

## Where Can I Get Help (continued)?

### Rent Bank

SHARE Family & Community Services  
Referrals: 604-540-9161 Ext #: 146 or  
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

### 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 604-540-9161

Food distribution is done at 3 locations on  
Wednesday from 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

## 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?

### Trinity United Church

2211 Prairie Ave., Port Coquitlam  
Wednesday during food bank hours, by appointment  
during non-food bank hours (604-941-0022)

### Hope for Freedom Outreach

Phone: 604-830-1528  
Email: [hffoa@hopeforfreedom.org](mailto:hffoa@hopeforfreedom.org)

## 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 604-527-2904  
Mental Health & Substance Use Wellness Centre  
330 East Columbia St., New Westminster

## 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

### 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

### 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

### 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

### Tri-City Transitions Society

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

### ACCESS Youth Outreach Services - Project Reach Out

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

## Where Can I Report a Bad Date (continued)?

### 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?

### 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** 604-540-9161

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, 10 am-7 pm; Tues-Thurs, 10 am-8 pm

Fri, 10 am-2 pm



Tri-Cities  
Homelessness  
& Housing  
Task Group

Start with Home

## TRI-CITIES STREET SURVIVAL GUIDE July 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

Youth Engagement Worker 604-783-4985

**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

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)