

2024/2025 WHISTLER NAVIGATOR



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Whistler
(Sk̓w̓ik̓w)

mywcss.org

Produced by
Whistler Community Services Society



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WHISTLER
COMMUNITY SERVICES
SOCIETY

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WCSS respectfully acknowledges that our work takes place on the unceded territories of the Skwxwú7mesh (Squamish) Nation and the Lilwat (Lil'wat) Nation.



WHISTLER
COMMUNITY SERVICES
SOCIETY

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"At WCSS, our mission is to support & advocate for a healthy community. We aim to do this by providing outreach support, resources, and important community connections to welcome newcomers, assist those who have lived here for years and anyone in a time of transition and change. We hope the Navigator fosters a sense of community and sparks learning, open conversations and most of all belonging."

- 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 wellbeing. Services include: Outreach support and Food Bank, physical and mental health support, wellness training, access to legal aid, physiotherapy, harm reduction education, financial support for kids programming 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, like the Food Bank, mental health programs, kids programs and more!

Re-Build-It Centre

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



WHISTLER
COMMUNITY SERVICES
SOCIETY

mywcss.org
604-932-0113
info@mywcss.org



Find us at:





WHO CAN USE THE FOOD BANK?

Anyone can use the Food Bank any time for any reason. We ask that you self evaluate your need and use this service in addition to the other resources you have.

Some tips to help us help our community:

Please collect only for yourself, your partner or family members

Please come once every week or two weeks if you can

Questions? Need to visit more often? foodbank@mywcsc.org

DROP-IN HOURS

Monday, Wednesday, Friday

1:30 - 5:30pm



mywcsc.org
604-932-0113
8000 Nesters Rd



WHISTLER
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Welcome to the shared territory of the Sḵwxwú7mesh (Squamish) Nation and Lílwat7úl (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 Sḵwxwú7mesh Úxwumixw and Lílwat7ul 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

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 Lil'wat7úl (Lil'wat Nation) is a separate and distinct Interior Salish Nation with cultural and kinship ties to the Stát'yemc. 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 Skwxwú7mesh and Lil'wat7úl to learn more visit slcc.ca/slcc-go-whistler-app

FIRST NATIONS
MUSEUM
TOURS + GIFT SHOP + CAFE



Skwxwú7mesh Lil'wat7úl
SQUAMISH LIL'WAT CULTURAL CENTRE
WHISTLER

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

WHISTLER'S NEIGHBOURHOOD 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.

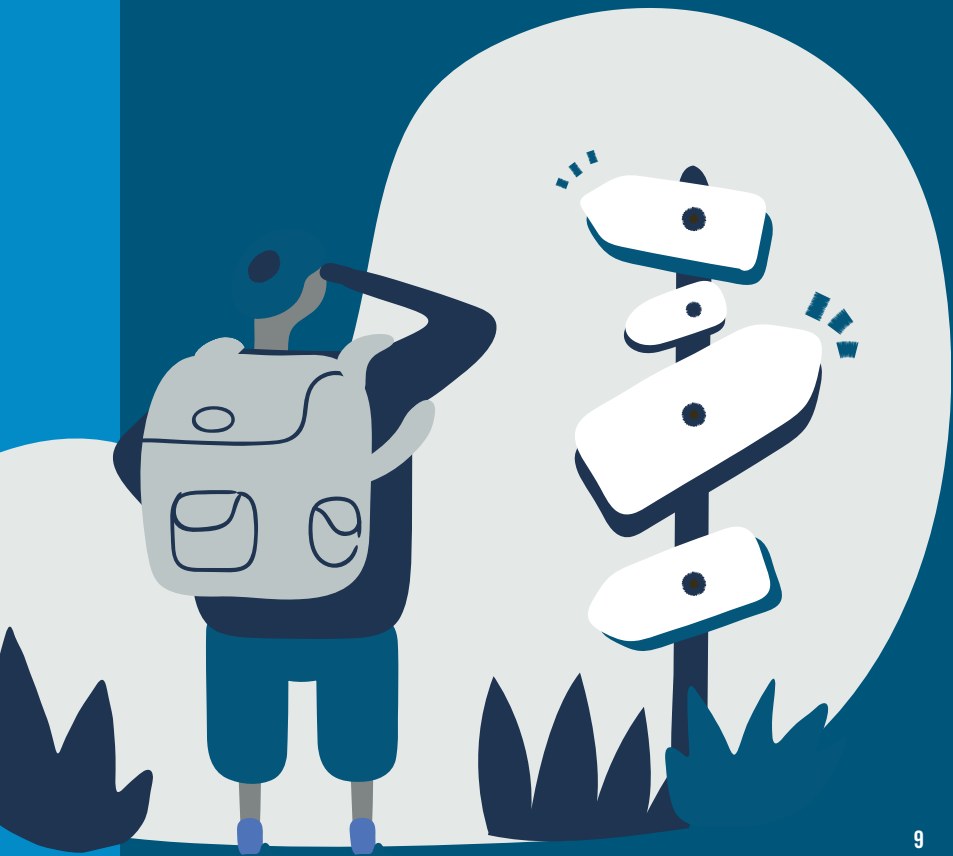
The information for each Whistler neighborhood is designed to help you get acquainted in your new place and enhance a feeling of belonging and exploring. There are also some secret local's tips so read carefully! We hope that you find this information useful and we wish you a wonderful adventure ahead.

