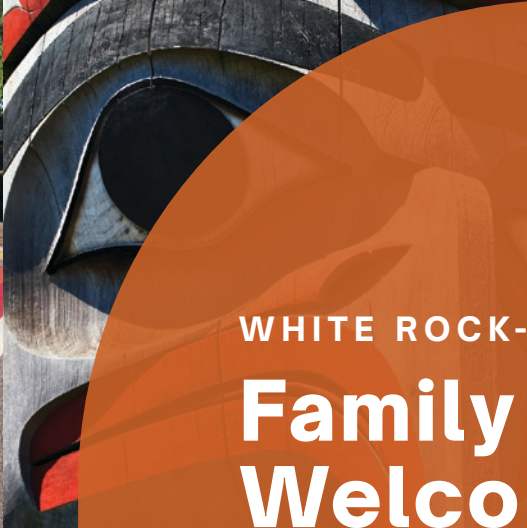




WORK | THRIVE | LIVE | PLAY



WHITE ROCK-SOUTH SURREY

Family Physician Welcome Guide



White Rock-South Surrey
Division of Family Practice
An FPSC Initiative

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Version 2024.03.06

“This community has been a fabulous choice both professionally and personally.”

DR. KIM VELDHUIS

Contact Us

White Rock-South Surrey Division of Family Practice
3-1475 Anderson Street, White Rock, BC V4B 0A8

-  604.531.1888
-  info@wrssdivision.ca
-  wrssdivision.ca
-  [wrssdofp](https://www.instagram.com/wrssdofp)
-  [groups/wrssfamiliesphysicians](https://www.facebook.com/groups/wrssfamiliesphysicians)
-  [@whiterock-southsurreydivis3632](https://www.youtube.com/@whiterock-southsurreydivis3632)
-  [wrssdivision](https://www.linkedin.com/company/wrssdivision)
-  Real Conversations with Rogan: Apple Podcasts or Spotify
-  Cooner's Corner: Apple Podcasts or Spotify

Welcome

The White Rock-South Surrey Division of Family Practice supports local family physicians and their clinics. We have many programs in place to improve health care in our community.

White Rock-South Surrey is a great place to work, play, and live - offering a great environment for your professional and personal life.

This Welcome Guide is to assist you in getting to know the community and imagine being here, amidst the beautiful ocean and forest trails. The Guide offers insights about practicing medicine locally and connects you to resources and programs in the community.

To gain a deeper understanding of what it's like to work as a Family Physician in our community, we invite you to watch our "Work as a Family Physician in White Rock-South Surrey" video, available on [youtube.com/@whiterock-southsurreydivis3632](https://www.youtube.com/@whiterock-southsurreydivis3632).

We also have an Onboarding Guide with tools and tips to help integrate into your medical practice.

Sincerely,

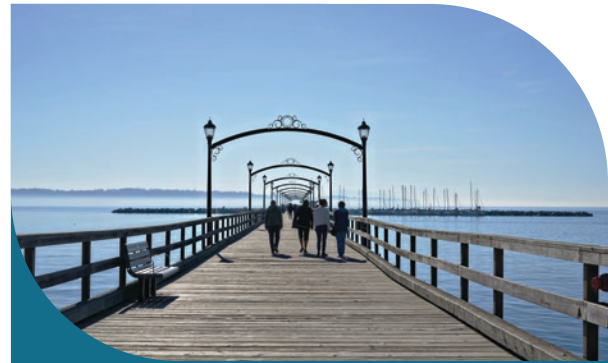
White Rock-South Surrey Division of Family Practice



Rogan Thavarajah
Rogan Thavarajah
Board Chair



Cary Sheppard
Cary Sheppard
Executive Director



WHITE ROCK-SOUTH SURREY FACTS TO IMPRESS

- **Main industries:** healthcare, retail, professional services, tourism, real estate, and agriculture
- **Family physician clinics:** over 2 dozen
- **Family physicians:** 90+
- **White Rock-South Surrey Division of Family Practice Members:** 225+
- **Hospital:** Peace Arch Hospital
- **Regional Health Authority:** Fraser Health
- **Geographic Coordinates:** 49°1'30"N 122°48'10"W
- **Land area:** 144.29 square kilometres
- **Total population:** 119,672
- **Regional District:** Vancouver
- **First Nations Communities:**
 - **Semiahmoo First Nations** semiahmoofirstnation.ca
 - **Kwantlen First Nations** kwantlenfn.ca
 - **Katzie First Nations** katzie.ca
- **Average annual temperature:** 10.9°C
- **Time Zone:** Pacific Standard Time (PST)



Where you Want to Be

Situated in southwestern BC, the area includes the City of White Rock, South Surrey, and Semiahmoo First Nations. Our community is bordered by Semiahmoo Bay to the south and west, Highway 99 to the east, and 40 Avenue to the north. Our community is a 45-minute drive to Vancouver and just 20 minutes to the Fraser Valley. We also enjoy convenient access to Washington state with two nearby United States border crossings. Our community has stunning views of the sea and mountains, a mild climate, multiple outdoor recreational opportunities, an abundance of activities, a thriving economy, and a multicultural community.



