Line - Sea to Sky at 604-892-2293
www.vch.ca/en/service/how-to-access-home-and-community-care-services

Support services available for people with disabilities **www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities**

Problem Gambling

Contact the Problem Gambling HelpLine (Free 24/7) by calling 1-888-795-6111 which provides free, confidential counselling for individuals and families available in 13 different languages. Visit **bcresponsiblegambling.ca** for information.

BC 211

Call or text 211 to get free, confidential, multilingual information and referrals to a full range of community, social and government services. Available 24 hrs/day, 7 days/week. **bc211.ca**

Child & Youth Mental Health

Free mental health supports and services for youth under 19. Call the Whistler Intake line at 604-894-2091. **www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics#vancouver-coastal**

Sexual Health

These clinics provide sexual and reproductive health services for all ages, genders, and orientations. Clinicians are committed to providing confidential, nonjudgmental, pro-choice, and sex-positive services.

Options for Sexual Health Clinic at Whistler Health Centre. Tuesdays 4:45 - 8pm. Call 604-935-5374 for a same day appointment. Free for those with MSP. **optionsforsexualhealth.org/clinic/whistler-opt-clinic**

Sexual Health Clinic at Whistler Public Health. Wednesday 3 - 6pm, Thursday 10am - 3pm. Call 604-935-5321 to book an appointment. No MSP required. **vch.ca/en/location-service/sexual-health-clinic-whistler-public-health**

Sexual Abuse Intervention Program

Counselling for children and young people, ages 19 and under, who have been or are suspected of having been sexually abused or assaulted. This program, run by Sea to Sky Community Services, also provides community education. 1-877-892-2022
sscs.ca/programs-services/adult-family/sexual-abuse-intervention-program

WCSS Counselling Assistance Program

This program provides low-cost access to local counsellors for people who would like access to counselling but could otherwise not afford it. You may qualify for support for up to 6-12 counselling sessions per year. Contact the Outreach team at 604-932-0113 or book an appointment online **mywcss.org/book**

WCSS Outreach Workers

You Talk, We Listen. Free confidential support for those experiencing challenges with mental illness, food insecurity, housing insecurity, substance use, misuse and/or addiction, employment, eating disorders, violence in relationship, roommate conflict or homesickness. Contact the Outreach team at 604-932-0113 or book an appointment online **mywcss.org/book**

Temporary Emergency Accommodation Program

The Temporary Emergency Accommodation Program is designed for Whistler and area community members to access safe and temporary housing at no cost based on financial needs, emergency situations and extenuating circumstances. Contact the Outreach team at 604-932-0113 or book an appointment online **mywcss.org/book**

RCMP Victim Services

Offering information, emotional support, and assistance to victims and witnesses of crimes or traumas. Call 604-905-1969 for help.

Homeless Outreach & Prevention

Support for individuals who may be homeless or at risk of losing their housing to access housing, emergency and community based support, resources and information provided by Sea to Sky Community Services. 1-877-892-2022. **sscs.ca/programs-services/community-outreach/homeless-outreach-prevention**

PAIN Support Line

Are you living with pain? Do you need help? Call 1-844-880-PAIN (7246) or **pain.bc.ca**

The Squamish Helping Hands Emergency Shelter

Emergency Shelter Services are currently located at Under One Roof – 37871 Third Ave. (Downtown Squamish). Operates 365 days a year and offers 15 low barrier beds for adults. Call 604-390-3000 for more information. **squamishhelpinghands.ca**

Under One Roof

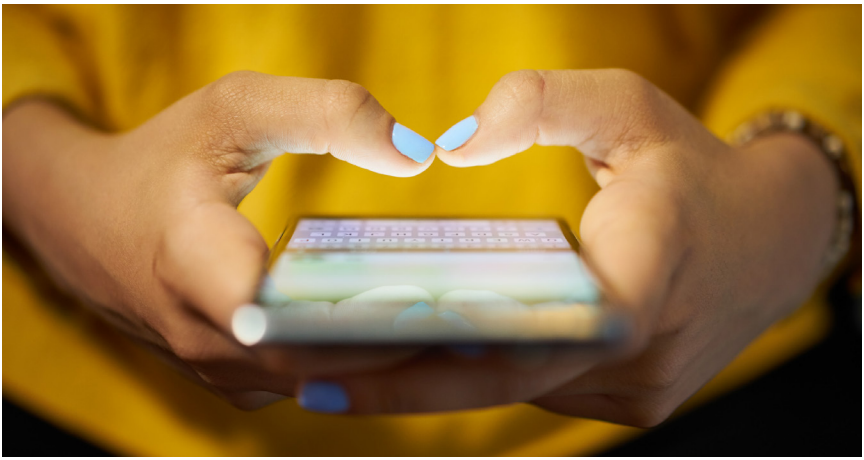
This 44 unit facility offers safe and affordable housing with built-in supports aimed at increasing capacity and contribution, encouraging participants towards purpose and independence. For more information, call 604-390-3000 or email outreach@shhs.ca

Sea to Sky - Foundry BC

Hosted by the Sea to Sky Community Services, Foundry Squamish it offers young people 12-24 access to mental health and substance use support, primary care, peer support and social services. For more information **foundrybc.ca/seatosky**

Sea To Sky Safety Net

An online navigation tool that emerged out of a need to increase awareness around local mental health and substance use support services; inspire proactive health seeking behaviours; and address barriers to access. We all have mental health that needs nurturing, together we can work toward building a strong foundation of community support & resiliency. **seatoskysafetynet.com**



Be Safe

by mindyourmind

This app will:

- Help you make a safety plan
- Inform you about mental health and addiction resources in your region
- Empower you to be safe and reach out

Download on the App Store

GET IT ON Google Play

@besafeapp_ca

BeSafeApp.ca

SEXUAL ASSAULT RESPONSE

Sexual assault is any form of sexual contact without your consent. If you have been sexually assaulted, it's not your fault. Whether a stranger or someone you know, they never have the right to assault you. It has nothing to do with what you wore, where you were, who you were with, or whether you were under the influence of drugs or alcohol at the time. You are not to blame.