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

WELCOME FROM MAYOR

I encourage you to check out **WHISTLER 101**, an online series to inspire a deeper understanding of Whistler, the interconnectedness of all that surrounds us, and how we express and celebrate our connection to our surroundings. Whether you've been a Whistlerite for two days or two decades, your contributions and work for your town make this place what it is. whistler.ca/101

Thank you! - Jack Crompton



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 Canadian bank account

Get Canadian Currency

Apply for a B.C Driver Licence

Get a Mobile Phone

Get 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 to see if they are hosting any local events in the future. **604-932-5922**

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
604-966-3232

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 B.C 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-B.C driver's licence for up to six months. After six months, you need a valid B.C driver's licence to drive here. More information on updating your Driver licence check out icbc.com

Get a Mobile Phone

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.

Electronic Community Assistance Program

WCSS Electronic Communication Assistance Program is designed to provide communication devices to Sea to Sky community members with identified barriers to accessing them. 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. Contact Outreach to access eligibility [here](#).





WHISTLER
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Re-Use-It Centre

Second Hand at good prices!

The #1 Whistler Navigator Tip?! Get yourself to the Re-Use-It Centre.

Skis, boards, boots, bindings, kitchenware, clothes, games, art, CDs & DVDs, books, one of a kind treasures and things you won't even know what they're for!

Quality used goods at affordable prices. All under one roof!



Open 7 days a week

All proceeds from the Re-Use-It Centre help fund programs offered
by Whistler Community Services Society

8000 NESTERS ROAD, WHISTLER

604-932-1121 REUSEIT@MYWCSS.ORG

MyWCSS.org  RE-USE-IT CENTRE  @RE_USE_IT_WHISTLER

LIKE US ON FACEBOOK FOR NEWS, SPECIALS & COMPETITIONS.

Get 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 / 1-866-762-4122

Hours of operation might be different this year as they are scaling back. Please check out hihostels.ca/whistler for the most up-to-date information.

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 \$35.

Southside Lodge

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

Whistler Lodge Hostel

2124 Nordic Drive | 604-932-6604
whistlerlodgehostel.com

WHISTLER HOUSING AUTHORITY

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




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

The Whistler Experience® **BENEFITS.**

Get exclusive access to unforgettable adventures & special discounts that will make your Whistler Experience truly exceptional!

- *Whistler Blackcomb Spirit Pass*
- *Discounted Spirit Transit Pass & gym passes*
- *10% off at Whistler Grocery Store*
- *Deals at local retailers and restaurants*
- *All-day Happy Hour at select partner venues*
- *Deals on adventure activities including cross country skiing, heli-skiing, snowmobiling, ziplining & more!*



 **LEARN MORE**

Learn more at go.whistlerchamber.com/Spirit



photo credit: www.whistlerchamber.com / iStockphoto.com

Brought to you by

Whistler Chamber

Presenting Partners

 **WHISTLER BLACKCOMB**

 **Gibbons**
ESTABLISHED 1964

At Westin, We Are Family

When you join The Westin, you become family. We believe in taking care of associates so they can take care of our guests, our community, and each other.

ASSOCIATE BENEFITS

STAFF ACCOMMODATION | DAILY MEAL
LEISURE PACKAGE | MARRIOTT HOTEL
DISCOUNTS | EXTENDED MEDICAL BENEFITS

APPLY NOW



THE WESTIN
RESORT & SPA
WHISTLER



Photo: www.whistlerchamber.com / iStockphoto.com

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

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 1-800-663-7867, www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies. You can also contact the Tenant Resource & Advisory Centre at 1-800-665-1186 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. 1-800-663-3316 or www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards.

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.

Settlement Services

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

2025 Statutory Holidays:

New Year's Day: Wednesday, January 1

Family Day: Monday, February 17

Good Friday: Friday, April 18

Victoria Day: Monday, May 19

Canada Day: Tuesday, July 1

B.C. Day: Monday, August 4

Labour Day: Monday, September 1


National Day for Truth and Reconciliation: Tuesday, September 30

Thanksgiving Day: Monday, October 13

Remembrance Day: Tuesday, November 11

Christmas Day: Thursday, December 25

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



I can't
BELIEVE
I live here!

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



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.

Employment Program of BC

Through one on one support, this program helps people to prepare for, find and maintain sustainable employment. Call Sea to Sky Community Services at 1-877-892-2022.

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

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

Websites

whistler.ca/municipal-gov/careers

indeed.ca

workbc.ca/Jobs

whistler.craigslist.org/

gibbonswhistler.com/careers

Facebook: Whistler's Job Board



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

Sea to Sky Divisions of Family Practice keeps an up-to-date list of health care providers Divisionsbc.ca/sea-sky or call Health Link BC at 8-1-1 for support in finding the care you need.

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

Creekside Health Integrative Clinic 604-962-2447 creeksidehealth.ca/family-medicine-clinic

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



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 just need to talk or would like to find out about other WCSS programs below please contact our office at 604-932-0113 and speak with an outreach worker or visit mywcsc.org/outreach. We are available Monday to Saturday and we can arrange to meet with you in the community, closer to home or work.



