



Tri-Cities Homelessness & Housing Task Group

## TRI-CITIES STREET SURVIVAL GUIDE January 2025

### 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

### 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

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

#### ACCESS Youth Outreach Services

Serves youth ages 12-23 yrs.

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

#### 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

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)

**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 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**

Substance Use 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

### **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**

2489

Friendship Baptist Church

2950 Dewdney Trunk Road, Coquitlam

Sundays 5 pm – doors open at 4:30 pm

#### **Community Kitchen**

Trinity United Church

2211 Prairie Ave, Port Coquitlam

Wednesdays, 10 am to 1 pm

- No ID or proof of need required to have a meal
- Access from the main doors off the church parking lot
- No take-out meals and no access to washrooms.

### **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 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](mailto:esther.uwimana@sharesociety.ca)

#### **Community 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, Dec '24 – Apr '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*