Sexual Assault Support and Third-Party Reporting: Call or text the 24/7 PearlSpace Sexual Assault Support Line at 604-389-9168 to speak with a specialized resource worker.

Your Healing, Your Choices.

Medical Care: If you have been sexually assaulted, call 911 or go to your local emergency department. While the decision is yours to make, getting medical care after sexual assault is important, even if you do not have obvious physical injuries. Expect to receive full information about your treatment options and the care available to you. You can have a friend, family member or support worker stay with you at the hospital.

A Sexual Assault Nurse Examiner is on-call throughout the Sea to Sky Corridor. It is recommended to call ahead to the ER. These nurses are specially trained to collect physical evidence and provide compassionate medical care to survivors of sexual assault.

Forensic Medical Exam: If you were assaulted within the past 7 days, you can choose to have a forensic medical exam to collect evidence, even if you don't want to report the assault to the police at this time. The evidence can be stored at the hospital for 1 year while you think about your options.

Reporting Options: Support workers can explain available reporting options and offer support as you decide. In most circumstances, it is your choice whether you report the sexual assault to police. The exception to this is when someone's safety is at risk. If you decide to report the sexual assault to police, the police will start to investigate what happened. A victim service worker can provide support, information, and give you updates as well throughout this process. There is no time limit to report a sexual assault.

If you do not wish to report the assault directly to police, you can choose to make a third-party report which allows you to provide details about the assault to police anonymously through a third-party agency.

Contact **PearlSpace** for support, information, and referrals **pearlspace.ca/program/sexual-assault-response**

24/7 Sexual Assault Support Line:
604-389-9168

24/7 Crisis and Support Line:
1-877-890-5711

CONCUSSIONS

Concussions are a very real part of the sports many in the Whistler valley enjoy year round, including skiing and mountain biking. You don't have to see stars or blackout to have a concussion. If you have hit your head in any way either at work or play make sure you see a doctor so they can assess whether you have a concussion. It is not always easy to know if you have a concussion. Symptoms range from mild to severe and can include not thinking clearly, not being able to remember new information, dizziness, vomiting, feeling tired, being angry or upset, sleeping a lot and much more.

Symptoms can last for hours, days, weeks or even months, so it's important to see a doctor and follow up if symptoms continue. If you are diagnosed with a concussion, the following resources may help you cope:

1. Vancouver Coastal Health Mental Health and Substance Use Team, call 604-698-6455.
2. Concussion Support Group: An 8 week support group where participants are helped to better understand and manage their concussion symptoms. Runs approximately 3 times per year. Please call WCSS at 604-932-0113 to find out when our next Concussion Support Group will be meeting.
3. Find out more about concussions at **healthlinkbc.ca/healthtopics** (search concussion).
4. Tell your friends, family and employer so they can assist you in getting the help you need.
5. WCSS runs a Counselling Assistance Fund program which offers less expensive options to see a local counsellor if you are financially restricted. Contact the Outreach team at 604-932-0113 or book an appointment online **mywcss.org/book**
6. Physiotherapy clinics may offer vestibular rehabilitation exercises for concussion recovery.

FINANCIAL INSECURITY

WCSS
WHISTLER COMMUNITY SERVICES SOCIETY

Many people work several jobs to keep the cash coming in, especially when the resort slows down and work dries up in the shoulder seasons. If you find yourself in tight times, and are unsure of how you are going to make ends meet consider contacting a **WCSS Outreach Worker.**

If money is tight to get food on the table, contact the **WCSS Food Bank** 604-932-0113, or visit the Food Bank. For hours of operation and location, see **mywcss.org/food-bank**

2SLGBTQIA+

Whistler and the Sea to Sky Corridor are home to a vibrant 2SLGBTQIA+ community, with a number of resources, services, groups, clubs and events. Whistler Rainbow Connection is in partnership with The Resort Municipality of Whistler, the Whistler Public Library, and Moguls Coffee House.

Whistler Rainbow Connection
Whistler's 2SLGBTQIA+ social group for queer individuals, friends and allies. All ages welcome. Make friends, build community and share resources through special seasonal events throughout the year. Find out more at **mywcss.org/rainbow** and follow us on Instagram for updates on our events **@whistler_rainbow_connection**.

Whistler Rainbow Connection is in partnership with The Whistler Public Library and Moguls Coffee House.

Sea to Sky Allies
Monthly conversations and events dedicated to uplifting and supporting 2SLGBTQIA+ individuals and their families. Find out more at **sea2skyallies.com** or follow **@seatoskyallies** on socials.

Vancouver/Whistler Gay Ski Club
Vancouver and Whistler's 2SLGBTQIA+ ski and snowboard club. For more information, visit skiOUT on Facebook.

QMUNITY
BC's Queer Resource Centre, QMUNITY's vision is a world where everyone is free from discrimination, included and celebrated for who they are. To learn, connect, get support, and take action, visit **qmunity.ca.**

Health Initiative for Men (HIM)
A non-profit that aims to strengthen the health and well-being of gay men. We offer the full spectrum of gay men's sexual health testing, as well as professional counselling, and sexual health education. **checkhimout.ca**

PFLAG Vancouver
Working with parents to create an environment of understanding for LGBTQ children. Their resource section includes information in different languages. You can call 604-626-5667 for info or to find out when the next meeting is! Currently holding virtual meetings based in Vancouver. **pflagvancouver.com**

QCHAT
Peer Support for LGBTQ2S+ youth in BC. Lines open Saturday-Thursday 6pm-9pm PST Text: 250-800-9036 or Call: 1-855-956-1777 or chat online for free. **Qchat.ca**

Pride Squamish
Pride Squamish is a Nonprofit 2SLGBTQIA+ Registered Society in the Traditional, Ancestral, Unceded Sḵwx̱wú7mesh-ulh Temíx̱w (Squamish Territory). Participate in monthly meetings, support community collaborations and efforts, and creating safe spaces year round for our lovely community members to gather, grow and celebrate. Check out what's happening at **@pridesquamish** on Instagram. **pridesquamish.com**

Your donations to our thrift stores fund community programs!

