



BC ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect ... Together.

Chinese Community Response Network
華人社區響應網絡
Seniors Living in Dignity
讓長者活得有尊嚴

To browse our webpage, please scan the QR code
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瀏覽我們的網頁，請掃二維碼或點擊以下連結：

<https://bccrs.ca/bccrsnetwork/chinese-community-response-network>



Chinese CRN - Local Community Contact List 華人社區響應網絡 - 社區聯絡資料庫

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Submitted By 統籌:

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EMERGENCY NUMBERS

應對緊急情況，請聯絡以下機構

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Emergency - Police, Fire and Ambulance 警察、消防或救護車緊急服務	911 (Translation available 設翻譯服務)	Teach your non-English speaking clients to learn the English word for the language they do speak (e.g., learn to say "Cantonese") in case an interpreter is needed. 學講自己母語的英文名稱 (例如講「Cantonese」) https://www.ecomm911.ca/chinese/
Police Non-Emergency 非緊急警務	604-717-3321 (Vancouver Police Department 溫哥華市警)	E-Comm Search for a Non-emergency Number/Online Reporting Tool 搜尋其他警區非緊急服務電話號碼及網上報案資料 https://www.ecomm911.ca/non-emergency-calls/find-your-local-non-emergency-numbers/
Crisis Line 危機求助熱線	604-872-3311 1-800-SUICIDE (1-800-784-2433)	Map of Crisis Lines 卑詩省各地危機求助熱線，設有翻譯服務 https://www.crisislines.bc.ca/mapcrisis-lines
Victim Link 卑詩受害人熱線 (Multilingual 設翻譯服務)	1-800-563-0808	https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc
CHIMO Crisis Line 展望危機心理輔導熱線	604-279-7070	Richmond 8am-midnight everyday 列治文 每日早上8時至午夜 https://chimoservices.com/crisis-line-and-live-chat/
Fraser Health Crisis Line 菲沙衛生局危機熱線	604-951-8855, 1-877-820-7444	https://www.options.bc.ca/program/fraser-health-crisis-line
S.U.C.C.E.S.S. Chinese Help Lines 中僑心理熱線	1(888)-721-0596 Ext. 內線 2 (Cantonese 粵語) Ext. 轉撥 1 (Mandarin 國語)	10 am -10 pm everyday 每天早上十時至晚上十時 https://successbc.ca/counselling-crisis-support/services/help-lines/
Poison Control 毒品控制求助熱線	604-682-5050, 1-800-567-8911	Telephone interpreting available 超過150種語言翻譯 http://www.dpic.org/
Mental Health Support 卑詩省精神健康支援熱線	310-6789	No area code required. Translation available 設翻譯服務無須區碼，設有翻譯服務 https://helpstartshere.gov.bc.ca/mental-health
National mental health and suicide prevention services 全國心理健康與防止自殺服務 (免費英、法語短信或電話服務)	988	https://988.ca/
Racist Incident Helpline 種族歧視事件熱線	1 833 457-5463 (1 833 HLP-LINE)	https://racistincidenthelpline.ca/

ADULT ABUSE SERVICES

長者受虐支援求助

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Re:Act - Fraser Health Authority for reporting abuse 菲沙衛生局 - 受虐長者求助服務	1-877-REACT-08 (1-877-732-2808)	react@fraserhealth.ca https://www.fraserhealth.ca/health-topics-a-to-z/adult-abuse-and-neglect/getting-help-for-adult-abuse-and-neglect
Re:Act - Interior Health Authority for reporting abuse 內陸衛生局 - 受虐長者求助服務	1-844-870-4754	IHAdultGuardianship@interiorhealth.ca https://www.interiorhealth.ca/information-for/seniors/adult-abuse-and-neglect/report-adult-abuse-or-neglect
Re:Act - Northern Health Authority for reporting abuse 北部衛生局 - 受虐長者求助服務	1-844-465-7414	adultprotection@northernhealth.ca https://www.northernhealth.ca/health-topics/adult-abuse-adult-guardianship?keys=adult%20abuse#what-can-be-done#what-problems-is-it-meant-to-help-with#what-will-the-authorities-do#whom-is-the-adult-protection-services-meant-to-assist
Re:Act - Vancouver Coastal Health Authority for reporting abuse 溫哥華沿岸衛生局 - 受虐長者求助服務	604-904-6173 1-877-REACT-99 (1-877-732-2899)	react@vch.ca https://www.vch.ca/en/report-adult-abuse-and-neglect Designated Responder Coordinators: https://www.vch.ca/en/media/13066
Re:Act - Island Health Authority for reporting abuse 溫哥華島衛生局 - 受虐長者求助服務	Victoria - 250-388-2273 / 1-888-533-2273 Nanaimo - 250-739-5749 / 1-877-734-4101 North Island - 250-331-8570 / 1-866-928-4988	https://www.islandhealth.ca/learn-about-health/adult-abuse-neglect/
Community Living BC for reporting abuse 卑詩省社區生活局虐待舉報熱線	1-877-660-2522	Contact info of various locations 搜索各區聯絡資料 https://www.communitylivingbc.ca/contact/local-offices/
Seniors First BC – SAIL (Seniors Abuse and Information Line) 卑詩耆英優先協會 - 長者虐待與資訊專線	604-437-1940 1-866-437-1940	Weekdays 8 am- 8 pm, excluding statutory holidays, press "2" to leave a voicemail message 平日早上8時-晚上8時，假期除外，按「2」留言 https://seniorsfirstbc.ca/zh-tw/programs/sail/
Chinese Community Policing Centre Victim Services 華人警訊服務中心受害人服務	604-688-5030	info@chinesecpc.com https://www.chinesecpc.com/zh-tw/programs/victim-services