WCSS COUNSELLING ASSISTANCE

Offers counseling 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 mywcsc.org/counselling-assistance.



WCSS FOOD BANK

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

2021 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, but in great condition. Donations are also gratefully received, but 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@mywcsc.org

mywcsc.org/re-use-centre



WCSS RE-BUILD-IT CENTRE

2021 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 DIY project or home renovation. \$75 for a 12 month membership.

Open 7 days a Week 10 am – 5 pm

1003 Lynham Road, Function Junction

604-932-1125 | rebuildit@mywcsc.org

mywcsc.org/re-build-centre

Proceeds from our social enterprises support our WCSS programs and services including the Food Bank.



WHISTLER
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SOCIETY



ACTIVATE & CONNECT

For seniors 55+, connect with others through weekly activities.



BIRTH, BABY AND BEYOND

Connect with other moms in a supportive safe space facilitated by WCSS.



BREAKFAST CLUB

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



CAMPFUND

Providing financial assistance to support children in attending organized camps.



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 Workplace Wellness Workshops, Harm Reduction Training, and NEW Mental Health First Aid (replacing Mental Health Ambassadors), to set your workplace up for success, whether your employees are local or new to town!



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.



CONNECT WHISTLER

Provides opportunity to meet Whistler locals, learn about resources and make new friends while enjoying fun events and entertainment.



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.

How to Access WCSS Programs & Services

Call 604-932-0112 or Book Online mywcss.org/book



FOOD SKILLS AND NUTRITION PROGRAM

Lower-income families, pregnant women 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.

+ 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.
- **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.
- **Mental Health & Wellness Workshops:** A 2-hour workshop for groups and businesses to learn a snapshot of mental health resources, wellness, learn self-care, and healthy boundary setting.
- **Harm Reduction Supplies:** Safe injecting and Safe Smoking kits that can be picked up at the Foodbank 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 Foodbank and in the upstairs public washrooms.



HEALTHY CHOICES

Provides youth, school and community-based staff, and families with social and emotional educational programming.



HOLIDAY HELPER

Seasonal hampers filled with food and gifts provided for families experiencing financial difficulties.



IMMIGRATION CONSULTATIONS

The goal of this program is to provide low-income earning Whistler residents with access to immigration advice and guidance from qualified and experienced Immigration Consultants.

Navio Immigration (formerly Whistler Immigration) offers free 30-minute Q&A Sessions to eligible individuals. During this session, you can ask anything about your immigration process to Canada and get strategic guidance to make informed decisions about your Canadian immigration journey.

**This service does not include the preparation or representation of your immigration applications to government officials. Navio Immigration can be hired separately for additional services.*



KIDSART

Providing financial assistance to enable children to participate in arts and culture education classes.



KIDS ON THE MOVE

Designed to help send children and youth of financially restricted families to coach led sport activities.



PARENT-INFANT DROP IN

An informal weekly drop in for parents with infants hosted by the Whistler Library. Guest speakers featured twice monthly.



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



PREGNANCY & INFANT LOSS

Designed to support couples and individuals who have experienced the loss of a child, either before or after birth, facilitated by a registered clinical counsellor.



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.



SUPPORTING TODAY'S TEENS

Parents and Caregivers of teens (13-19 years old) in Whistler, Pemberton and Squamish area to get together in-person, to learn from community experts and have connections and conversations to support each other.



TOOL LIBRARY

Tools available for DIY projects, gardening, renovations, ski and bike tuning.



VOLUNTEER INCOME TAX PROGRAM

Volunteers trained by the Canada Revenue Agency are available to help you complete your yearly tax return.



WHISTLER NAVIGATOR

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



WHISTLER RAINBOW CONNECTION - 2SLGBTQ+

Make friends, build community, and share resources.



55+ RESOURCE GUIDE WHISTLER SENIORS 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.



Imagine a future where Whistler waste is kept out of the landfill

That's the goal with moving towards zero waste.

How can we get there? Reduce and reuse, then recycle. Using simple steps, we can all reduce, reuse, recycle and compost most of the waste we produce. Please take the time to learn what goes where and properly sort your waste.

WHERE TO DISPOSE OF WASTE:

Your building may have a waste disposal room, or you may need to visit one of two residential waste depots to sort your waste. Residential waste including household recycling, compost and garbage to landfill can be disposed of at these following locations:

Nesters Depot: 8010 Nesters Road

Function Junction Depot: 1001 Lynham Road

Nesters and Function Junction depots both collect the waste materials listed to the right. The majority of these streams will be available in your building if you have disposal facilities available.



Foam
Packaging



Glass Bottles
and Jars



Paper/
Cardboard



Food Scraps
and Organics



Flexible
Plastics



Mixed
Containers



Garbage to
Landfill



Refundables

Need help sorting or have an item that is not listed?