Leaving donations outdoors takes money away from community, learn how to help!





Re-Use-It Centre

Open 7 days a week, closed on stat holidays
Shopping: 10am - 6pm
Donations: 10am - 3pm

What can I donate?
mywcss.org/social-enterprises/re-use-it-centre/

Re-Build-It Centre

Open 7 days a week, closed on stat holidays
Shopping: 10am - 5pm
Donations: 10am - 4:30pm

What can I donate?
mywcss.org/social-enterprises/re-build-it-centre/

THANK YOU for donating during open hours!

Your donations of clean, useful items are always appreciated! Unfortunately, leaving donations outdoors when we are closed costs WCSS refuse tipping fees, which takes money away from our important community programs, as wet items cannot be sold or stored. Whistler is home to wildlife species who are attracted to items that smell like people. Leaving items outdoors when we are closed can also put their lives at risk.

Our team processes over 1000 KILOGRAMS of donations PER DAY. Please respect our donation hours and do not leave items blocking our entrances while we are closed. If our staff turn away your donation, it is because they have been asked to do so for your safety. Thank you for respecting our staff!



Let's keep Whistler's waste out of the landfill.

Moving towards zero waste is Whistlers goal!

Whether you're new to town or just need a refresher, sorting your waste in Whistler can be simple:

1. **Reduce & reuse first**
2. **Compost what you can**
3. **Recycle what you can**
4. **Put only what's left in the garbage**

The majority **of what we throw away can be composted or recycled,** so before something goes in the garbage, check where it belongs at **whistler.ca/waste**.

Available disposal streams

Residential waste rooms may vary availability



Where do I take my waste?

Residential waste depots

If your home/building uses the residential depot system, you can take your **recycling, compost and garbage** to either:

- **Nesters Depot:** 8010 Nesters Road (Open 7 a.m. - 7 p.m. daily)
- **Function Junction Depot:** 1001 Lynham Road (Open 7 a.m. - 7 p.m. daily)
- **Whistler Waste Transfer Station:** 100 Brandywine FSR (Open 9 a.m. - 4:45 p.m. daily, closed Dec 25th and Jan 1st)

Living in a strata or apartment?

Check your building's recycling room first.

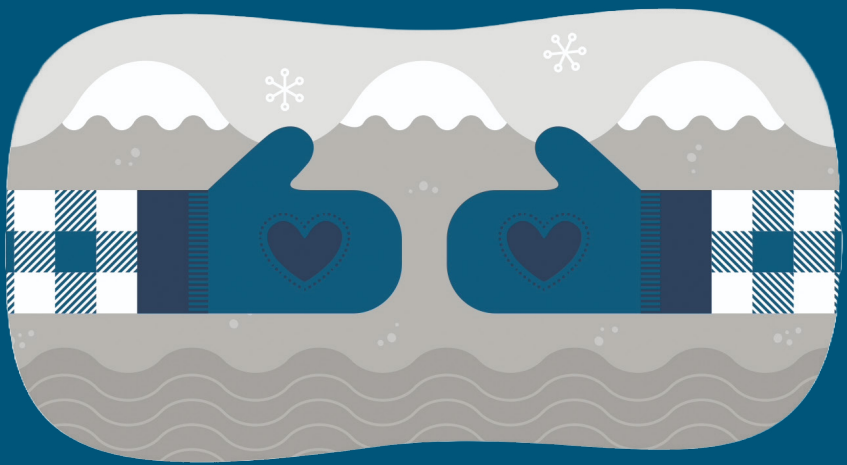
Your building may have its own recycling, compost and garbage facilities.

Whistler is home to all of us. Let's look after it.
Reduce what you buy. Reuse what you can. Sort what's left.
Learn more at **whistler.ca/waste**

WHISTLER

GET CONNECTED

AND MAKE WHISTLER YOUR HOME



Invite a coworker or acquaintance to a – walk, hike, enjoy an ice cream or coffee.

Talk to someone you see regularly – on the bus, at the coffee shop, in the bike park.

Whistler Rainbow Connection. Whistler's 2SLGBTQIA+ social group for queer individuals, friends and allies. All ages welcome. Make friends, build community and share resources through special seasonal events throughout the year. Find out more at **mywcss.org/rainbow** and follow us on Instagram for updates on our events **@whistler_rainbow_connection.**

Whistler Rainbow Connection is in partnership with the Resort Municipality of Whistler, The Whistler Public Library, and Moguls Coffee House.

Plan a picnic at the beach or potluck in dark of winter – invite your whole work team. Nothing brings people together better than food!

Join WORCA (Whistler Off Road Cycling Association) and participate in the weekly **Toonie rides. worca.com**

Join a fitness class at Meadow Park or We Run Whistler - a free, weekly, run club for those living in, or visiting **facebook.com/groups/werunwhistler**

Train with Axemen Rugby Club - fielding two senior men's teams, one women's team and running an energetic youth section. The club plays, trains, socializes and recruits across Squamish, Whistler and Pemberton. **axemenrugbyclub.com**

Visit the SLCC to connect to Indigenous people, culture and history.

