



deltassist
caring for our community

Responding to the community needs of Delta in a manner which enhances the social, psychological and physical well being of individuals, families and the community.

About Us

Who We Are

Deltassist Family and Community Services Society is a non profit society providing continuous service to the community since 1972. We help by providing a wide range of community-based social service and health programs for children, youth, families, adults and seniors. Services are offered to all regardless of race, religion or sexual orientation.

Our Mission

To respond to the community needs of Delta in a manner which enhances the social, psychological and physical well being of individuals, families and the community through the provision of professional and volunteer services in Delta and the surrounding communities.

Our Goals

- Community Well Being
- Healthy Families & Lifestyles
- Relationships Free from Coercion and/or Violence

We Believe

- All individuals have the capacity to make changes.
- Volunteers and professionals are essential to providing services.

Our Funders and Supporters

- Individual, group and corporate donations
- Ministry of Children and Family Development
- Ministry of Justice
- Fraser Health Authority
- United Way of the Lower Mainland
- Corporation of Delta
- Gaming Funds
- Service Clubs
- Other Federal and Provincial Government grants



Deltassist was first accredited in 2006 by the Council on Accreditation (COA), an international body specializing in developing and promoting standards of excellence in organizations that provide child and family services, and community health and social services. All who are associated with Deltassist are very proud of this accomplishment. It means that we have been recognized for setting high standards for ourselves and for the services we provide, and that we are an organization that strives to do quality work today and embraces an attitude of quality improvement to do even better tomorrow.

Having achieved accreditation by COA is not an end, but merely a beginning. Going forward, we at Deltassist have set ourselves on a path to strive for, and achieve, new levels of excellence in all that we do. It is that commitment which our community partners – clients, funders, donors, other service organizations – expect of Deltassist and it is also what we at Deltassist expect of ourselves.

Counselling Services

Adult Services.....604-594-3455

Substance Use Services

Provides counselling to any person who is either directly or indirectly affected by a substance misuse problem.

- Individual, couples and family counselling
- Referral to treatment and other community services
- Case Management and advocacy
- Naloxone distribution and training site

Substance Use Education Group

The Substance Use Education group is an open drop-in group that runs every Tuesday for adults who have substance use issues themselves, or who are being affected by someone else's substance use.

Substance Use Services Mindfulness Group

This group focuses on using mindfulness and wellness approaches for stress management and relapse prevention for those in recovery from substance use, and for those who have been affected by the substance use of others.

Counselling Services

Adult Services.....604-594-3455

Alternatives to Violence Program

Provides assistance to women who are or have experienced relationship violence and/or survivors of childhood sexual abuse. Outreach services are available.

- Individual counselling
- Advocacy, case management, accompaniment, facilitation of referrals
- Community education and prevention

Violence against women is not a private family issue. It is a community and public health issue affecting not only the perpetrator and his victim but everyone around them.

Anger Management Group: for women who have experienced any form of relationship violence

Women participants will learn the basics of this emotion so that they have a deeper understanding of anger. They will learn about costs and benefits of anger, how to identify anger triggers and anger management techniques.

From Safety to Self-Compassion and Connection

This is a 10 session group for adult women survivors of childhood sexual abuse. This group is intended to support women in the first phase of healing. It will cover the topics of 1) establishing safety 2) tools for emotional regulation through self-soothing and relaxation techniques 3) building self-compassion and acceptance and 4) connecting with others.

Boundaries and Assertiveness Group

Women participants will have a deeper understanding for building boundaries, understanding assertiveness, and developing a healthier self worth.

Empowered Women Drop-in Group

This weekly drop-in group series will cover eight different topics to support women in their relationships journey. Topics such as Creating Safety, Managing Anxiety and Depression, Self-Care and Self-esteem and many more.

*You are not alone! Reach out to our counsellors today!
Community and self-referral for both individual counselling and groups
Call 604-594-3455 or complete our online intake form at www.deltasisst.com*

Counselling Services

Adult Services.....604-594-3455

Domestic Violence Intervention Program

Provides services to perpetrators of domestic violence that promotes the safety of their children and partners.

