

# You Matter Card

A pocket sized guide to free & low-cost help in Vancouver—food, shelter, mental health & more.

## Meals & Resources

- The Gathering Place  
609 Helmcken St  
604-665-2391
- UGM (Union Gospel Mission)  
601 E Hastings St  
604-253-3323

## Peer Support

- CMHA/VCH Peer Navigator Program  
Drop-in hours:  
Wednesdays 11:00 AM–12:30 PM at Mount Pleasant Community Centre  
Last Tuesday of the month 1:00–3:00 PM at Mount Pleasant Library

## Harm Reduction

- OPS (Overdose Prevention Society)  
58 E Hastings St  
604-687-7483