Volunteer at a place that interests you! Many events, races and festivals happen in Whistler and are always looking for volunteers. **whistlerfoundation.com/work/non-profit-network/volunteer-in-whistler**

Learn something creative – check out Arts Whistler for painting, writing and carving workshops. **artswhistler.com**

Attend events at the Whistler Public Library. Check out their website for a schedule. **whistlerlibrary.ca**

Do you love to sing? Meet new people? Come out and **sing with Barbed Choir!** We're Whistler's rock choir. Meetings are drop in, no registration or experience necessary. **whistlerlibrary.ca/event/barbed-choir**

Check out **The Point Artist Run Centre** - a variety of special events during the winter and summer. Events include art, music and theatre festivals, community dinners and Sundays at the Point. **thepointartists.com**

Whistler Singers - A non-auditioned community choir, the Whistler Singers have sung for our community since the early 1980s. To join the choir, all you need is the desire to sing with others. Anyone aged 13 to 113 years is welcome to join us. For more information, **whistlerchorus.org/whistlersingers**

Do you live in WB HOUSE?
Join Club Shred for deals and discounts. **wbclubshred.com**

Join the **Whistler Summer** or **Winter Facebook page** to stay up to date with what's happening. **facebook.com/groups/whistler**

Looking for ways to connect to the business community? Check out the **Whistler Chamber's** upcoming networking events at **go.whistlerchamber.com/events**

Your favourite summer team sport!
Whistler Slo-Pitch League is a great way to get outside, get social, and have some fun. **whistlerslopitch.com**

NEIGHBOURHOOD NAVIGATOR

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Whistler is divided into neighbourhoods, each with a distinctive character, providing tons of events, activities and volunteer opportunities year round. All neighbourhoods are linked by the Whistler Transit system and the Valley Trail.



The Whistler Experience

LOCALS' DEALS

LOVE WHISTLER.
ELEVATE THE EXPERIENCE.
REAP THE REWARDS.

Complete the Whistler Experience customer service training to access local deals.



Program Facilitator
Whistler Chamber

Program Partners
WHISTLER BLACKCOMB

Program Partners
Gibbons
WHISTLER SINCE 1979

Program Partners
TOURISM WHISTLER

WHISTLERCHAMBER.COM

Community Led, Primary Care Made for Whistler

Voted Whistler's favourite medical practice in Pique's Best of Whistler 2025

Our family physicians and nurse practitioners offer longitudinal patient-centred care. We provide preventative and routine care, acute care, chronic disease management, women and men's health, pediatric care, and seniors' health. Our clinic team is multilingual to support our diverse patient community.



Whistler 360 Health

Register: we're accepting patients

whistler360health.org/register →

WHISTLER COMMUNITY SERVICES SOCIETY

Need to Talk?

604-932-0113
mywcss.org

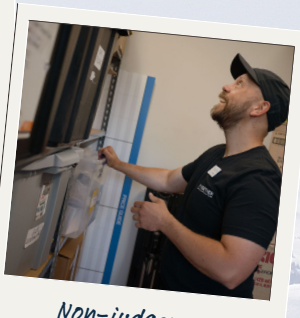
Our Outreach team is here for you!



Help is FREE!



Confidential



Non-judgemental

Monday
to Friday
9am - 6pm

Is this an Emergency?

24/7 Crisis Line: 988

Book your FREE appointment!

CHEAKAMUS CROSSING & FUNCTION JUNCTION

Two uniquely different neighbourhoods, which sit neatly at the south boundary of Whistler, offer community members housing, shopping and various trail systems for recreation and leisure.

Cheakamus Crossing is part of the Whistler Olympic 2010 legacy project and is the original stomping ground for the Whistler Athletes' Village which was home to more than 3,500 Olympic and Paralympic athletes and officials in 2010. Today, the area is a residential neighbourhood designed with sustainability and community in mind.

Function Junction is the neighbourhood across the highway and parallel to Cheakamus Crossing, which has a combination of industrial development, retail, business and resident restricted housing through Whistler Housing Authority. Don't forget about the great coffee shops, breweries, gyms and retail shops Function Junction has to offer.

Mountain biking is everywhere in Whistler, but some trails are accessed from Function Junction. Bring your trail map and explore the area!

Both Cheakamus Crossing and Function Junction contain some great housing, community resources, services and retail options to get you ready for spending a season or longer in Whistler.



HI-WHISTLER HOSTEL

Opened in July 2010, the HI-Whistler hostel is a purpose-built hostel that was originally used as part of the Whistler Athletes' Village during the 2010 Winter Olympic Games. This facility sets the standard in hostelling with all the amenities you'd expect and then some. Grab a coffee, a snack, a meal at Cheaky's Café in the hostel lobby, lounge on the outdoor decks with mountain views, store your bike, skis, and boards in the equipment storage room, hangout in the media room. Visit their website or call to make a reservation.
Located at 1035 Legacy Way.
hihostels.ca/whistler | 1-866-762-4122

BAYLY PARK

Located in Cheakamus Crossing, you'll find a turf sports field, multisport court, tennis/pickleball court, community gardens, playground, off leash dog park, picnic area and BMX track.



WCSS RE-BUILD-IT CENTRE

Reloved furniture and appliances. Clothing donation bins located out front. Tool Library located here. Open Daily 10am -5pm.
All proceeds go to the support of WCSS programming.

604-932-1125 | **rebuildit@mywcss.org**

THE WHISTLER ADAPTIVE SPORTS PROGRAM

The Whistler Adaptive Sports Program (WASP) is a non-profit organization making year round recreation accessible to people with disabilities. The program is based out of the Whistler High Performance Centre in Cheakamus Crossing. WASP currently offers skiing, snowboarding, Nordic skiing, hiking, biking, canoeing and kayaking programs.
604-905-4493 | **whistleradaptive.com**

GARBAGE, RECYCLING & COMPOST

Your building may have disposal facilities, or you may have to transport your garbage to the Function Junction garbage, compost and recycling depot located at 1001 Lynham Road. The operating hours for this location are 7am - 7pm and attendants are on site to provide help with recycling, garbage and compost needs.

Most household hazardous wastes can be delivered to the Product Care Recycling centre at the Regional Recycling building at the Nesters Depot site.

Unsure where something goes? Use the Waste Wizard to find how to recycle and dispose of items the right way and help Whistler reach its zero waste goal.
whistler.ca/waste

These neighbourhoods are primarily residential and connected to each other by the Whistler Valley Trail.

Spring Creek is home to Spring Creek Elementary School and the Whistler Fire Hall #3. The Whistler Blackcomb Foundation Social Service Centre is located at 1519 Spring Creek Drive, home to PearlSpace Whistler Drop In Centre and Zero Ceiling.

