

2023 WHISTLER NAVIGATOR



www.mywcss.org

Produced by Whistler Community Services Society



WHISTLER
COMMUNITY SERVICES
SOCIETY

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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 email info@mywcsc.org. Apply to volunteer at mywcsc.org/join-us/volunteer/

WCSS respectfully appreciates the learning, support and healing that takes place on the shared territories of the Squamish Nation and the Lil'wat Nation.



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Lindsey is a Whistler-based graphic designer and illustrator who—even after 15 years—is still in awe of everything this community has to offer.



Welcome to the shared territory of the Skwxwú7mesh (Squamish) Nation and Lil'wat7úl (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 Skwxwú7mesh Úxwumixw and Lil'wat7úl 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 sounds of drums, 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

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 First Nation art that lives all around Whistler, learning that this little valley is overflowing with world-class talent rooted in a rich cultural history. Go to slcc.ca/outdoor-art to find out more.

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

You Talk. We Listen.

Outreach Services Available
Monday through Friday 9am to 6pm

604.932.0113



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 and 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.

Connect with us via **mywcss.org**

24/7 BC Crisis Line 1-866-661-3311
1800SUICIDE 1-800-784-2433



Welcome to Whistler!

*Whistler: A place where our community thrives,
nature is protected and guests are inspired.*

Whistler is a unique mountain resort community located on the shared, unceded territories of the Squamish Nation and Líl'wat Nation. Living and working in this place is a gift that we share with both the Líl'wat7úl and Skwxwú7mesh. We respect and commit to a deep consideration of their history, culture, stewardship, and voice.

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.

We are fortunate to have a strong sense of community, excellent amenities, and a year-round **calendar of events**. Whether you are a soon-to-be or long-time local, I encourage you to explore the many services and programs offered by the Resort Municipality of Whistler and community partners. Whistler Village offers a variety of local restaurants and shops and access to services like the Whistler Public Library, Maury Young Arts Centre, the Whistler Museum, and entertainment at Whistler Olympic Plaza.

Beyond the Village, the Valley Trail network is a great way to travel to Whistler's neighbourhoods, parks, lakes, and to Meadow Park Sports Centre. Access to the many parks and trails in our backyard plays an important role in our community's mental and physical well-being.

Whistler is an innovative community and has an ambitious **climate action big moves strategy**, with a current target of reducing greenhouse gas emissions by 50% below 2007 levels by 2030. What actions can you take today to help move us toward this goal?

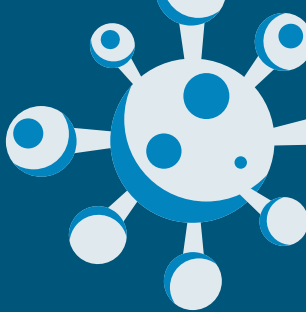
Finally, residents and visitors are encouraged to **sign-up for Whistler Alert**, our official emergency notification system. Everyone is encouraged to have an evacuation plan and kit ready in case of emergency.

Living in Whistler is a rewarding experience and I encourage you to participate in the incredible opportunities Whistler has to offer. To stay up to date with municipal news and programs, visit **whistler.ca** and follow us on **Facebook**, **Twitter**, and **Instagram**.

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. Thank you!

Jack Crompton, Mayor

Health AND Wellness



HealthLinkBC

HealthLinkBC provides access to non-emergency health information and advice. You can call 8-1-1 or visit healthlinkbc.ca 24 hours a day. For critical or life-threatening conditions call 9-1-1 or go to the nearest emergency room.

Hygiene Kits

Generously donated by Whistler Blackcomb Foundation.

Hygiene Kits are provided with food bank deliveries and contain all necessary items to safely isolate in your home from your family or housemates. They include disposable masks, gloves, disinfectant wipes, toiletries and toilet paper all in an effort to keep you home and staying put. To order one please contact our office from Monday to Saturday at 9am-5pm at [604-932-0113](tel:604-932-0113).

Local Medical Directory

The Pathways Medical Care Directory is a province-wide public directory that helps people connect to care. It includes family doctor listings with information about their Medical Care options, walk-in clinics, flu shot clinics and COVID 19 Testing and information.

You Talk, We Listen

WCSS provides free, confidential, virtual Support with a WCSS Outreach Worker. Are you in isolation and looking for support in the areas of finances, mental health, food insecurity or help filling out government assistance applications? Please book in at mywcss.org/outreach, or call our office at [604-932-0113](tel:604-932-0113) if it is more urgent.

Food Bank

Whistler Food Bank offers food deliveries for those who are isolating, waiting for test results tested positive and lack financial resources to source groceries.

Food provided is supplemental and is not meant to feed every meal. We may be able to support dietary restrictions depending on the availability of donations at the time of delivery. Please call our office at [604-932-0113](tel:604-932-0113) to book a delivery.

COVID-19 Fall Booster

In B.C., anyone five years and above is recommended to receive a fall booster dose to prolong their immune response coming into respiratory season during colder months. Once you are eligible for a COVID-19 booster dose, you will receive a notification through the province's [Get Vaccinated](#) system via email or text message. For further information, visit the [Government of B.C.'s website](#) or the [B.C. Centre for Disease Control](#). You can also speak to your family doctor, nurse practitioner, or call [8-1-1](tel:8-1-1) for free healthcare guidance.

PHYSIOTHERAPY ASSISTANCE PROGRAM

Visit mywcss.org
or call [604-932-0113](tel:604-932-0113)

The Physiotherapy Assistance program provides six subsidized one on one physiotherapy sessions to aid in recovery after an injury, childbirth or concussion.

Back in Action
physiotherapy & massage whistler

THE movement
LAB • WHISTLER

lifemark
WHISTLER PHYSIOTHERAPY

Peak Performance
performance & massage therapy

CREEKSIDE HEALTH
LAB



TOGETHER



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.



WHISTLER
COMMUNITY SERVICES
SOCIETY

WHISTLER'S NEIGHBOURHOOD

Navigator

The Whistler Community Services Society (WCSS) Navigator is designed to support you in navigating Whistler and highlight some different areas, programs, services and businesses. It will provide you with some resources and tools to support you in adapting to situations that may arise during your time here.

In the next pages, you will find your arrival checklist. We suggest attending to these items promptly upon your arrival. Following this, The Navigator Toolkit consists of programs and services that you might find helpful to enhance your Whistler experience.

A simplified version of the toolkit, with important contact numbers, is located on the last pages of the Whistler navigator.

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 wishing you a wonderful adventure ahead!



Arrival CheckList

You may have heard that Whistler can be a tough town to get connected. This can be especially true if you arrive during a global pandemic, when 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

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**

Whistler: Nov 2, Nov 16 and Dec 7, 2022
9:30am - 3pm above the Whistler Information Center

✓ Open a Canadian bank account

You will need a 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 Phone

Phone companies are known to ask for big deposits for landlines. Get a mobile or cell phone and buy minutes. It is cheaper, more secure and you are in control of phone time used.

Note: The area code for the Whistler area, Vancouver and the lower mainland is 604 or 778, and you must dial 1 before the area code to make a long-distance call. Although Squamish and Pemberton are part of the Sea to Sky Corridor and less than 45 minutes away please remember that if you are calling from Whistler it is a long-distance call.

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](#).

Walk.Pool.Cycle.Bus.Blade.Ski

The Whistler Way
whistler.ca/MovingWhistler



FREE Employment Services

Whether you're looking for a job that fits your lifestyle, considering starting your own business or need help hiring employees. **WorkBC Centre Sea to Sky** has the services to fit YOUR needs!

Get in touch ▼

Whistler Community Services Society
3rd Floor - 8000 Nesters Rd, Whistler, BC
Every Monday from 1pm to 4:30PM

Whistler Public Library
4329 Main St, Whistler, BC
Every Wednesday from 1pm to 4:30PM

No appointment necessary



Squamish | Whistler | Pemberton | Mt. Currie

604.639.1743 | www.workbc.ca
centre-squamish@workbc.ca



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



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 join the Facebook group **Whistler Housing Rentals for Locals** or **Whistler Housing Crisis 2022** or check out the accommodation seeker board on the Whistler Housing Authority website: whistlerhousing.ca.

As well, create your own want ad on Craigslist, and network with people already living in Whistler.