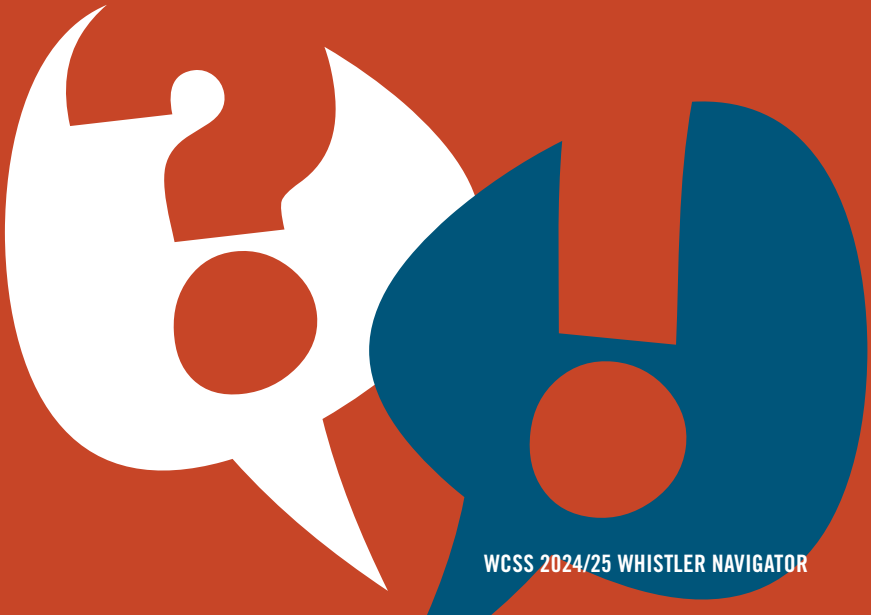
Check out the waste wizard at whistler.ca/waste

Contact zerowaste@whistler.ca if you have any questions



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). 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 daily from 9am to 5pm. 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 *5555

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
COMMUNITY SERVICES
SOCIETY

Re-Build-It Centre

Furniture, appliances, building supplies and tools are among the amazing treasures always coming in. Our charitable thrift store funds programs and services offered by Whistler Community Services Society.

WCSS TOOL LIBRARY: Borrow tools for wood working/DIY, home renos, vehicle maintenance, ski tuning, bike repair and gardening.

Annual Single Memberships - \$75

Annual Shared (2 person) Memberships - \$100



Open Daily 10am - 5pm

All proceeds from the Re-Build-It Centre help fund programs offered by Whistler Community Services Society

1003 LYNHAM ROAD, FUNCTION JUNCTION, WHISTLER

604-932-1125 REBUILDIT@MYWCSS.ORG

MyWCSS.ORG **f** RE BUILD IT CENTRE **@**@RE_BUILD_IT_WHISTLER

LIKE US ON FACEBOOK FOR NEWS, SPECIALS & COMPETITIONS.

WHISTLER PUBLIC LIBRARY

4329 Main Street | 604-935-8433
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.

Hours may vary throughout the year:

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.

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 Canadian 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. In conjunction with the Canada Revenue Agency and the Whistler Public Library, WCSS offers volunteer help for 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.

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



Enjoy all that Whistler has to offer

	Adult	Concession*	Spirit Passes*
30-Day Pass	\$50	\$40	\$25
6-Month Pass	\$270	\$215	\$220
12-Month Pass	\$510	\$410	\$410

Parking fee revenues are invested in transit, meaning lower monthly pass costs and higher service levels. Courtesy of Whistler Blackcomb and the Resort Municipality of Whistler.

**Concessions fare valid for youth aged 13-18 and persons 65 and over.*

**Requires Whistler Experience® number from Chamber of Commerce. Customers are limited to one Spirit Pass discount per year. For more details visit whistler.ca/transit*



Follow your bus in real-time using the Transit App, Google Transit or your favourite bus tracking app.

Sign up for customer alerts to help plan your trip and stay up to day on route schedules at bctransit.com/Whistler

8468

Transit Info
604-932-4020
bctransit.com/Whistler



TRANSPORTATION

In Whistler, you can navigate your way around the community by bus, bike, on foot or by car. Each neighborhood 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.

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 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.



BUSES

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

- Buses run every day of the year.
- Download the Transit 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.
- Your bike can be attached to the front of the bus
- BC Transit also has a Pemberton Commuter

How to Pay:

- **Use exact change** \$2.50 or Umo Cash Balance.
- **DAYPass:** A DayPASS offers a discount for unlimited travel throughout the day.
- **10 Tickets:** A pre-purchased 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. When you purchase a package of 10 tickets, you receive a discount.

- **Transfers:** Riders can simply scan or tap their Umo payment method on their second bus within a 90-minute transfer window and continue to travel without an additional charge. If paying with cash, request a paper transfer from the driver at the start of your very first trip.
- **Seasons Passes:** Monthly, 6-Month and 12-Month Passes will offer a 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. You will get 50% off a 1-month pass.

Transit tickets and passes are available at:

- Meadow Park Sports Centre
- Whistler Visitors Centre
- The Grocery Store
- Nesters Market
- Creekside Market
- Whistler Municipal Hall
- HI-Whistler
- Forecast Coffee

Subject to change. For an updated list of vendor locations, visit bctransit.com/whistler

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

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/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.

BIKE THEFT PREVENTION



Be mindful that your bike is at risk of being stolen but with these practical tips, you can help you're 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. Thieves are less likely to target bikes in locations where they might be seen.

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 yvrskylinx.com

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

WhistlerRides: One way and return trips between Whistler and Squamish/Vancouver and Pemberton. 604-715-0196

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.