- 45 minutes to Vancouver
- 20 minutes to Fraser Valley
- 20 minutes to USA
- 140 minutes to Whistler



- 20 minutes to Tsawwassen Ferry Terminal



- 35 minutes to Vancouver International Airport
- 45 minutes to Abbotsford International Airport

Territorial Acknowledgement

From time immemorial, Indigenous people have lived in this area, caring for the land, air, water, and non-living beings. The Semiahma (Semiahmoo), ḡičəý (Katzie), q'w'a:ńł'əh (Kwantlen), and other Coast Salish First Nations lived in what colonizers now call White Rock-South Surrey. We are grateful to work, play, live, and learn on the stolen and unceded lands of the traditional and ancestral territories of these First Nations peoples. We also recognize the Métis people and Métis Chartered Communities, Inuit, and urban Indigenous peoples living in these territories. Locally, Indigenous life moved between summer and winter homes centering on fishing for salmon, herring, and oolichans and hunting for birds, deer, elk, and bears. The forests were rich in plants for food and medicine. The Pacific Ocean

and Salish Sea coastal waterways, Nicomekl, Serpentine, and Campbell Rivers, also provided connection and trade routes. Land-based cultural celebrations strengthened the symbiotic relationship among people, plants, animals, water, and the land, demonstrating “we are all connected”. Continuing to today, the Semiahmoo First Nation leaders encourage us to move forward in a good way with “one heart, one mind”.

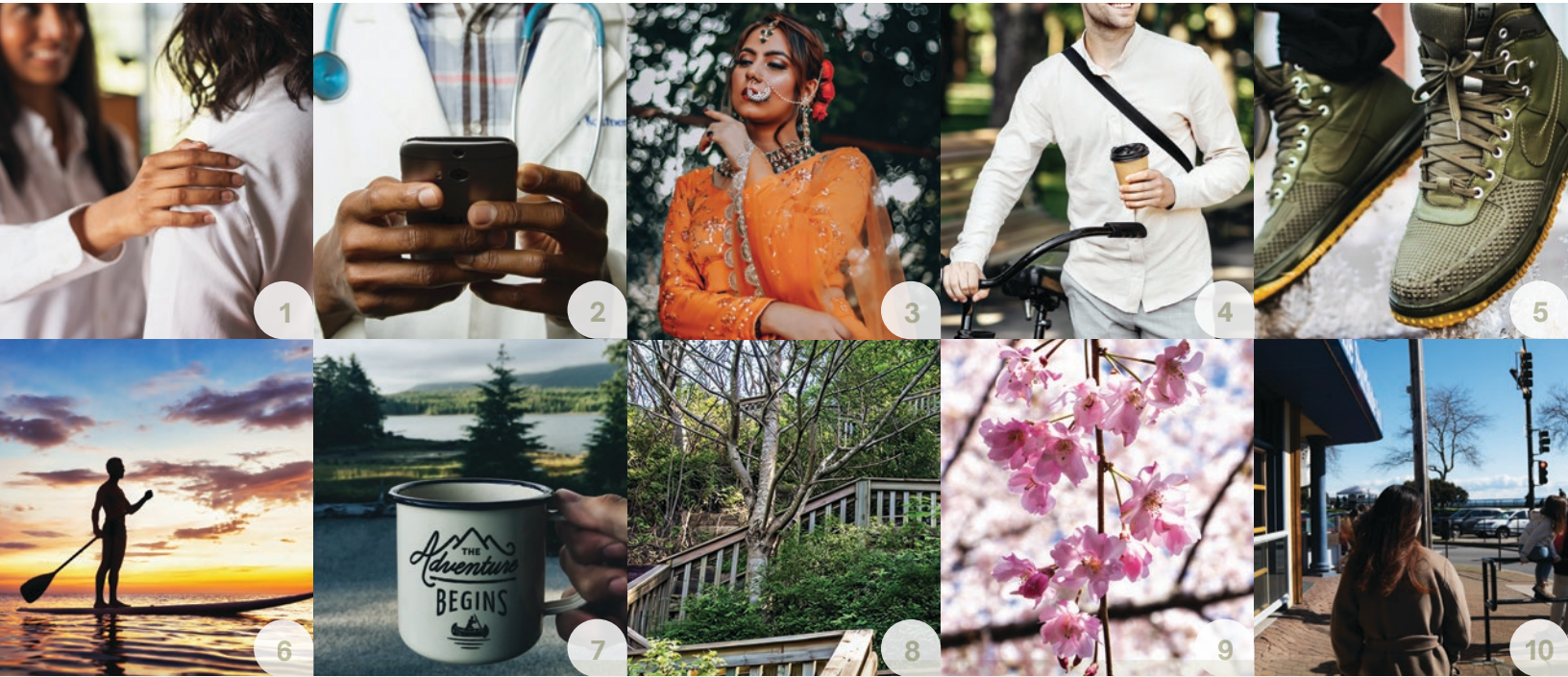
We are grateful for the privilege to share the natural beauty and resources of the land with these Indigenous communities. We are on a journey towards reconciliation and invite you to join us in this learning and unlearning.

Source: surrey.ca



Join our journey
towards reconciliation...

10 Reasons you'll Love It Here



1

Close-Knit Medical Community: Here, everyone's like family, with your Specialist as your neighbour and your Pharmacist as your gym buddy.

2

Opportunities Galore: Family Physicians are in high demand, with lots of opportunities in private practice, public sector roles, and flexible choices like locum positions, part-time, or full-time practice.

3

Diverse Cultural Experiences: Savour Afghan cuisine, try Bollywood dance classes, and explore Indigenous medicine workshops. Immerse yourself in rich multicultural experiences and connect with people from all walks of life.

4

Stress-Free Commutes: No more morning traffic hassles. Enjoy a shorter, eco-friendly commute with options like biking, walking, running, or scooting to work.

5

Casual and Relaxed: Embrace a laid-back atmosphere where you can trade formal attire for comfortable athleisure-inspired outfits.

6

Ocean Relaxation: Imagine yourself watching the sunset over the ocean, swimming in the summertime, or unwinding by paddleboarding.

7

Extraordinary Location: Experience the excitement of the big city while relishing the relaxed pace and close-knit community of small-town living. Plus, just a short hop across Semiahmoo Bay, Washington State offers a perfect spot for quick weekend getaways.

8

Nature Lover's Paradise: Explore 100+ parks and green spaces, including the stunning 1,001 Stairs at Crescent Beach for outdoor exercise with breathtaking scenery.