Vancouver & Lower Mainland Multicultural Family Support Services Society 溫哥華及低陸平原多元文化家庭援助會	236-865-1194, 604-436-1025	Chinese service for women who are facing family violence 受虐婦女服務 help@vlfmss.ca https://vlfmss.ca/our-services/multicultural-outreach-services/
M.O.S.A.I.C. Multicultural Victim Services 務適移民服務社 - 多元文化受害人服務	236-512-7149	victim.support@mosaicbc.org https://mosaicbc.org/our-programs/multicultural-victim-services/

INFORMATION AND REFERRAL

資訊及轉介服務

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
411 Seniors Centre 411長者中心	604-684-8171	411seniors.org
BC211 網上及電話支援	211 (Translation available 設翻譯服務)	Multilingual 多種語言接線生提供社區資源或轉介 https://bc211.ca/
BC Seniors' Guide 卑詩省長者指南	Order a copy 索取郵寄指南 1-877-952-3181	https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc_seniors_guide_12thed_chinese.pdf
Chinese Community Policing Centre 華人警訊服務中心	604-688-5030	Cantonese, English & Mandarin referral 國粵英語轉介服務 https://www.chinesecpc.com/zh-tw
BC Block Watch Coordinators 卑詩省鄰舍守望計劃各區統籌	--	若需要中文聯絡, 請聯絡華人警訊服務中心 https://blockwatch.com/about-block-watch/community-contacts/
Frog Hollow Neighbourhood House 青蛙鄰舍中心	236-858-2320	francescalim@froghollow.bc.ca https://www.froghollow.bc.ca/seniors
RCRG Seniors Community Connections 列治文耆英資訊及轉介計劃	604-279-7020	info@rcrg.org https://www.rcrg.org/docs/default-source/brochures/rcrg_seniorscommunitybroch_july18_chinese_email-rgb.pdf?sfvrsn=d6c65149_6
South Vancouver Neighbourhood House 南溫鄰舍中心	604-324-6212 ext.內線115	Cantonese & Mandarin 國粵語服務 frank.lin@southvan.org (Frank) https://www.southvan.org/program_category/older-adults-and-seniors-programs/
Vancouver Second Mile Society 人生第二里程協會	604-254-2194	Chinese Outreach Program - Downtown Eastside and Strathcona areas 華人外展服務 - 溫市中心東端及士達孔拿地區 billyw@vsmc.ca (Billy) http://www.vsmc.ca/test/chinese-outreach-program
Jewish Seniors Alliance 猶太長者聯盟	604-267-1555	Multilingual 多語言資訊及轉介熱線 jsalliance.org

HEALTH/MENTAL HEALTH

健康/心理健康

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Canadian Dental Care Plan 加拿大牙科保健計劃	1-833-537-4342	Canada.ca/dental
Fair PharmaCare / MSP 卑詩公平藥物補助/醫療保健計劃	604-683-7151, 1-800-663-7100	https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover/fair-pharmacare-plan
Fraser Health Virtual Care 菲沙衛生局虛擬護理(護士接聽)熱線	1-800-314-0999	10:00 a.m. – 10:00 p.m. daily 每日早上十時-晚上十時 patienteduc.fraserhealth.ca/file/fraser-health-virtual-care-764274.pdf
HealthLink BC 8-1-1 卑詩省811 健康熱線	811(Translation available 設翻譯服務)	https://www.healthlinkbc.ca/
Pharmacy Services in B.C.卑詩省藥房提供的服務	1-833-838-0022(Translation available 設翻譯服務)	www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/mac/tc
Alzheimer Society BC First Link Chinese Hotline 卑詩省阿茲海默症協會 腦退化中文熱線	1-833-674-5007	info.chinese@alzheimersbc.org https://alzheimersbc.ca/bc/en/help-support/programs-services/support-chinese-communities
S.U.C.C.E.S.S. Individual & Family Counselling 中僑個人及家庭輔導	604-408-7266	Cantonese & Mandarin 國粵語服務 https://successbc.ca/counselling-crisis-support/services/counselling/
CCM Linkage Counseling Service 中僑中心靈機輔導	604-629-2266	Cantonese, English & Mandarin 國粵英語服務 linkage@ccmcanada.org https://centre.vancouver.ccmcanada.org/靈機輔導
Pathways Clubhouse 開創會所	Mobile手點/Whatsapp: 604-761-3723 WeChat 微信 ID: Pathways_csg 604-276-8834 內線 Ext. 215	Offers a variety of programs in Richmond to members with mental illness; for instance, housing support services, employment programs, food service programs, wellness programs, social activities, and public education for 列治文向患有精神疾病的會員提供各種項目: 例如住房支援服務、就業、膳食、安康等計劃、社交活動和公共教育 https://pathwaysclubhouse.com/
BC Cancer Mindfulness-Based Stress Reduction Online Program 卑詩癌症中心 正念減壓線上課程	672 963 7314 (Chinese華語)	http://www.bccancer.bc.ca/Documents/Chinese%20MBSR%20Poster%20reg%20link%20+%20QR%20code%20v2024July.pdf
BC Gambling Support 卑詩省賭博支援計劃	1-888-795-6111	https://www.gamblingsupportbc.ca/
Yarrow Intergenerational Society for Justice 世代同行會	--	Medical accompaniment (for seniors in DTES only) & casework in Chinese 陪伴就醫(服務限於溫市中心東端) www.yarrowsociety.ca
Chinese Chronic Disease Self-Management Program 華語慢性疾病自我管理課程	604-940-8967	ckang@uvic.ca (Courtney) https://www.selfmanagementbc.ca/uploads/Common/CDSMPChinese_IntroSchedule_%20Apr-Jul%202025.pdf
iCON 安康中文健康資訊網	--	https://chinese.iconproject.org/