Bayshores is home to park space and tennis courts and a short distance to the Creekside Gondola. The paved Whistler Valley Trail connects south to Spring Creek and north to Whistler Creek.



With Spring Creek being the Social Service Hub in Whistler there is a variety of social services available to give you support while in Whistler. Check the Toolkit to get a full list of programs but here are a few that might be of interest when you first arrive in Whistler.

PEARLSPACE WHISTLER DROP IN CENTRE

Provides confidential support, advocacy, referrals and resources to all women and their children, including but not limited to those experiencing high-conflict, violence or abuse. This includes access to emergency safe housing, child, youth and family counselling, clothing and necessities, play space, karma yoga, mom-tot and prenatal program, and other wellness workshops. All programs and services provided free of charge in a safe and inclusive space. You are not alone and support is available. Call, email or drop in to talk about your options.

Monday-Thursday 10am-4pm
1519 Spring Creek Drive
604-962-8711 | **pearlspace.ca**
infowhistler@pearlspace.ca
24/7 Sexual Assault Support Line:
604-389-9168
24/7 Crisis and Support Line:
1-877-890-5711

ZERO CEILING

Zero Ceiling is a Whistler non-profit committed to ending youth homelessness in BC. For over twenty years, we've been helping young people facing homelessness have a healthy transition to adulthood. We provide stability, support, and opportunities so that young people can focus on personal growth. We believe every young person deserves the chance to become the best version of themselves.

We serve youth aged 16-24 from Metro Vancouver and the Sea to Sky Corridor. Our programs offer supportive housing, supportive employment, case management, life skills education, mental health supports, and outdoor recreation in a safe, supportive environment. We build strong relationships and support young people for as long as they need: just like a family.
zeroceiling.org



JOIN OUR TEAM

EXPLORE. GROW. BELONG.

- **$20/hr.** starting wage
- **Free pass(es), 40% retail discount,** & more perks
- Epic Service leadership development experience
- Mental & physical health benefits

APPLY TODAY!

VailResortsCareers.com

SKI & RIDE SCHOOL | **FOOD & BEVERAGE** | **RETAIL** | **TRANSPORTATION** | **MOUNTAIN & MORE**

VAIL RESORTS

Vail Resorts is an equal opportunity employer. Qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, sexual orienation, gender identity, disability, protected veteran status or any other status protected by applicable law.

WHISTLER CREEKSIDE

Whistler Creek, also known by locals as **Creekside** is steeped in history. As the original base of Whistler Mountain and site of the first gondola, Whistler Creek is a laid-back place situated just 4 kilometers from the main village. The Creekside gondola provides access to Whistler Mountain and with use of the Peak to Peak Gondola, to Blackcomb Mountain as well. Creekside provides free, underground day skier parking. Whistler Creek is also the hub for parks and lakes in the summer months, Alpha Lake Park and Nita Lake which offer many activities to choose from including swimming, fishing, playground, volleyball, basketball, and tennis courts. Whistler Creek is home to a grocery store, gym, bank, several restaurants and Whistler's main gas station.

Housing:

Whistler Creek is home to the Whistler Housing Authority Office which offers long term rental housing options. Visit **whistlerhousing.ca**

Social Media and various online websites have made finding a place to live a bit easier. You can join the Facebook group Whistler Housing Rentals for Locals.

Healthcare:

Access multidisciplinary health and wellness services at Creekside Health 604-962-2447 **creeksidehealth.ca**



GET CONNECTED

SCOTIABANK

2010 Innsbruck Drive | 604-966-3230

CO-OP GAS BAR

2101 Lake Placid Road | 604-932-3959



LOCAL'S TIP

★★★★★

Black bears are common in Whistler, and most spend the winter hibernating. When you see skunk cabbage sprouting in the spring you should expect to see a bear on the trails. Be aware of your surroundings and make a little noise if you are alone so you don't startle the bear.

Learn what to do when you see a bear:

- Be calm. Stop where you are, and stand your ground.
- Speak in calm, appeasing tones. "Hey Bear, Whoa Bear."
- Back away slowly or make a wide detour. Always maintain a distance of at least 100m from any bear. Walk, don't run and watch the bear so you can see how he will react.
- Carry Bear Spray and know how to use it!

Most times the bear will wander off. If you find a bear around your home, you can scare the bear away by yelling at him or making loud noise, but only if it has a clear path out with no obstacles. This lets the bear know that he's not welcome on your turf. Be mindful of mother bears with cubs, as they can be very protective of their young and not as shy as your average bear.

It's important to know how you can help limit conflict with bears. **Never feed a bear.** Feeding bears not only will result in local fury, but it will also include a hefty fine, upwards of $350, and the bear may then be at risk of being killed. Keep your garbage and recycling (including empties) secure. Bears have been known to break screen windows, climb up decks and open doors or tear them off to get at empty coffee cups or even an old candy bar wrapper.

A hungry bear will go to great lengths if he is tempted by the smell of food or trash, and that behaviour can result in their death. So do your part and keep your "discards" secure. Learn how to coexist with Whistler's bears, visit **bearsmart.com**.

TO REPORT BEAR SIGHTINGS CALL
604-905-BEAR (2327)

The Village is the central neighbourhood of the town of Whistler, located at the base of both Whistler and Blackcomb Mountains. Until the late 1970's this was the site of the original town's garbage dump. It is divided into several areas - the Village, Village North and Upper Village. All the areas are connected by the paved, pedestrian-only Village Stroll. Whistler Village is where locals and visitors mingle throughout the year, coming and going from outdoor adventures. There are people shopping and renting skis and bikes, kids exploring the playgrounds and plenty of people-watching opportunities from sunny patios and restaurants. Depending on the season, you can catch events like free open air concerts, street entertainment and markets. For more information about dates, locations and how to get involved check out **whistler.com/events/calendar.**

LOCAL'S TIP

★★★★★

Stop by **Whistler Public Library** to sign up for a library card! Your library membership will give you access to FREE books, movies, TV shows, magazines, board games, and more, as well as a wide variety of online resources, including platforms for language learning and improving your tech skills. Email **publicservices@whistlerlibrary.ca** for more information.