9

Amazing Weather: Our community thrives in all seasons, from sunny days to invigorating rain.

10

Vibrant Lunchtime Strolls: Take a lunchtime stroll along White Rock's 2-kilometre "Strip" filled with fantastic restaurants, warm atmosphere, and great people.

We're Here to Help you

The White Rock-South Surrey Division of Family Practice (the Division) is dedicated to supporting your journey to becoming a valued member of our Family Physician community. Our goal is to assist you as you embark on your career as a physician in our community.

Here are some of the ways we can assist you:

- **Practice Insights:** We offer valuable insights into various medical practice approaches.
- **Job Opportunities:** We keep you informed about available Family Physician job openings within our community.
- **Clinic Exploration:** We help you identify local clinics and arrange site visits so you can explore potential practice locations.
- **Community Familiarization:** We arrange either online or in-person tours of our community to introduce you to the area, including schools, neighbourhoods, and more.
- **Onboarding Support:** We help with your onboarding process for your practice, supporting a smooth integration into our community. We can also support your professional growth and the expansion of your medical practice; please refer to our Family Physician Onboarding Guide for detailed information.

*Dedicated to
supporting your journey!*

Our priority is to understand your unique needs and match you with the right clinic fit. To learn more about how to get started, please don't hesitate to reach out to our Recruitment Manager at info@wrssdivision.ca.



Practice-Ready Checklist

Below is a handy checklist to support beginning a practice in our community.

4-7 Months in Advance of Practice

- Register on Health Match BC and a consultant will be assigned to you to help you determine your eligibility and will guide you through the steps to become licensed to practice family medicine in British Columbia. healthmatchbc.org
- Once Licensed, obtain a Billing Number from the Medical Services Plan. gov.bc.ca healthmatchbc.org
- Contact the Division Recruitment Manager at info@wrssdivision.ca.
- Determine your preferred type of practice model, payment model, and care model. doctorsofbc.ca

1-3 Months in Advance of Practice

- Tour potential clinic spaces.
- Tour the community – real estate, activities, schools, etc.
- Meet with potential clinics.
- Negotiate practice finances.
- Review practice contracts. If required, obtain the services of a lawyer to review contracts.
- Finalize practice details.
- Arrange for move, housing, schools, etc.
- Sign up for WRSS Division membership. divisionsbc.ca.
- Review the **Division's Onboarding Guide**.



Practice Approaches

Explore diverse practice options in our White Rock-South Surrey medical community. Whether joining or establishing your practice or seeking locum opportunities, we warmly welcome Family Physicians into our collaborative community.

Practice Models

There are a variety of types of family practice clinics: small physician-owned practices, large primary care groups comprising dozens of physicians, pharmacist-owned practices, specialized clinics, and clinics for vulnerable populations.

Payment Models

There are different payment models available for Family Physicians in BC including the longitudinal payment model and Fee-for-service. Find more information on payment models from Doctors of BC doctorsofbc.ca and the Family Practice Service Committee fpsc.bc.ca.

Patient Medical Home

A Patient Medical Home (PMH) is a family practice that operates at an ideal level to provide longitudinal patient care and supports physicians. A PMH enables family doctors to:

- Access other health care providers to support quality patient care.
- Use accurate EMR data and technologies to increase proactive, preventative care.
- Get support for patients from health care teams located in your practice or in your community, and from networks of colleagues.
- Increase your ability to provide optimal care for patients.

The Division engages in a variety of work to support our local PMHs from business support to education opportunities. For more information, visit fpsc.bc.ca.

Primary Care Network

White Rock-South Surrey is home to a Primary Care Network (PCN). Coordinated by the Division and the Fraser Health Authority, this team-based approach offers wrap-around clinical supports for Family Physician practices with Nurses, Social Workers, a Pharmacist, Mental Health Clinicians, and counselling through Sources Community Resources Society. Almost 100% of the Family Physicians in White Rock-South Surrey participate within the PCN. For more details visit divisionsbc.ca.



Our Medical Community

The medical community in White Rock South-Surrey has Family Physicians, Specialists, Hospitalists, Nurse Practitioners, ER Doctors, and other care professionals. Below is an overview of some of the local family practice clinics and services.



Family Physician Clinics

- **49th Parallel Medical Clinic**
 15229 Russell Ave, White Rock
49thparallelmedical.ca
- **Aspen Medical**
 101B-2099 152 St, Surrey
- **Catalyst Kinetics Medical**
 2-376 175A St, Surrey
ckgsry.com
- **CityMed Medical Clinic**
 4-1493 Foster St, White Rock
citymedhealth.ca
- **Crescent Beach Medical Arts**
 12321 Beecher St, Surrey
crescentbeachmedical.com
- **Doctor Clinic Family Practice**
 122-1959 152 St, Surrey
- **Elysian Health**
 110-2626 Croydon Dr, Surrey
elysianhealth.ca
- **George Street Family Practice**
 1-1400 George St, White Rock
gsfp.ca
- **Highroads Medical Clinic**
 410-15355 24th Ave, Surrey
highroadsmedical.com
- **Hilltop Medical Clinic & Walk-In Clinic**
 15331 16 Ave, Surrey
hilltopmedical.ca
- **Hygiea Medical Clinic**
 300-15336 31 Ave, Surrey
hygiea.ca
- **Dr. Mariola Januszewska**
 301A 15252 32 Ave, Surrey
- **Lotus Integrative Medical Centre**
 15551 Marine Dr, White Rock
- **Mercy Medical Clinic**
 2332 160 St, Surrey
mercymedicalclinics.com
- **Morgan Creek Family Practice**
 106-15252 32 Ave, Surrey
mcmmedical.ca
- **Peer Medical**
 15157 Roper St, White Rock
peermedical.ca
- **Peninsula Medical Clinic**
 109-15388 24 Ave, Surrey
peninsulamaterialclinic.ca
- **Reliance Medical**
 108-1656 Martin Dr, Surrey
- **Dr. Sabrina Trigo's Clinic**
 201-15350 Croydon Dr, Surrey
- **Shifa Medical Clinic**
 2388 156 St, Surrey
shifamedical.ca
- **South Rock Medical**
 101A-2099 152 St, Surrey
southrockmedical.ca
- **Well-Health Morgan Crossing**
 101-15850 26 Ave, Surrey
wellclinics.ca
- **West Coast Medical Group**
 3-3238 King George Blvd, Surrey
westcoastmedicalclinic.com

