

Who Do I Approach To Report A Bad Date?

RCMP 911 604-945-1550

Port Moody 911 604-461-3456

Tri-City Transitions 604-941-7111
200 - 2540 Shaughnessy St., Port Coquitlam

Access Youth Services

Youth Bus 604-781-6671

Friday & Saturday, 7 pm–12 pm

Purpose Mobile Needle Exchange and Health Van 604-351-1885

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

Training Innovations

130 Brew Street (6th floor), Port Moody

604-917-0286

Where Can I Use The Internet?

Hope for Freedom Outreach

2606 Kingsway Ave. Port Coquitlam

Monday to Friday, 8 am– 4:30 pm

Public Libraries

100 Newport Dr., Port Moody

2470 Mary Hill Rd., Port Coquitlam

1169 Pinetree Way, Coquitlam

575 Poirier St., Coquitlam

SHARE

2615 Clarke St. (Upstairs), Port Moody

Monday to Thursday 10 am to 7 pm

Friday 10 am to 1 pm

Compiled by the Tri Cities Homelessness and Housing Task Group.

Please copy this guide as required.

Up-to-date and printable version:

www.tricityshomelessness.ca

TRI-CITIES STREET SURVIVAL GUIDE

March 2015

Where Can I Get Help?

Hope for Freedom Outreach

2606 Kingsway Ave., Port Coquitlam.

604-830-1528 or 778-862-0692

Dial 211 for availability of shelters

Dial 811 to speak with a nurse

Crisis & Info Line 604-951-8855

Tri-City Transitions

200-2540 Shaughnessy St., Port Coquitlam ,

BC 604-941-7111

Income Assistance Office

B100 2099 Lougheed Hwy., Port Coquitlam

1-866-866-0800

Monday to Friday, 9 am-4 pm, drop in only

RCMP Community Police

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

560 Clarke Rd., Coquitlam

604-933-6833

Mon-Sat, please call as hours can vary

Port Moody Community Police

3051 St. Johns Street 604-461-3456

Victim Services 604-937-1313

ACCESS Youth

Office Monday to Friday, 9 am- 4:30 pm

604-525-1888

Youth Bus Friday & Saturday, 7 pm-12 pm

604-781-6671

Youth Engagement Worker 604-537-4265

How Do I Contact The Bridge Shelter?

Closing as of March 31, 2015

For pick up locations and times:

Weekdays 8am -4pm 604-830-1528

Nights 9pm -7 am 604-729-4053

Where Can I Get Groceries?

SHARE Community Food Banks

604-931-2451

Trinity United Church

2211 Prairie Ave., Port Coquitlam

Wednesday, 11:00 am –2:00 pm

Como Lake United Church

535 Marmont St., Coquitlam

Wednesday, 12:30 pm-2:30 pm

Port Moody Food Bank

2615 Clarke St., Port Moody

Wednesday, 12:00 pm-2:00 pm

St. John's Church Family Food Bank

2208 St. Johns St., Port Moody

1st & 3rd Thursday of each month

Registration starts at 10:30 am

Where Can I Get Medical Attention?

Walk In Clinic

Great Canadian Superstore

3000 Lougheed Hwy., Coquitlam

Eagle Ridge Hospital Emergency

475 Guildford Dr., Port Moody

604-461-2022

Tri-Cities Mental Health

#1-2232 Elgin St., Port Coquitlam

604-777-8400

Monday to Friday, 8:30 am-4:30 pm

24 Hour BC Health Nurse Line

Dial 8-1-1

Poison Control 604-682-5050

Where Can I Get Help With My Drug/Alcohol Addiction?

Hope for Freedom Society

2606 Kingsway Ave., Port Coquitlam

Men: 604-464-0475

Women: 604-464-0472

Inner Visions Recovery Society

604-468-2032

SHARE Family & Community Services

2615 Clark Street,

604-936-3900

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

Boyd Auto Body

1099 Lansdowne Dr., Coquitlam

Thursday, 4:30–6 pm 604-464-8888

Friendship Baptist Church

2950 Dewdney Trunk Road, Coquitlam

Sunday, 4:30 pm -6 pm 604-464-8888

Where Can I Get A Shower Or Do Laundry?

Hope for Freedom Outreach

2606 Kingsway Ave., Port Coquitlam

Shower: Monday to Friday 8am- 9am

SHARE

604-931-2451

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

Shower: Mon, Tues, Thurs, Fri 10:30 – 1 pm

Laundry: Mon, Thurs. Fri 10am – 1pm

Where Can I Find Clothing?

Trinity United/St. Catherine's Anglican Church

2211 Prairie Ave., Port Coquitlam

Wednesday, 11 am–2 pm

Hope for Freedom Outreach

2602 Kingsway, Port Coquitlam

604-830-1528

A Warm Place for Women

2175 Coquitlam Ave., Port Coquitlam

1st Thursday of every month 5:30 -8 pm

Where Can I Get Harm Reduction Supplies?

Purpose Mobile Needle Exchange and Health Van

604-351-1885