

Who Do I Approach To Report A Bad Date?

RCMP 911 604-945-1550
Port Moody 911 604-461-3456

Tri-City Transitions 604-941-7111
200 - 2540 Shaughnessy St., Port Coquitlam

Access Youth Services

Youth Bus 604-781-6671
Friday & Saturday, 7 pm–12 am

Purpose Health Van and Mobile Needle Exchange 604-351-1885

Where Can I Find Help Getting A Job?

AVIA Employment Services

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

Training Innovations

130 Brew Street (6th floor), Port Moody
604-917-0286

Where Can I Use The Internet?

Hope for Freedom Outreach

2606 Kingsway Ave. Port Coquitlam
Monday to Friday, 8 am– 4:30 pm
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
Monday to Thursday 10 am-7 pm
Friday 10 am-1 pm

Compiled by the Tri Cities Homelessness and Housing Task Group.

Please copy this guide as required.

Up-to-date and printable version:

www.tricityhomelessness.ca

Correction or update?:

tricityhomelessness@gmail.com

TRI-CITIES STREET SURVIVAL GUIDE

January 2017

Where Can I Get Help?

Coquitlam Shelter

3030 Gordon Ave.
604-474-0435

Hope for Freedom Homeless Outreach Workers

2606 Kingsway Ave., Port Coquitlam.
604-830-1528 or 778-862-0692

Tri-City Transitions Society

2420 Mary Hill Rd., Port Coquitlam
604-941-7111

Income Assistance Office

B100 2099 Lougheed Hwy., Port Coquitlam
Mon. to Fri. 9 am-4 pm 1-866-866-0800

RCMP Community Police

2581 Mary Hill Rd., Port Coquitlam
604-927-2383
3312 Coast Meridian Rd., Port Coquitlam.
604-927-5451
1059 Ridgeway Ave., Coquitlam
604-933-6888
560 Clarke Rd., Coquitlam
604-933-6833

Port Moody Community Police

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

ACCESS Youth

Office - Monday to Friday 604-525-1888
Bus Fri. & Sat. 7 pm-12 am 604-781-6671
Youth Engagement Worker 604-537-4265

Availability of Shelter Space 211
Province-wide Nurse Line 811
Crisis & Info Line 604-951-8855

Where Can I Find Emergency Shelter?

Coquitlam Shelter

3030 Gordon Ave.
Year-round access 24/7
Front Desk 604-474-0435

Where Can I Get Groceries?

SHARE Food Banks 604-931-2451

Trinity United Church

2211 Prairie Ave., Port Coquitlam

Wednesday, 11am –2 pm

Como Lake United Church

535 Marmont St., Coquitlam

Wednesday, 12:30 pm-2:30 pm

Port Moody Food Bank

2615 Clarke St., Port Moody

Wednesday, 12 pm-2 pm

St. John's Church Family Food Bank

2208 St. Johns St., Port Moody

1st & 3rd Thursday of each month, 10:30 am

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 A Meal Or Coffee?

Trinity United/St. Catherine's Anglican Church

2211 Prairie Ave., Port Coquitlam

Wednesday, 12 pm–2 pm

A Warm Place for Women

2175 Coquitlam Ave., Port Coquitlam

1st Thursday of every month 5:30 pm-8 pm

Boyd Auto Body

1099 Lansdowne Dr., Coquitlam

Thursday, 4:30 pm–6 pm 604-464-8888

Friendship Baptist Church

2950 Dewdney Trunk Road, Coquitlam

Sunday, 4:30 pm-6 pm 604-464-8888

Where Can I Get A Shower Or Do Laundry?

Hope for Freedom Outreach

2606 Kingsway Ave., Port Coquitlam

Shower: Monday to Friday 8 am-9 am

SHARE 604-931-2451

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

Shower: Mon, Tues, Thurs, Fri 10:30 am–1 pm

Laundry: Mon, Thurs. Fri 10 am–1 pm

Where Can I Find Clothing?

Trinity United/St. Catherine's Anglican

2211 Prairie Ave., Port Coquitlam

Wednesday 11 am–2 pm

Hope for Freedom Outreach

2606 Kingsway, Port Coquitlam

604-830-1528 or 778-862-0692

Coquitlam Shelter

3030 Gordon Ave.

604-474-0435

A Warm Place for Women

2175 Coquitlam Ave., Port Coquitlam

1st Thursday of every month 5:30 pm-8 pm

Where Can I Get Medical Attention?

Great Canadian Superstore Walk-In Clinic

3000 Lougheed Hwy., Coquitlam

Eagle Ridge Hospital Emergency

475 Guildford Dr., Port Moody

604-461-2022

Tri-Cities Mental Health

#1-2232 Elgin St., Port Coquitlam

604-777-8400

Monday to Friday, 8:30 am-4:30 pm

Where Can I Get Help With My Drug or Alcohol Addiction?

Hope for Freedom Society

3237 Liverpool St, Port Coquitlam

Men: 604-464-0475 Women: 604-464-0472

SHARE Family & Community Services

2615 Clark Street,

604-936-3900

Where Can I Get Harm Reduction Supplies, Naloxone Training and a Free Kit?

Purpose Health Van and Mobile Needle

Exchange

604-351-1885

Where Can I Get Help with HIV or Hep C?

Stride with Purpose at the Purpose Society

40 Begbie Street, New Westminster

604-526-2522