Our Medical Community

Health Care in White Rock-South Surrey

Peace Arch Maternity Clinic: Prenatal and postnatal care is provided at this clinic. The clinic is run by local Family Physicians, who also deliver babies at Peach Arch Hospital. If you have a passion for maternity care, working at the clinic is a great way to get connected with the community and refine your maternity skills.

15521 Russell Avenue, White Rock
peacearchmaternityclinic.ca

Primary Care Access Clinic (PCAC): The clinic provides a wide range of health care services for the post-discharged care of patients without a Family Physician in the community and with complex health concerns. This clinic is operated by Fraser Health and includes Nurse Practitioners and Family Physicians. Expand your skills by practicing at this clinic.

15476 Vine Avenue, White Rock

Vine Youth Clinic: Physicians and youth workers at the Vine Youth Clinic provide free and confidential care for sexual health. There are options for Family Physicians to work at this clinic.

15455 Vine Avenue, White Rock | vineyouthclinic.ca

OAT Clinic: The Opioid Agonist Treatment (OAT) Clinic provides comprehensive care and facilitates connections to other healthcare services and community supports.

15521 Russell Avenue, White Rock | fraserhealth.ca

Long-Term Care Initiative (LTCI): Within our community, there is a substantial senior population, and we have over a dozen long-term care facilities. The Division oversees a long-term care program that supports every long-term care resident having a Family Physician. The program includes 24/7 on-call care, clinical education, and best care practices. Contact the Division for more information about getting involved.

Sources Access Clinic: Newly established, this clinic offers primary care services to those experiencing barriers to accessing care in our community. There are opportunities to practice at the clinic on a part-time basis and make a positive impact in the lives of those in need.

2343 156 Street, Surrey | sourcesbc.ca

Specialists: To explore and connect with a comprehensive directory of specialists including Cardiologists, Dermatologists, Endocrinologists, and Rheumatologists, please visit Pathways at pathwaysbc.ca. To narrow down the search specifically to our community, enter “WRSS” in the search bar at the top of the page.

Pharmacists: There are dozens of Pharmacists in our community including those located at independent pharmacies and those at major retailers. Find pharmacies at bcpharmacists.org/search-pharmacy.

Acute Care

Peace Arch Hospital (PAH): This 6-level community hospital is part of 12 Fraser Health acute care facilities in the region. PAH has 171 beds and offers emergency surgery, critical care, maternity, inpatient mental health and substance-use services, inpatient rehabilitation services, laboratory services, outpatient services, ambulatory care, a hospice, and more services. Open 24 hours a day, 7 days a week. Pay parking onsite.

15521 Russell Avenue, White Rock | fraserhealth.ca

Peace Arch Hospital Foundation: The Foundation works to raise funds, advocate for, and support initiatives that enhance the PAH campus and the health and wellness of our community.

15521 Russell Avenue, White Rock | pahfoundation.ca



What Local Physicians Are Saying

Discover stories of local doctors who have moved to White Rock-South Surrey and discover why they have grown to love this place. We assure you, you'll love living, playing, and working here and you won't look back!

"White Rock-South Surrey invites family physicians to a unique blend of professional fulfillment and community warmth. Having called this place home for nearly 15 years, I've discovered more than just a workplace; I've found a supportive community that extends beyond my colleagues to our outstanding Division. The commitment to innovations in family medicine and the well-being of patients here is palpable, creating an environment where there are opportunities to make a difference to your community as a leader, patient advocate, and collaborative practitioner.

Surrounded by the scenic beauty of the area and enjoying the convenience of city amenities without the hustle, it's an ideal setting to establish roots and raise a family. **It is a place where your career can thrive amidst a welcoming community that values both professional excellence and a balanced, fulfilling life.**"

DR. SUSAN LEE, ORIGINALLY FROM ONTARIO



"In 2017, my family and I moved from Virginia to White Rock South-Surrey. We love the quality of life here with the abundance of outdoor activities including water sports in the summer and skiing in the nearby mountains in the winter. We also appreciate

the community's diversity and convenient access to Vancouver and the U.S. border.

I have found the local medical community to be incredibly supportive and welcoming. There are many educational series as well as Division events to promote professional community building and wellness. In addition to my family practice, I work as a hospitalist at Peace Arch Hospital and as a Division Family Physician Lead, collaborating with a team of physicians to enhance healthcare in our community.

Living and working in this community has been rewarding and deeply satisfying. I couldn't think of a better place to raise my family and also make an impact as a physician."

DR. JOHN PHILLIPS, RELOCATED FROM VIRGINIA, USA



supportive community

rewarding & deeply satisfying



"I specialize in maternity care and provide locum services for family physicians in White Rock-South Surrey. I'm also a member of the Maternity Clinic at Peace Arch Hospital, where I love delivering babies.

I relocated here in 2020 to be closer to family and the ocean and to have more outdoor space for my kids to grow up. I love the beach, the fresh air, and the easy drive to so many beautiful places in British Columbia.

The medical community in White Rock-South Surrey is very supportive and collegial. I love that although we are in a busy growing suburban centre, it still has a smaller community feel.

I'm truly grateful to call White Rock-South Surrey my home and look forward to more exciting years ahead here."

