



Local Community Contact List

Name of CRN/Community: **Mount Pleasant Community Response Network**

Date Submitted/Updated: **07-Aug-26**

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Where there are no local services, list the closest community that has services available under "NOTES". Add rows or use the back of the page if needed to create a complete list for your community.

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	911	Numbers to call if no 911 service
Crisis Line	1-833-456-4566	Open 24 hours a day 7 days a week
Poison Control	1-800-567-8911, 604-682-5050- or call 811	Open 24/7
Lifeline (or similar service)	604-872-5433	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Seniors Abuse and Information Line (SAIL)	604-437-1940 or 1-866-437-1940	Confidential information line. Operates 8:00 AM - 4:30 PM. Language interpretation available.
Vancouver Coastal Health - ReAct Adult Protection Program	1-877-REACT-99 (1-877-732-2899) or (604)-904-6173	Receives reports, provides consultation and coordinates responses to abused, neglected and self-neglected vulnerable adults who cannot seek support and assistance on their own.
Public Guardian and Trustee of British Columbia - for reporting financial abuse	604-660-4507	The Public Guardian and Trustee's (PGT) assessment and investigation services team can help citizens concerned about vulnerable adults who cannot manage their own financial, legal and personal care matters.
Police-based Victim Services	1-800-563-0808	
Victim Link BC	1-800-563-0808	Provides a toll-free, confidential, multilingual telephone service. Offers information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

Transition House (s)	Salvation Army- Deborah's Gate - 604-375-9500 Salvation Army- Kate Booth House - 604-872-7774 Helping spirit lodge - 604-872-6649 The Kettle Friendship Society - Peggy's Place - 604-430-5202 Vancouver Rape Relief Society - Women's shelter - 604-872-8212	Salvation Army- Kate Booth House - for women and children
Emergency Shelter (s)	Call 2-1-1 Yukon shelter - 604-264-1680 The Bloom Group Springhouse Shelter - 604-264-1680	Call 211 to see all available shelter beds across the lower mainland - updated lists throughout the day - open 24/7
bc211	211	Lower Mainland only
LBGTQ Contact	604-684-5307 1-800-566-1170	Toll free
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free

INFORMATION AND REFERRAL

(Local services - often grouped in one multi-service agency - listed below)

SERVICE	CONTACT NUMBER	NOTES
Information & referral for older adults (55+) and seniors	Mount Pleasant Neighbourhood House - 604- 879-8208	One-to-one information & referral, including support to access government benefits, fill out forms, and access community-based programs.
Social Prescribing	Mount Pleasant Neighbourhood House - 604- 879-8208	Connects older adults with non-medical, community-based services to improve overall well-being.
Information & Referral Program	411 Seniors Centre 604-684-8171	
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	Alcoholics Anonymous Greater Vancouver Intergroup Society: 604-434-3933; Vancouver Recovery Club: (604) 708-9955	
Veterans Affairs Canada	1-866-522-2122	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	604-709-6785	
Mental Health and Addiction Services	604-261-6366	

Vancouver Coastal Health	604-736-2033	General Inquiries
Hospital	604-875-4111	Vancouver General Hospital open 24/7
BC Nurse/Pharmacist Line	811	
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
REACH Urgent and Primary Care Centre	604-216-3138	
Mid-Main Community Health Centre	604-873-3602	Low-cost dental
VCC Dental Clinic	604-443-8499	Quality low-cost dental care through Dental hygiene program
UBC Dental Clinic	604-822-2112	
Adult Day Program at Cedar Cottage Neighbourhood House	604-874-4231 adc@cedarcottage.org	
Adult Day Program at Chown Adult Day Centre	604-879-0947 rcss@rencollseniors.ca	
Assisted Living Registry	1-866-714-3378	

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Advocacy and Appeals re Housing	Tenant Resource & Advisory Centre (TRAC): 1-800-665-1185	
BC Rebate for Accessible Home Adaptations (BC RAHA)	1-800-257-7756	
Home Adaptations - Canada Mortgage & Housing	1-800-668-2642	

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Home and Community Care - Vancouver Coastal Health	604-263-7377	General intake
Better at Home	Mount Pleasant Neighbourhood House - 604-879-8208	light housekeeping, friendly phone calls, prepared frozen meals, emergency food hampers

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	604-575-6600	
Health Connections - bus service		
Bus Pass Program	1-866-866-0800	
Taxi (s)		
Parking Permit (disabled)		
Translink Trip Planner	604-953-3333	Lower Mainland

LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic
Legal Aid	1-866-577-2525	
Family Justice Clinic	1-844-747-3963	
Crown Counsel	(604) 660-4353	
NIDUS - Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services		
Access Pro Bono Legal Services - in person only	1-877-762-6664	
Community Advocacy Services		

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA		
NA		
Al-Anon		
Nar-Anon		
Alzheimer Society of BC	604-681-6530	

Caregiver support groups	604-879-8208	Mount Pleasant Neighbourhood House Caregiver Connect Program - one-on-one supports; healthcare navigation; caregiver cafe
MS Society	1-888-816-5902	
Arthritis	(604) 714-5550	
Diabetes		
Deaf and Hard of Hearing	604 660-1800	

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	1 604-251-4844	
Band Office		
Métis Services		
First Nations Health Authority	604-693-6500	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	604-879-8208	IRCC support services for Seniors, Families. Multilingual services available in Arabic, Chinese, Farsi, Spanish, and Vietnamese.
Settlement Services	604-879-8208	Employment, Spanish speaking, seniors and family programs.
Translation Services	604-254-0469	MOSAIC translation services

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	(604) 257-3080	Mount Pleasant Community Centre
Parks and Recreation - programs	(604) 257-3080	Mount Pleasant Community Centre
Library(s)	(604) 665-3962	
Mount Pleasant Branch	604-665-3962	

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	+1 866-866-0800	Service BC

Community Volunteer Income Tax Prep.	604-879-8208	MPNH tax preparation services - only during tax season

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	(604) 737-7305	Vancouver Hospice Society
Grief Counselling	(604) 738-9950 or toll free 1 (877) 779-2223	BC Bereavement Helpline

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	604-876-3601	
Meal Delivery	604-732-7638	Meals on Wheels
Better Meals	604-299-1877	

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Joan Phillip	(604) 660-0707	MLA
Jenny Kwan	(604) 775-5800	MP
Services Canada	1-800-622-6332	

Please contact info@bccrns.ca with any questions regarding this form.