Whistler and Blackcomb mountains can be accessed by the gondola and chair lifts located in Skiers Plaza, just past Mountain Square. The skier code is to keep all people on the mountain safe at all times. Check out **whistlerblackcomb.com/mountain-info/mountain-safety** for information on Alpine Responsibility, Mountain Signage, Safety Tips and more.

GET CONNECTED

SQUAMISH LIL'WAT CULTURAL CENTRE

The SLCC brings together two unique First Nations who wish to preserve, grow and share their traditional cultures into one spot to both entertain and educate visitors on the strong culture that exists with Whistler's area First Nations. Visit **slcc.ca** to find out more.

WHISTLER FARMER'S MARKET

Fill your fridge with local produce bursting with fresh flavour and color. Stay local and enjoy the Farmer's Market in the Upper Village Sunday all day from June to October or head to Squamish on Saturdays or Pemberton every Friday 3pm-6pm. **whistlerfarmersmarket.org.**

CROSS COUNTRY BIKING

Enjoy the extensive network of bike trails all over Whistler. There is the weekly Monday Night Ride and Thursday Toonie Ride, see WORCA (Whistler Off Road Cycling Association) for information **worca.com**. Pemberton and Squamish are also home to an amazing bike trail network.

ARTS WHISTLER

YOUR LOCAL HUB FOR ARTS & CULTURE

- Live music
- Films
- Art workshops
- Gallery exhibitions
- Performing arts & more

Maury Young Arts Centre
4335 Blackcomb Way. Whistler, BC, Canada. V8E 0X4
604.935.8410 | info@artswhistler.com



See what's on

ARTHENTIC BY ARTS WHISTLER

Shop local, support local artists, take home something original. Nestled in the lobby of Maury Young Arts Centre, Arthentic - Sea to Sky Inspired Design showcases a selection of high quality, handcrafted artwork created by Sea to Sky artists and artisans.

Shop local at Arthentic by Arts Whistler, a registered charity and non-profit organization. A portion of the sales is used to support The Gallery at the Maury Young Arts Centre, a community gallery which has the mandate to showcase and advocate for local artists. It is open to the public daily, with free admission. For more information on what's happening at Arts Whistler, check out **artswhistler.com**

SKATE PARK

Tucked in the forest next to Fitzsimmons Creek and the Whistler Village Bike Park. The skate park is a multi-sport venue for skateboarding, in-line skating, BMX, trials & FLO riding. A new addition to the park has been constructed and at over 50,000 sq ft, is now the second largest skate park in Canada. The park is open from dawn to dusk with light in the concrete skate bowl until 11pm.

SKATING AT THE PLAZA

During the winter months, the Whistler Olympic Plaza in the heart of Whistler Village transforms into an outdoor skating rink and toboggan centre. Skating runs from mid-December through March (weather-permitting) **whistler.ca/skating**

THE YOUTH CENTER

A great place for youth to connect, have fun, relax, and hang out! Free to access. For youth aged 13-18. Open Thursdays 3:30 - 8pm, Fridays 3:30 - 10pm and Saturdays 2:30 - 9pm. **whistler.ca/parks-recreation-culture/activities-and-schedules/youth-centre-activities**

WHISTLER VILLAGE BIKE PARK

Located next to Fitzsimmons Creek, the Village bike park is a great place to improve skills and gain confidence. The park includes a jump track, pump track, and beginner and intermediate skills area.

NEW TO TERRAIN PARKS?

Both Whistler and Blackcomb mountains provide progressively sized Freestyle Terrain. If you are new to the sport, for your safety and the safety of others, you should not enter or use any freestyle terrain until you are a competent skier/rider on all trails.

AVALANCHES

Avalanches are a very serious and a very real risk in Whistler. It's important to know what the conditions are up on the mountain, especially if you are into touring and backcountry skiing. Every backcountry skier and rider should be equipped with the proper equipment; transceiver, probe and shovel, have self-rescue knowledge before venturing into the backcountry. Avalanche Safety courses are offered throughout the winter season. Check out Mountain Skills Academy 604-938-9242 or Extremely Canadian 604-938-9656. Stay on top of snow conditions **whistlerblackcomb.com/mountain-info/snow-report**



Community Dinners

Dinner by donation • Free for those who need it • Everyone welcome

whistler-rocks.ca | @whistlerrocks

Join us for community dinners in Whistler, serving hot, nutritious meals made with care.

Check out dates, location and reservation information here:

BROKEN BONES, ACHES AND PAINS

Beware the broken bone! If you are from out of country and do not have good travel/medical insurance it will cost you at least $500 CDN just for one trip to Emergency. Whistler offers a lot of opportunities to break bones, sprain ankles and tear ligaments, so it's a good idea to know where to go when you're hurt or sick.

MEDICAL SERVICE PLAN (MSP)

Residents of BC are eligible and required by law to enroll with MSP, a coverage offered by the BC Government for healthcare and medically required services. To learn more about MSP, fill out an application or to find out if you qualify for Premium Assistance, visit **www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp**

WHISTLER HEALTH CARE CENTRE

604-932-4911 or 911 for emergency, 4380 Lorimer Road – behind Marketplace. Hours of operation are 8am -10pm with no appointment necessary. Patients with serious and/or life threatening traumas are transported to Vancouver, either by ground or air ambulance.

VANCOUVER COASTAL HEALTH

Located on the second floor of the Health Care Centre, VCH provides community care such as public health, mental health and addiction counselling, environmental health and home care nursing. 604-932-3202.

WHISTLER 360 HEALTH

2nd Floor of the Whistler Health Care Centre, 4380 Lorimer Road. 604-932-3977. **whistler360health.org**

PRESCRIPTION DRUG FILLS

You will need a Canadian doctor's script to be able to get your prescription filled at any of our local drug stores.