Fraser Health Urgent and Primary Care Centres 菲沙衛生局緊急及初級護理中心	--	https://www.fraserhealth.ca/Service-Directory/Services/primary-care-services/urgent-primary-care-centre
North Vancouver Urgent and Primary Care Centre 北溫緊急及初級護理中心	604-973-1600	221 West Esplanade, Suite 200, 2nd Floor, North Vancouver www.vch.ca/en/location/north-vancouver-urgent-and-primary-care-centre
Richmond Urgent and Primary Care Centre 列治文緊急及初級護理中心	604-675-2768	4671 No. 3 Road, #110, Richmond www.vch.ca/en/location/richmond-city-centre-urgent-and-primary-care-centre
City Centre Urgent Primary Care Centre 溫哥華市中心緊急及初級護理中心	604-416-1811	1290 Homby Street, Ground Floo, Vancouver www.vch.ca/en/location/city-centre-urgent-primary-care-centre
Northeast Urgent and Primary Care Centre 溫市東北緊急及初級護理中心	604-675-2599	102-2788 East Hastings Street, Vancouver www.vch.ca/en/location/northeast-urgent-and-primary-care-centre-upcc
REACH Urgent and Primary Care Centre REACH 緊急及初級護理中心	604-216-3138	1145 Commercial Drive, Vancouver www.vch.ca/en/location/reach-urgent-and-primary-care-centre
Southeast Urgent and Primary Care Centre 溫市東南緊急及初級護理中心	604-675-3210	5880 Victoria Drive, Vancouver www.vch.ca/en/location/southeast-urgent-and-primary-care-centre
BC Hepatitis Clinics 肝炎診所	--	www.bccdc.ca/health-info/prevention-public-health/bc-hepatitis-clinics
Health Connect Registry 健康連結登記系統-家庭醫生分配服務	--	https://www.healthlinkbc.ca/health-connect-registry
HealthLink BC Directory 診所搜索名錄	--	https://www.healthlinkbc.ca/health-services/search-services-your-area
Pathways Medical Care Directory 線上或電話護理諮詢醫護人員名錄	--	https://pathwaysmedicalcare.ca/
Find a Doctor BC 尋找卑詩省家庭醫生	--	https://www.findadoctorbc.ca/
Medimap-walk-in clinics 網上搜尋不用預約診所	--	https://medimap.ca/
Find a dentist 搜尋接受新症牙醫	--	https://www.yourdentalhealth.ca/visiting-your-dentist/find-a-dentist
Reduced Cost Dental Clinics in BC 卑詩省低廉牙科診所	--	https://www.yourdentalhealth.ca/visiting-your-dentist/reduced-cost-clinics/
Find BC Dietitians 搜尋營養師	--	https://bcdietitians.ca/british-columbia/
Doctor of Optometry clinics 搜尋驗光師	--	https://members.optometrists.bc.ca/membership/find-a-doctor.html
Find an optician 搜尋配鏡師	(可根據語言搜索)	https://www.opticianry.ca/memberroster/memberroster.aspx?orgid=COBC&FirstGivenName=&surname=
Foot Care Nurse Directory 搜尋足部護理護士	--	https://www.peded.ca/peded-alumni/
Find a Podiatrist 搜尋足科醫生	Cantonese 廣東話	https://www.bcpodiatrists.ca/find-a-podiatrist?do=search&firstname=First+Name&lastname=&city=&gender=&language=Cantonese&new=&wheelchair=
	Mandarin 普通話	https://www.bcpodiatrists.ca/find-a-podiatrist?do=search&firstname=First+Name&lastname=&city=&gender=&language=Mandarin&new=&wheelchair=
Mental Health Resources 心理健康/社區服務中英文資料 (加拿大心理衛生會提供)	--	https://drive.google.com/file/d/13iwVf34niaM59_uECZ4yfyFFAXhdSeBi/view?usp=sharing
Reduced-Cost Counselling Options in Vancouver 溫哥華低廉輔導服務名錄	--	https://willowtreecounselling.ca/wp-content/uploads/resources/reduced-cost-counselling.pdf
The Psychology Today Directory - Find a Counsellor 搜尋心理輔導員/諮詢師	Cantonese 廣東話	https://www.psychologytoday.com/ca/therapists/bc/vancouver?category=cantonese
	Mandarin 普通話	https://www.psychologytoday.com/ca/therapists/bc/vancouver?category=mandarin