DR. STEPHANIE BALOG, RELOCATED FROM ONTARIO

friendly community

“I became part of the White Rock-South Surrey community in June 2023, and before my arrival, I received tremendous support from the Division. Andrea, the Division’s Recruitment Manager, helped me organize tours to different clinics according to my needs and got me connected with other physicians in long term care group who provided me with guidance and support throughout my initial journey here.

I find this area most beautiful part of the city and enjoy my walks at the pier regularly. Additionally, it is a very friendly community for my kids as well. **I am glad that I made the decision to move here after living in Ontario for more than 23 years.”**

DR. ALIA RANA, RELOCATED FROM ONTARIO



“During our short vacation from the United Kingdom in 2018, my family and I visited White Rock-South Surrey. While there, we visited a few medical clinics and were impressed by the warm and friendly welcome from the Canadian people. We fell in love with this incredibly beautiful place

and decided to make it our home. We particularly loved White Rock-South Surrey and felt that it would be a welcoming community to raise our young family and progress our careers. My husband, an IT consultant, quickly found a job in Vancouver, and we easily settled our 2-year-old and 5-year-old kids into daycare and primary school. Our kids made friends and settled in easily.

Living in this community has been a joy every single day. I love outdoor activities like biking, hiking, going to the beach with the kids, and the convenience of living close to the airport. Since our move, I have started my clinic and appreciate my work’s flexibility. I look forward to many more years living and working in this beautiful community that I now call home.”

DR. ABIMBOLA ADEWUMI, RELOCATED FROM UK



“Our White Rock-South Surrey community provides an ideal environment for growing your medical practice and raising a family. I was warmly welcomed by a fantastic group of physicians who have become like a second family, guiding me through our local medical system and introducing me to passionate healthcare professionals.

The exceptional quality of life here is remarkable—living near the ocean and mountains in a city with metropolitan amenities and small-town charm is incredible. There are numerous activities to enjoy, from paddleboarding and gardening to dining at multicultural restaurants and participating in community events. Every day is filled with excitement!

My family and I love our life here; choosing this place as our home was the right decision.”

DR. ELIZABETH VARUGHESE, ORIGINALLY FROM SASKATOON, SK



passionate & enthusiastic healthcare professionals

“We joined the White Rock-South Surrey community from London, England in 2021. Even in the midst of the pandemic in a foreign country - with very little by way of family or friends support when we first came here – we instantly felt at home.

We relocated to Canada in search of a better quality of life for our growing family from both a professional and personal perspective. We are happy to say that we have achieved both.

Never did we think we could simultaneously both enjoy our job and love what we do whilst also being there for our kids for all of the different school activities and pickups and Christmas concerts and playdates. We can go to the park after work and school or to the beach for walks on lazy weekends.

We both love the proximity from work to home but also the beach and the shops. Nothing in this area is more than a 10 or 15-minute drive away. Further beyond, we are well located to Vancouver, the mountains, and the US.

We both currently work at Hilltop Medical Clinic where we could not be happier. We have excellent support from our own internal staff but are also able to garner excellent support from the Division.

There are numerous learning events and learning sets as well as access to excellent allied health professionals in that of neighbourhood nurses and social workers who we simply could not work without. People are genuinely caring and interested in you as both a physician and a person and the camaraderie between colleagues is really like nothing I have seen before.

All in all, this is a wonderful place to live and work and raise a family and we could not be happier with our choice.”

DRS. REEMA AND RAVI BERI, RELOCATED FROM THE UK



“I was pregnant with our second son when I joined the White Rock-South Surrey community in 2008. Straight out of residency, I interviewed at a few different clinics and settled at George Street Family Practice and the Peace Arch Hospital maternity group, which I chose in part because it provided me with a special connection to the hospital, specialists, and the operating room.

This community has been a fabulous choice both professionally and personally. Our three boys have had a great education and been a part of the local sports community. As a family, we enjoy the walking trails, the abundance of nature, the proximity to the beach, and the accessibility to a larger city like Vancouver.

As a Family Physician, I truly feel a part of this community. I run into patients and children I have delivered which gives me a true feeling of what encompasses being a family physician. Peace Arch Hospital is small enough that I have been able to personally get to know the specialists, making it easier to connect and call regarding mutual patients.”

DR. KIM VELDHUIS

Newcomer Resources

We take pride in being a welcoming community. We are fortunate to have many organizations and groups to assist newcomers like you with settling in. They offer resources and information on finding housing, employment opportunities, schools, childcare, healthcare services, transportation, fostering social connections, and more.

Government Resources

City of Surrey/City of White Rock: Provides general information to newcomers.

surrey.ca | whiterockcity.ca

Government of BC: WelcomeBC helps people navigate their journey to a new life in BC.

welcomebc.ca

Government of Canada: For information on citizenship and immigration to Canada including visas to visit, study, work, or immigrate to Canada and applications for citizenship, a permanent resident card, etc. canada.ca

Non-Profit Community Support Organizations

Alex House: 2916 McBride Avenue, Surrey
alexhouse.net

MOSAIC: 108-1688 152nd Street, Surrey | mosaicbc.org

NewToBC: newtobc.ca

BC 211: bc.211.ca

Immigrant Services Society of BC: issbc.org

Community Groups

For the Love of White Rock/South Rock:
facebook.com/groups/420275935431145

If You Live in South Surrey/White Rock:
facebook.com/groups/southsurreywhiterock

Surrey Community Group: facebook.com/groups/1906175309521902

White Rock and South Surrey Newcomers Club:
wrssnewcomers.com

White Rock Meet-Up:
meetup.com/White-Rock-Social-Group

White Rock/South Surrey Community Group:
facebook.com/groups/420275935431145



Real Estate

White Rock-South Surrey continues to flourish with each passing year, attracting an increasing number of home buyers and renters from across the country.