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.

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

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 Drive | 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.

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.

BENEFITS

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

THE WESTIN
RESORT & SPA
WHISTLER



APPLY NOW





WHISTLER
COMMUNITY SERVICES
SOCIETY

Re-Use-It Centre

First Season?

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  @REUSEITWHISTLER

LIKE US ON FACEBOOK FOR NEWS, SPECIALS & COMPETITIONS.



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 [visit this website](http://visitthiswebsite).

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 the BC Human Rights Tribunal at 1.888.440.8844 or bchrt.bc.ca.

Settlement Services

Support for immigrants, refugees and newcomers to adjust to life in Canada. Whistler Welcome Centre welcomewhistler.com

Canadian Holidays:

BC has 10 statutory holidays each year, you may be eligible for increased pay if you are required to work on these dates.

Remembrance Day – November 11, 2022
Christmas Day – December 25, 2022
New Year's Day – January 1, 2023
Family Day – February 20, 2023
Good Friday – April 7, 2023
Victoria Day – May 22, 2023
Canada Day – July 1, 2023
BC Day – August 7, 2023

Labour Day – September 4, 2023
National Day for Truth and Reconciliation – September 30, 2023 (National, federally regulated workplace only)
Thanksgiving Day October 9, 2023
Note: Easter Sunday, Easter Monday and Boxing Day are not statutory holidays.

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



TRANSFORM THE WAY YOU WORK & PLAY

Let us help you find a job you LOVE and design your perfect lifestyle.
The possibilities are endless!

- Setup interviews with Whistler's Top Employers.
- Build your own schedule: full time, part-time or temp.
- Short-term side hustles & extra income \$\$
- **Top wages, ski passes & housing available.**



PLUS our job consultation services are FREE to candidates – no fees, no strings!
Send us your resume then call and talk to one of our local job experts.
We'll help find you the perfect gig so you can **start livin' the Whistler dream.**

Job Hotline: 604 905 4194 talent@whistler-jobs.com

www.whistler-jobs.com/livethedream

✓ Get a Job

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.

- ➔ **Check the local paper,** both online and print for job listings as well as social media for advertised job fairs. Pique: piquenewsmagazine.com.
- ➔ **Whistler Chamber of Commerce** Employment Resources & Job Board: whistlerchamber.com/workforce-hub
- ➔ **Whistler/Blackcomb:** Please visit our webpage to view and apply for current positions. whistlerblackcomb.com/jobs
- ➔ **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.
- ➔ **Job Phone Lines:** Fairmont Chateau 604-938-2200
Whistler/Blackcomb 604-938-7367
- ➔ **Whistler Personnel Solutions** Whistler Personnel Solutions offers long-term, seasonal and temp job opportunities. We offer a free consultation to candidates and often have jobs with housing available for those in need. whistler-jobs.com/jobs
- ➔ **Online WorkBC services available** WorkBC Employment Services Centre - Squamish, Whistler, Pemberton, Mt. Currie 604-639-1743
WorkBC is at WCSS on Mondays from 1:30pm-4:30pm
- ➔ **Websites:** whistler.ca/municipal-gov/careers
indeed.ca
workbc.ca/Jobs
whistler.craigslist.org/
gibbonswhistler.com/careers
Facebook: Whistler's Job Board

✓ Get a family doctor

It may be hard to find a family doctor or a nurse practitioner who can take you as a patient. Call Health Link BC at 8-1-1 for support finding a family doctor, a nurse practitioner, and health services in our community. Also talk with your friends, neighbours, people you work with, or other people in the community. Ask if their care provider is accepting new patients.

Sea to Sky Divisions of Family Practice: divisionsbc.ca/sea-sky
Sea to Sky Pathways: 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.



Tool Kit

Things you can use to get through the year.

Online
Booking
Available

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 Friday 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 from \$35-\$50/hour towards 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.

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

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.

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 Lending Library**. Borrow a tool for DIY project or home renovation. \$50 for a 12 month membership.

Open 10am - 5pm

1003 Lynham Road, Function Junction
604-932-1125 | rebuildit@mywcsc.org
mywcsc.org/re-build-centre

Harm Reduction (Naloxone Kits)

Aims to meet people where they're at - with acceptance and compassion and no judgement. Every life is valuable & substance use and addictions are complex and challenging.

Fentanyl is a synthetic opioid that is contributing to the increase in opioid overdoses across B.C. "Take Home Naloxone" is a provincial program run by the BC Centre for Disease Control. Naloxone can reverse an opioid overdose.

WCSS can provide:

- Take Home Naloxone kits and training
- Safer smoking and safer injection kits and equipment
- Information around safer substance use, overdose prevention, and common infections associated with substance use
- Fentanyl test strips available at no cost

If you have any questions or would like to access any of the above services, please contact an Outreach Worker at 604-932-0113 or book appointment online at mywcsc.org/contact-outreach

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/join-us/volunteer

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 by calling 604.932.0113 or mywcsc.org/outreach.

Physiotherapy Assistance

The Fund has been set up to assist financially restricted individuals who are in need of Physiotherapy and have exhausted the 12 sessions available through Premium Assistance. (or those sessions aren't available to you due to your status in BC/Canada) and do not have access to Extended Health Benefits through their employer or have exhausted these benefits and require further Physiotherapy. If you meet the criteria, you can access between \$25-50/hour on a sliding scale to receive up to 6 sessions per year. The Physiotherapy Assistance program is in Partnership with Back in Action and Peak Performance.

WCSS Whistler Immigration Consultations

The goal of this program is to provide low income earning Whistler residents with access to a 30-min free consultation from Whistler Immigration to ask questions and receive guidance on immigration eligibility criteria and processes to make informed decisions on next steps. Whistler Immigration will not represent the client (unless separately retained by the client) but offer guidance based on the information presented.

WCSS 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.

WCSS Programs

How to Access WCSS Programs & Services

Contact our office at **604-932-0113** to speak with an outreach worker or to book an appointment.



ACTIVATE & CONNECT

For seniors 50+, connect with others through weekly activities.



ACCESS TO JUSTICE Helps financially restricted individuals access lawyer's advice regarding family law, criminal law or bankruptcy issues in partnership with Access Pro Bono.



BIRTH, BABY AND BEYOND

Join a registered counselor and doula and meet with other moms to share the challenges and joys of parenting.



BREAKFAST CLUB

Available through self-serve fridges at all five 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.



CONNECT WHISTLER WEEK

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



CONNECTIONS PROGRAM

Offers local employers an opportunity to provide social and emotional support to staff at all levels.



CONCUSSION SUPPORT

Recurring eight-week sessions to support those who deal with persistent postconcussion symptoms.



COUNSELLING ASSISTANCE

Access to a private counselor for \$35-\$50 / hour depending on financial needs.



ELECTRONIC COMMUNITY ASSISTANCE PROGRAM

Provides communication devices to community members with identified barriers to accessing them. Cell phones and devices fosters opportunity to access support from local service providers to maintain their well being.



FOOD BANK

Provides assistance to individuals and families who are in need of temporary help. Check mywcsc.org for hours of operation.



FOOD BANK DELIVERY

Unable to come to the food bank due to injury, isolating or do not feel comfortable? Please call 604-932-0113 to book a delivery.



FOOD SKILLS AND NUTRITION PROGRAM

Assists financially restricted families, pregnant individuals and seniors to access Farmers Market coupons in exchange for attendance at our cooking and nutrition workshops.



HARM REDUCTION Practices that aim to reduce risk associated with the use of substances. Take home naloxone kits, safe smoking, and safe injection kits available.



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.



HOUSING SUPPORT 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.



HYGIENE KITS **Generously donated by Whistler Blackcomb Foundation.** These kits are provided with foodbank deliveries and contain supplies to help you safely isolate at home.



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



KIDS CAN COOK Culinary lesson and mealtime solution all in one, making cooking and sharing a meal a fun experience. Participants need to register monthly at mywcsc.org



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



OUTREACH SERVICES

Outreach Workers provide no-cost, confidential support for those experiencing challenges with mental health, financial insecurity, advocacy, physical health and injury, housing, food insecurity, substance use, employment, relationships, parenting support or violence in relationships.



PARENT-INFANT DROP IN

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



PARENTING TODAY'S TEENS INFO

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.