HOUSING

房屋

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
BC Housing 卑詩房屋局	604-433-2218, 1-800-257-7756	How to apply 如何申請 https://www.bchousing.org/housing-assistance/rental-housing/how-to-apply
		Online application portal 網上申請 https://housingapplication.bchousing.org/olifaces/welcome
		Program Upload Form 上載申請表 https://puf.bchousing.org/ProgramUploadForm/Start
		Shelter Aid for Elderly Renters (SAFER) 耆英租金補助 https://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER
		Priority Placement Program 優先安置 https://www.bchousing.org/housing-assistance/women-fleeing-violence/priority-placement-program
Office of the Seniors Advocate Long-Term Care and Assisted Living Directory 卑詩長者倡權辦公室<安老院及支援式生活房屋名錄>	1-877-952-3181	https://www.seniorsadvocatebc.ca/quickfacts/location/
S.U.C.C.E.S.S. Multi-Level Care Society 中僑護理服務協會	604-684-1628	Adult Day, Assisted Living & Long Term Care programs in Vancouver & Richmond 溫哥華及列治文成人日托、支援式生活房屋、長期護理院服務 https://successbc.ca/zh-tc
Assisted Living Registry 支援式生活房屋登記名冊	1-866-714-3378	https://www2.gov.bc.ca/gov/content/health/assisted-living-in-bc/finding-an-assisted-living-residence

Greater Vancouver Community Services Society 大溫社區服務協會	604-714-3507	Supported housing 支援式生活房屋 https://www.gvcss.bc.ca/supportedhousing.htm
BC Rebate for Accessible Home Adaptations 卑詩省無障礙家居改造補助計劃	604-433-2218	https://www.bchousing.org/housing-assistance/BC-RAHA
Tenant Resource & Advisory Centre 租務資源與諮詢中心	604-255-0546 1-800-665-1185	https://tenants.bc.ca/
BC Rent Bank 卑詩省租金借庫	236-597-2976	https://bcrentbank.ca/contact/
Seniors Services Society of BC 卑詩省長者服務協會	604-520-6621	Homeless Prevention Program 預防長者無家可歸計畫 housing@seniorsservicesociety.ca Search for supportive housing for seniors 搜尋支援長者房屋 https://www.seniorsservicesociety.ca/housing-finder
Find a Co-operative 尋找合作社居所	604-879-5111	https://www.chf.bc.ca/find-co-op
Lookout Society 臨時居所	604-255-0340	https://lookoutsociety.ca
RainCity Housing 臨時居所	604-662-7023	https://www.raincityhousing.org
Community Living BC 卑詩省社區生活局	1-877-660-2522	https://www.communitylivingbc.ca
Women's Shelters Canada: Shelter Safe 搜尋卑詩省庇護所	--	https://sheltersafe.ca/british-columbia/
Directory of BC Society of Transition Houses Member Programs & Services 卑詩省臨時庇護所協會會員服務名錄	--	https://bcsth.ca/directory-of-member-programs-services/
Transition House 臨時庇護所	211 (Translation available 設翻譯服務)	BC Housing Transition Houses & Safe Homes List https://www.bchousing.org/housing-assistance/women-fleeing-violence/transition-houses-safe-homes
Second-Stage Housing 第二階段庇護所		BC Housing Second-Stage Housing Providers List https://www.bchousing.org/housing-assistance/women-fleeing-violence/second-stage-housing-providers
Emergency Shelter 緊急收容所		BC211 Shelter List https://bc.211.ca/shelter-lists BC Housing Emergency Shelter Program https://www.bchousing.org/housing-assistance/homelessness-services/emergency-shelter-program

