




SURVIVING in WHITEHORSE

WHERE TO GET
FREE OR LOW COST
GOODS & SERVICES
IN WHITEHORSE,
YUKON



LOOK FOR THE
EXCLAMATION
MARK FOR
YOUTH-FRIENDLY
LISTINGS!

October 2010

FREE INTERNET



- Whitehorse Public Library 6
- BYTE 17
- Victoria Faulkner Women's Centre 10
- Employment Central 22

Free Internet continued:

- Youth of Today Society 9
- YCOD 23
- The Church Of The Nazarene 44



Yukon Anti-Poverty
COALITION
anti-pauvreté du Yukon

EMERGENCY: 911 | POLICE NON-EMERGENCY: 667 5555

www.yapc.ca | 867 334 9317

DROP-IN CENTRES



1 THE SALVATION ARMY

Provides a warm, safe environment for those in need.

Open: 7 days a week 8 am to 8:30 pm

> Phone: 668-2327
4169 4th Ave (the corner of 4th and Black)
www.salvationarmy.ca

2 SKOOKUM JIM FRIENDSHIP CENTRE

Offers after school tutoring for high school students, prenatal nutrition, traditional parenting, training and NWT post secondary funding, youth diversion, youth leadership, children & youth recreation programs.

Open: Monday to Friday 8:30 am to 4:30 pm
Call for various program hours.

> Phone: 633-7680
3159-3rd Avenue

3 BOYS AND GIRLS CLUB

Drop-in that provides after school programs, hot meals and a safe and supportive atmosphere for 12 to 18 year olds.

Open: Tuesday to Saturday, 3 pm to 9:00 pm
> 6209-6th Avenue

4 GOLDEN AGE SOCIETY

Gathering space for seniors to socialize and take part in various programming.

Open: Monday, Wednesday, Thursday and Friday
1:30 pm to 4:30 pm

> Phone: 668-5538
4061-4th Avenue
www.yukon-seniors-and-elders.org

5 CAIRS [COMMITTEE ON ABUSE IN RESIDENTIAL SCHOOLS SOCIETY]

Offers a wide range of support services and referrals.

Open: Weekday drop-in, 8:30 am to 4:30 pm

> Phone: 667-2247
4040-4th Avenue (old Wharf On Fourth)

6 WHITEHORSE PUBLIC LIBRARY

Offers free internet, videos, DVDs, CDs, newspapers, magazines, audiobooks, large-print books, multi-lingual books, and various programs. Free card with proof of Yukon residency.

Open: Monday to Friday 10 am to 9 pm, Saturday 10 am to 6 pm, Sunday 1 pm to 9 pm

> Phone: 667-5239
2071-2nd Avenue | www.ypl.gov.yk.ca

7 YUKON LEARN SOCIETY

Offers literacy services and programs, access to computers and the internet, one-on-one tutoring and resources for a \$5 yearly membership. Ages 16 and up.

Open: Monday to Friday 8:30 am to 5 pm

> Toll-free: 1-888-668-6280
> Phone: 668-6280
107 Main Street | www.yukonlearn.com

8 CHILLAXIN' LOUNGE

For youth aged 10-15, come and try swimming, skating, arts programs, sword fighting, dodge ball, basket ball, our DDR machine, Guitar Hero and all things recreational.

Open: Wednesday, Friday and Saturday nights
6 pm to 9 pm

> Phone: 668-8360
Canada Games Centre, 200 Hamilton Blvd.

9 YOUTH OF TODAY SOCIETY / ANGELS' NEST

A youth centre/drop-in for ages 15-23 offering independent life & home skills, youth programs and job development. Dinner served from 5:30 to 6pm.

Open: Monday to Friday 3 pm to 8 pm

> Phone: 633-9687
410 Jeckell Street
www.road2angels.com

10 VICTORIA FAULKNER WOMEN'S CENTRE

A friendly space for all women offering assistance with legal aid, housing and employment opportunities. Drop-in to use the internet, showers, library and laundry. Free lunch on Wednesdays!