PEER EDUCATOR

Participants will be trained to listen, empathize, make referrals to mental wellness resources in the community and foster healthy, meaningful connections for Whistler residents.



PLAY- PROGRAM AND 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

Provides funds to assist financially restricted individuals in need of physiotherapy due to injury.



PREGNANCY AND 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.



RE-BUILD-IT CENTRE

Accepting and selling quality used furniture, appliances, building supplies and more. Providing affordable options for the do-it-yourselfer in our community. Pickups and deliveries available in Whistler. Open daily 10am - 5pm.



RE-USE-IT CENTRE

The thrift shop that makes a big difference. You'll find great quality household items, clothing, sports equipment, books and more. Social responsibility in perfect harmony. Open daily 10am- 6pm.



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.



SHOWER PASS PROGRAM

In partnership with Whistler Creek Athletic Club. A x10 shower pass is available for eligible community members that do not have access to safe showering facilities.



TEMPORARY EMERGENCY HOUSING PROGRAM

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.



TOOL LENDING 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 IMMIGRATION

Providing low income residents with access to a free consultation with access to a free consultation from Whistler Immigration to ask questions and receive guidance on immigration eligibility criteria and processes to make informed decisions on next steps.



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.

MENTAL HEALTH & WELLNESS SERVICES

How We Help

At WCSS, our team of Outreach workers offers **no-cost, confidential support** for mental and physical health, financial assistance, legal help, food bank services, substance use, relationships, employment, housing, parenting support, and access to personal and household items through our social enterprise, Re-Use-It and Re-Build-It stores.

Workplace Wellness Workshops

Set your workplace up for success, whether your employees are local or new to town!

- 2 hours
- snapshot of local resources for mental health and wellness, self care, boundary setting
- education about WCSS wellness and financial aid programs
- info about allyship, harm reduction, crisis intervention
- introduction to mental health challenges, suicidal behavior



Peer Educator Program

Learn to connect with others and become a peer support for those who may need mental health and/or emotional support!

- 8 hours
- recognize signs and symptoms of mental health challenges, suicidal behavior
- info about mental health, harm reduction, allyship, crisis intervention
- info about local resources for mental health and wellness, how to make referrals
- self care and boundary setting
- active and empathetic listening

Harm Reduction Training

Learn about support services and strategies to empower yourself or others to be safer and healthier by reducing the consequences of high risk behavior.

- 30 minutes
- Naloxone (opioid overdose prevention) training for groups or individuals
- info and supplies about safer smoking and injection kits
- info and supplies about safer sex including consent
- info and supplies about drug testing



WHISTLER
COMMUNITY SERVICES
SOCIETY

Volunteer

VOLUNTEERS ARE ALWAYS APPRECIATED!

Opportunities can include: Food Bank, Food Skills and Nutrition Program, Re-Use-It Centre, Re-Build-It Centre, Connect Whistler Week, Volunteer Income Tax Program, Breakfast Club and special events. If you have a skill that you would like to share, please let us know.

TOGETHER

We support and advocate for a healthy community!

How We Help

Whistler Community Services Society (WCSS) has supported Whistler's social health and wellness since 1989. WCSS's social enterprises are powerhouses in Whistler's circular economy, diverting over a tonne of useful items from landfill each day. In recent years, proceeds from the Re-Use-It Centre, Re-Build-It Centre and Bottle Refundables Recycling program have surpassed \$1.5 million. Funds earned from these social enterprise are reinvested back into the community through WCSS social programming.

As a non-profit with charitable status, we rely on the generosity of volunteers and donors to support community members where they need it most. Our diverse community programming includes food security initiatives, mental and emotional health services and legal and financial assistance.

OUR MISSION: We support and advocate for a healthy community

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

VALUES: Trust, respect, inclusion, advocacy, collaboration



Whistler Food Bank

The Whistler Food Bank (run by Whistler Community Services Society) is available to provide assistance to anyone who feels they need it.

We offer enough groceries to supplement 2-3 days worth of meals, and suggest that residents visit once every two weeks if possible.

The Whistler Food Bank offers a shopping model with drop-in hours of service.

Our selection of groceries varies depending on donations and recovered food options.

Visit mywcss.org/food-security/food-bank/ for days and hours of operation!

Questions? 604-932-0113





WHERE THE
LOCALS SHOP!

WHISTLER

Your full service
grocery Store
featuring:

- Online Shopping
- Specialty Meats
- Bulk Foods
- Liquor Delivery
- Grocery Delivery
- Organic Food
- Fresh Produce
- Bakery
- Delicious Seafood



- Friendly Pharmacist
- Nutritional Advisors
- Vitamins & Supplements
- Infant Care Products
- Health Foods
- Sports Supplements

Visit our
Whistler location

7019 Nesters Road

nestersmarket.com
admin@nestersmarket.com



LOOK IN-STORE
FOR EVERYDAY
VALUE CARD
SAVINGS!



Nesters Market 604.932.3545
Pharmacy 604.905.0429

7019 Nesters Road
(Just 1km north of Whistler Village)



COMMUNITY

Resources

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

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

Littering

There is zero tolerance for littering in and
around Whistler, and if caught you could find
yourself with an expensive fine. Be aware of
bears! Bears will eat your 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.

Reminder to not throw your cigarette butts
out of a car window or in the forests. Even if
they are put out they could start a fire. Report a
wildfire *5555

Garbage, Recycling & Compost

Due to a large wildlife population, Whistler
does not have door-to-door garbage pick-up.

Your building may have garbage facilities,
or you may have to transport your waste to
one of our garbage, compost and recycling
depots, located at 8010 Nesters Road
(Nesters) or 1001 Lynham Road (Function).
Please note the operating hours for these
locations 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 Green for Life
(GFL), formerly Carney's Waste Systems
headquarters at 38950 Queensway in
Squamish, or to the Regional Recycling
building at the Nesters Depot site between
9am - 5pm daily.

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.

Wireless Spots

Whistler Library

4329 Main Street | 604-935-8433
publicservices@whistlerlibrary.ca
whistlerlibrary.ca

Whistler Public Library is now open seven days a week! During this time, you can browse the collection, ask for assistance from staff, find a comfortable spot to relax or a quiet spot to work, or use the free wifi on your own device. Wifi is also available outside the building 24/7 - you can make use of this wifi while enjoying Florence Petersen Park or relaxing in Library Plaza. If you don't have your own device, our Express Computers are available for 60-minute, first-come, first-served sessions. We are also lending laptops for in-library use! Stop by to learn more about this service - all you need is a library card.

During open hours, you can also print, copy, and scan documents. Printing and copying is \$0.25 per sheet for black-and-white and \$0.75 per sheet for colour. There is no additional cost to print double-sided. Scanning is free! The Library is currently not accepting cash; payment methods include debit or credit. Visit whistlerlibrary.ca/services/#print-copy-scan-internet-access for more information about these services.

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. Additional information can be found at whistlerlibrary.ca/services/#get-a-library-card. Your library card 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.

The library offers free events and programs for all ages and interests. Whether you're new to town and hoping to meet some likeminded people or you're looking for a new hobby, library programs are a great way to connect. For the full list of upcoming events, visit whistlerlibrary.ca/events.

Current open hours are Monday, Wednesday, Friday, Saturday, 10 a.m. to 6 p.m., Tuesday & Thursday 11 a.m. to 7 p.m., and Sunday 10 a.m. to 4 p.m.

Other Wireless Spots

Many stores, including the Re-Use-it Centre, cafes and coffee shops around town also offer free Wireless connections, as well as select Whistler Blackcomb mountain locations.

The public will now also have access to **free WiFi in Whistler Village**, thanks to a partnership between Tourism Whistler and the Resort Municipality of Whistler. Once the project is complete, there could be up to 30 WiFi access points powering 10 hotspots in key gathering locations throughout Whistler Village, allowing visitors to connect to the Internet at no cost.

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 30th 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 mywcsc.org/income-tax-program.

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.