- Individual and group counselling
- Psycho-education and referrals

Healthy Relationships and Stress Management Group

This a 12 week prevention/intervention group provided to perpetrators of violence prior to a charge, conviction, or sentencing state of the criminal justice process. Individuals will learn to deal with stress, develop empathy, respond instead of react and communicate differently.

Call Tejinder at 604-594-3455 ext 110. She will be there for you!

Caring Dads Group

Caring Dads is a therapeutic intervention group led by trained facilitators that helps fathers foster healthier relationships with their child(ren) and their child(ren)'s mother.

This group is for fathers residing in Delta and neighbouring communities. The program is specifically for men whose relationship with their children or children's mothers is highly conflictual or problematic in other ways. To be eligible for the program, men must have some regular supervised or unsupervised contact with at least one of their (0-16 year-old) children.

Call Ravi at 604-594-3455 ext 152

Call us today to meet our team!

Community and self-referral for individual counselling and groups.

Feel free to complete our online intake form at www.deltassist.com

Counselling Services

Child and Youth Services.....604-594-3455

Child and Youth Suicide Prevention Program

Provides assistance to children and youth who are at risk of committing suicide.

- Suicide risk assessment/management
- Short term individual counselling and family support
- Coordinated community response and referrals to other services
- Prevention/education/consultation and response to the community and in Delta schools.

Community and self-referrals accepted.

Call us or complete our online intake form at www.deltassist.com

Substance Use Services

Provides services for children and youth who are either directly or indirectly affected by a substance misuse problem.

- Individual counselling and family therapy
- Referral to treatment and other community services
- Case Management and advocacy
- Naloxone distribution and training site
- Outreach services for youth available on an as needed basis

Children Are People Too Group

This is a 7 week support group for children 9-12 years old, who are struggling to deal with a parent's drug or alcohol use.

Community and self-referrals accepted.

Connect with us, you are not alone! Or visit us online and complete an intake form at www.deltassist.com

Counselling Services

Family Support Services604-594-3455

Outreach Counselling to Families

Provides counselling and educational support for parents who lack the support or experience to cope effectively. One to one work with children is also integrated into family counselling.

Referrals from MCFD only.

Family Development Response

Involves intensive work with families, assisting them to develop effective parenting skills, addresses communication, conflict resolution and decision-making. This will assist the family to identify and strengthen individual and family support systems and access resources.

Referrals from MCFD only.

Supervised Visitation

Provides supervision that will ensure the safety and well-being of children during visits with family members. Counselling will be conducted mostly on an outreach basis.

Referrals from MCFD only.

Healthy Families Program

Provides quick response for assessment, education, counselling support and in-home treatment for families. Assists parents to increase their parenting effectiveness through skill building. In collaboration with MCFD, maintains safety of children in the home by identifying and addressing risk.

Referrals from MCFD only.

Counselling Services

Family Support Services604-594-3455

Groups for Children

Safe Group for Kids

This is a 7 week group for children (ages 7-12) who have witnessed abuse. The group is designed to assist children develop self-esteem, an awareness of safety issues, and an understanding of their own emotions. The goals of the Safe Group for Kids include learning to express feelings, improving communication, increasing self-esteem, and developing social support networks and safety plans, while experiencing safety and trust during group sessions.

MCFD Referrals only

Children of Greatness

This is a 7 week group for children (ages 7 to 12) who are experiencing anxiety or depression.

MCFD Referrals only

Superflex

This is a group for children (ages 7-12) with symptoms and/or diagnoses to suggest executive functioning challenges (e.g., ADHD, high functioning Autism, Attachment Disorders etc.), as well as children who are rigid in their thinking patterns and struggle with adapting to changes and conforming to social norms. Children must be able to function well in a group setting and not pose a high risk to others (e.g., extreme aggression)

***Parents must be able and willing to commit to bringing their child to each group session and attend all 4 parent sessions.*

MCFD Referrals only

Counselling Services

Family Support Services604-594-3455

Young Parent Outreach Program

Helps teen parents with support, parent education, mentoring to enable them to meet personal development goals and encourage healthy development of their children.

Community and self-referrals accepted.

Nobody's Perfect Parenting Program

A six-week, free parenting program offered to parents with children from birth to five years of age. Provides useful information about children's health, safety, development, behaviour, supports and encourages confidence in positive parenting. Offers opportunities for social connection and peer support. Childcare is provided.

