

## Where Can I Get Help (continued)?

### 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

### 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

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](http://www.sharesociety.ca)

### St. John's Church Family Food Bank

2208 St. John's Church, Port Moody

1<sup>st</sup> & 3<sup>rd</sup> **Postponed**

Registration: 9:30 – 10:30 am

### City Reach Care Society Mobile 604-817-3703

Birchland Elementary School

1331 **Postponed**

2<sup>nd</sup> Thursday, 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?

### A Warm Place for Women

Kinsmen **Postponed** Ave., Port Coquitlam

1<sup>st</sup> Thursday, 12:30 pm-8 pm

### Circuit Collision and Auto Glass 604-464-8888

1099 Lansdowne Dr., Coquitlam

Thursday, 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 Sha **Postponed** lam

4<sup>th</sup> Sat of every month (1<sup>st</sup> and Sat), 12 pm-1:30 pm

## Where Can I Find Clothing?

### Trinity United/St. Catherine's Anglican

2211 Prair

Wednesday, **Postponed**

### 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 **Postponed** Ave., Port Coquitlam

1<sup>st</sup> Thursday, 12:30 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 **Temporarily closed** Coquitlam  
1169 **Temporarily closed** 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.tricityhomelessness.ca](http://www.tricityhomelessness.ca)  
Correction or update:  
[tricityhomelessness@gmail.com](mailto:tricityhomelessness@gmail.com)



Start with Home

## TRI-CITIES STREET SURVIVAL GUIDE May 2020

### 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

**Rent Bank**  
SHARE Family & Community Services  
Referrals: 604-529-5146 or  
[esther.uwimana@sharesociety.ca](mailto: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](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