

## Where Can I Get Help (cont.)?

### 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  
604-927-5451  
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

### “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

### 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

### Tri-Cities Winter Shelter (Progressive Housing Society)

Overnight shelter, Oct ’24 – Mar ’25  
For shelter info, call 604-209-1587, 8:30 pm–8 am,  
Enquiries & pick up locations:  
[wintershelterstaff@progressivehousing.net](mailto:wintershelterstaff@progressivehousing.net)  
NOTE: *No walk ups*

### Extreme Weather Response Shelter (Progressive Housing Society)

Overnight shelter during extreme weather events  
Oct ’24 – Mar ’25  
For shelter info, call 604-318-9876, 8.30pm-8 am  
Enquiries & pick up locations:  
[ewrstaff@progressivehousing.net](mailto:ewrstaff@progressivehousing.net)

NOTE: *No walk ups*

## 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 and individuals  
CityReach Tri-Cities  
1932 Cameron Av, Port Coquitlam  
Every Thursday 3pm-5pm  
Pre-registration required: [leilas@cityreach.org](mailto:leilas@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)

### CityReach Care Society

Case Managers, Homelessness Prev. & Basic Needs  
Stephen Forsyth 778 848 4159,  
[stephenf@cityreach.org](mailto:stephenf@cityreach.org)  
Main Office 604 254 2489  
Sun-Thur 9 am-5 pm

## 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 604-927-7387  
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

1-2232 Elgin Avenue, Port Coquitlam  
Phone: 604-777-8433 Fax 604-777-8766  
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

Serves youth ages 12-23 yrs.  
Office: Mon–Fri 9 am – 4:30 pm 604-525-1888

## Where Can I Get Harm Reduction Supplies, Free Naloxone Kits and Training (cont'd)

### NaloxHome

Information, training and support  
[info@naloxhome.com](mailto:info@naloxhome.com)

**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

## 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

### 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 reception desk required for entry  
Daily, 8 am – 8 pm  
20 minutes maximum, no laundry washing  
Waits possible during busy times

### Port Coquitlam Community Centre

2150 Wilson Ave, Port Coquitlam  
Check in at reception desk in main lobby

## 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

## 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)

### CityReach Care Society

Case Managers, Homelessness Prev. & Basic Needs  
Stephen Forsyth 778 848 4159,  
[stephenf@cityreach.org](mailto:stephenf@cityreach.org)  
Main Office 604-254-2489  
Sun-Thur 9 am-5 pm

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)



Tri-Cities  
**Homelessness  
& Housing**  
Task Group

Start with Home

## TRI-CITIES STREET SURVIVAL GUIDE July 2024

## 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  
[admin@accessyouth.org](mailto:admin@accessyouth.org)

**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

### Foundry Virtual BC

Serves youth ages 12-25 yrs.  
Drop-in counselling, peer support, groups and workshops  
[foundrybc.ca/virtual](http://foundrybc.ca/virtual)

**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.Tricities@fraserhealth.ca](mailto:IHART.Tricities@fraserhealth.ca) 236-332-6687