Open: Monday to Friday 11 am to 3 pm, Thursdays 3 pm to 6 pm

> Phone: 667-2693
503 Hanson Street | www.vfwc.net

FOOD



11 THE WEEKEND SOUP KITCHEN

Lunch served at no cost.

Open: Saturday 12:30 pm, Sunday 2 pm
Sacred Heart Cathedral basement,
406 Steele Street

1 THE SALVATION ARMY

Weekdays: Breakfast 6 am to 10 am, lunch 11:30 am to 1 pm, dinner 8:30 pm to midnight.
Weekends: Breakfast 6 am to 8 am, dinner from 8:30 pm to midnight.

> Phone: 668-2327
169 4th Ave (the corner of 4th and Black)
www.salvationarmy.ca

12 FOOD BANK

Free food for pick up. Three day hampers, one per family/month. ID required, own bags preferred.

Food pick up times: Tuesday and Thursday,
10 am to 1 pm and 3 pm to 5 pm
Free shelf items: Monday to Friday

> Phone: 393-2265
306 Alexander Street
www.whitehorsefoodbank.ca

> FOOD/SNACKS ALSO PROVIDED AT:

Youth of Today Society, Boys and Girls Club, Second Opinion Society, FASSY, Victoria Faulkner Women's Centre, Blood Ties Four Directions and Mary House (Mary House sandwiches on Tuesday and Thursdays).

SHELTER



1 THE SALVATION ARMY

Emergency shelter with 10 beds available to men and women, first come, first serve. Chairs available when beds fill up.

Open: 7 days a week 8:30 pm to 8 am

> Phone: 668-2327
4169 4th Ave (the corner of 4th and Black)
www.salvationarmy.ca

KAUSHEE'S PLACE

Short-term emergency shelter (up to 30 days at no cost) for women and their children who have experienced violence and/or abuse. Second stage housing (apartment units where women can live with independence and security).

> 24-hour crisis line (fully confidential, accepts collect calls): 668-5733
> Phone for non-emergency situations: 633-7720

SKOOKUM JIM FRIENDSHIP CENTRE YOUTH EMERGENCY SHELTER

For youth 17 to 20 who need a safe bed and/or support services.

Open: 365 days a year, 9 pm to 9 am

> Phone: 335-1216 from 9 pm to 9 am
> Phone: 335-1217 from 8:30 am to 4:30 pm

COUNSELLING, SUPPORT & INFORMATION



VETERANS AFFAIRS

> Toll-free: 1-866-522-2122

13 FAMILY AND CHILDREN'S SERVICES/CHILD PROTECTION

Support, assistance and counseling for parents and families. Investigates and addresses instances of child abuse and neglect.

> Phone: 667-3002
4114-4th Avenue, 4th floor

ALCOHOLICS ANONYMOUS

Free, regular meetings and support for those who wish to stop drinking.

> Phone: 668-5878
www.aa.org

GALA [GAY AND LESBIAN ALLIANCE OF YUKON]

Social, recreational, educational and political outlet for the gay and lesbian, bisexual and transgendered multicultural community.

www.gaycanada.com/galayukon
galayukon@yahoo.com

14 MANY RIVERS COUNSELLING AND SUPPORT SERVICES
Free parenting programs and support for families. Sliding scale confidential counselling services.
Open: Monday to Friday 8:45 am to 4:45 pm
Telephone reception hours 9 am to 5 pm
> Phone: 667-2970, collect calls accepted.
4071-4th Avenue | www.manyrivers.yk.ca

15 HOSPICE YUKON
Support to individuals and their families through stages of illness, death and mourning.
Open: Monday to Friday 11:30 am to 3 pm
> Phone: 667-7429
409 Jarvis Street | www.hospiceyukon.net