From waterfront estates, family homes to townhomes, duplexes, and condos, our community has a diverse array of real estate choices. Contact your local realtor to find your dream home! Other useful links:

BC Housing: bchousing.org

Fraser Valley Real Estate Board: fvreb.bc.ca

Condominium Home Owners Association of BC:
choa.bc.ca

Realty Link: realtylink.org

Strata Property Act: bclaws.gov.bc.ca

Short Term Rentals

White Rock-South Surrey offers short-term to long-term residential rental options to suit your needs. Useful links:

Tenant Resource and Advisory Centre:
tenants.bc.ca

BC Government Housing and Tenancy Information:
gov.bc.ca/gov/content/housing-tenancy

Rental Housing Index:
rentalhousingindex.ca

Transportation

Navigating our community is a breeze with a range of transportation options available. Whether you prefer public transit, cycling, driving, or exploring on foot, getting around in our community is convenient and hassle-free.

Vehicle Licensing and Registration

To drive in our community, the vehicle you are driving must be licensed and insured and the driver must be licensed. You must be 16 years or older to apply for a driver's license in BC. The Insurance Corporation of BC regulates driver's licenses and vehicle registration. icbc.com

Major Local Driving Routes

For north-south travel, Highway 99, King George Boulevard (Highway 99A), and Pacific Highway (Highway 15) connect the community to Trans-Canada Highway (Highway 1) for travel to Vancouver or the Fraser Valley and the United States border. For east-west travel, 0, 8, 16, 24, and 32, and 40 Avenues are the main streets linking the community to the Fraser Valley.

Public Transit

White Rock-South Surrey is conveniently serviced by TransLink, which provides public bus service, community shuttles, and HandyDART service in the region. Major bus loops are located at South Surrey Park & Ride (Highway 99 and King George Boulevard) and White Rock Centre (16 Ave and 152 Street). translink.ca



Cycling

White Rock-South Surrey is cycling-friendly. There is a cycling network of bike lanes, multi-use pathways, and neighbourhood cycling routes. Bike racks are located throughout the community where you can park your bike for free. Find cycling routes here:

City of White Rock: whiterockcity.ca

City of Surrey: surrey.ca

Private Transportation Services

There are dozens of private transportation providers and ride-hailing services that serve the area including taxis, limousines, Uber, and Lyft. Visit [Yelp](https://www.yelp.com) or [Google](https://www.google.com) to find a provider.

Air

Our community is located between the Vancouver International Airport (yvr.ca) and the Abbotsford International Airport (abbotsfordairport.ca); Bellingham International Airport (portofbellingham.com) is also a short drive across the United States border.

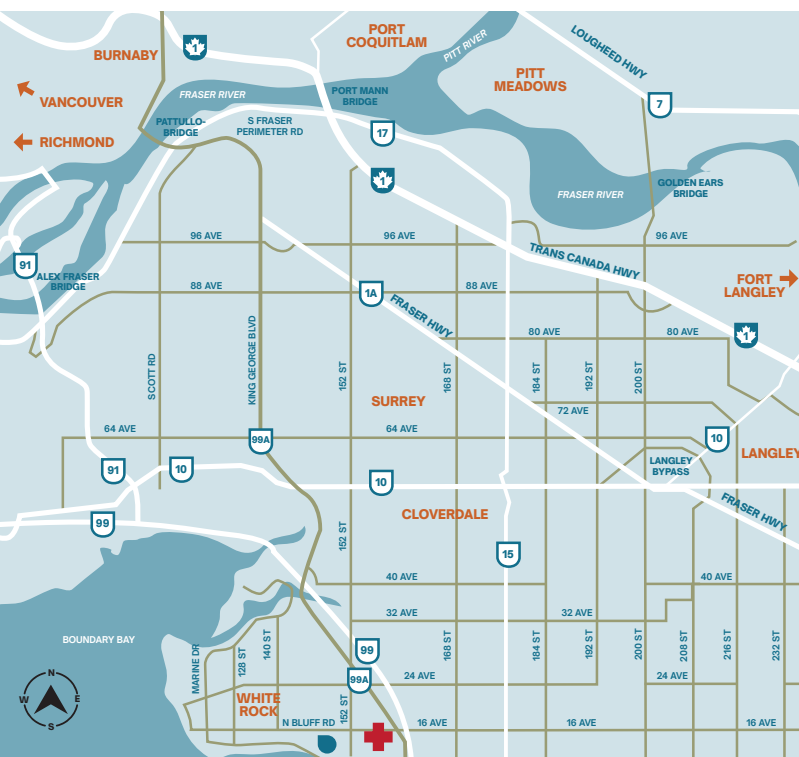
Ferry

Transportation to Vancouver Island and other islands is available via BC Ferries at its closest terminal in Tsawwassen which connects you to places like Victoria and the beautiful Gulf Islands; visit BC Ferries at bcferries.com for details.

Rail

Train services are available via Vancouver terminals. VIA Rail (viarail.ca) and Rocky Mountaineer (rockymountaineer.com) connect to the Canadian Rockies and Amtrak (amtrak.com) connects to the US.

☒ Peace Arch Hospital ● WRSS Division of Family Practice



Learning & Childcare

Our community offers many educational and childcare options. Whether you're seeking early childhood education, primary or secondary schools, or specialized learning programs, you'll find a multitude of choices here.



K-12 Schools

Public Schools: K-12 public schools in both White Rock and South Surrey are operated by Surrey Schools (School District 36), offering learning opportunities for youth. Find more information through the Surrey School District: surreyschools.ca.

Private and Independent Schools: There are many K-12 private and independent schools throughout White Rock-South Surrey. Find more information through the Independent Schools Association of BC at isabc.ca or Top Private Schools at topprivateschools.ca.

Post-Secondary Education: In the region surrounding our community are many of Canada's top universities including Simon Fraser University and the University of British Columbia. For other institutions in and around our community, visit the Government of Canada's List of Designated Educational Institutions at tools.canlearn.ca.