WorkBC Centre

Looking for work opportunities? WorkBC offers free employment services to support you in every step of your job search.



We provide:

- ✓ Access to job search resources
- ✓ Workshops, resume, and interview preparation
- ✓ Support in accessing other community resources
- ✓ Employment counseling, job placements, skills training

☎ 604-639-1743

✉ centre-squamish@workbc.ca

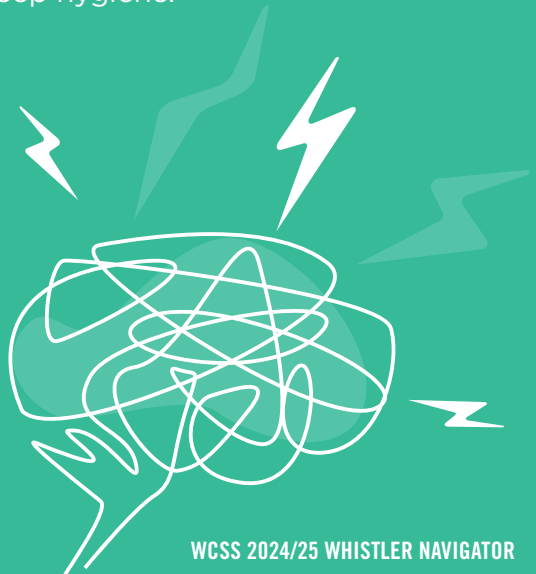
📍 302 - 37989 Cleveland Ave, Squamish, BC



This program is funded by the Government of Canada and the Province of British Columbia.

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.

Groups

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

Mental Health Clinicians

Mental Health Clinicians specialize in supporting people experiencing moderate to severe 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.

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. It's important to note that if you would like training around how to administer Naloxone and general opioid overdose awareness and response, to contact a WCSS Outreach Worker (604-932-0113) or the Whistler Health Centre - Mental Health and Substance Use Services (604-932-3202).

Pearl Space

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.

Sexual Assault Crisis Line 24 hrs:

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.

Want to Chat instead of Call?

Online Chat Service for Youth

[YouthInBC.com](https://youthinbc.com) (Noon to 1am)

Online Chat Service for Adults:

[CrisisCentreChat.ca](https://crisiscentrechat.ca) (Noon to 1am)

Alcoholics Anonymous

Whistler (604-698-3102) 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 can 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

Kelty's Key

Your source for online therapy. Get tailored treatment from an online therapist, or work on your own with our self-help resources. With Kelty's Key, getting the help you need is flexible and accessible. We are publicly funded by Vancouver Coastal Health, making all our services 100% free. keltyskey.com

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

Wellness Together

Wellness Together Canada is designed to be used on demand: you get to choose what you need, when you need it. The services range from basic wellness information, to one-on-one sessions with a counsellor, to participating in a community of support. Whatever it is you're looking for, we're here to point you towards the best resources out there. For more information wellnesstogether.ca/en-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



 **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



 @besafeapp_ca
BeSafeApp.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.

Home and Community Care Access Line - Sea to Sky. Vancouver Coastal Health
604-892-2293 | Squamish/Pemberton/Whistler

vch.ca/your-care/home-community-care

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

Problem Gambling

Contact the Problem Gambling HelpLine (Free 24/7) by calling 1-888-795-6111 which provides free, confidential counseling 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

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, youth-friendly, pro-choice, and sex-positive drop-in services.

Whistler: Tuesdays & Thursdays 4:45-7:30pm (call 604-935-5374 for same day appointment)

Squamish: Tuesdays 5-8pm (text 604-815-8713 for same day appointment)

MCFD Youth Counselling

1-866-823-5374, mental health counselling for youth under 19 (trauma and mental illness).



Cultivating hope through
inclusive, supportive
services & communities

Whistler Drop-in Centre
1519 Spring Creek Dr.
Mon - Thurs 10am - 4pm
infowhistler@pearlspace.ca
604-962-8711



www.pearlspace.ca



[pearlspacesociety](https://www.facebook.com/pearlspacesociety)

24/7 Crisis Line
1 877-890-5711

24/7 Sexual
Assault Support
604-389-9168

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. Call 1-877-892-2022 for more information.

WCSS Counselling Assistance Program

This program provides low-cost access to local counsellors for people who would like access 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 homelessness. Contact an outreach worker on 604-932-0113 or mywcss.org/outreach.

Emergency Housing Program

The Temporary Emergency Housing 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 an outreach worker on 604-932-0113 or mywcss.org/outreach.

RCMP Victim Services

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

Homeless Prevention & Outreach

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. Call 1-877-892-2022.

PAIN Support Line

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

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, please email outreach@shhs.ca or call the program coordinator at 604-567-9221.

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

Sea to Sky Safety Net is 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 and together we can work toward building a strong foundation of community support and resiliency. seatoskysafetynet.com

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 Support Line to speak with a specialized resource worker: 604-389-9168

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

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 Coast Health Mental Health and Substance Use Team, call 604-698-6455.
2. Concussion Support Group: A weekly group where participants are helped to better understand and manage their concussion symptoms. 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 counselor if you are financially restricted. Contact 604-932-0113
6. Physiotherapy clinics may offer vestibular rehabilitation exercises for concussion recovery.