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 go.whistlerchamber.com/spirit

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

Jesus Rock of Ages Ministries

MY Arts Centre, 4335 Blackcomb Way
- Whistler Village. 604-719-2475
Roses.evangelista@gmail.com

Mountain Spirit Whistler Toastmasters

Meets every Wednesday at 6 p.m. at Myrtle Phillips Community School in a new physically distanced meeting space.
whistler.toastmastersclubs.org

Getting Around

The guide has been organized by neighborhoods so that you can navigate your way around our community by bus, bike, on foot or by car. Each neighborhood has its own unique charm, services, trails and hidden gems. Whistler is a pretty easy place to get around. Kilometers of paved valley trails link Whistler neighbourhoods from Function to Emerald. Buses run regularly and taxis are everywhere.

Accessibility:

- All Whistler Transit buses are wheelchair accessible, however the ramp angle increases at bus stop locations that do not have dedicated sidewalk.
- Resort Cabs have three wheelchair accessible taxis.
- Dedicated accessible parking stalls can be found on the Access Whistler Map. Parking rates are still in effect if the parking meter is accessible or there is a pay-by-phone option.

Understand where you are going - look at the Access Whistler Map to understand where the closest accessible parking is located, where transit stops are at relative to destination, where the ramp is located and the slope condition getting to this location.

In winter months, call the business located closest to the accessible parking to determine if a snow dump has been placed adjacent to the accessible parking and if this might interfere with transferring in and out of vehicle.

Should an individual be temporarily injured and this affects their mobility, they can pick up an application form for temporary accessible parking pass, have it completed by their Doctor and purchase at Municipal Hall for up to 3 months.

Check out whistler.ca/accessibility for information about accessibility in Whistler.



Enjoy all that Whistler has to offer

	Adult	Spirit Passes
Monthly Adult pass	\$50	\$25
Six-month Adult pass	\$270	\$220
Twelve-month Adult pass	\$510	\$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.

** Requires Whistler Experience® number from Chamber of Commerce. Customers are limited to one Spirit Transit Pass product per year. For more details visit whistlerchamber.com.*



Visit nextride.whistler.bctransit.com to find out when your next bus will arrive in real-time.



@WhistlerTransit

Transit Info
604-932-4020
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.

Whistler Blackcomb staff can borrow valley trail bikes for FREE at the Springs building pending availability. Contact 604-967-8950 or drop into the Springs to reserve a bike.

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 the biggest downhill bike park in the world. One look at the biking terrain may make you want to buy a bike of your own. Get ready to spend some serious coin, bikes in Whistler can cost more than the average used car.

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.com.

Whistler Off Road Cycling Association (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 in the village, check out whistler.ca/bikeparking

Parking

There are several options for parking in Whistler. Free one hour parking is available in the village at **Marketplace** for people shopping at the Marketplace businesses. You will need to visit the meter which gives \$1 for first 30 minutes, \$2 for the first hour, while 15-minute storefront parking remains free. whistler.ca/parking

Creekside has underground parking which is free all day, all year-round.

Pay parking is available in **Day Lots 1 to 5** with monthly passes for locals ranging from \$36-\$72. Day lots are free after 5pm. Monthly parking passes are available for the underground parking lots of the Conference Centre.

From April 1 to October 31, **overnight parking** is permitted in day lots 1, 2, 3, 4 and 5 with a maximum stay of 24 hours (no camping/sleeping in vehicles.) Overnight parking is not permitted (lots closed from 3 am to 6 am) in Day Lots 1, 2, 3, 4 and 5 from Nov 1 to Mar 31 to allow for snow clearing and lot maintenance.

Parking is available **overnight** in the underground parking lot of the **Conference Centre** and library for \$5 from 5 pm - 10 am.

While overnight parking is permitted, **sleeping or camping in vehicles is not permitted**. This, in part, is to reduce wildlife attractants in parking lots and protect Whistler's bears.

All large vehicles can park in Day Lot 3 East for 24 hours only. If your vehicle won't fit in a standard size parking space, it is considered oversize. It is \$28 per day or \$6 per hour.



COMMUNITY SERVICE DIRECTORY

Making it Easy to Access Community Resources in Your Area



- Addictions
- First Nations Services
- Food Services
- Maternity Care
- Mental Health
- Public Health
- Wellness Support and many more...



Provides easy navigation for the complex world of community services.

Visit us at: sea-to-sky.pathwaysbc.ca



Buses

The Whistler Transit System is a handy way to get around town. A \$2.50 bus fare will connect you to all of Whistler's neighborhoods, and within the village there is a free shuttle. Have exact change and request a transfer if you need one. To save money, buy a sheet of 10 tickets for \$22.50 or a month pass for \$50. Also available (only from Municipal Hall) are 6 and 12 month bus passes. During the winter season, bring your skis or snowboard on the bus, and when the weather gets warmer you can stick your bike on the front of the bus for free. Buses run every day of the year. If you are alone and it's late, you can "Request a Stop" if you feel your safety is threatened. See the Whistler Transit Map on page 32.

To find out route times call 604-932-4020 or check the website bctransit.com/whistler.

Plan your trip using Google Transit or follow your bus in Real Time using NEXTRide from your smart phone or desktop.

Buy your Whistler Transit tickets at:

Alpine: Meadow Park Sports Centre

Nesters Square: Nesters Market

Whistler North: Municipal Hall
(all passes including 6 & 12-month passes)

Whistler Village: The Grocery Store and Whistler Visitor Centre

Whistler Creekside: Creekside Market

Cheakamus Crossing: HI-Whistler

BC Transit also has a Pemberton Commuter. To find out route times call 604-938-0388, visit bctransit.com/Pemberton-Valley, or plan your trip using Google Transit.

Ride Hailing and 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 Resort Cabs 604-938-1515

Whistler Taxi 604-932-3333/604-938-3333

Whistle

Whistle! Is a locally owned ridesharing company that provides Whistler and surrounding areas with top-rated ridesharing services and Taxi Alternatives.

Whistle! is the preferred rideshare Whistler service and is a safe and clean way to get around the Whistler, the Sea to Sky Corridor and to Vancouver International Airport.

In order to hail a ride now, download the app. If you would like to schedule a ride — send an email to book@whistle.ca. whistle.ca

Bus to/from Vancouver

YVR SkyLynx

(operated by Universal Coachlines) offers bus service from Vancouver Airport and City Centre to Squamish, Creekside and Whistler. info@YVRskylynx.com | 1-604-326-1616 yvrskylynx.com

Epic Rides

A Whistler express bus service from downtown Vancouver to Whistler daily, \$35 round trip. Check epicrides.ca for schedule. 604-349-1234 | info@EpicRides.ca

WhistlerRides

One way and return trips between Whistler and Squamish/Vancouver and Pemberton. contact@whistlerrides.ca | 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.*



Mental Health, Substance Use and Wellness

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.

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.

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.

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).

Howe Sound Women's Centre Whistler Drop In Centre

A single access point for crisis support, resources and referrals for women and their children. Tuesday to Thursday 10am-4pm
604-962-8711 | infowhistler@hswc.ca

Sexual Assault Crisis Line 24 hrs:
1-877-890-5711

Emergency/Crisis/Suicide

If you are experiencing a mental health emergency or crisis, please contact or go to the Whistler Health Care Centre Emergency Department, 604-932-4911 or dial 911. There is also a free, 24-hour, confidential distress line: 1-866-661-3311, 1-800-SUICIDE or the 24-Hour BC Suicide Support Line: 1-800-784-2433

Want to Chat instead of Call?

Online Chat Service for Youth
YouthInBC.com (Noon to 1am)
Online Chat Service for Adults:
CrisisCentreChat.ca (Noon to 1am)

Alcoholics Anonymous

Whistler (604-698-3102) Meeting virtually or in person on Tuesday, Thursday, and Saturdays at 8pm (2nd floor of Whistler Health Care Center) or Sundays in person at 8pm (2nd floor of Whistler Health Care Center). Squamish – meeting in person. Call 604-815-4089 for information on meeting times. Squamish Nation Talking Circle Group, must be over 16 years old, call 604-848-2201.

Narcotics Anonymous

Abstinence based self-help support group for people who are recovering from substance use addiction. Based on the 12-step principles of Alcoholics Anonymous (AA). Squamish meets are held 7:30 pm Wednesdays at St. John the Divine Anglican Church (604-898-5100). Currently not meeting in Whistler. Call 604-698-6455 for more information. Call 1-866-683-6819 for info on meetings and other resources.