Community and self-referrals accepted.

Positive Parenting Workshops

For parents with children from birth to 12 years of age. Designed to increase empowerment while learning and building on skills. Provided in the community.

Call today for inquiries!

Talk to our team or complete our online intake form at www.deltassist.com

We are here to support you and your family!

Self-Referral Counselling.....604-594-3455

Counselling for issues outside of our existing services provided by masters' level counselling interns. This service is available during office hours, 9am to 4:30pm, Monday to Friday, based on intern availability. North Delta location only.

Self-referrals are welcomed.

Seniors Services

Counselling Program.....604-594-3455

Seniors' Counselling Program

Provides assistance for seniors 55 years and older in the community.

- Short term individual counselling
- Family counselling
- Primary Caregiver support
- Education and advocacy
- Case management and facilitation of referrals

Community and self-referrals are accepted.

Seniors Support Services.....604-946-9526

Daily Phone Support

Volunteers provide personal contact to seniors and persons with special needs to help link them with their community, encourage social contact and independence. Intake required.

Phone Shopping

Once a week, phone shopping is available for seniors who are unable to go shopping. Registration required.

Better at Home

Light housekeeping, basic yard work and handyman services for seniors 65+. Fees for service are based on income and may be subsidized. This program is funded by the Provincial Government and managed by the United Way of the Lower Mainland. Intake required.

Volunteer Drivers

Provides rides for seniors and people with a disability for medical appointments. This program is part of Better at Home and subsidy may apply dependent on income. Registration required.

*Self-referrals are welcomed.
Call us and we will be there!*

Community Services

Volunteer Services604-594-3455

We offer a wide variety of volunteer services for Delta residents, organizations and other interested individuals. We also connect individuals, groups and agencies with volunteer opportunities through govolunteer.ca.

Community Fund604-594-3455

We provide food or bus tickets to Delta residents in emergency situations when help is not available elsewhere. Access to the Community Fund is on a one time only basis. Additional information will be provided for further assistance in the community.

Toy Depot & Christmas Hamper Projects604-594-3455

Coordinates the collection and distribution of Toys and Christmas Hampers each year with the assistance of volunteers, service clubs, churches, schools, local businesses and individuals. These programs support Delta families on low incomes.

Income Tax Assistance

Trained volunteers prepare income tax returns for Delta residents on low incomes.

North Delta604-594-3455

Ladner / South Delta604-946-9526

Pro Bono Law Clinics604-878-7400

Deltassist hosts free pro bono law clinics through Access Justice. Lawyers are available for 1/2 hour appointments to assist clients with various legal issues. Contact Access Justice at the number above to book an appointment.

Information & Referral Services.....604-594-3455 or 604-946-9526

We provide up-to-date information and referral services to the community with a specialized knowledge of local resources and services.

How Can You Help?

Be a Volunteer

Visit our website www.deltassist.com for current opportunities or email us at inquiry@deltassist.com

- I am interested in volunteering

Make a Donation

- Yes! I want to help Deltassist enhance the social, psychological and physical well being of individuals, families and the community with a:
- Monthly gift**
 - One-time gift**
 - \$35**
 - \$50**
 - \$100**
 - Other: \$ _____**
 - I have named Deltassist in my will**
 - I am interested in learning about leaving a legacy gift to Deltassist**

I have included:

- a cheque
 a void cheque (monthly)
 my **visa** **mastercard** (please circle one)

Card number _____

Exp. _____ / _____ (mm/yy)

Name: _____

Address: _____

City: _____

Province: _____

Phone # and email: _____

Mail to: 9097-120th Street, Delta, BC V4C 6R7 or fax to 604-594-3496

You can also donate online at www.deltassist.com

Charitable Registration #: 118884170RR0002

THANK YOU FOR YOUR SUPPORT!

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How To Reach Us

Information and Counselling Services

9097 - 120th Street Delta, BC V4C 6R7
Phone 604-594-3455 Fax 604-594-3496

Seniors' & Information Services Community Services

202 - 5000 Bridge Street Delta, BC V4K 2K4
Phone 604-946-9526 Fax 604-946-7727

Visit our website at www.deltassist.com
Facebook, Twitter, Instagram