Tri-Cities Homelessness & Housing Task Group

TRICITIES STREET SURVIVAL GUIDE October 2026

WHERE CAN I GET HELP?

ACCESS Youth Outreach Services
Serves youth ages 12-23 yrs.
Office: Mon-Fri 9 am - 4:30 pm
Phone: 604-525-1888
Email: admin@accessyouth.org

BC Employment & Income Assistance
Office B100-2099 Lougheed Hwy., Port Coquitlam Mon-Fri, 9 am-4 pm
Phone: 1-866-866-0800

BC 211 Shelter & Street Help Line
Phone: 2-1-1
https://shelters.bc211.ca/bc211shelters

Fraser Health Crisis Line
Phone: 604-951-8855
Provides 24/7 free and confidential emotional support, crisis information and community resource information

Foundry Tri-Cities/Virtual BC
420-2755 Lougheed Highway, Port Coquitlam, V3B 5Y9
Mon - Thursday 9:00am to 7:00pm
Friday 9:00am to 4:00pm
Email:foundrytricities@sharesociety.ca
Phone: 778-807-0048
Serves youth ages 12-25 yrs.
Drop-in counselling, peer support, groups and Workshops go to: www.foundrybc.ca/virtual

HealthLink BC (Nurse Line) 811
Phone: 8-1-1
Health information and advice
www.healthlinkbc.ca

Outreach | Tri-Cities
Progressive Housing Society
Email:info@progressivehousing.net
Phone: 604-522-9669

Ministry of Social Development and Poverty Reduction
Port Coquitlam Office Address: B100 2099, Lougheed HWY, Port Coquitlam BC, V3B 1A8
Phone: 1-866-866-0800

Hope for Freedom Outreach & Advocacy
Mobile services in the Tri-Cities
Email: hffoa@hopeforfreedom.org
Phone: 604-830-1528
Mon - Fri, 7:30 am-3:30 pm

WHERE CAN I GET GROCERIES?

SHARE Society Food Bank Locations:
Trinity United Church (SHARE)
2211 Prairie Ave., Port Coquitlam

Hillside Community Church (SHARE)
1393 Austin Ave., Coquitlam

Port Moody Food Bank (SHARE)
2615 Clarke St., Port Moody (rear of building) For further information: www.sharesociety.ca

CityReach Tri-Cities
1932 Cameron Ave, Port Coquitlam
Every Thursday 3pm-5pm
Check Pre-registration required: leilas@cityreach.org

WHERE CAN I GET A MEAL?

CityReach Club Freedom
Broadway Church
1932 Cameron Ave, Port Coquitlam Sundays
5 pm - doors open at 4:30 pm Phone: 604-254-CITY (2489)

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. No take-away and no access to washrooms

WHERE CAN I GET A SHOWER?

City Centre Aquatic Complex
1210 Pinetree Way, Coquitlam

Poirier Sport & Leisure Complex
633 Poirier Street, Coquitlam

Check in at Reception Desk required for entry, available daily during operating hours.
Hygiene Kits available upon request, subject to availability.

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

WHERE CAN I GET FOOD FOR MY PET?

Coquitlam Animal Shelter
500 Mariner Way, Coquitlam
Phone: 604-927-7387
Mon-Fri, 9 am-8 pm
Sat., Sun., Holidays, 10 am-4 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

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

Integrated Homelessness Action Response Team
Provides wrap-around services, connection to psychiatry, primary and wound care, MSD services
Phone: 236 332-6687
Email: IHART.Tricities@fraserhealth.ca

Port Moody Police
Street Victim Services
3051 St. Johns Street, Port Moody
Phone: 604-461-3456
Victim Services: 604-937-1313

RCMP Community Police
Stations 2581 Mary Hill Rd., Port Coquitlam Phone: 604-927-2383

3312 Coast Meridian Rd., Port Coquitlam
Phone: 604-927-5451

1059 Ridgeway Ave., Coquitlam
Phone: 604-933-6888

557 Emerson Road,
Coquitlam Phone: 604-949-5000

SHARE Family & Community Services Referrals & Rent Bank:
Phone: 604-540-9161
Email: info@sharesociety.ca