Vancouver Coastal Health Access and Assessment Centre

The AAC is here to help you, your family member or your friend during a non-life threatening Mental Health and/or Substance Use issue. The AAC offers short term treatment on-site, by telephone and by mobile response. Clinical staff provide 24/7 support, stabilization and crisis management to clients. The ACC is Vancouver-based, but can offer telephone support at 604-675-3700.

Vancouver Coastal Health - Opioid Overdose Team

Whistler and Pemberton
Available Monday – Friday 8:30am – 4:30pm
Needle Exchange and Harm Reduction
Supplies available Monday to Friday 8:30-4:30pm
Whistler Health Care Centre – 2nd Floor
Vancouver Coastal Health Mental Health and Substance Use.

Kelty's Key

Kelty's Key is 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.

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. The Pathways community Service Directory provides 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 specific 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

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. These programs include Homeless Prevention Outreach, Legal Advocacy at no cost, Women's counselling, and Family support. 604-892-5796 sscs.ca

Wellness and Other Resources

Occupational and Vocational Support

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

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

OPT clinics help people of all ages make informed sexual health decisions. Whistler: Tuesdays & Thursdays: 4:45 to 7:30 p.m. Call to book an appointment (604-935-5374) - first come, first served.

Squamish - Tuesdays (Drop in Only) 5pm-7pm (604-815-8713) (text your name and number during clinic hours once intake begins at 4:45pm. If text is unavailable, please call.

MCFD Youth Counselling

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

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 Outreach Workers

You Talk, We Listen. Free confidential support for those experiencing challenges with mental illness, food insecurity, housing insecurity, substance use, misuse and/or addiction, employment, eating disorders, violence in relationship, roommate conflict or homesickness. Contact an outreach worker by calling 604-932-0113 or mywcsc.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 by calling 604-932-0113 or mywcsc.org/outreach.



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You're not using alone when you use **Lifeguard App**.

A new way to stay safer **while using**.

Your life is in your hands with Lifeguard App. It connects directly to the ambulance service even if you or someone you know becomes unresponsive. Your privacy will be protected.

Download **Lifeguard App** today:



To learn how we're combatting the opioid crisis visit us online at **lifeguardDH.com**

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 Avenue (Downtown Squamish). Operates 365 days a year and offers 15 low barrier beds for adults. Please 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

Hope by CAMH

Hope by CAMH is a free smartphone app that provides suicide prevention information, tools and crisis resources to support and guide individuals when they are experiencing thoughts of suicide.

One of the key features of this app is the ability for individuals to create a personalized suicide safety plan, which can be done in consultation with their healthcare professional, loved one, or someone who they have a trusting relationship with. The Hope by CAMH safety plan can be accessed at any time – especially if an individual is experiencing thoughts of suicide – and it can be updated as their situation changes. camh.ca/hopebycamhapp

Whistler Health Care Foundation

Founded in 1994, the Whistler Health Care Foundation is a registered non profit that advocates for and financially assists in the provision of health care services, facilities and equipment to benefit Whistler's 12,000 permanent residents and 3.48 million annual visitors. Donors to the foundation raise funds to help provide money required to meet Whistler's urgent and greatest health care needs. whistlerhealthcarefoundation.org.

Be Safe by mindyourmind

The Be Safe App helps you:

- Create a safety plan.
 - Find local resources for support.
 - Be prepared if you find yourself in a crisis.
- Download at besafeapp.ca

Lifeguard App

A free phone app that brings emergency responders to people who may be having an overdose on drugs while alone. Provided in partnership with regional health authorities and Lifeguard Digital Health. The app is activated by the user before they take their dose. If the user doesn't hit a button after a set amount of time, a text-to-voice call will go to 9-1-1, alerting emergency medical dispatchers of a possible overdose. lifeguarddh.com

The Cost of Dumping

What are the costs to our community when donations are dumped or abandoned outside of open hours?

Well, dumping and abandoning donations outside of open hours actually costs WCSS money.

For example

\$ Transport fees/ Extra overhead fees

\$ Tipping fees at the dump

\$ Extra time and wages to have staff load and dispose of items

\$ Extra time and wages for staff to process donations left during open hours



Why do we have to dispose of dumped items?

- Weather damages items left outside, we cannot store or sell wet items
- Dumped items are generally not suitable for sale, they are usually items we would not accept due to poor condition
- Our stores reach capacity, we cannot always store large or unusable items, this is why we sometimes turn them away



mywcss.org

What do dumped items cost our community?

An average trip to the dump (tipping and transport fees, staff wages and lost time) costs WCSS approximately **\$200 PER TRIP** to dispose of items we cannot sell.

\$200 = 80 local bus trips for clients to access medical services

\$200 = 80 cans of beans for much needed protein at our food bank

\$200 = 20 store vouchers for clients to access clothing, tents, and sleeping bags

What are some alternatives to dumping?

- Drop your items during open hours (earlier is best as we sometimes reach capacity!) see mywcss.org for hours
- Come back the next day, we will be receiving donations again!
- **Leaving town?** Have a friend drop off items for you if you cannot make it during open hours
- **Are you moving?** Plan ahead! If you have a large amount to donate call us ahead of time, or plan to drop items off over a few days

THANK YOU!



From all of us at WCSS for not dumping and helping us serve our community!

Counsellors

Here is a list of local counsellors and psychologist whose work support WCSS as part of our Counselling Assistance Program. Please speak to an Outreach Worker for more information.

Michelle Chang

604-967-1178
michelle@freshlines.ca
[freshlines.ca](https://www.freshlines.ca)

Lana Lutke

604-967-2215
lana@lifebeyondlimitscounselling.com
[lifebeyondlimitscounselling.com](https://www.lifebeyondlimitscounselling.com)

Ashlin Tipper

604-916-8979
[ashlintippercounselling.com](https://www.ashlintippercounselling.com)

Tanya Richman

604-966-6230
tanya@tanyarichman.com
[tanyarichman.com](https://www.tanyarichman.com)

Jules Ku-Lea

604-353-6732
kuleacounselling@gmail.com
[kuleacounselling.com](https://www.kuleacounselling.com)

Nancy Routley

604-938-4484
nancyroutley29@gmail.com

Greg McDonnell

604-935-0968
greg@mcdonnellcounselling.ca
[mcdonnellcounselling.ca](https://www.mcdonnellcounselling.ca)

Kayla Benbow

604-698-8119
[newpathwayscounselling.com](https://www.newpathwayscounselling.com)
kaylabenbow@newpathwayscounselling.com

Lisa Rickli

604-902-0767
lricklicounselling@gmail.com
[lisaricklicounselling.com](https://www.lisaricklicounselling.com)

Christine Dennstedt

604-505-9183
christinedennstedt@gmail.com

Colleen Felgate

778-240-0913
colleenfelgate@gmail.com

Alanna Ray

604-698-8601
alanna.m.ray@gmail.com

Judit Dietz-Blasko

604-962-2447
judit@creeksidehealth.ca

Sarah Jane Thomson

604-815-9554
info@sjtcounselling.ca

Tanya Richman

604-966-6230
tanya@tanyarichman.com

Kristin Trotter

604-848-4076
info@kristintrotter.com

Jon Dickson

604-787-8605
Jon.integral.fitness@gmail.com

Ryan Payne

604-848-8065
ryanelliotpaynecounselling@gmail.com

Financial Insecurity

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](https://www.mywcss.org).

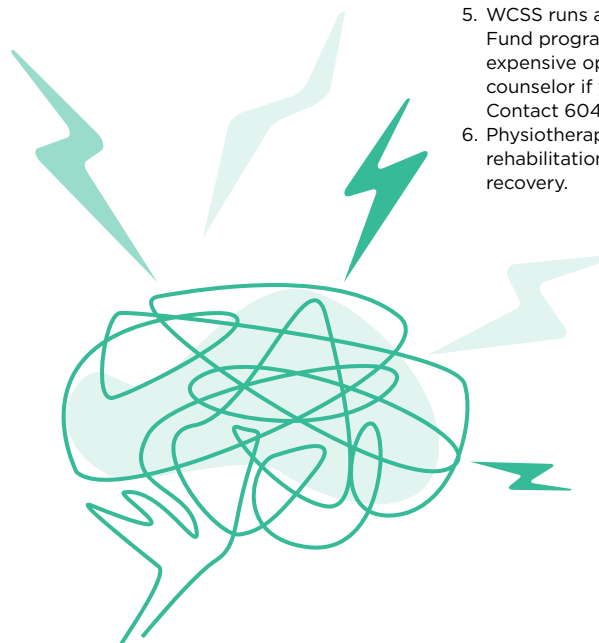
Concussions

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. This group meet to understand and manage their concussion symptoms.
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.