FINANCIAL INSECURITY



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 or operation and location, see mywcss.org/food-bank

2SLGBTQ+

Whistler and the Sea to Sky Corridor are home to a vibrant 2SLGBTQ+ community, with a number of resources, services, groups, clubs and events.

Whistler Rainbow Connection

A social place where community members of different sexual and gender identities come together to meet new people, hang out, provide support but most importantly, have fun! It is open to ALL community members young and old. Join us the 4th Wednesday of the month from 5-6pm at Maury Young Arts Center (lower level). mywcss.org/rainbow or check us out on Facebook.

Sea to Sky Allies

Monthly conversations and events. Email s2sallies@gmail.com or message them on Facebook [@SeatoSkyallies](https://www.facebook.com/SeatoSkyallies).

Vancouver/Whistler Gay Ski Club

Vancouver and Whistler's 2SLGBTQ+ ski and snowboard club. For more information, visit [skiOUT](https://skiOUT.com) 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

Prideline BC

1-800-566-1170 toll-free in BC or 604-684-6869 in the Lower Mainland. Peer support, information and referrals for anyone in BC. Available weeknights (Monday to Friday) from 7-10 pm

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](https://qchat.ca)

PrideSquamish

Pride Squamish is a Nonprofit 2SLGBTQIA+ Registered Society in the Traditional, Ancestral, Unceded Sk̓wx̓wú7mesh-ulh Temíxw (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 [PrideSquamish on Instagram](https://www.instagram.com/PrideSquamish) for the next happening thing.

TGETHER

As our community navigates health concerns, inflation, a housing crisis, and other life challenges - we face these TOGETHER. Our programs support residents of all age, ethnicity, and gender. It is OK to not be OK - we are here to help.

Our programs include:

- Mental Health
- Emotional Wellbeing
- Food Security
- Financial (emergency and non emergency) support
- Legal and Immigration Assistance
- Counselling Assistance
- Support groups

We are adapting with the needs of our community - the bravest thing you can do is ask us to join you on your journey.

WCSS is here for anyone who needs assistance in the areas of mental and emotional health or food security.

mywcss.org



WHISTLER
COMMUNITY SERVICES
— SOCIETY —

HOW CAN YOUR DONATIONS TO THE RE-USE-IT CENTRE HELP WCSS?

Donations make a huge difference in our community! When you donate to or shop at our stores YOU are directly funding community programs, like the Food Bank, Outreach services for mental and physical health, subsidized counselling access, financial assistance programs for kids to go to art classes, attend camp, play sports and MORE!

WHAT WE ACCEPT

- ✓ Clothing and Accessories
- ✓ Footwear, Bags & Purses
- ✓ Bedding, Curtains & Towels
- ✓ Kitchenware, Utensils & Small Appliances
- ✓ CD's DVD's, DVD Players & Stereos
- ✓ Sports Equipment
- ✓ Video Games & Consoles
- ✓ Computer Equipment
- ✓ Board Games
- ✓ Crafting & Office Supplies
- ✓ Electronics



THE COSTS TO OUR COMMUNITY WHEN DONATIONS ARE LEFT OUTSIDE OF OPEN HOURS:

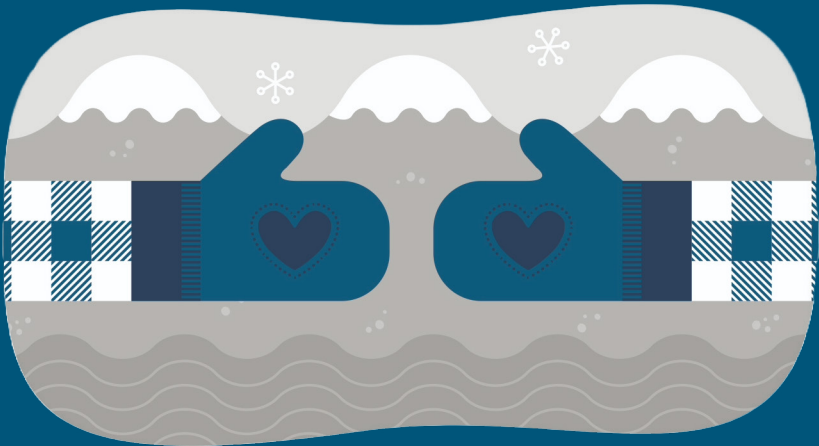
- ✗ Weather damaged goods can't be sold
- ✗ Damaged goods must be disposed of by WCSS which costs around \$200 (transport, wages and dump fees)
- ✗ \$200 per trip could be better spent on 80 cans of beans for Food Bank, 80 bus tickets for clients to access essential appointments, 20 store vouchers for clients to get needed items like clothes, tents and sleeping bags

Please help by:

- ✓ Dropping off items during open hours only
- ✓ Be prepared to come back the next day if we are full
- ✓ Ask a friend for help if the timing doesn't work for you
- ✓ Plan ahead if you are moving and have lots to give- it might take multiple trips
- ✓ Taking your large items to the Re-Build-It Centre, located in Function. Not sure which items go where, check out our website to find out mywcss.org/social-enterprises

**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 is a space for 2SLGBTQ+ individuals, family and friends to make friends, build community, share resources, ideas, successes and challenges. Join us every 4th Wednesday of the month at MY Arts Center from 5-6pm.

