



## TRICITIES STREET SURVIVAL GUIDE|| OCTOBER 2025

### 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](mailto: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 Virtual BC

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

#### HealthLink BC (Nurse Line) 811

Phone: 8-1-1  
Health information and advice  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

### WHERE CAN I GET HELP?

#### Hope for Freedom Outreach & Advocacy

Mobile services in the Tri-Cities  
Phone: 604-830-1528 Email: [hffoa@hopeforfreedom.org](mailto:hffoa@hopeforfreedom.org)

### 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](http://www.sharesociety.ca)

#### 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?

#### CityReach Club Freedom

**Friendship Baptist Church**  
2950 Dewdney Trunk Road, Coquitlam  
Sundays 5 pm – doors open at 4:30 pm  
Phone: 604-254-2489

#### 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  
Check in at Reception Desk required for entry  
Daily, 8 am – 8 pm  
20 minutes maximum, no laundry washing allowed and wait times possible during busy times for shower

#### 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](mailto:hffoa@hopeforfreedom.org)

Mon – Fri, 7:30 am-3:30 pm

**Integrated Homelessness Action Response Team**

Provides wrap-around services, connection to psychiatry, primary and wound care, MSD services  
Phone: 236 332-6687

Email: [IHART.Trocities@fraserhealth.ca](mailto:IHART.Trocities@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

#413-552 Clarke Road, Coquitlam  
Phone: 604-933-6833

**SHARE Family & Community Services Referrals:**

Phone: 604-540-9161 ext 146 Email:  
[esther.uwimana@sharesociety.ca](mailto:esther.uwimana@sharesociety.ca)

**Community Counselling Program**

SHARE Family & Community Services Intake:  
Phone: 604-540-9161 ext.230 Email:  
[intake@sharesociety.ca](mailto:intake@sharesociety.ca)

**Tri-Cities Mental Health & Substance Use Centre**

#1-2232 Elgin St., Port Coquitlam

**WHERE CAN GET HARM REDUCTION SUPPLIES FREE NOXALONE 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**

**Newport Public Health Unit**  
#200-205 Newport Drive, Port Moody  
Mon–Fri, 8:30 am – 4:30 pm  
Phone: 604-949 7200  
Email: [info@naloxhome.com](mailto: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](mailto:hffoa@hopeforfreedom.org)**SHARE Family & Community Services Substance Use Services**  
2615 Clark Street, Port Moody  
Phone: 604-540-9161 press “1”

**CityReach Care Society**

Case Managers, Homelessness Prev. & Basic Needs  
Stephen Forsyth  
Phone:778-848-4159  
Email: [stephenf@cityreach.org](mailto:stephenf@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

**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?**

**Tri-Cities 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  
Mon-Fri, 9 am-4:30 pm  
Phone: 604-942-2266

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| <p>Mon-Fri, 8:30 am-4:30 pm<br/>Phone: 604-777-8400</p> <p><b>WHERE CAN I REPORT A BAD DATE?</b><br/>RCMP Coquitlam/PoCo<br/>604-945-1550<br/>Port Moody Police<br/>911 604-461-3456</p> <p><b>Victim Link BC</b> 24 hr crisis support<br/>Phone: 1-800-563-0808</p> <p><b>Purpose Society Mobile Health Van</b><br/>Call or text 604-351-1885, 7 days/week 6 pm-1 am</p> <p><b>WISH Drop-In Centre Society</b><br/>For women and gender-diverse persons who are current or former sex workers<br/>Phone: 604 669 9474<br/>Email: info@wishdropincentre.org</p> | <p><b>Tri-Cities Opioid Agonist Treatment Clinic</b><br/>#1-2232 Elgin Avenue, Port Coquitlam Phone: 604 777-8433<br/>Fax 604-777-8766<br/>Mon – Fri, 8:30 am-4:30 pm<br/><b>Tri-City Transitions Society</b><br/>#402-2071 Kingsway Avenue<br/>Mon-Fri, 9 am-4:30 pm<br/>Phone: 604-941-7111<br/>Victim Link BC 24 hr crisis support<br/>1-800-563-0808<br/><a href="http://www.tricitytransitions.com">www.tricitytransitions.com</a></p> <p><b>WHERE CAN I GET HELP TO FIND GETTING A JOB?</b><br/>WorkBC Employment Services Centres Services provided through phone, email and online.</p> <p>#221 - 3030 Lincoln Ave., Coquitlam<br/>Phone: 778-730-0174<br/>Email: centre-coquitlam@workbc.ca</p> <p>#206 - 2540 Shaughnessy Ave., Port Coquitlam<br/>Phone: 778-730-0171<br/>Phone: Email: centre-portcoquitlam@workbc.ca</p> <p>#301-130 Brew Street, Port Moody<br/>604-917-0286<br/>Email: centre-portmoody@workbc.ca</p> | <p><b>Eagle Ridge Hospital Emergency</b><br/>475 Guildford Way, Port Moody<br/>Open 24/7<br/>Phone: 604-461-2022</p> <p style="text-align: center;"><b>Please copy this guide as required.<br/>Download at:<br/><a href="http://www.tricityshomelessness.ca">www.tricityshomelessness.ca</a><br/>Correction or update:<br/><a href="mailto:tricityshomelessness@gmail.com">tricityshomelessness@gmail.com</a></b></p> |
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