Sexual Assault Response & Prevention

Mountain culture draws people from all corners of the world to discover or rediscover the joys of life here in Whistler. Locals go all-out to create a safe-yet-spectacular Whistler experience. Cross-community collaboration further nourishes an essential culture of mutual respect, so visitors and locals alike can relish the vitality of mountain-living.

Some basics to know:

- Sexual assault is literally “any non-consensual sexual contact”. This is an intentional crime of harmful violation.
- Most sexual assailants are known to the victim, often an acquaintance.
- All genders experience sexual assault, but people under 25 are highest risk. Vulnerability and marginalization further increases the likelihood of being sexually assaulted.
- Affirmative consent equals “yes” means “yes”. The absence of “no” does not mean consent.
- A partner is allowed to indicate “no” to sexual contact at any time.
- A new form of sexual assault is “stealthing”, when a condom is removed without consent.
- Incapacitated people cannot legally consent to sex.
- Drug facilitated sexual assault takes many forms.
- Without prior consent, given a 3oz drinks instead of a 1oz cocktail.
- Being coerced to consume substances to the point of incapacitation.
- Dosing a target’s drink with over-the-counter medications, or illicit substances.
- Patronizing bars, lounges or clubs who have trained staff and/or safety policies to address sexual assault or harassment on premise helps build a culture of mutual respect.
- False allegations are no more prevalent in sexual assault than in any other violent crime.
- In Canada, there is no statute of limitations for sexual assault.

Some safety tips:

- If going out in a group, make sure to take along at least one trusted person. Make sure the friend knows of any health conditions that could easily be compromised.
- Arrange a “safe word” to text for “help”. Check-in with each other.
- “Grooming” is the act of testing personal boundaries to determine potential victims.
- Trust instincts. Be loud. Attract attention from bystanders.
- Staff can help with a safe exit.
- The Bumble Dating App allows women to make first contact. Not only does this permit women control over potential partners, it also reduces exposure to unwanted explicit pictures.
- If you get harmed, know it is never your fault.

Friends or friendly bystanders don’t let friends experience sexual assault:

- Bystanders! If you see someone in distress or at risk, ask to talk in private. Are they OK? Are they out with friends? Find their friends or staff and share any concerns.
- Beware of acquaintances or strangers who offer to “make sure” your inebriated friend gets to their place “safely”. Red flag.
- Friends also don’t let friends send unsolicited explicit pictures.
- Know sexual assault and harassment is never the victim’s fault.

Feeling Unsafe?

Need Safe Emergency Housing?



YOU ARE NOT ALONE

CALL THE CRISIS LINE 1877-890-5711

the Women's Centre
Howe Sound Women's Centre Society

...the power is within you!

Sexual Assault Services in the Sea to Sky

If you have been recently sexually assaulted, get to a safe place. Medical attention is recommended. No police involvement is required to access patient care. Call for an ambulance or reach out to a friend for help.

The Whistler Health Care Centre 4380 Lorimer Road

- Receive patient comforts and a conversation on all medical care available.
- Expect treatment for any internal or external injuries.
- Tests for sexually transmitted infections will be offered as well as pregnancy prevention.
- If interested, receive a referral to a Medical Forensic Examination (Rape Kit) at nearby Squamish General Hospital. Ideally forensic evidence collection happens within three days, but can take place up to 7 days post-assault.
- Receive information on what local services provide follow-up care.

Squamish General Hospital 38120 Behrner Drive

- Proceeding with a Medical Forensic Examination (rape kit) does not mean a police file must be opened, but it is a helpful step in evidence collection should the option of a police report pursued later.
- Evidence will be stored in a locked fridge for up to one year. An annual phone call enables the evidence to be stored additional years.
- Sexual Assault Nurse Examiners (SANEs) practise patient-centred care. All steps of the evidence collection process will be explained and any step in the evidence collection process can be declined.
- Patients may bring a friend or family member for emotional support.
- SANEs will make referrals to local services providing follow-up care.

Community-Based Services in Whistler and Pemberton

- WCSS provides “Outreach” support to all women and men in need residing in the community of Whistler. 604-932-0113
- As a service of the Howe Sound Women’s Centre, 24/7 emotional support is available by phone; women and children fleeing violence can also access safe shelter. Toll-free 1-877-890-5711
- The Howe Sound Women’s Centre at 1519 Spring Creek Dr. offers a safe woman-focused emotional support, as well as information to navigate the justice system. Call for Drop-In hours at 604-962-8711.
- Sea to Sky Community Services provides counselling, legal information and support, including court accompaniment, to women who have experienced relationship violence while living in Whistler, Pemberton or local First Nations. No police report required. 604-894-6101
- If opening a police file, Victim Services at the Whistler RCMP Detachment can guide survivors through all the steps of the criminal justice system, as well as make referrals to counselling programs. 604-905-1969.

Traverse Project

The Traverse Project is a 24/7 mobile support service providing caring, confidential support to sexual assault survivors in the sea to sky corridor. Our hope is to connect survivors to various resources through informed choice and provide guidance on navigating their unique healing journey and available reporting options. Our specialized resource workers can help survivors with what to expect in regards to medical care and forensic medical examinations in their community, as well as access to Third Party Reporting options where they can remain anonymous in their decision to report the assault to the police. This is a gender inclusive project and will be available to support ages 14 and up, biding by our mature minor policy used on a case-by-case basis.

To speak with a specialized support worker call or text: 604-389-9168

Whistler Women’s Centre: 604-962-8711
(Tues-Thurs 10am-4pm)

Sam Marra: 604-905-9421
smarra@hswc.ca

Kelsey Watson: 604-967-3134
kwatson@hswc.ca

What Is The Third Party Reporting (TPR) Option?

TPR Option is a brand new way for survivors of sexual assault in the Sea to Sky Corridor to report sexual assaults to police. This reporting method allows adults (19 and over) to **anonymously** provide the details of their sexual assault to police with assistance from a community-based Third Party Reporting Worker, who acts as a buffer and bridge of communication between victims and the police detachment.

A Third Party Report is intended for survivors who **would not otherwise report their sexual assault** to police and it is meant to be a reporting option “of last resort”. The Third Party Reporting Option is not a substitute for calling 911, nor is it a formal police investigation.

The following workers that file TPRs:

Pemberton, Mt Currie and St’atl’imx Nations:

Sam Marra:
smarra@hswc.ca | 604-905-9421

Kelsey Watson:
kwatson@hswc.ca | 604-967-3134

Tanya Sinnes:
604-967-3994 | tanya.sinnes@sscs.ca

Female survivors and gender-fluid survivors of sexual assault are asked to file Third Party Reports through the following TPR Workers:
Jane Walser (Sea to Sky Community Services), 604-698-6909
Shannon Cooley Herdman (Howe Sound Women’s Centre), 604-892-5748, Ext.103

Male survivors of sexual assault in the Whistler area can make Third Party Reports through:
Hollyburn Family Services Victim Support
Intake Line: 778-855-4566 (Monday - Friday 9am-5pm)

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 Whistler Racket Club. 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

Queer Wednesdays at Pangea Pod hotel

Meet every 3rd Wednesday of the month. Join for games, music and community! Call 604-962-1011 for more information

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 Sk̓wxwú7mesh-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](#) for the next happening thing.



Fairmont
CHATEAU WHISTLER

LIVE, WORK & PLAY IN THE MOUNTAINS

WHAT'S IN IT FOR YOU?