HOME SUPPORT

家居支援

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Better at Home 在家安好社區計畫	General Inquiries 一般查詢 604-268-1312	Map Search 按圖搜尋服務地區資料 info@betterathome.ca https://betterathome.ca/map-search/#
VCH Home & Community Care Services 溫哥華沿岸衛生局家居及社區護理服務	Vancouver溫哥華 604-263-7377 Richmond列治文 604-675-3644	https://www.vch.ca/en/health-topics/home-community-care
Fraser Health Home Health Service Line 菲沙衛生局家居及社區護理服務	1-855-412-2121	https://www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care
Northern Health Home and Community Care service 北部衛生局家居及社區護理服務	Contact the nearest office 參考備註的名錄，聯絡就近的辦公室	https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/health-offices-by-community.pdf
Interior Health Home and Community Care service 內陸衛生局家居及社區護理服務	1-800-707-8550	https://www.interiorhealth.ca/health-and-wellness/home-and-community-care
Island Health Home and Community Care service 溫哥華島衛生局家居及社區護理服務	South Island溫哥華島南部: 250-388-2273 / 1-888-533-2273 Centre Island溫哥華島中部: 250-739-5749 / 1-877-734-4101 North Island溫哥華島北部: 250-331-8570 / 1-866-928-4988	https://www.islandhealth.ca/learn-about-health/home-care-assisted-living-long-term-care
Family Respite Centre 家庭喘息服務中心	604-372-3525 (Chinese 中文)	Health and Home Care Society of BC 卑詩護理會 http://cn.carebc.ca/family-respite-centre.html
Senior Citizens Repair Services 長者市民維修服務	604-529-1100, 604-438-6990	Call after 1pm 下午1點後致電
Helping Hands Ministry 援手事工	604-531-4733	Primarily serves South Surrey 主要在南素里提供簡易家居維修服務 jonl@peaceportalalliance.com https://www.peaceportalalliance.com/local-global-engagement
Telus Internet for Good® for seniors programs 研科低收入長者上網優惠計畫	1-800-883-6888 (Chinese 中文)	https://www.telus.com/en/social-impact/connecting-canada/seniors/application#SM4G
Fraser Health Lifeline Program 菲沙衛生局平安鐘服務	604-953-4960, 604-854-5991 604-946-1121 ext.內線 783268	https://www.fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/lifeline

TRANSPORTATION

交通

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Minoru Centre Shopping Bus 列治文低收費購物巴士服務	604-238-8450	https://minorucentre.ca/seniors-services/shopping-bus/
TransLink 連聯 Handy Dart/Taxi Saver	604-575-6600	https://www.translink.ca/rider-guide/transit-accessibility/handydart

BC Transit 卑詩運輸 Handy Dart/Taxi Saver	604-855-0080	https://bctransit.com/central-fraser-valley/riderinfo/handydart/taxi-saver
Travel Assistance Program 卑詩省交通資助計畫	1 800-663-7100, 604-683-7151	Non-emergency medical transportation 非緊急醫療交通 https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc
Bus Pass Program-Seniors' Subsidized Pass 長者資助巴士年票計劃	1 866-866-0800 Translation available (設翻譯服務)	https://www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass
Yellow Cab 黃的士電召服務	604-681-1111	https://www.yellowcabonline.com/
Vancouver Taxi 溫哥華的士電召服務	604-871-1111, 604-255-5111	https://vancouvertaxi.cab/
Richmond Taxi 列治文的士電召服務	604-272-1111	https://richmondtaxi.com/
SPARC BC 殘疾人士停車許可證 Parking Permit (person with disability)	604-718-7744 1-888-718-7794	https://www.sparc.bc.ca/parking-permits/
RCD 殘障人士支援中心停車許可證 Parking Permit (person with disability)	604-232-2404	Richmond 列治文 https://www.rcdrichmond.org/Parking/Parking%20Permit%20Info%20Sheet_2024%20v_Chi.pdf
Translink Trip Planner 公共交通行程規劃	604-953-3333	https://www.translink.ca/trip-planner

LEGAL 法律諮詢	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
SERVICE 服務		
Seniors Abuse and Information line (SAIL) 卑詩虐老資訊熱線	604-437-1940 1-866-437-1940	Translation available 設翻譯服務 https://seniorsfirstbc.ca/zh-tw/programs/sail/
MOSAIC Legal Advocacy Program 務適移民服務社法律倡導服務計劃	236-479-7153	lap@mosaicbc.org https://mosaicbc.org/our-programs/legal-help-for-immigrants-and-refugees/
Community Legal Assistance Society – CLAS 社區法律協助(非牟利)	604-685-3425 604-673-3143, 1-888-685-6222	contact@clasbc.net https://clasbc.net/ Stand Informed Legal Advice 性侵犯公益法律諮詢 standinformed@clasbc.net https://clasbc.net/get-legal-help/stand-informed-legal-advice-services/
Dial a Law 打電話聽法律	604-687-4680, 1-800-565-5297	Audio info 收聽法律資訊錄音 https://dialalaw.peopleslawschool.ca/
Legal Aid Call Centre 卑詩法律援助電話熱線	604-408-2172, 1-866-577-2525	國粵語歡迎詞錄音, 設翻譯服務。 https://legalaidsbc.ca/general/provincialCallCentre
JES Multilingual Legal Help Services 多語言法律諮詢熱線	1-877-875-8867	Weekdays from 11am—2pm 平日早上 11 時至下午 2 時 https://justiceeducation.ca/ask-jes-multilingual
Access Pro Bono Legal Services 公益法律服務	604-687-3221	首 15 分鐘義務法律服務提供 https://www.accessprobono.ca/our-programs/lawyer-referral-service
Everyone Legal Clinic 定額/低廉可負擔法律服務	778-200-4478	intake@everyonelegal.ca https://everyonelegal.ca/services-for-everyone
UBC Law Students Legal Advice 卑詩大學法學生提供法律意見服務	如果您需要國語服務, 無需預約, 5月20日起請到列治文服務處(每週一、二、四: 11 AM – 2 PM) For services in Mandarin, please visit Richmond Clinic	地址: Gilmore Park United Church, 8060 No. 1 Road, Richmond (2层/2nd floor) https://www.islap.bc.ca/
Peoples Law School 人民法律學校	604-331-5400	https://www.peopleslawschool.ca/
Public Guardian and Trustee 公共監護及受託人	604-660-4444	mail@trustee.bc.ca https://www.trustee.bc.ca/
Rise Women's Legal Centre 婦女法律中心	236-317-9000	clc@womenslegalcentre.ca https://www.womenslegalcentre.ca/for-clients
NIDUS 個人規劃資源中心	604-408-7414	Representation Agreements 有關代理協議書資訊 info@nidus.ca https://www.nidus.ca

