

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

**Food for Families Food Bank**

1932 Cameron Ave, Port Coquitlam 604-254-2489  
EVERY Thursday 3 pm – 5 pm

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

2208 St. John's St., Port Moody  
1st & 3rd

Postponed

Registration: 9:30 – 10:30 am

### 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](mailto:hffoa@hopeforfreedom.org)

**A Warm Place for Women**  
Kinsmen United Church, Port Coquitlam  
1st Thursday, 7:30 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](mailto: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.tricityhomelessness.ca](http://www.tricityhomelessness.ca)

Correction or update:

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



Tri-Cities  
Homelessness  
& Housing  
Task Group

Start with Home

## TRI-CITIES STREET SURVIVAL GUIDE July 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](mailto: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](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)