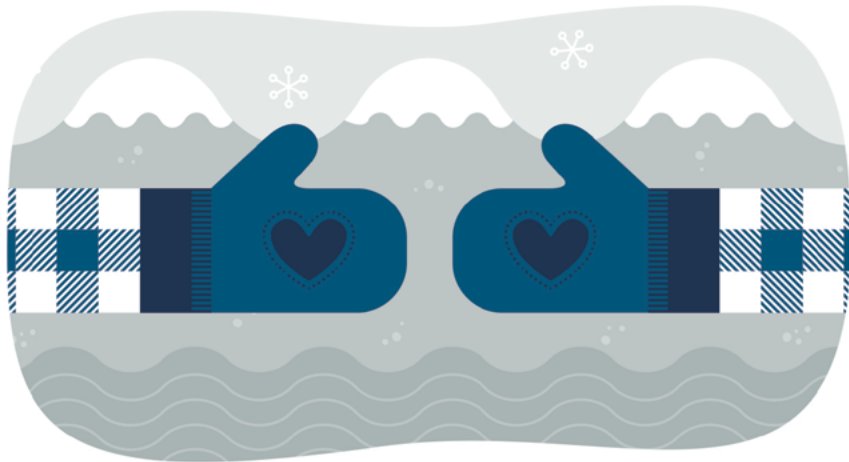
staff accommodation available | extended medical benefits
| global hotel and food & beverage discounts | health and
wellness programs | learning & development opportunities

WHISTLER-JOBS.CA



Ways to Connect


and make Whistler your home



INSPIRE
WONDER



4329 Main Street, Whistler

604-935-8435  

whistlerlibrary.ca

Invite a coworker or acquaintance to do something together – walk, hike, enjoy ice cream, 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 Whistler Racket Club from 5-6pm.

Feel like you could use some help – reach out to someone you know and/or meet one of our **Outreach Workers** at WCSS. 604-932-0113

Plan a picnic at the beach/ 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. **We Run Whistler** is a free, weekly, run club for those living in, or visiting, Whistler. 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 **Peer Educators** - learn about local resources, training on general mental health topics and how to support fellow community members. visit mywcss.org/peer-educators

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

Connect Whistler Week

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 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. Our 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 **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

- Village Stroll, Valley Trail or accessible sidewalk
- ↔ Best access to Village Stroll
- Barrier free route along covered arcade or through building
- ▲ Ramp (# indicates percent slope)
- ▲ Localized slope condition
- ↑ Accessible entry: Automated or push button activated
- / Stairs or dead end
- ♿ Accessible washroom
- ♿ Elevator leading to washrooms
- ♿ Bus stop
- Tactile pad
- 🎵 Pedestrian activated audible signal at intersection
- 📞 TTY telephone
- P Designated surface parking stall
- 7 Visitor Centre or Information Booth
- + Medical Clinic
- ▨ Passenger loading zones
- 🚶 Pedestrian activated signal
- ⚡ Flashing pedestrian signals

Access Whistler

VILLAGE NORTH



NOTES:

- The Village features a car free main path known as the Stroll, as well as covered arcade routes adjacent to and through several buildings. The arcades and building entries are often raised above the Stroll as part of a flood protection plan. All arcades have ramp access from the Stroll, though some parts of buildings unfortunately remain inaccessible.
- The day parking lots and Village areas are separated by a flood protection berm. Stairs and ramps connect the Village to the lots.
- From Lorimer Road and Blackcomb Way in Village North, the paved Valley Trail heads east to Lost Lake Park. Along the way, at Fitzsimmons Creek, an accessible trail offers an appealing forest and wetland experience. The trail is level, wide, well-compacted, and has good sightlines and less than 5% slopes. Like most trails in Whistler, it is shared with pedestrians, cyclists and wildlife.

Note: Principal building entries are shown; other entries, including entries to shops and cafes, are not shown. Slope numbers should be considered accurate plus or minus 1-2%.

Upper Village is northeast of Village Centre. The two areas are shown side-by-side. The relative positions of the two areas would be shown if you lined up the two FITZ notations.



WHISTLER'S PATH TOWARDS ACCESSIBILITY AND INCLUSION

Whistler: A place where our community thrives, nature is protected and guests are inspired.

As one of the results of preparing for the 2010 Olympic and Paralympic Winter Games, the Resort Municipality of Whistler (RMOW) began the process of developing an accessibility strategy and action plan that encompasses much more than a focus on just physical change to the environment, but also on inclusion.

www.whistler.ca/accessibility - For the most up to date information on accessibility and inclusion in Whistler.

www.whistler.ca/OCF The Official Community Plan (OCP) is the RMOW's most important guiding document that sets long-term community direction.

These other websites and service providers are independent organizations from the RMOW.

www.whistler.com/accessibility - Whistler's official source for accommodation and activity bookings and information.

www.whistlerblackcomb.com - All information pertaining to accessibility of facilities and skiing/riding Whistler Blackcomb can be found by clicking on the Accessibility tab on the Guest Services page.

www.whistleradaptive.com - The Whistler Adaptive Sports Program is a not-for-profit society that provides year-round, recreational programs for people of all ages with disabilities.

Convenient Pay By Phone Option Available In Day Lots

Here's how it works...

- Call 604-905-5559
- Enter Location # 4055
- Enter Parking Time

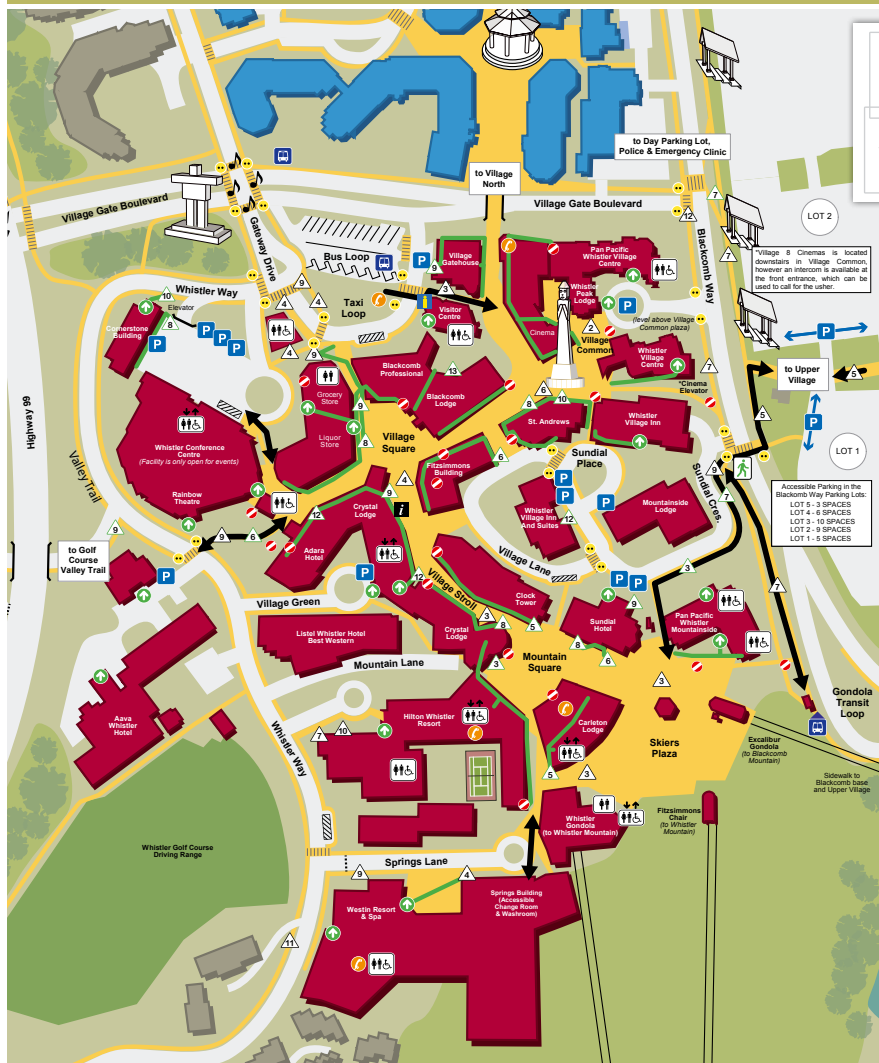
Phone App: www.paybyphone.com/how-it-works/parking

- Village Stroll, Valley Trail or accessible sidewalk
- Best access to Village Stroll
- Barrier free route along covered arcade or through building
- Ramp (# indicates percent slope)
- Localized slope condition
- Accessible entry: Automated or push button activated
- Stairs or dead end
- Accessible washroom
- Elevator leading to washrooms
- Bus stop
- Tactile pad
- Pedestrian activated audible signal at intersection
- TTY telephone
- Designated surface parking stall
- Visitor Centre or Information Booth
- Medical Clinic
- Passenger loading zones
- Pedestrian activated signal
- Flashing pedestrian signals

Note: Principal building entries are shown; other entries, including entries to shops and cafes, are not shown. Slope numbers should be considered accurate plus or minus 1-2%.