YOUTH



16 SKILLS CANADA, YUKON
Promotes trades and technology career options for youth through skills clubs, skills development workshops, skills competitions and other events throughout Whitehorse and Yukon communities.
> Phone: 668-2709
108 Lambert Street

17 BYTE [BRINGING YOUTH TOWARDS EQUALITY]
Offers free art section, library, a public computer, free clothing, and a comprehensive referral service for parents and youth. BYTE is a for youth by youth organization that runs social issue experiential workshops in schools and rural communities across the North.
Open: Monday to Friday 9 am to 4:30 pm
> Phone: 667-7975
407 Ogilvie Street | www.yukonyouth.com

SOCIAL ASSISTANCE



18 SOCIAL ASSISTANCE PROGRAM
Financial assistance to residents in need, either on an on-going basis or in time of emergency.
> Phone: 667-5674
3168-3rd Avenue

19 KIDS RECREATION FUND
Fund that helps families experiencing financial hardship with the cost of registration fees, special clothing, supplies and equipment for children to participate in organized sport, art, cultural, social and recreational programs.
> Phone: 393-8334
4061-4th Avenue | www.sportyukon.com

KIDS HELP PHONE
Bilingual, anonymous, phone and web counselling, referral and information service for children and youth.
> Toll-free: 1-800-668-6868, 24 hours a day, 7 days a week | www.kidshelpphone.ca

EMPLOYMENT ASSISTANCE



20 SOFA [SERVICE D'ORIENTATION ET DE FORMATION DES ADULTES]
Offers a wide range of services in the fields of employment assistance, training, guidance and literacy for French speakers at the Centre de la francophonie.
Open: Monday to Friday 8:30 am to 5:30 pm
> Phone: 668-2663
302 Strickland Street | www.afy.yk.ca

21 EMPLOYMENT INSURANCE
Employment Insurance provides temporary financial assistance for unemployed Canadians while they look for work or upgrade their skills.
> Phone: 667-5083
> Toll-free: 1-800-206-7218
Elijah Smith Building, Suite 125
300 Main Street | www.jobbank.gc.ca

22 EMPLOYMENT CENTRAL
Employment centre with a job board, 'Dress to Impress' program, free access to computers, fax, phone and photocopier to facilitate re-entry to the workforce.
Open: Monday to Friday 9 am to 4:30 pm
> Phone: 393-8270
202-204 Black Street | www.employmentyukon.ca

YUWIN [YUKON WORK INFO NET]
Electronic job board providing local and national employment posts. Updated daily.
www.yuwin.ca

23 YCOD [YUKON COUNCIL ON disABILITY]
Provides services to promote social and economic independence for persons with disABILITIES. Offers computer lab, preemployment services, job coaching and employment support.
Open: Monday to Friday 8:30 am to 5 pm
> Phone: 668-6703
4194-B 4th Avenue | www.ycod.yk.ca

HEALTH CARE



24 FIRST NATIONS & INUIT DENTAL CLINIC
Offers dental services to First Nations and Inuit people only, billed directly to Health Canada. Arranges out-of-territory travel for specialized dental services.
Open: Monday to Friday 8 am to 4 pm
> Phone: 393-6866
> Toll-free: 1-866-846-1740
100-300 Main Street

25 YUKON COMMUNICABLE DISEASES UNIT
Support for persons with infectious diseases, STI's, HIV, hepatitis, TB infection, inquiries, testing, and treatment.
Open: Monday to Friday 8:30 am to 4:30 pm
> Phone: 667-8323
#4 Hospital Road

NO FIXED ADDRESS OUTREACH VAN
Safety and support services provided through nutrition, water, personal care items, clothing and blankets. Counselling, advocacy and referral services related to issues of substance use, employment, housing, family and violence.
Open: Monday to Saturday 4 pm to 9 pm
> Phone: 334-1647
outreachvan@manyrivers.yk.ca

