

Where Can I Find Emergency Shelter?

Coquitlam Shelter (RainCity Housing)
3030 Gordon Ave. 604-474-0435

Joy's Place (Tri-City Transitions Society)
Women and their 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
Wednesday, 12 pm –2 pm

Como Lake United Church (to March 31)
535 Marmont St., Coquitlam
Wednesday, 12:30 pm-2:30 pm

Port Moody Food Bank
2615 Clarke St., Port Moody
Wednesday, 11:30 am-2 pm

St. John's Church Family Food Bank
2208 St. Johns St., Port Moody
1st & 3rd Thursday of each month
Registration: 10:30 am

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 A Meal Or Coffee?

Trinity United/St. Catherine's Anglican Church
2211 Prairie Ave., Port Coquitlam
Wednesday, 12 pm–2 pm

A Warm Place for Women
2175 Coquitlam Ave., Port Coquitlam
1st Thursday of every month, 5:30 pm-8 pm

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

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

Where Can I Find Clothing?

Trinity United/St. Catherine's Anglican
2211 Prairie Ave., Port Coquitlam
Wednesday, 11 am–2 pm

Hope for Freedom Outreach
2606 Kingsway, Port Coquitlam
604-830-1528 or 778-862-0692

Coquitlam Shelter
3030 Gordon Ave. 604-474-0435

A Warm Place for Women
2175 Coquitlam Ave., Port Coquitlam
1st 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-Thurs, 9 am–3 pm
Fri, 9 am–1 pm; Sat, 8:30 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 Help With My Alcohol or Drug Use?

Hope for Freedom Society
3237 Liverpool St, Port Coquitlam
Men: 604-380-3665 Women: 604-464-0472

SHARE Family & Community Services
2615 Clark Street, Port Moody 604-936-3900

Where Can I Get Harm Reduction Supplies, Free Naloxone Kits and Training, and Safely Dispose of Sharps?

Stride with Purpose Health Van
604-351-1885

Newport Public Health Unit
200-205 Newport Drive
Port Moody, V3H 5C9

Select Pharmacies (naloxone kits and training only)
<http://towardtheheart.com/site-finder>

Where Can I Report A Bad Date?

RCMP 911 604-945-1550
Port Moody Police 911 604-461-3456
Tri-City Transitions Society 604-941-7111
200 - 2540 Shaughnessy St., Port Coquitlam

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

604 669 9474

Where Can I Find Help Getting A Job?

Avia Employment Services:

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

401-130 Brew Street, Port Moody

604-917-0286

Where Can I Use The Internet?

Hope for Freedom Outreach

2606 Kingsway Ave. Port Coquitlam

Mon-Fri, 7 am- 4:30 pm

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

Where Can I Get A Shower Or Do Laundry?

Hope for Freedom Outreach

2606 Kingsway Ave., Port Coquitlam

Shower: Mon-Fri, 7 am-9 am

SHARE 604-931-2451

2615 Clarke St., Port Moody (rear of building)

Shower: Mon, Tues, Thurs, Fri, 10:30 am-1 pm

Laundry: Mon, Thurs, Fri, 10 am-1 pm

TRI-CITIES STREET SURVIVAL GUIDE February 2018

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 Employment & Income Assistance Office B100-2099

Lougheed Hwy., Port Coquitlam

Mon-Fri, 9 am-4 pm 1-866-866-0800

Coquitlam Shelter

3030 Gordon Ave. 604-474-0435

Fraser Health Crisis Line 604-951-8855

HealthLink BC (Nurse Line) 811

Hope for Freedom Outreach

2606 Kingsway Ave., Port Coquitlam.

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

Tri-Cities Mental Health

#1-2232 Elgin St., Port Coquitlam

604-777-8400

Mon-Fri, 8:30 am-4:30 pm

Tri-City Transitions Society

200 - 2540 Shaughnessy St., Port Coquitlam

604-941-7111

Women's 24 hr. crisis support 604-492-1700

Please copy this guide as required.

Download at www.tricitieshomelessness.ca

Correction or update:

tricitieshomelessness@gmail.com