Community Counselling Program SHARE Family & Community Services Intake: Phone: 604-540-9161 ext.230 Email: intake@sharesociety.ca

Tri-Cities Mental Health & Substance Use Centre
#1-2232 Elgin St., Port Coquitlam
Mon-Fri, 8:30 am-4:30 pm
Phone: 604-777-8400

WHERE CAN I GET HARM REDUCTION SUPPLIES FREE NALOXONE KITS & 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

Select Pharmacies (naloxone kits and training only)
http://towardtheheart.com/site-finder

NaloxHome Information, training and support
Tri-Cities/Newport Public Health Unit
#200-205 Newport Drive, Port Moody Call for hours
Phone: 604-949 7200
Email: info@naloxhome.com

WHERE CAN I SAFELY DISPOSE OF SHARPS?

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 FIND HELP WITH MY ALOCHOL AND/OR DRUG USE?

Hope for Freedom Outreach & Advocacy
Phone: 604-830-1528
Mon-Fri, 7:30 am-3:30 pm
Email: hffoa@hopeforfreedom.org

SHARE Family & Community Services Substance Use Services
2615 Clark Street, Port Moody Phone: 604-540-9161 press “1”

CityReach Care Society
The HOPE Project Case Management
The HOPE Project is a homelessness prevention initiative that helps housing-insecure individuals and families with case management services.
Email: isaaci@cityreach.org
Main Office
Phone: 604-254-2489 Sun-Thur 9 am-5 pm

WHERE CAN I FIND EMERGENCY SHELTER?

Coquitlam Emergency Shelter (RainCity Housing)
Call to determine availability of space
Phone: 604-474-0435

Tri-Cities Winter Shelter (Progressive Housing Society)

November 1, 2026 – March 31, 2027

Open 7 days/week, 8 pm–7 am

Overnight shelter, warm meal and breakfast to go.

No walk-ins. Transportation from designated pick-up locations only.

Pick-up starts at 8:30 pm. Drop-off at 7 am.

Pick-up locations:

- Lincoln Station

- Christmas Way at Pheasant St.

- Westbound Kingsway at Jane St.

Phone: 604-209-1587

Email: wintershelterstaff@progressivehousing.net

Joy’s Place (Tri-City Transitions Society)
Adult women and their dependent children victims or at risk of domestic violence
Phone: 604-492-1700

WHERE CAN I GET MEDICAL ATTENTION?

Port Coquitlam Urgent and Primary Care Centre
820 Village Dr. #150, Port Coquitlam
Phone: 604-587-7853 7 days a week, 9 am - 8 pm

Port Moody Urgent and Primary Care Centre
3105 Murray Street, Port Moody
Phone: 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
Call for hours Phone: 604-942-2266

WHERE CAN I REPORT A BAD DATE?

In Emergency 911
RCMP Coquitlam/Port Coquitlam
604-945-1550
Port Moody Police 604-461-3456

Victim Link BC 24 hr crisis support
Phone: 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
Phone: 604 669 9474
Email: info@wishdropincentre.org

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-City Transitions Society
#402-2071 Kingsway Avenue Mon-Fri, 9 am-4:30 pm Phone: 604-941-7111
Victim Link BC 24 hr crisis support 1-800-563-0808
www.tricitytransitions.com

WHERE CAN I GET HELP TO FIND GETTING A JOB?

WorkBC Employment Services Centres:
Services provided through phone, email and online.

#221 - 3030 Lincoln Ave., Coquitlam
Phone: 778-730-0174
Email: centre-coquitlam@workbc.ca

#206 - 2540 Shaughnessy Ave., Port Coquitlam
Phone: 778-730-0171
Phone: Email: centre-portcoquitlam@workbc.ca

#301-130 Brew Street, Port Moody 604-917-0286
Email: centre-portmoody@workbc.ca

Eagle Ridge Hospital Emergency
475 Guildford Way, Port Moody Open 24/7
Phone: 604-461-2022

Please copy this guide as required.
Download at:
www.tricitieshomelessness.ca
Correction or update:
tricitieshomelessness@gmail.com