VILLAGE CENTRE



UPPER VILLAGE



Upper Village is northeast of Village Centre. The two areas are shown side-by-side to fit. The relative positions of the two areas would be shown if you lined up the two FITZ notations.



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.
Membership: Individual \$50 | Shared \$75



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  RE BUILD IT CENTRE  @RE_BUILD_IT_WHISTLER

LIKE US ON FACEBOOK FOR NEWS, SPECIALS & COMPETITIONS.

NEIGHBOURHOOD

Navigator

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

BMX TRACK

Whistler's new BMX track is located in Bayly Park in the Cheakamus Crossing neighbourhood and is open to the public from dawn to dusk.



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@mywcsc.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 LENDING LIBRARY

Year membership \$50. Family \$75
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 Howe Sound Women's Centre, 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.



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.

HOWE SOUND WHISTLER WOMEN'S CENTRE

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

Tuesday-Thursday 10am-4pm
1519 Spring Creek Drive
24hr Crisis Line 1-877-890-5711
604-962-8711 | infowhistler@hswc.ca
hswc.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



ZEROCEILING

Ending youth homelessness

Zero Ceiling empowers young adults facing homelessness as they transition to adulthood

**"Zero Ceiling has been a
second chance at life. It has
given me my power back."**

Learn more | **ZEROCEILING.ORG**
604-962-5000 | info@zeroceiling.org



the **Women's Centre**
Howe Sound Women's Centre Society

...the power is within you!

1519 Spring Creek Dr, Whistler
Drop-in Hours:
Tue-Thurs 10am-4pm
604.962.8711
infowhistler@hswc.ca

[f /whistlerwomenscentre](https://www.facebook.com/whistlerwomenscentre)

www.hswc.ca

**Provides confidential
support to all women and
their children, free of charge
in a safe and inclusive space.**
You are not alone.

24Hr Crisis Line
1.877.890.5711



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 and also 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 or check out the accommodation seeker board on the Whistler Housing Authority website: whistlerhousing.ca.

Another resource is the classified section in the local paper, Pique Newsmagazine. piquenewsmagazine.com.



GET
CONNECTED

SCOTIABANK

2010 Innsbruck Drive | 604-966-3230

HUSKY GAS STATION & MARKET

2101 Lake Placid Road | 604-932-5725



Husky Gas Station will pump fuel for wheelchair users unable to pump fuel themselves. Phone the number and notify attendant which pump the individual is at.



LOCAL'S TIP



Bears are common in Whistler, specifically black bears, and most people will have a bear encounter at one point or another. Black bears tend to be tolerant of people and generally avoid any run-ins with us, which is often the same way we feel about them.



Learn what to do when you see a bear:

- Be calm. Stop where you are, and stand your ground.
- Speak in calm, appealing 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. If you are without a car and need a lift with your trash and recycling, please ask for one on the 4theLoveofBears group on Facebook. Learn how to coexist with Whistler's bears, visit bearsmart.com.

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

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.



**GET
CONNECTED**

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

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.



MUSEUM + TOURS + GIFT SHOP + CAFÉ



4584 Blackcomb Way • In Whistler's Upper Village



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. Admission is \$2 and skate rentals are available for \$8. 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 PARKS AND PIPES?

Both Whistler and Blackcomb mountains provide progressively sized Freestyle Terrain, including Park and Pipes. 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. You should be able to jump and land using natural terrain features outside the park and pipes before attempting any freestyle terrain.

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

BROKEN BONES, ACHES AND PAINS

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

MEDICAL SERVICE PLAN (MSP)

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

WHISTLER HEALTH CARE CENTRE

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

VANCOUVER COASTAL HEALTH

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

WHISTLER MEDICAL CLINIC

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

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.



Located in the Village Common
4295 Blackcomb Way | 604-905-5666

With a prestigious beauty and fragrance boutique and a full-service pharmacy, we have everything you need for your health, beauty, and convenience.



Visit your doctor from the EQ Virtual App or browser. Video visit with a family doctor or specialist from where you're most comfortable. Use your computer, iOS or Android device. eqvirtual.com/british-columbia/en

Ask about our counselors, social workers, psychologists, and other mental health professionals



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

OPEN 4 DAYS A WEEK

for the most up to date
drop-in times, visit
mywcsc.org/food-bank

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.

Deliveries are available Tuesday to Friday for those who are isolating or identify as immunocompromised.

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.

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.

SPRUCE GROVE PARK

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

CROSS-COUNTRY SKIING

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

NESTERS MARKET

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

GARBAGE, RECYCLING & COMPOST

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

WAG (WHISTLER ANIMAL SHELTER)

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



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. Alpine Meadows Market convenience store is open early to late if you need a few last minute grocery items or a cup of coffee or hearty breakfast at the local cafe.

MEADOW PARK SPORTS CENTRE

Stay active through the fall and winter. Meadow Park Sports Centre includes a six lane pool, sauna, steam room, hot tub, ice rink arena 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 | scott@wova.ca | wova.ca



PLAY



PROGRAM & LEISURE ASSISTANCE for YOU



Do you need \$ to play?

The Resort Municipality of Whistler wants to help you play in our recreation programs and services. To find out if you qualify for assistance please contact the WCSS Outreach team at **604.932.0113**.

mywcss.org/play



WHISTLER
COMMUNITY SERVICES
SOCIETY



JOIN OUR TEAM

EXPLORE. GROW. BELONG.

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

APPLY TODAY!



VailResortsCareers.com



**SKI & RIDE
SCHOOL**



**FOOD &
BEVERAGE**



RETAIL



TRANSPORTATION



**MOUNTAIN
& MORE**

VAIL RESORTS®

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



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



Emerald Estates is divided into two distinct residential neighborhoods – to the east of Hwy 99 are the true lakefront properties where you can moor your boat or float plane. It is absolutely surreal. To the west of Hwy 99 are the mountain top homes with stunning views of Green Lake and Wedge, Arm Chair and Whistler Mountains. Emerald Estates has its own 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.



RAINBOW & EMERALD ESTATES

Notable Numbers

Whistler Community Services Society (WCSS)

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

f whistler community services society

@whistlercommunityservices or @re_build_it_whistler

WCSS Outreach Call our office at 604-932-0113 or check our website 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

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

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

BYLAW 604-935-8280

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

Enquiry BC 1-800-663-7867

Fire Rescue (non-emergency) 604-935-8260

Government Agent / Service BC 604-892-2400

Howe Sound Women's Centre 1-877-890-5711 (24 hour crisis line)

ICBC (Dial a Claim) 1-800-910-4222

LawLINE (Legal Services Society) 1-866-577-2525

MCFD Youth Counselling 1-866-823-5374

Medications Return Program 1.844.535.8889 | healthsteward.ca

Ministry of Employment & Income Assistance 1-866-866-0800 Info Line

Narcotics Anonymous 1-866-683-6819 | bcna.ca

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

SAFE Clinic 604-932-3202

Snow Phone & Summer Activity Report 604-932-4211

Stopping the Violence 1-877-894-6101

Suicide Thoughts 1-800-SUICIDE (784-2433)

VCH Mental Health & Addictions Services 604-698-6455 Non-emergency

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

Woman against Violence against Women 1-877-392-7583

Whistler Women's Centre 604-962-8711

WorkSafe BC 1-888-967-5377



SeatoSkySafetyNet.com

We Are On Your Side.

Sea to Sky Safety Net is an online hub of local resources and tools to help connect people to mental health and substance use support. **If you or someone you know needs support, we are on your side.**



**MENTAL HEALTH
SUPPORT**



**SUBSTANCE USE
SUPPORT**



VICTIM SERVICES



BASIC NEEDS



CRISIS LINES



Find support resources at [SeaToSkySafetyNet.com](https://SeatoSkySafetyNet.com)



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