26 SOS [SECOND OPINION SOCIETY]
Drop-in centre for people interested in holistic alternatives for mental health: peer counselling, workshops, recreational activities, information.
Open: Monday to Friday 11 am to 5 pm
> Phone: 667-2037
304 Hawkins Street

27 FASSY [FETAL ALCOHOL SYNDROME SOCIETY OF YUKON]
Offers outreach services to individuals with a Fetal Alcohol Spectrum Disorder and their support circles. Provides information and education about FASD prevention and support to families, communities, practitioners and other service agencies.
Open: Monday to Friday 8:30 am to 5 pm
> Phone: 393-4948
1154 Strickland Avenue

28 DIABETES EDUCATION CENTRE
Provides education and support to adults diagnosed with diabetes. Referral required from doctors, community health centres or homecare.
Open: Monday to Friday 8:30 am to 2 pm
> Phone: 393-8711
#6 Hospital Road

29 NATSEKHI KU HEALTH CENTRE
Offers community outreach, youth and adult counselling services, alcohol and drug addictions services, holistic wellness programs, family and children's support, public health, health promotion and prevention services. Nursing drop-in clinic Monday to Friday 8:30 am to 12 pm and 1 pm to 4 pm.
Open: Monday to Friday 8:30 am to 4:30 pm
> Phone: 668-7289
35 McIntyre Drive

30 MENTAL HEALTH SERVICES
Counselling and resource services available to family, friends and those experiencing mental health issues.
Open: Monday to Friday 8:30 am to 4:30 pm
> Phone: 667-8346
#4 Hospital Road

31 BLOOD TIES FOUR DIRECTIONS
Drop-in for HIV and Hepatitis C positive persons, family and friends, offering resources, counselling, support services and access to condoms and needle-exchange. Testing, STD testing, and other outreach nursing services are available Wednesday from 1 to 3 pm.
Open: Monday to Friday 8:30 am to 4:30 pm
Drop-in: Monday to Friday 1 pm to 4 pm
> Phone: 633-2437
307 Strickland Street | www.bloodties.ca

32 ALCOHOL & DRUG SERVICES
Outpatient counselling, detoxification, inpatient counselling, prevention services and outreach services.

Open: Monday to Friday 8:30 am to 4:30 pm

- > Phone: 667-5777
- > Toll-free: 1-800-661-0408
- > Alcohol & Drug Information & Referral Service:
Toll-free 24 hours a day: 1-866-980-9099
6118-6th Avenue

811 YUKON
Easy access to non-emergency health information and services, 24 hours a day, Yukon-wide.

- > Phone: '811'

www.ykhealthguide.org

DROP IN MEDICAL CLINICS

33 RIVER VALLEY MEDICAL CLINIC
Open: Monday to Friday 9 am to 5 pm, Saturday and Sunday 10 am to 4 pm

- > Phone: 667-6491
106 Lambert Street

34 MARCORIOS MEDICAL CLINIC
Open: Monday to Friday 9 am to 5 pm

- > Phone: 456-2451
8-106 Main Street

LEGAL SERVICES



35 LEGAL AID
Free or low cost legal service for criminal matters.

Open: Monday to Friday 8:30 am to 4:30 pm

- > Phone: 667-5210
#203-2131 2nd Avenue

36 LAW LINE
Offers free legal information over the phone.

Open: Monday, Wednesday, Thursday and Friday 8:30 am to 4:30 pm, Tuesday 8:30 am to 12 pm

- > Phone: 667-5297
Ground Floor of Law Courts
2134-2nd Avenue

37 NEIGHBOURHOOD LAW CENTRE
Provides assistance to low income individuals and families in areas of non-family, civil law such as: Employment Insurance, CPP and CPP Disability Insurance, Social Assistance benefits, tenant and housing matters and disability issues.

