

Where Can I Find Emergency Shelter?

Coquitlam Emergency Shelter (RainCity Housing)
Call to determine availability of space 604-474-0435

Joy's Place (Tri-City Transitions Society)
Adult women and their dependent children victims or
at risk of domestic violence 604-492-1700

Tri-Cities Bridge Shelter (overnight Oct. to March)
Clients are bussed to host church venues
For pick-up locations, contact:

Daytime 604-380-3665
After 6 PM 778-709-2038

BC 211 Shelter & Street Help Line 211

Where Can I Get Groceries?

SHARE Food Banks 604-931-2451

Trinity United Church
2211 Prairie Ave., Port Coquitlam
Wednesday, 12 pm –2 pm

Hillside Community Church
1393 Austin Ave., Coquitlam
Wednesday 12 pm – 1:30 pm

Port Moody Food Bank
2615 Clarke St., Port Moody (rear of building)
Wednesday, 11:30 am-2 pm

St. John's Church Family Food Bank

2208 St. Johns St., Port Moody
1st & 3rd Thursday of each month
Registration: 9:30 - 10:30 am

City Reach Care Society - Food for Families Mobile

604-817-3703
Birchland Elementary School
1331 Fraser Ave, Port Coquitlam
2nd Thursday each month 2:30 pm – 4 pm
Kwayhquitlum Middle School (school reg. only)

3280 Flint St, Port Coquitlam
3rd Thursday each month 2:30 pm – 4 pm

Broadway Church – PoCo Campus
1932 Cameron Ave, Port Coquitlam
4th Thursday each month 3 pm – 5 pm

Where Can I Get a Meal?

Trinity United/St. Catherine's Anglican Church
2211 Prairie Ave., Port Coquitlam
Wednesday, 12 pm–2 pm

A Warm Place for Women
Kinsmen Hall, 2175 Coquitlam Ave., Port Coquitlam
1st Thursday of every month, 5:30 pm-8 pm

Circuit Collision and Auto Glass
1099 Lansdowne Dr., Coquitlam
Thursday, 4 pm–6 pm 604-464-8888

Friendship Baptist Church
2950 Dewdney Trunk Road, Coquitlam
Sunday, 4 pm-6 pm 604-464-8888

Broadway Church – PoCo Campus
1932 Cameron Ave., Port Coquitlam
Tuesday, 6 pm-8 pm 604-817-3703

Where Can I Find Clothing?

Trinity United/St. Catherine's Anglican
2211 Prairie Ave., Port Coquitlam
Wednesday, 12 pm–2 pm

Hope for Freedom Outreach
1099 Lansdowne Dr., Coquitlam (adj. Circuit Collision
& Auto Glass)
604-830-1528 or 778-862-0692

A Warm Place for Women
Kinsmen Hall, 2175 Coquitlam Ave., Port Coquitlam
1st Thursday of every month, 5:30 pm-8 pm

Where Can I Get Medical Attention?

Real Canadian Superstore Walk-in Clinic
3000 Lougheed Hwy., Coquitlam
Mon, 9 am-8 pm; Tues, 9 am-5 pm;
Wed-Thurs, 9 am–3 pm; Fri-Sat, 9 am–1 pm

All Care Walk-in Clinic
111-1465 Salisbury Ave., Port Coquitlam
Mon-Fri, 9 am-4:30 pm

Eagle Ridge Hospital Emergency
475 Guildford Dr., Port Moody
604-461-2022

Where Can I Get Food for My Pet?

Coquitlam Animal Shelter
500 Mariner Way, Coquitlam 604-927-7386
Mon-Fri, 9 am-8 pm
Sat., Sun., Holidays, 10 am-4 pm

Where Can I Get Help with My Alcohol or Drug Use?

Hope for Freedom Society 604-380-3665
Bus. office: 3237 Liverpool St, Port Coquitlam

SHARE Family & Community Services
2615 Clark Street, Port Moody 604-936-3900

Tri-Cities Opioid Agonist Treatment Clinic
700-220 Brew Street, Port Moody
Mon-Fri, 8:30 am-4:30 pm
To book an appointment, call 604-777-8709, or drop
in during clinic hours

Where Can I Get Harm Reduction Supplies, Free Naloxone Kits and Training

Stride with Purpose Mobile Health Van
Call or text 604-351-1885, 7 days/week. Later service
Wed-Sun
Drug checking also offered

Newport Public Health Unit
200-205 Newport Drive, Port Moody
Mon–Fri, 8:30 am – 4:30 pm

Select Pharmacies (naloxone kits and training only)
<http://towardtheheart.com/site-finder>

Where Can I Safely Dispose of Sharps?

Stride with Purpose Mobile Health Van
Call or text 604-351-1885, 7 days/week. Later service
Wed-Sun

Share Family & Community Services
2615 Clarke St, Port Moody
Blue sharps disposal bin (mailbox size) located outside
against the west wall of the building

Newport Public Health Unit
200-205 Newport Drive, Port Moody
Mon–Fri, 8:30 am – 4:30 pm

Where Can I Report a Bad Date?

RCMP Coquitlam/PoCo 911 604-945-1550
Port Moody Police 911 604-461-3456

Tri-City Transitions Society
Women's 24 hr. crisis support 604-492-1700

Access Youth Services
Bus: Fri & Sat 7 pm-12 am 604-781-6671

Stride with Purpose Health Van
604-351-1885

WISH Drop-In Centre Society
(for self-identified women who are sex workers)
604 669 9474

Where Can I Find Help Getting a Job?

Avia Employment Services
Mon-Fri, 8 am-5 pm:
221 - 3030 Lincoln Ave., Coquitlam
778-730-0174

202 - 405 North Road, Coquitlam
604-424-9510
206 - 2540 Shaughnessy Ave., Port Coquitlam
778-730-0171

WorkBC Employment Services Centre
Mon-Fri, 8:30 am-5 pm (Wed 9:30 am-5 pm)
401-130 Brew Street, Port Moody
604-917-0286

Where Can I Get A Shower or Do Laundry?

SHARE Port Moody Food Bank 604-931-2451
2615 Clarke St., Port Moody (rear of building)
Shower: Mon, Tues, Thurs, 10:30 am-1 pm
Fri, 9 am-10:30 am

Laundry: Mon, Thurs, 10 am-1 pm
Fri, 9 am-10:30 am

Where Can I Use the Internet?

Hope for Freedom Outreach
1099 Lansdowne Dr., Coquitlam (adj. Circuit Collision
& Auto Glass)
Call 604-830-1528 or 778-862-0692 prior

Public Libraries
100 Newport Dr., Port Moody
2470 Mary Hill Rd., Port Coquitlam
1169 Pinetree Way, Coquitlam
575 Poirier St., Coquitlam

SHARE Family & Community Services
2615 Clarke St. (upstairs), Port Moody
Mon, 10 am-7 pm; Tues-Thurs, 10 am-8 pm
Fri, 10 am-2 pm

Please copy this guide as required.

Download at

www.tricitieshomelessness.ca

Correction or update:

tricitieshomelessness@gmail.com



Tri-Cities
Homelessness
& Housing
Task Group

Start with Home

TRI-CITIES STREET SURVIVAL GUIDE January 2019

Where Can I Get Help?

ACCESS Youth Outreach Services
Office: Mon-Fri 604-525-1888
Bus: Fri & Sat 7 pm-12 am 604-781-6671
Youth Engagement Worker 604-537-4265

BC 211 Shelter & Street Help Line 211

BC Employment & Income Assistance Office
B100-2099 Lougheed Hwy., Port Coquitlam
Mon-Fri, 9 am-4 pm 1-866-866-0800

Fraser Health Crisis Line 604-951-8855

HealthLink BC (Nurse Line) 811
Health information and advice

Hope for Freedom Outreach
1099 Lansdowne Dr., Coquitlam (adj. Circuit Collision
& Auto Glass)
604-830-1528 or 778-862-0692

Port Moody Police
3051 St. Johns Street 604-461-3456
Victim Services 604-937-1313

RCMP Community Police Stations
2581 Mary Hill Rd., Port Coquitlam 604-927-2383
3312 Coast Meridian Rd., Port Coquitlam
604-927-5172
1059 Ridgeway Ave., Coquitlam 604-933-6888
413-552 Clarke Road, Coquitlam 604-933-6833

Stride with Purpose (help with HIV or Hep C)
40 Begbie St, New Westminster 604-526-2522

"Talking Helps" Counselling Program
SHARE Family & Community Services
Intake: 604-937-6969 or intake@sharesociety.ca

Tri-Cities Mental Health & Substance Use Centre
#1-2232 Elgin St., Port Coquitlam 604-777-8400
Mon-Fri, 8:30 am-4:30 pm

Tri-City Transitions Society
402 -2071 Kingsway Avenue
604-941-7111

Women's 24 hr. crisis support 604-492-1700