

## 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**

**October 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](mailto: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.tricityhomelessness.ca](http://www.tricityhomelessness.ca)

Correction or update:

[tricityhomelessness@gmail.com](mailto:tricityhomelessness@gmail.com)

### **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

**Tri-Cities Bridge Shelter** (overnight October to March)  
Clients are bussed to host church venues  
For pick-up locations, contact:

Weekdays 8 am – 4 pm 604-830-1528  
Nights 9 pm – 7 am 778-709-2038

**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  
1<sup>st</sup> & 3<sup>rd</sup> 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  
1<sup>st</sup> 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  
1<sup>st</sup> 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>