SUPPORT GROUPS 互助小組	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
SERVICE 服務		
Alzheimer Society BC caregivers support groups 卑詩省阿茲海默症協會照顧者國粵語互助小組	1-833-674-5007	info.chinese@alzheimersbc.org https://alzheimersbc.ca/bc/en/help-support/programs-services/support-chinese-communities
BC Cancer Agency 卑詩癌症局	--	Online Cantonese Support Group 在線粵語互助小組 https://redcap.bccrc.ca/surveys/?s=H4KDW3KLXFLA8FDK Online Mandarin Support Group 在線國語互助小組 https://redcap.bccrc.ca/surveys/?s=LT4ETHHA3N4XYR7L
Burnaby Neighbourhood House 本拿比鄰舍中心華語照顧者支持小組	236-877-2616 (Dali)	地點: Brentwood House (2055 Rosser Avenue) 或 South House (4460 Beresford Street) daliq@burnabynh.ca https://burnabynh.ca/get-involved-seniors/
CCM 中信腦創傷互助組	604-877-8606 (Chinese 中文)	每月第二個及第四個星期六早上 10:00am-12:00noon
CCM 中信國語癌症互助小組	604-877-8606 (Chinese 中文)	jyu@ccmcanada.org (Joanne Yu) 每月雙周星期四下午 1:30-3:00
Connections Community Services Society 跨越社區服務中心 開心老友記互助小組	604-271-7600	manny.cheung@ccssociety.ca, frank.w@ccssociety.ca https://www.ccssociety.ca/our-program/intergenerational-programs/#senior
Greater Vancouver Chinese Parkinson's Society 大溫華人帕金森互助小組	604-294-4971	http://gvcps.org
Pain BC 卑詩省疼痛協會	--	supportgroups@painbc.ca https://painbc.ca/zh-hans/support-group

Pathways Clubhouse Chinese Support Group 開創會所華人愛心支援小組	604-276-8834 ext. 內線215 604-761-3723 (WhatsApp) Pathways_csg (WeChat微信)	Richmond 列治文 https://pathwaysclubhouse.com/what-we-do/chinese-support/
Richmond Centre for Disability 殘障人士支援中心	604-232-2404 604-270-0868 鄭太	Chinese Support Group 華人互助會 https://rodrichmond.org/chi_pages/chi_home_1.php
Richmond Stroke Recovery Centre 列治文中風康復小組	604-671-8823	rsrbc@gmail.com http://rsrbc.ca
Richmond Chinese Prostate Cancer Support Group 列治文華人前列腺癌支援網絡	604-836-6423 (Daniel)	每月第二個星期四下午 6:30-8:30 在「明納健康活動中心」的長者中心 the second Thursday from 6:30-8:30pm in the Multipurpose Room 1, (1033) Seniors Centre at Minoru Centre for Active Living, 7191 Granville Avenue, Richmond, V6Y 1N9 https://www.chineseprstate.com/
South Vancouver Neighbourhood House 南溫鄰舍中心	604-324-6212 ext.內線158	Cantonese Seniors Wellness Group, Mon 10 am 粵語南溫耆英組 星期一早十時 michelle.luong@southvan.org
	604-324-6212 ext. 內線 116	Family and Friends Caregiver Support Group 家人與朋友照顧者支援小組, 廣東話逢第二個星期五下午 1-2時 Cantonese 2nd Friday of the Month at 1:00pm – 2:00pm, 普通話逢第四個星期四上午 10:30-11:30時 Mandarin 4th Thursday of the Month at 10:30am – 11:30am; ping.chen@southvan.org
Virtual Stroke Recovery Program 網上中文中風康復小組	604-688-3603, 1-888-540-6666	https://forms.office.com/Pages/ResponsePage.aspx?id=dnrf-GX2ekaQHXMibaWcs4DS-u2yghBknB5ODD79ptUMkZESTVYVERZWTM3WFQ2NTBHSDI2V0tWRyQIQCN0PWcu strokerecoverybc.ca/community-navigation/#chinese

