

## Where Can I Get Help (continued)?

### Progressive Housing Society

Outreach and Homeless Hub

[www.progressivehousing.net](http://www.progressivehousing.net) 604-522-9669

### RCMP Community Police Stations

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

413-552 Clarke Road, Coquitlam 604-933-6833

### Rent Bank

SHARE Family & Community Services

Referrals: 604-540-9161 ext 146 or

[esther.uwimana@sharesociety.ca](mailto:esther.uwimana@sharesociety.ca)

### “Talking Helps” Counselling Program

SHARE Family & Community Services

Intake: 604-540-9161 ext.230 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 Mon-Fri, 9 am-4:30 pm

Victim Link BC 24 hr crisis support 1-800-563-0808

## Where Can I Find Emergency Shelter?

### Coquitlam Emergency Shelter (RainCity Housing)

Call to determine availability of space 604-474-0435

### Tri-Cities Winter Shelter (Progressive Housing Soc.)

Overnight shelter, 1 Oct '22 – 31 Mar '23

For shelter info, call 604-209-1587, 8:30 pm–8:00 am

For pick-up locations, e-mail

[mgomez@progressivehousing.net](mailto:mgomez@progressivehousing.net)

### Extreme Weather Response Shelter (Phoenix Society)

Overnight shelter during extreme weather events,

Oct 15 '23 – Apr 15 '23

Inquiries call 604-790-8929

### 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

604-540-9161

Wed, 10 am-1:30 pm

– 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)

For further information: [www.sharesociety.ca](http://www.sharesociety.ca)

### Food for Families Food Bank 604-254-2489

Serving vulnerable families, individuals and seniors

Broadway Church

1932 Cameron Ave, Port Coquitlam

EVERY Thursday 3 pm – 5 pm

Pre-registration required: [craigs@cityreach.org](mailto:craigs@cityreach.org)

## Where Can I Get a Meal?

### City Reach Club Freedom

604-254-2489

Friendship Baptist Church

2950 Dewdney Trunk Road, Coquitlam

Sundays 5 pm – doors open at 4:30 pm

## Where Can I Find Clothing?

### Hope for Freedom Outreach & Advocacy

Phone: 604-830-1528

Mon-Fri, 7:30 am-3:30 pm

Email: [hffoa@hopeforfreedom.org](mailto:hffoa@hopeforfreedom.org)

## Where Can I Get Medical Attention?

### Tri-Cities Urgent and Primary Care Centre

3105 Murray Street, Port Moody 604-469-3123

7 days a week, 9 am – 8 pm

### Real Canadian Superstore Walk-in Clinic

3000 Lougheed Hwy., Coquitlam

Mon, Wed, Thurs, Fri 9 am-3 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

604-540-9161 press “1”

### Tri-Cities Opioid Agonist Treatment Clinic

Royal Columbian Hospital 604-527-2904

Mental Health & Substance Use Wellness Centre

330 East Columbia St., New Westminster

Mon – Fri, 8:30 am-4:30 pm

### Tri-Cities Urgent and Primary Care Centre

3105 Murray Street, Port Moody 604-469-3123

7 days a week, 9 am – 8 pm

## Where Can I Get Harm Reduction Supplies, Free Naloxone Kits and Training

### Purpose Society Mobile Health Van

Call or text 604-351-1885, 7 days/week 6 pm-1 am

Drug checking, hygiene supplies, snacks and blankets

also available

### ACCESS Youth Outreach Services - Project Reach Out

Bus: Fri & Sat 7 pm-12 am

Call or text 604-781-6671 (during bus hours) with your

location and bus will come to you for delivery

Drug checking available

### Newport Public Health Unit

604-949-7200

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?

### Purpose Society Mobile Health Van

Call or text 604-351-1885, 7 days/week 6 pm-1 am

### SHARE Family & Community Services

2615 Clarke St, Port Moody

Blue sharps disposal bin (mailbox size) located outside against the west wall of the building

### ACCESS Youth Outreach Services - Project Reach Out

Bus: Fri & Sat 7 pm-12 am

Call or text 604-781-6671 (during bus hours) with your location and bus will come to you for pickup

## Where Can I Report a Bad Date?

**RCMP Coquitlam/PoCo** 911 604-945-1550

**Port Moody Police** 911 604-461-3456

**Victim Link BC** 24 hr crisis support 1-800-563-0808

### ACCESS Youth Outreach Services - Project Reach Out

Bus: Fri & Sat 7 pm-12 am 604-781-6671

### Purpose Society Mobile Health Van

Call or text 604-351-1885, 7 days/week 6 pm-1 am

### WISH Drop-In Centre Society

(for women and gender-diverse persons who are current or former sex workers)

604 669 9474 or [info@wishdropincentre.org](mailto:info@wishdropincentre.org)

## Where Can I Find Help Getting a Job?

### WorkBC Employment Services Centres

Services provided through phone, email and on-line channels.

221 - 3030 Lincoln Ave., Coquitlam

778-730-0174 or [centre-coquitlam@workbc.ca](mailto:centre-coquitlam@workbc.ca)

206 - 2540 Shaughnessy Ave., Port Coquitlam

778-730-0171 or [centre-portcoquitlam@workbc.ca](mailto:centre-portcoquitlam@workbc.ca)

301-130 Brew Street, Port Moody

604-917-0286 or [centre-portmoody@workbc.ca](mailto:centre-portmoody@workbc.ca)

## Where Can I Get a Shower?

### City Centre Aquatic Complex

1210 Pinetree Way, Coquitlam

Check in at front desk

Mon-Fri, 11:30 am – 3 pm

**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

## 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-Thurs, 9 am-8 pm

Fri, 9 am-3 pm

## Where Can I Get Transit Tickets?

### Hope for Freedom Outreach & Advocacy

Phone: 604-830-1528

Mon-Fri, 7:30 am-3:30 pm

Email: [hffoa@hopeforfreedom.org](mailto:hffoa@hopeforfreedom.org)



Tri-Cities  
Homelessness  
& Housing  
Task Group

Start with Home

## TRI-CITIES STREET SURVIVAL GUIDE December 2022

## Where Can I Get Help?

### ACCESS Youth Outreach Services

Serves youth ages 12-23 yrs.

Office: Mon–Fri 9 am – 4:30 pm 604-525-1888

Bus: Fri & Sat 7 pm-12 am 604-781-6671

Coq. Ctr. Mall Outreach Program Fri & Sat 2 pm-7 pm

604-783-4985

Youth Empowerment Worker 604-537-4265

**BC 211 Shelter & Street Help Line** 211

or <https://shelters.bc211.ca/bc211shelters>

### 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 & Advocacy

Mobile services in the Tri-Cities

Mon – Fri, 7:30 am-3:30 pm

Phone: 604-830-1528

Email: [hffoa@hopeforfreedom.org](mailto:hffoa@hopeforfreedom.org)

### Integrated Homelessness Action Response Team

Wrap-around services, connection to psychiatry, primary and wound care, MSD services

[IHART.Trocities@fraserhealth.ca](mailto:IHART.Trocities@fraserhealth.ca) 236-332-6687

### Phoenix Society Outreach

604-836-8821

### Port Moody Police

3051 St. Johns Street 604-461-3456

Victim Services 604-937-1313

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)