SHOPPERS DRUG MART

Located in Whistler Village at 121-4295 Blackcomb Way. The pharmacy offers comprehensive pharmaceutical care including prescription filling, specialty compounding, medication reviews, free prescription deliveries, crutch and wheelchair rentals, injections and travel vaccinations including the yellow fever vaccine. Open 9am - 9pm daily. 604-905-5666.

REXALL

Focused on helping Canadians feel good about their health through easy access to a wide assortment of health and wellness services and products. With two locations, one in Marketplace and the other in the Blackcomb Lodge. Open daily. 604-932-2303

HEALTHLINK BC

Provides access to free non-emergency health information and advice in BC. You can get this information 24 hours a day, 7 days a week by the telephone, website, or mobile app. They offer translation service in more than 130 languages. Call 8-1-1 or check out their website, **healthlinkbc.ca** if you need non-emergency health information.

OPTIONS FOR SEXUAL HEALTH

These clinics provide sexual and reproductive health services for all ages, genders, and orientations. Clinicians are committed to providing confidential, nonjudgmental, pro-choice, and sex-positive services.

Options for Sexual Health Clinic at Whistler Health Centre. Tuesdays 4:45 - 8pm. Call 604-935-5374 for a same day appointment. Free for those with MSP. **optionsforsexualhealth.org/clinic/whistler-opt-clinic**

NESTERS

Nesters is a community with a primarily residential area it is a local's favorite for housing, as it is a few minutes north of the village and it also includes a grocery store, pharmacy, community centre and quick access to the beautiful trails and lakes in Lost Lake.

GET CONNECTED

LOCAL'S TIP

★★★★★

Spruce Grove and Lost Lake are home to Whistler's Disc Golf Course. The course is segmented into three 9-hole sections, for a total of 27 holes. You can play all 27 holes (expect 2-4 hours to play a full round), or pick 9 or 18 hole sections for a quicker game. You can find directions and a detailed trail map at **whistler.ca/parks-recreation-culture/parks/lost-lake-park/disc-golf-course** or for more information, please visit Whistler Visitor Centre. Remember you are in bear country so do not forget to pack out what you packed in while enjoying a round of disc golf.



Food Bank Drop-In Hours

Mondays: Open 1:30 - 5:30pm

Tuesdays: CLOSED

Wednesdays: Open 1:30 - 5:30pm

Thursdays: CLOSED

Fridays: Open 1:30 - 5:30pm

- We suggest visiting once every week or two weeks!
- Please pick up only for immediate family members or partners
- This service is meant to supplement your other resources for food

Questions? Need more help? foodbank@mywcss.org

WHISTLER COMMUNITY SERVICES SOCIETY (WCSS)

Outreach workers provide free, confidential support for anyone experiencing challenges with mental health, food insecurity, housing insecurity, substance use, misuse and/or addiction, employment, eating disorders, violence in relationships, roommate conflict or homesickness. If you need to talk or would like to find out more about our WCSS programs, please visit our office or call us at 604-932-0113 to speak with an outreach worker. We are open Monday - Friday, 9am - 6pm. **@whistlercommunityservices**

WCSS RE-USE-IT CENTRE

Located on the first floor at 8000 Nesters Road, this is Whistler's favourite non-profit thrift store! You can set yourself up with everything from dishes to skis. The store carries electronics, books, shoes, clothes, sport equipment, and all the stuff you need in Whistler. Prices are low and the goods are used, but in great condition. Donations are also gratefully received, but must be clean and in working order. The store is open 10am - 6pm daily and donations are received between 10am and 3pm. Call 604-932-1121 or e-mail **reuseit@mywcss.org**. **@re_use_it_whistler**

The proceeds from the WCSS Re-Use-It Centre support over 30 Whistler programs

DROP IN SPORT NIGHTS

Meet friends and have fun playing basketball, soccer, badminton or volleyball indoors from mid-October to the end of April. The Resort Municipality of Whistler offers co-ed drop in adult sports nights (ages 18 and up) at Myrtle Phillip Community Centre. **whistler.ca/recreation.**

SPRUCE GROVE PARK

This park can be accessed off Spruce Grove Lane (to Kirkpatrick Road) and from Lost Lake Park. Spruce Grove contains three competition quality baseball diamonds, a clubhouse which can be rented for events, concession and washrooms, a play structure, AWARE Grow Whistler Greenhouse Project and access to the Lost Lake trail system.

CROSS-COUNTRY SKIING

Whistler offers some amazing cross-country skiing and snowshoe trails in Lost Lake Park with 25km of cross-country trails and 15km of snowshoe trails. The season typically runs from mid-December to end of March depending on weather. Find more information, including opportunities to volunteer in exchange for a free pass at **whistler.ca/nordic**. Grab a pair of used cross-country skis from the WCSS Re-Use-It Centre and check it out.

NESTERS MARKET

"Where the locals shop." A friendly market with a variety of local and organic produce, great seafood and a wellness and pharmacy department. Nesters Pharmacy and Wellness Center is an integrated health centre where pharmacy and natural health intertwine. With the combination of a full service pharmacy as well as alternative natural health products, there is a comprehensive approach to wellness. You will find well trained, knowledgeable Pharmacists, Registered Holistic Nutritionists and Product, Supplement Advisors who are always available to assist you.

GARBAGE, RECYCLING & COMPOST

This is the second location in Whistler to dispose of your garbage, compost and recycling. Located at Nesters Depot - 8010 Nesters Road. The operating hours for this location are 7am - 7pm and attendants are on site to provide help with recycling, garbage and compost needs.

WAG (WHISTLER ANIMAL SHELTER)

WAG is located in Nesters and is Whistler's non-profit and registered charity that cares for and re-homes many cats, dogs, puppies and kitten each year. Hours, by appointment only. 604-935-8364 **whistlerwag.com**

ALPINE MEADOWS

Alpine Meadows is considered by many as the original local's neighbourhood. It has been voted in the Whistler Question as the #1 residential neighbourhood by locals year after year and is fondly referred to just as Alpine. Walking around Alpine also provides a bit of insight into Whistler's history as many of the first families to settle in Whistler built their homes/chalets in the early 60's and 70's in Alpine.