Call WCSS if you feel like you could use some help - reach out to one of our Outreach workers 604-932-0113

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

Join the **Mental Health Ambassador Program** - learn about local resources, training mental health and how to support fellow community members. mywcss.org/mentalhealth

Volunteer at a place that interest you! Many events, races and festivals happen in Whistler and are always looking for volunteers.

Connect Whistler

Connecting people TOGETHER is a week filled with fun, social activities designed to help everyone in our community get better acquainted with why you live here. mywcss.org/connect-whistler

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

Join LUNA – Late and Unique Nighttime Alternatives – providing affordable, alcohol-free events for 18 to 35 year-olds. lunawhistler.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. facebook.com/groups/barbedchoir

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 open houses. thepointartists.com

Do you live in WB HOUSE? Connect with Navigators and **join Club Shred** for deals and discounts.

Looking for **FREE yoga classes?** Join the Whistler Summer or Whistler Winter Facebook pages.

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

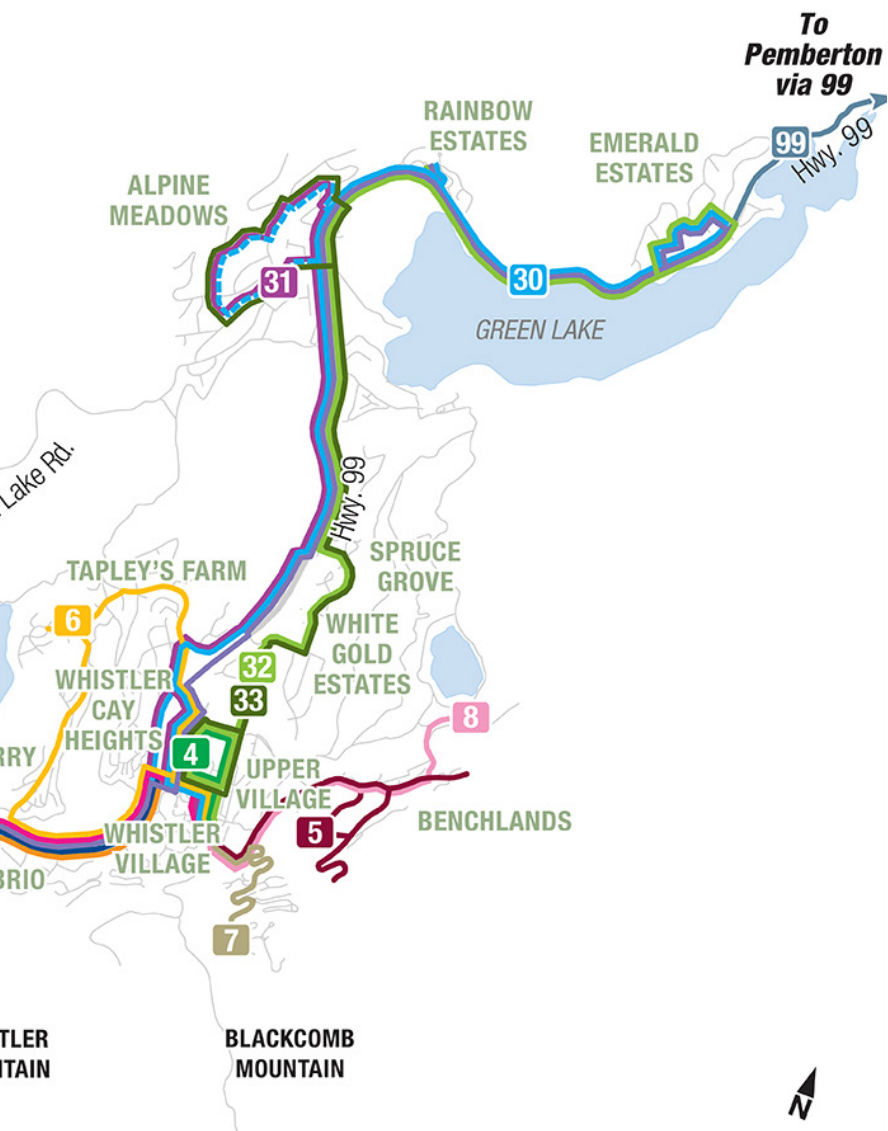
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OD

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.







Two uniquely different neighborhoods, 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 neighborhood 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.



RE-BUILD-IT CENTRE



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.

Household hazardous wastes can be delivered to the product care centre at Carney's Recycling Headquarters at 38950 Queensway in Squamish, or to the Regional Recycling building at the Nesters Depot site between 9 am - 5 pm daily.



NEED A TOOL?

WHY DON'T YOU BORROW IT INSTEAD?

TOOL LIBRARY

Annual Single Memberships - \$75
Annual Shared (2 person) Memberships - \$100
Tools for DIY projects, gardening, home renovation and bike and ski tuning.

Check out our inventory at myWCSS.org/tools.
All tools available at Re-Build-It Centre in Function Junction.



These neighborhoods 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 Pearl Space Whistler, Sea to Sky Community Services Society and Zero Ceiling Society.

