

Where Can I Get Help (continued)?

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

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

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
Hillside Community Church
1393 Austin Ave., Coquitlam

Port Moody Food Bank
2615 Clarke St., Port Moody (rear of building)

Distributed on WEDNESDAYS in alphabetical order:

LAST NAMES "A" to "M" – 10 am-11:30 am

LAST NAMES "N" to "Z" – 11:30 am-1:30 pm

Prepackaged hampers - everyone will be served

For further information: www.sharesociety.ca

Food for Families Food Bank

1932 Cameron Ave, Port Coquitlam
EVERY Thursday 3 pm – 5 pm

St. John's Church Family Food Bank

2208 St. John's St., Port Moody
1st & 3rd
Registration: 9:30 – 10:30 am

Postponed

City Reach Care Society Mobile 604-817-3703

Birchland Elementary School
1331
2nd Thursday each month 2:30 pm – 4 pm

Postponed

Where Can I Get a Meal?

Club Freedom Hot Meal
Friendship Baptist Church
2950 Dewdney Trunk Road, Coquitlam
Sundays 5 PM

Club Freedom Prayer Walk
Tuesdays 5 PM; Thursdays 4 PM
Bagged meals & snacks
Outside 3030 Gordon Ave, Coquitlam

Where Can I Find Clothing?

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

Postponed

Hope for Freedom Outreach
Phone: 604-830-1528
Email: hffoa@hopeforfreedom.org

A Warm Place for Women
Kinsmen United Church, Port Coquitlam
1st Thursday 2:30 pm-8 pm

Postponed

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
Phone: 604-830-1528
Email: hffoa@hopeforfreedom.org

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

Tri-Cities Opioid Agonist Treatment Clinic
Royal Columbian Hospital
Mental Health & Substance Use Wellness Centre
330 East Columbia St., New Westminster
604-527-2904

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?

WorkBC Employment Services Centres

Services provided through phone, email and on-line channels only.

221 - 3030 Lincoln Ave., Coquitlam

778-730-0174

206 - 2540 Shaughnessy Ave., Port Coquitlam

778-730-0171

301-130 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: Thurs, 11 am– 2 pm

Last shower at 1:30 pm

Laundry: Mon, 10 am– 2 pm

Fri, 10 am– 2 pm

Postponed

Where Can I Use the Internet?

Public Libraries

100 Newport Dr., Port Moody

2150 Wilson Ave., 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 contact each location/service provider for current updates on availability during the COVID-19 pandemic

Please copy this guide as required.

Download at

www.tricityshomelessness.ca

Correction or update:

tricityshomelessness@gmail.com



Start with Home

Tri-Cities
Homelessness
& Housing
Task Group

TRI-CITIES STREET SURVIVAL GUIDE

June 2021 COVID

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

Mobile services in the Tri-Cities

Monday – Friday

Phone: 604-830-1528

Email: hffoa@hopeforfreedom.org

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

Rent Bank

SHARE Family & Community Services

Referrals: 604-529-5146 or

esther.uwimana@sharesociety.ca

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