Childcare

There are different kinds of childcare available, including licensed and unlicensed. Licensed childcare includes group childcare centres, licensed family daycares, pre-school programs, and out-of-school care. Unlicensed childcare includes nannies, babysitters, and unlicensed family daycares. Visit gov.bc.ca to find childcare that fits your family, check to see if a provider participates in the Government of BC's fee reduction initiative, explore additional early years supports, or use the Child Care Map to search dozens of licensed daycare providers in our community.



Public Services

Public services are primarily delivered through the Cities of White Rock, Surrey, and regional service providers.

Hydro & Gas

BC Hydro: bchydro.com
FortisBC: fortisbc.com

Water Services and Waste Collection

City of White Rock: whiterockcity.ca
City of Surrey: surrey.ca

Recycling and Waste Depots

Recycle BC: recyclebc.ca
Metro Vancouver: metrovancover.org

Telecom Providers

There are a mix of telecommunication carriers in our community that provide phone, mobile, Internet, radio, and television services. Visit the Canadian Radio-Television and Telecommunications Commission at crtc.gc.ca for a list.

Emergency Contacts

Call 911 to report an emergency.

Fire

City of White Rock: whiterockcity.ca

City of Surrey: surrey.ca

Ambulance

BC Ambulance Services: bcehs.ca

Police

White Rock and Surrey RCMP: rcmp-grc.gc.ca

Non-Emergency Contacts

City of White Rock: whiterockcity.ca

City of Surrey: surrey.ca

Weather

Seasonal Averages			
MONTH	DAY	NIGHT	RAIN DAYS
January	6°C	2°C	13
February	7°C	2°C	11
March	9°C	3°C	13
April	12°C	5°C	10
May	16°C	8°C	6
June	19°C	11°C	5
July	22°C	13°C	3
August	23°C	14°C	3
September	19°C	12°C	7
October	14°C	8°C	11
November	8°C	4°C	14
December	5°C	1°C	12

White Rock-South Surrey enjoys a mild climate throughout the year. With an average annual temperature of 10°C, you can expect comfortable conditions.

For real-time weather updates and breathtaking views, visit the City of White Rock Pier Cam at whiterockcity.ca and explore the Meteo Blue Surrey Web Cams at meteoblue.com. These micro-weather stations provide detailed weather information for your favourite locations, ensuring you stay informed of local conditions.

*Maximum rain days and maximum and minimum temperatures.
Source: worldweatheronline.com.

Economic Development

White Rock-South Surrey has a diverse economy with healthcare, retail, professional services, tourism, real estate, and agriculture sectors. Both Cities of White Rock and Surrey aim to support a dynamic business community for job growth, investments, entrepreneurship, and innovation. To learn more, visit the following links.

White Rock BIA: whiterockbia.com

South Surrey & White Rock Chamber of Commerce: sswrchamberofcommerce.ca

Surrey Board of Trade: businessinsurrey.com

City of Surrey: surrey.ca

City of White Rock: whiterockcity.ca





Parks, Gardens & Beaches

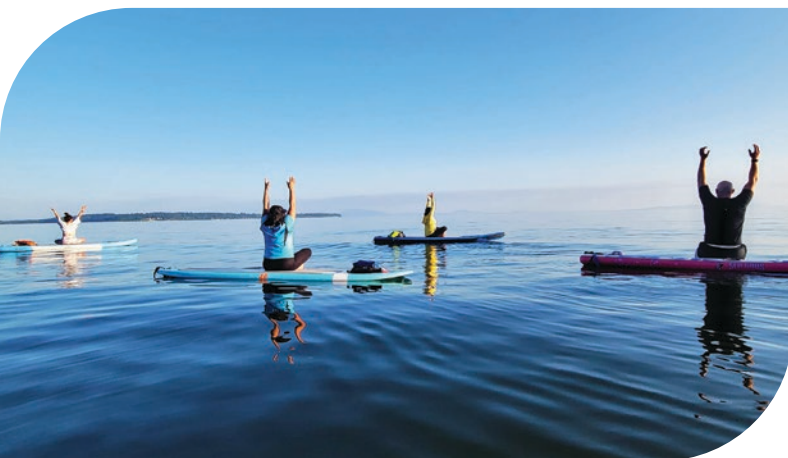
Explore a multitude of parks, gardens, green spaces, and beaches in White Rock-South Surrey, including popular destinations such as the White Rock Pier and Beach, Crescent Beach, Peace Arch Park, Darts Hill Garden, Redwood Park, and South Surrey Athletic Park. For detailed information on these outdoor havens, visit surrey.ca, whiterockcity.ca, or bcparks.ca. Immerse yourself in hours of relaxation, exercise, and enjoyment at these picturesque locations!



Recreation

Our community offers many recreation activities catering to diverse interests. Engage in a variety of indoor or outdoor recreation activities, available at both public and private facilities. From golf and soccer to swimming, yoga, softball, pickleball, tennis, and even horseback riding, our community's recreation activities will enhance your physical and mental well-being. Each season, City Recreation Guides are published with directions on how to sign up for programs: [City of Surrey](#) and [City of White Rock](#).

For those interested in watching professional sports, take a short drive to Vancouver to watch the Vancouver Canucks (hockey), Vancouver Canadians (baseball), Vancouver Whitecaps (soccer), or BC Lions (football).





Arts & Culture

Live Entertainment

Experience a diverse array of year-round performing arts and live music in our community. Our flourishing arts scene that adds vibrancy and inspiration to our community. Find more information on live entertainment at surrey.ca, whiterockcity.ca, or explorewhiterock.com.

Arts

Visit artscouncilofsurrey.ca, sswrchamberofcommerce.ca, surrey.ca or whiterockcity.ca to find dozens of arts facilities, classes, shows, and galleries community-wide.