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.

GET CONNECTED

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.

PEARL SPACE WHISTLER DROP-IN

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

24hr Crisis Line 1-877-890-5711

604-962-8711

infowhistler@pearlspace.ca

pearlspace.ca

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

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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 Integrative Clinic 604-962-2447 creeksidehealth.ca



SCOTIABANK

210 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.

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 to \$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](https://www.bearsmart.com).

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

WHISTLER VILLAGE



The Village is the central neighborhood 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.



LUNA

(Late Unique Nighttime Alternatives)

While trolling the bars and clubs of our bustling resort metropolis might be a favored pastime of residents old and new alike, LUNA aims to provide activities that are enjoyable sans liver damage and incoherent speech and that don't break the bank. Check out the LUNA Lounge where you can ride the indoor skate ramp, play pool or just chill! If you're a member you are entitled to a free weekly yoga class as well as monthly events throughout the winter season. The membership offers great discounts and deals. lunawhistler.com

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.



Visit Whistler's authentic Indigenous experience

ANCIENT STORIES YOUTHFUL VOICES

FIRST NATIONS MUSEUM
TOURS + GIFT SHOP + CAFE

@SLCCWHISTLER
SLCC.CA



Słwəxwú7mesh Lil'wat7úl
SQUAMISH LIL'WAT CULTURAL CENTRE



ARTISAN GIFT SHOP AT THE MAURY YOUNG ARTS CENTRE

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

The Gift Shop is managed by Arts Whistler, a registered charity, and non-profit organization. A portion of the sales is used to support The Gallery at the 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 daily at Arts Whistler, check out artswhistler.com/online

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 and Friday-Saturdays 3:30 - 10pm.

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 before you go whistlerblackcomb.com/mountain-info/snow-report

Walk.Pool.Cycle.Bus.Blade.Ski

The Whistler Way

whistler.ca/MovingWhistler



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 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 counseling, 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. Free deliveries for those in isolation. 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

Located on the second floor of the Health Care Centre, it provides confidential service for STI testing and treatment, reduced-cost birth control, free HIV testing, and pregnancy counseling. The clinic is open every: Tuesdays & Thursdays: 4:45 to 7:30 p.m. Call to book an appointment (604-935-5374) - first come, first served. Grab free condoms from the dispenser on the ground floor anytime. 604-932-3202.

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. For more information visit the Whistler Tourism Centre for a detailed trail map and directions to the course or download a map at whistlerdiscgolfclub.com. Remember you are in bear country so do not forget to pack out what you packed in while enjoying a round of disc golf.



WHISTLER
COMMUNITY SERVICES
SOCIETY

FOOD BANK

8000 Nesters Road

DROP-IN SERVICE

available, Monday, Wednesday and Friday. See mywcss.org/food-bank for hours.

604-932-0113

Bring a re-usable bag or backpack.



Food Banks exist to provide assistance to people and families who need help, by providing food. They are a temporary solution for people who are doing all that they can to become self-supporting.

Whistler has a wide range of social services available and you can learn more about these services while you are at the food bank.

Donations of food can be made at any of our grocery stores displaying our blue donation box. Funds can be donated online or in person.

Unable to come to the food bank due to injury or feeling unwell? Please call to book a delivery.

WCSS OUTREACH

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 just need to talk or would like to find out about other WCSS programs please contact our office at 604-932-0113 and speak with an outreach worker or visit us.

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. Call 604-932-1121 or e-mail reuseit@mywcsc.org.

@ @whistlercommunityservices

The proceeds from the WCSS Re-Use-It Centre support over 26 Whistler programs and services, including the WCSS Food Bank.

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. Find details at [whistler.ca/recreation](https://www.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](https://www.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

ALPINE MEADOWS



Alpine Meadows is considered by many as the original local's neighborhood. It has been voted in the Whistler Question as the #1 residential neighborhood 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. 604-967-2345
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.



You Talk. We Listen.

Outreach Services Available
Monday through Saturday 9am to 6pm

604-932-0113



WHISTLER
COMMUNITY SERVICES
SOCIETY



Connect with us mywcss.org

WE LISTEN

You talk, we listen. No matter what you're going through, we're here to listen and provide you with emotional support.

GOVERNMENT FORMS

We can assist you in filling out EI applications, benefit plans, taxes, public pensions, and more

COUNSELLING OPTIONS

If you feel that you'd like to access counselling, there are options for you. We can discuss what's available

FINDING FOOD & SHELTER

Hungry, living rough, laid off? We can review what shelter options are available and supply food from the food bank.

ADVOCATE

We can be an advocate for your rights. Tenant/landlord issues and visa struggles are some of the ways we can support you.

24/7 BC Crisis Line: 1-866-661-3311

1-800-SUICIDE: 1-800-784-2433

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

VCH Distress Line 24/7 1-866-661-3311

Suicide Crisis Hotline 988

KUU-US Crisis Support Line 1-800-588-8717

(BC Wide Indigenous Toll Free Crisis and Support Line)

Police/Fire/Ambulance 911

Wildfire *5555

211 Community Social & Government 2-1-1 | bc211.ca

Al-Anon 1-888-425-2666

Alcohol 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 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 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:

