

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

Community Counselling Program

SHARE Family & Community Services
Intake: 604-540-9161 ext.230 or
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

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

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

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

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

CityReach Care Society

Case Managers, Homelessness Prev. & Basic Needs
Stephen Forsyth 778 848 4159,
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

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 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

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

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

206 - 2540 Shaughnessy Ave., Port Coquitlam

778-730-0171 or centre-portcoquitlam@workbc.ca

301-130 Brew Street, Port Moody

604-917-0286 or 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

CityReach Care Society

Case Managers, Homelessness Prev. & Basic Needs

Stephen Forsyth 778 848 4159,

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

Correction or update:

tricitieshomelessness@gmail.com



Tri-Cities
Homelessness
& Housing
Task Group

Start with Home

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

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

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

Integrated Homelessness Action Response Team

Wrap-around services, connection to psychiatry, primary and wound care, MSD services

IHART.Tricities@fraserhealth.ca 236-332-6687