Heritage Sites

White Rock-South Surrey has dozens of heritage sites, including farmhouses, schoolhouses, and residences. Visit surrey.ca and explorewhiterock.com to find places to tour in our community to learn about its rich history. Here are two highlights:

Elgin Heritage Park: Within this park, you will find the Historic Stewart Farm (a site that provides a glimpse into the lives of Surrey's colonial pioneers), Totest Aleng: Indigenous Learning House (a cultural hub that celebrates Indigenous art and traditions such as carving, beading, cedar weaving, and storytelling), and a picturesque 3 km nature trail, wetland, meadow, forested, areas, and a marina. 13723 Crescent Road, Surrey | surrey.ca

White Rock Museum: Immerse in exhibits and artifacts, exploring significant events and stories shaping our community. From the early days to the present, the museum offers insights into our unique heritage. 14970 Marine Drive, White Rock | whiterockmuseum.ca

Public Libraries

Our local libraries offer a multitude of events, classes, and play areas. They also provide public Internet stations, copying and printing services, e-book loans, music downloads, and more. Discover our local libraries, where learning, experience, and connection thrive.

Digital Branch: Online | surreylibraries.ca

Ocean Park Branch: 12854 17 Avenue, Surrey | surreylibraries.ca

Semiahmoo Branch: 1815 152 Street, Surrey | surreylibraries.ca

White Rock Library: 15342 Buena Vista Avenue, White Rock | fvrl.bc.ca

Gardening

If you have a passion for gardening, our community offers an abundance of garden shops, classes, and groups to cultivate your green thumb. Check **Yelp** or **Google** for a list of sites. Additionally, don't forget to visit the Farmer's Almanac (farmersalmanac.com) for valuable insights into seasonal planting conditions specific to our region.

Eat & Drink

Experience a rich and diverse food and beverage culture in White Rock-South Surrey, featuring a fusion of international and traditional flavours.

Eateries

Embark on culinary adventures within our community with over 150 places to go. From Japanese sushi to Indian Chaat, Mexican burritos to Hawaiian Poke, Chinese Dim Sum, and more. Use **Yelp**, **Google**, **OpenTable** to uncover your favourite spot.



Food Trucks

Food trucks are popular attractions at special events and farmer's markets. Find savoury delights, sweet treats, and unique culinary fusions from White Rock-South Surrey's mobile food vendors. Visit **Yelp**, **Google**, **OpenTable**, or other listing sites to find your favorite food truck!

Farmer's Markets

Discover fresh fruits, vegetables, farm-fresh foods, and locally made items at our community's only farmer's market. Support local farmers and artists. 151 Street and Russell Avenue | whiterockfarmersmarket.ca



Farmgate Sales

Explore diverse farms throughout our community offering sun-ripened fruits, crisp vegetables, and other farm-fresh goods for sale to the public. Plus, support local farmers through Community Supported Agriculture programs. farm-explorer-bc-bcaitc.hub.arcgis.com.

Breweries, Wineries, & Distilleries

Sip and savour in White Rock-South Surrey! Explore wineries, distilleries, and breweries for a fun tasting experience. Discover the finest offerings of BC. Visit the following BC liquor associations to find local spots:

BC Ale Trail: bcaletrail.ca

BC Craft Brewers Guild: bccraftbeer.com

Wines of BC: winebc.com

BC Independent Distillers Association:
bccraftdistilling.com



Shopping

Discover shopping centers, plazas, and vibrant districts in our community.

Grandview Corners: South Surrey's trendy outdoor centre boasts 80+ brand name stores, restaurants, cafes, and more. 16081 24 Avenue, Surrey | riocan.com

Semiahmoo Shopping Centre: Indoor shopping centre with 75 fashion and specialty stores, plus eateries and exciting events. 1701 152 Street, Surrey | shopsemiahmoo.com

The Shops at Morgan Crossing: A chic outdoor centre with 60+ retailers, cafés, and restaurants. 101-15765 Croydon Drive, Surrey | theshopsatmorgancrossing.com

Southpoint Exchange: Over 30 big brand stores near King George and 152 Avenue. 3033 152 Street, Surrey.

Peninsula Village Shopping Centre: Outdoor centre with 20+ stores. 15355 24 Avenue, Surrey | peninsulavillage.ca

Downtown White Rock: Explore art galleries, boutiques, eateries, bakeries, and scenic views while supporting local businesses. 152 Street below 16 Avenue, White Rock | explorewhiterock.com



Community Events

Experience a range of festivals and events throughout the year in White Rock-South Surrey. From cultural celebrations to community gatherings, there's always something exciting happening.

Some events to mark on your calendar include the Peace Arch Hospital Foundation Gala, Canada Day by the Bay, Canada Cup, White Rock Sea Festival & Semiahmoo Days, and the White Rock Arts Festival. For a list of all community events, visit these event calendars:

City of White Rock: whiterockcity.ca

City of Surrey: surrey.ca

Discover Surrey: discoversurreybc.com

Explore White Rock: explorewhiterock.com

White Rock BIA: whiterockbia.com



We'd love to see you working here!

White Rock-South Surrey is the place you want to be!



White Rock-South Surrey
Division of Family Practice

An FPSC initiative

We extend our gratitude to the White Rock-South Surrey Family Physicians for sharing their invaluable insights for this guide. We also acknowledge the Peace Arch Hospital Foundation for its generous support in funding its development. For any feedback concerning this guide, please reach out to info@wrssdivision.ca.

Disclaimer: This Welcome Guide is produced by the White Rock-South Surrey Division of Family Practice for Family Physicians in White Rock-South Surrey. The information in this package is meant to provide a brief, but not exhaustive guide to familiarizing you with White Rock-South Surrey. The guide provides links to other sites; the inclusion of a link does not mean that the Division endorses or approves the linked sites or the contents or links in those sites.

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