The community has direct access to the Valley Trail and is located 4-5 kilometers, along the highway, north of Whistler Village. Alpine is home to Whistler's Meadow Park Sports Centre with swimming pool, skating rink, squash courts, outdoor tennis courts, fitness facilities as well as an outdoor green space, playground and baseball field.

MEADOW PARK SPORTS CENTRE

Stay active through the fall and winter. Meadow Park Sports Centre includes a six lane pool, kids pool, sauna, steam room, hot tub, ice rink arena, squash courts, selected group fitness classes and gym. Find drop-in and pass rates at **whistler.ca/recreation** or phone 604-935-PLAY (7529). Meadow Park Sports Centre also offers 50% off drop in on Tuesday and Friday after 6pm.

BEACH VOLLEYBALL

Play beach volleyball on sand courts at Rainbow Park. Check out the Whistler Outdoor Volleyball Association adult summer beach league.
wova.ca



Just a short drive past Alpine you will find one of Whistler's newest neighbourhoods, **Rainbow**. From here, one can enjoy breath-taking views across Green Lake to Whistler, Blackcomb and Wedge Mountains.

A short way past Rainbow is the residential neighbourhood of **Emerald Estates**, named after the jeweled colour of Green Lake fed by the glacier above the lake. These neighbourhoods are a bit further north of the village, but offer more seclusion and quietness from the village buzz.

LOCAL'S TIP

★★★★★

Check out Emerald Estates little park on the lake "Green Lake Park" a beautiful quaint spot with public bathroom and a small beach area

GET CONNECTED

Rainbow is home to our newest grocery store, **Your Independent Grocer** and our second gas station, **Green Lake Chevron** with a convenience store and the fanciest bathrooms in Whistler.

Enjoy coffee from **Cranked Espresso Bar** and enjoy the mountain views.

The west side of Emerald Estates has direct access to biking and hiking trails.



NOTABLE NUMBERS

Whistler Community Services Society (WCSS)

phone 604-932-0113 **web** www.mywcss.org

whistler community services society

@whistlercommunityservices | @re_build_it_whistler | @re_use_it_whistler

WCSS Outreach	Call our office at 604-932-0113 or **mywcss.org/book** to book an appointment with an outreach worker.
WCSS Food Bank	604-932-0113
WCSS Re-Use-It Centre	604-932-1121
WCSS Re-Build-It Centre	604-932-1125
BC Crisis Line	310-6789
Suicide Crisis Hotline	988
KUU-US Crisis Support Line (BC Wide Indigenous Toll Free Crisis and Support Line)	1-800-588-8717
Police/Fire/Ambulance	911
Wildfire	*5555
For emergencies on Whistler Blackcomb, call Patrol	604-935-5555
211 Community Social & Government	2-1-1 | bc211.ca
Al-Anon	1-888-425-2666
Alcoholics Anonymous	604-905-5489
Alcohol & Drug Referral Line	1-800-663-1441
Ask Whistler (tips about Whistler)	Text 604-265-9600 (8am-7pm) Mobile live chat
BC Ferries	1-888-223-3779 | bcferries.bc.ca
BC Human Rights Tribunal	604-775-2000
BC Parks	gov.bc.ca/bcparks
Canada Post	604-932-5012
Car Pool	poparide.com
Dial a Law	1-800-565-5297
Disability Alliance	1-800-663-1278

Drive BC – Road Conditions	1-800-550-4997 drivebc.ca (webcams)
Employment Standards Branch	1-800-663-3316
Fire Rescue (non-emergency)	604-935-8260
ICBC (Dial a Claim)	1-800-910-4222
Legal Aid BC	1-866-577-2525
Ministry of Employment & Income Assistance	1-866-866-0800 Info Line
Narcotics Anonymous	1-866-683-6819 | bcrna.ca
Options for Sexual Health Clinic	604-935-5374
Pearl Space	1-877-890-5711 (24 hour crisis line)
Pearl Space Drop In Whistler	604-962-8711
Poison Control	1-800-567-8911
Police/RCMP (non-emergency)	604-932-3044
Quit Smoking 24/7	1-877-455-2233 | quitnow.ca
RCMP Victim Services	604-905-1969
Recycling Hotline	1-800-667-4321
Report a Bear Sighting	604-905-BEAR (2327)
Report a Cougar/Grizzly Bear	1-877-952-7277
Report a Forest Fire	1-800-663-5555 or Cell dial: *5555
Resort Municipality of Whistler (RMOW)	604-932-5535 | whistler.ca
Residential Tenancy Branch	1-800-665-8779
RMOW Bylaw Services	604-935-8280
Salal Sexual Violence Support Centre	1-877-392-7583
Service BC	1-800-663-7867
Stopping the Violence	604-892-5796
VCH Child & Youth Mental Health Intake	604-894-2091
VCH Mental Health & Substance Use intake	604-698-6455 (call or text)
VictimLink BC	1-800-563-0808
Whistler Blackcomb Employee Experience	604-905-2281
Whistler Chamber of Commerce	604-932-5922
Whistler Health Care Centre	604-932-4911
Whistler Resort Cabs	604-938-1515
Whistler Transit System	604-932-4020 | whistler.ca/transit
WorkSafe BC	1-888-967-5377

Sea to Sky Safety Net

SUPPORT RESOURCE HUB

If you or someone you know needs support, we are on your side.

Sea to Sky Safety Net is an online resource to help residents in the Sea to Sky Corridor connect to local mental health and substance use support services.



MENTAL HEALTH SUPPORT



SUBSTANCE USE SUPPORT



VICTIM SERVICES



BASIC NEEDS



CRISIS LINES

Find support resources at SeaToSkySafetyNet.com

Presented by:

WHISTLER BLACKCOMB Foundation