IMMIGRANT SERVICES

移民安頓服務

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Find free newcomer services near you 搜尋免費新移民安置服務	--	https://ircc.canada.ca/english/newcomers/services/index.asp
M.O.S.A.I.C. 務適移民服務社	604-671-7281	Cantonese & Mandarin 國粵語
S.U.C.C.E.S.S. 中僑互助會	604-408-7260, 604-684-1628	Cantonese & Mandarin 國粵語
DIVERSEcity	778-867-9253, 微信: DIVERSEcitySET	Chinese, Surrey 素里區內中文服務 lchen@dcrcs.ca https://www.dcrs.ca/languages/mandarin/
Impact North Shore	604-988-2931	Chinese, North Vancouver 北溫區內中文服務 tigr@nsmis.ca https://impactnorthshore.ca/mandarin/
Neighbourhood Houses in Vancouver 溫哥華各大鄰舍中心	604-875-9111	central@anhbc.org (可選擇中文瀏覽) https://anhbc.org/about-us/neighbourhood-houses-camp

PROVINCIAL / MUNICIPAL SERVICES

省 / 市政服務

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Service BC卑詩省政府 - 獲取與政府服務相關的幫助	1-800-663-7867 Outside of Canada/USA 國外致電: 1-604-660-2421	繁體 https://www2.gov.bc.ca/gov/content/home/get-help-with-government-services/tc 簡體 https://www2.gov.bc.ca/gov/content/home/get-help-with-government-services/sc
City of Burnaby 本拿比	604-294-7944	https://www.burnaby.ca/Our-City-Hall/Contacts-and-Location.html
City of Coquitlam 高貴林	604-927-3000	https://www.coquitlam.ca/
City of Delta 三角洲	604-946-4141	https://www.delta.ca/
City of Langley 蘭里	604-514-2800	https://city.langley.bc.ca/
City of Maple Ridge 楓樹嶺	604-463-5221, 604-463-9581	https://www.mapleridge.ca/
City of New Westminster 新西敏/二埠	604-521-3711	https://www.newwestcity.ca/
City of North Vancouver 北溫	604-985-7761	https://www.cnv.org/
City of Pitt Meadows 匹特草原	604-465-5454	https://www.pittmeadows.ca/
City of Port Coquitlam 高貴林港	604-927-5440	https://www.portcoquitlam.ca/
City of Port Moody 滿地寶	604-469-4500	https://www.portmoody.ca/en/index.aspx
City of Richmond 列治文	604-276-4000	https://www.richmond.ca
City of Surrey 素里	604-591-4011	https://www.surrey.ca
City of Vancouver 溫哥華	3-1-1, 604-873-7000	https://vancouver.ca/your-government/contact-the-city-of-vancouver.aspx
District of West Vancouver 西溫	604-925-7000	https://westvancouver.ca/
City of White Rock 白石	604-541-2100	https://www.whiterockcity.ca/
Vancouver Public Library 溫哥華圖書館中文查詢	604-331-3757 (Chinese 中文)	https://www.vpl.ca/chinese-language

INCOME AND BENEFITS

收入與福利

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
CPP, OAS, GIS -Service Canada 退休金、補助金	1 800-277-9914	https://www.canada.ca/en/services/benefits/publicpensions.html
Employment and Income Assistance - Service BC 就業與收入資助	1-866-866-0800	https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance
Supports for Seniors 政府援助長者詳情	--	https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/supports-for-seniors

Benefits Finder 線上搜尋福利		https://srv138.services.gc.ca/da/q?id=31d39b99-5958-4593-9557-f7ad479f0e61&goctemplateculture=en-ca
Find a tax clinic 搜尋社區免費報稅服務	--	https://apps.cra-arc.gc.ca/ebci/ocv/external/prot/cli_srch_01_id.action

DEATH, DYING AND GRIEF SERVICES

親人離世、臨終及哀傷服務

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Vancouver Coastal Health Palliative Access Line (PAL) 溫哥華沿岸衛生局寧養服務	604-742-4010	Hospice referrals 寧養服務轉介 https://www.vch.ca/en/service/palliative-and-end-life-care-hospices
Nancy Chan Ambulatory Palliative Care Clinic 陳南茜日間舒緩診療所	604-659-1160	為面臨不治之症病患及其家人提供諮詢 http://www.vch.ca/Documents/Nancy-Chan-Palliative-Care-Ambulatory-Clinic-About-Chinese.pdf
Hospice Providers Directory 寧養院名錄	--	https://bchpca.org/member-directory
Canadian Virtual Hospice Living My Culture 網上臨終關懷資訊 活我文化	Cantonese 粵語 Mandarin 國語	https://livingmyculture.ca/language/cantonese/ https://livingmyculture.ca/language/mandarin/
BC Bereavement Helpline 喪親支援熱線	604-738-9950, 1-877-779-2223	https://www.bcbh.ca
Living Through Loss Counselling 喪親輔導	604-873-5013	https://livingthroughloss.ca

