

## 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  
1<sup>st</sup> & 3<sup>rd</sup> 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  
2<sup>nd</sup> Thursday each month 2:30 pm – 4 pm

Broadway Church – PoCo Campus  
1932 Cameron Ave, Port Coquitlam  
4<sup>th</sup> 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  
1<sup>st</sup> Thursday of every month, 5:30 pm-8 pm

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

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

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

**Our Lady of Assumption Church** 604-942-7808  
3141 Shaughnessy St., Port Coquitlam  
4<sup>th</sup> Sat of every month (Dec 3rd Sat), 12 pm-1:30 pm

## 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  
1<sup>st</sup> 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](http://www.tricitieshomelessness.ca)

Correction or update:

[tricitieshomelessness@gmail.com](mailto:tricitieshomelessness@gmail.com)



Tri-Cities  
Homelessness  
& Housing  
Task Group

Start with Home

## TRI-CITIES STREET SURVIVAL GUIDE November 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](mailto: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