Navigators are here to help you identify needs, goals, and assist you in accessing community resources and support from existing service providers.

What can the Navigators help with?

- Listen and offer encouragement
- Make referrals to, and help you access, various community resources across the North Shore
- Follow up to ensure you’re getting the help you need
- Help you plan and set goals to meet your needs
- Assist with paperwork and applications

What services can Navigators refer you to?

- Housing
- Mental Health resources
- Childcare
- Settlement services.. and more!

To book a 1 hour appointment email navigator@nsnh.bc.ca or call Rebecca 604-220-8431 or Meg 604-230-2454