FOOD PROGRAMS

伙食服務

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Free and low cost food programs in Vancouver map 溫哥華免費及低收費食物計劃地圖	--	https://vancouver.ca/files/cov/emergency-meal-program-map.pdf https://maps.vancouver.ca/foodmap/
Greater Vancouver Foodbank 大溫食物銀行	604-876-3601	https://foodbank.bc.ca/
City of Richmond—No or Low Cost Community Meals and Food Programs 列治文免費及低收費食物計劃地圖 (July 2025)	--	https://www.richmond.ca/_shared/assets/noorlowcostcommunitymealsandfoodprograms62706.pdf
Richmond Food Bank 列治文食物銀行	604-271-5609	https://richmondfoodbank.org/
Burnaby Chinese Meals on Wheels 本拿比送中餐服務	604-299-5754	http://burnabymeals.ca/
Vancouver & Richmond Chinese Meals on Wheels 溫哥華與列治文送中餐服務	604-733-6615 (中文)	Health and Home Care Society of BC 卑斯護理會 http://cn.carebc.ca/guidelines.html
North Vancouver Meals on Wheels 北溫哥華送餐服務	604-922-3414	Health and Home Care Society of BC 卑斯護理會 https://www.carebc.ca/north-shore-mow.html
North Vancouver Meal Program 北溫哥華膳食服務計劃	604-980-2474	Silver Harbour Centre info@silverharbourcentre.com https://silverharbourcentre.com/project/meal-program
Richmond Grocery Shopping and Delivery 列治文義工購物服務	604-279-7020	RCRG https://www.rcrg.org/docs/default-source/brochures/rcrg_seniorscommunitybroch_july18_chinese_email-rgb.pdf?sfvrsn=d6c65149_6
Minoru Centre hot lunch 列治文長者活動中心堂食廉價午餐	604-233-6225	https://minorucentre.ca/cafeteria
West Vancouver Food service 西溫哥華膳食及食品送遞服務	604-925-7280	Seniors' Activity Centre https://westvancouver.ca/parks-recreation/recreation-programs-services/seniors-services
Better Meals 更好膳食送餐服務	604-299-1877, 1-888-838-1888	https://www.bettermeals.ca/
Quest Food Exchange 廉價食物市場	604-602-0186	info@questoutreach.org https://www.questoutreach.org

GOVERNMENT REPRESENTATIVES

政府代表

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
House of Commons 加拿大國會	1-866-599-4999 613-992-4793	Members by Constituencies 根據卑詩省選區國會議員名錄 https://www.ourcommons.ca/Members/en/constituencies?caucusId=all&province=BC
Legislative Assembly of British Columbia 卑詩省議會	250-387-3785	Find MLA By Community 根據社區尋找省議員 https://www.leg.bc.ca/members/mla-by-community
Service Canada 加拿大政府服務部	1-800-622-6232	https://www.canada.ca

FINANCE AND PHONE BANKING

財務及電話銀行熱線

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵 LINK 連結
Credit Counselling Society of BC 卑詩省信貸債務公益諮詢服務	604-527-8999, 1-888-527-8999	https://nomoredebts.org/canada-credit-counselling/bc
Equifax credit report disputes 信貸報告爭議	--	https://www.equifax.ca/personal/dispute-credit-report/
TransUnion credit report disputes 信貸報告爭議	1-800-663-9980	https://www.transunion.ca/assistance/credit-report-disputes
Licensed Insolvency Trustee directory 持牌破產信託人名錄	--	https://www.ic.gc.ca/app/scr/tds/web/?lang=eng
	Inquiry 全國諮詢熱線 1-800-665-8800	

BMO 滿地可銀行	Direct banking 直接理財服務 熱線 1-888-883-1828(Cantonese 粵語) 1-888-828-7288 (Mandarin國 語)	https://www.bmo.com/asia/chinese/speak_with_us_can.html
CIBC 帝國商業銀行	1-888-898-2828 (Cantonese 粵語) 1-888-298-8822(Mandarin國 語)	https://www.cibc.com/en/contact-us.html
RBC 皇家銀行	1-888-769-2598 (國粵語)	https://www.rbc.com/contact-us.html
Scotiabank 豐業銀行	1-800-830-8800(Cantonese 粵語) 1-800-830-8080 (Mandarin國 語)	https://www.scotiabank.com/ca/en/personal/contact-us/by-phone.html
TD 道明銀行	1-800-387-2828 (粵語 選擇1; 普通話 選擇2)	https://zt.td.com/ca/en/personal-banking/contact-us
Bank of China 中國銀行	604-683-1088, 1-844-669- 5566	https://www.bankofchina.com/ca/en/aboutus/ab5/201111/t20111128_3123906.html
ICBK (Canada) 中國工商銀行	1-877-779-5588	https://www.icbk.ca/TW_new/關於我行/聯繫我們/分行地址