Open: Monday to Friday 8:30 am to 4:30 pm

- Drop In: Tuesday, 1 pm to 3 pm
- > Phone: 667-5255 [call to make an appointment]
Consultations are available by telephone for individuals living in the communities.
Suite 200-2131 2nd Avenue

38 LAWYER REFERRAL SERVICE
Provides service to determine if you have a legal problem for which you need a lawyer.

- > Phone: Call ahead 668-4231
Suite #202-302 Steele Street

39 LANDLORD/TENANT ACT
Advises people on issues related to the Yukon Landlord/Tenant Act.

Open: Monday to Friday 8:30 am to 5 pm

- > Phone: 667-5111
2134-2nd Avenue, 3rd Floor of Law Courts

CRIME STOPPERS TIP LINE
Please call if you have any information on any crime and you wish to remain anonymous.

- > Toll-free: 1-800-222-8477 24 hours a day, 7 days a week

VICTIM LINK
Help and information for victims of all crime including family and sexual violence.

- > Toll-free: 1-800-563-0808 24 hours a day, 7 days a week

SHOWERS



1 SALVATION ARMY SHELTER
One public shower available and shampoo and soap provided at no cost.

Open: Monday to Friday 8:30 pm to 3 pm the following day, Weekends 8:30 pm to 8 am

- > Phone: 668-2327
169 4th Ave (the corner of 4th and Black)
www.salvationarmyyt.org

40 ROBERT SERVICE CAMPGROUND
Shower facilities: \$1 for 3 minutes.

Open: 7 days a week (Summer Only)

Located at the bottom of Robert Service Way

10 VICTORIA FAULKNER WOMEN'S CENTRE
Shower and laundry facilities with soap, shampoo, towels and laundry soap provided – pay by donation. Women and small children only please.

Open: Monday, Tuesday, Wednesday and Friday 11 am to 3 pm, Thursday 3 pm to 6 pm

- > Phone: 667-2693
503 Hanson Street

8 CANADA GAMES CENTRE
Shower facilities included in cost of drop-in fee of \$7 per adult.

Open: Call for summer or winter hours

- > Phone: 668-8360
200 Hamilton Blvd. at top of Two Mile Hill
www.canadagamescentre.whitehorse.ca

OUT OF TOWN

41 MOUNTAIN RIDGE RV PARK
\$5.00 per shower

Open: 7 days a week, 10 am to 6 pm

- > Phone: 667-4202
Located just south of Robert Service Way on the Alaska Highway

42 TAKHINI GAS STATION
\$3.50 per shower

Open: Call for summer or winter hours

- > Phone: 393-3376
Located at the junction of the Hot Springs Road and the North Klondike Highway

CLOTHING



43 MARY HOUSE
Clothing available for emergency situations at the door during workday hours.

- > Phone: 667-7146
506 Cook Street

44 THE CHURCH OF THE NAZARENE
Offers free clothing on the 1st and 3rd Saturdays of the month, from 10 to noon.

- > Phone: 633 4903
2111 Centennial Street

45 THE SALVATION ARMY THRIFT STORE
Come to the Shelter during regular hours to see if you qualify for a clothing voucher.

Open: Monday, Tuesday, Wednesday and Saturday 9:30 am to 5:30 pm, Thursday and Friday 9:30 am to 9 pm

- > Phone: 668-2327
4221 4th Avenue

MAIL



46 MAIL
General Delivery can be arranged at the Canada Post Office at 300 Range Road. The first three months are free.

- > Phone: 668-2195
300 Range Road

BUS



WHITEHORSE TRANSIT
\$2.50 cash fare. Schedules available online at: www.whitehorse.ca/transit

Monday to Thursday 6:35 am to 6:30 pm, Friday 6:35 am to 10:20 pm, Saturday 8:20 am to 6:35 pm

- > Phone: 668-7433

HANDY BUS
Safe and secure transportation to persons who, for a variety of reasons, have difficulty using regular transit service. \$2.50 cash fare. Please phone ahead to book.

Monday to Thursday 8 am to 7 pm, Friday 8 am to 9 pm, Saturday 8 am to 6 pm

- > Phone: 668-8394

