



International Student Information for Pre-arrival and Post-arrival

About British Columbia and Campus Location

Given British Columbia's natural beauty, there are no shortage of activities to enjoy such as skiing, hiking, mountain biking trails etc. The Fraser River is minutes from the school, with a beautiful boardwalk extending a few miles through New Westminster. The CCNM - Boucher Campus is located steps from the Columbia Skytrain station, with downtown Vancouver only a 30-minute ride away.

Pre-Arrival

It is important to know how to navigate the airport once arriving in Vancouver. You can find all of the information you need to plan your travel [here](#).

Post-Arrival

Arriving at the Vancouver International Airport (YVR)

Arriving at the airport and understanding where to go is important. Please visit the YVR website Travelling from the Vancouver International Airport to Columbia Street Skytrain Station in New Westminster uses two different lines, which means students will need to transfer once.

At the airport you will need to get on the Canada Line which is located between the International and Domestic Terminals. For maps and directions please visit [Trans Link](#).

All transit users travelling on the Canada Line leaving YVR are subject to a \$5 Canada Line YVR AddFare, in addition to the regular zone fare. AddFare is automatically added when a user purchases a fare ticket. For information on pricing and fare zones, click [here](#).

For more details about transportation from YVR, including taxis please click [here](#).

CCNM Boucher Campus is located in New Westminster, BC at 435 Columbia St.

On-Campus Student Life

On campus, the Manager, Student Life serves as the point person for international students once they begin their studies at CCNM. In coordination with the Office of Academic Affairs, the Manager, Student Life organizes the student orientation program





to welcome students into the community and provide information on the various aspects of student life while attending CCNM.

During the first week of classes in Year 1, students engage in scheduled orientation activities such as icebreakers, socials, department presentations, and courses. Students also receive a package of necessary materials (i.e., campus map, staff and department guide, health plan information, etc.) for a successful transition into the naturopathic medicine program.

Through the Student Council's Buddy Program, new students are paired up with upper-year students for coaching and mentorship. Student counsellors are also available for one-on-one appointments to assist students who have difficulty impacting their ability to succeed. Information on College events is also communicated through the Weekly Update.

Counselling Services

Short-term counselling services are available at the College by appointment on Tuesdays, 10 a.m. - 5:30 p.m. (in-person/virtual), Wednesdays, 11 a.m. - 6:30 p.m. (virtual) and Thursdays, 10 a.m. - 5:30 p.m. (in-person/virtual). [Click here to schedule an appointment with Tina Tsonis, RCC.](#)

Common concerns explored in one-on-one counselling:

- General stress
- School-life balance
- Life transitions (ND school to ND career)
- Anxiety and depression
- Relationship difficulties (family relationships, romantic relationship, peer relationships)
- Maladaptive/harmful coping behaviours
- Bereavement/grieving
- Sexuality and gender issues (LGBTQ+)
- Emotions related to shame, fear, guilt, sadness, hurt, worthlessness, and neediness

**CCNM**CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

Thrive

Thrive CCNM's mission is to facilitate, host and inspire opportunities for people to think about, talk about, and practise skills that will support optimal health, resiliency and a shared sense of community at CCNM.

Thrive CCNM welcomes CCNM students, staff and faculty to join in the conversation to support one another. If you're interested in partnering with Thrive, contact thrive@ccnm.edu.

Stay tuned for upcoming events on #CCNM's social media: Facebook, Twitter, Instagram: @myccnm

Student Safety On-Campus

Please refer to the following document to review information on [on-campus facilities and emergency procedures](#).

Academic and Other College Policies

All academic policies and other College policies can be found in the [Academic Calendar](#). This is inclusive of Academic Progress and Monitoring, Attendance, Appeals, Formal Complaints, Finance, etc.

Off-Campus Student Life Resources and Information

Please note that CCNM is not affiliated with any external websites (sharing these sites does not imply endorsement from CCNM).

Resources for Living in BC

Visit studyinbc.com to learn more information about Health Services (including information about BC MSP (British Columbia Medical Services Plan), Accommodation/Housing, Safety, and more.

Living Off-campus (Student Housing)

If you're looking for housing off-campus, there are many off-campus options available:

[Study In BC Accommodation](#)
[Student Accommodation One](#)
[Apartments.com](#)

**TORONTO
CAMPUS**1255 Sheppard Ave E,
North York, ON, M2K 1E2
(416) 498-1255**BOUCHER
CAMPUS**330-435 Columbia St,
New Westminster, BC, V3L 5N8
(604) 777-9981ccnm.edu



It is important to know your rights as a tenant when renting. Please refer to the [BC Tenant Rights](#).

For delivery in the Greater Vancouver Area, please see list below.

Grocery stores with delivery (the first two include pharmacies):

- [Real Canadian Superstore](#)
- [Save On Foods](#)
- [Spud.ca](#)
- [T&T Supermarket](#)
- [Walmart](#)

Pharmacies:

- [Shoppers Drug Mart](#)
- [London Drugs](#)
- [Rexall](#)

Restaurants with delivery:

- [Skip the Dishes](#)
- [DoorDash](#)
- [Uber Eats](#)

Counselling services

- [EmpowerMe](#)

Ready to cook, food delivery companies:

- [Hello Fresh](#)

Health Services in BC

- [HealthLink BC](#) connects the people of BC with reliable health information and services.
- [New Westminster Walk-in Clinics](#) provides the location and information of walk-in clinics in New Westminster.
- [Mental Health and Substance Use Resources](#)
- [Impact of Violence and Resources](#)
- [Victim Link BC](#) provides information and referral services to all victims of crime and immediate crisis support to victims.
- [Here2Talk](#) connects students with mental health support when they need it.
- [Crisis Centre BC](#) offers immediate access to barrier-free, non-judgmental support.

Consular Services While in Canada

International Students may need consular services from their home country while they





are in Canada. A complete list of foreign consular services available in Canada is on the Global Affairs Canada website: [Foreign Representatives in Canada: Consular Offices' Addresses - Canada.ca \(international.gc.ca\)](https://international.gc.ca/ForeignRepresentativesinCanada/ConsularOffices/Addresses-Canada.ca)

Cultural and Religious Organizations

International Students may require a connection to their cultural or religious community. The following link has a number of religious and cultural organizations that students may want to access:

[Religion NGOs and Charities in British Columbia](#)

[B.C.'s Guide to Art and Culture](#)

For emergencies in Canada, you must call 9-1-1 (ambulance, fire, police).

[Ecomm911](#) offers information about the differences between emergencies and non-emergencies and when to call 9-1-1.

Non-Emergency Numbers

FIRE and AMBULANCE

604-519-1000

POLICE

604-525-5411

Royal Columbia Hospital

604-520-4253

Surrey Memorial Hospital

604-581-2211

Transit Police

604-515-8302

