

## 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

### 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)

### 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 Church, Port Moody

1<sup>st</sup> & 3<sup>rd</sup> 604-931-2451

Registration: 9:30 – 10:30 am

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

Birchland Elementary School

1331 604-817-3703

2<sup>nd</sup> Thursday each month 2:30 pm – 4 pm

## Where Can I Get a Meal?

### Club Freedom Hot Meal

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 Moody

Wednesday, 10:00 am - 12:00 pm

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 Hall, 111-1465 Salisbury Ave., Port Coquitlam

1<sup>st</sup> Thursday, 12:30 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 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

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: Mon-Fri, 9 am-1 pm

Postponed

Fri, 9 am-10:30 am

Laundry: Mon-Fri, 9 am-10:30 am

Postponed

Fri, 9 am-10:30 am

### Hope for Freedom Outreach

(SHOWER ONLY – no laundry)

1099 Lansdowne Dr., Coquitlam (adj. Circuit Collision & Auto Glass)

Call 604-830-1528 or 778-862-0692 prior

## 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

2150 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 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  
Homelessness  
& Housing  
Task Group

## TRI-CITIES STREET SURVIVAL GUIDE

October 18, 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