



Coquitlam North CRN Community Contact List

Name of CRN/Community: Coquitlam North CRN

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(Name) (Phone) (Email)

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	911	
Fraser Health Crisis Line	(604) 951-8855	
BC Drug & Poison Control	(604) 682-5050	Located in Vancouver (BCCDC Bldg)
Kwikwetlem First Nations – Ron Geisbrecht	604-345-2194	
Lifeline Emergency Response Service	(604) 953-4960	(Fraser Health)
Non-Emergency RCMP Coquitlam/ Poco	(604) 945-1550	Coquitlam, Port Coquitlam
Coquitlam Community RCMP Policing/Victim Services	(604) 552-7379	
Metro Vancouver Crime Stoppers	1-800-222-8477	
Suicide/Crisis Line	(604) 872-3311	988
Crime Victim Assistance Program	1-800-563-0808	Victim Link BC
Fraser Health—Mental Health & Substance Abuse	988	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
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Fraser Health Adult Abuse and Neglect Crisis Reporting Line	1-877-732-2808	
Fraser Health Crisis Line	(604) 951-8855	24 hours a day/7 days a week
Coquitlam Community Policing Victim Services	(604) 552-7379	
Coquitlam, Port Coquitlam RCMP	(604) 945-1550	
Coquitlam, Poco Victim Services	(604) 945-1585	
Community Living BC	(604) 664-0101 1-877-660-2522	Lower Mainland Toll free
Tri-Cities Transition House	(604) 941-7111	Domestic Violence, Crisis, Housing, Counseling, Family Support
3030 Gordon Project, Rain City Housing Emergency Shelter	(604) 474-0435	
BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 1-866-437-1940	Toll free
Victim Link BC	1-800-563-0808	Toll free
BC211--Community Referral Service	211	
LGBTQ Contact - Qmunity	(604) 684-5307 1-800-566-1170	Toll free

INFORMATION AND REFERRAL

SERVICE	CONTACT NUMBER	NOTES
Office of the Ombudsperson	1-800-567-3247	
Office of the Seniors Advocate	1-877-952-3181	
Free Legal Consultation	(604) 927-6098	
Legal Aid	(604) 472-0634	
UBC Law Students Legal Advice Program	(604) 822-5791	
Identity Theft	1-888-495-8501	
Community Volunteer Connections	(604) 529-5139	
Canadian Association for Retired Persons	1-800-363-9736	

Wilson Centre, Port Coquitlam	(604) 927-7970	support groups; sports & fitness, games, hobbies & events for 50+
Dogwood Pavilion, Coquitlam	(604) 927-6098	support groups; sports & fitness, games, hobbies & events for 50+
Glen Pine, Coquitlam	(604) 927-6940	support groups; sports & fitness, games, hobbies & events for 50+
Kyle Centre, Port Moody	(604) 469-4561	support groups; sports & fitness, games, hobbies & events for 50+
The Club, Port Moody	(604) 492-2595	A gathering place for 50+, games, light meals
InnerVisions Recovery Society	(604) 468-2032	Men's Treatment Centre, Poco
Hannah House	1-866-466-4215	Women's Residential Treatment Centre, Maple Ridge
SHARE Family & Community Services	(604) 540-9161	Coquitlam office
Tri-Cities Better at Home Program (65+)	(604) 936-3900	Port Moody office
Veterans Affairs Canada	1-866-522-2122	

HEALTH/MENTAL HEALTH

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

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach Tri-Cities Geriatric Mental Health	(604) 777-8451	Mental Health/Geriatric Outreach Tri-Cities Geriatric Mental Health
Mental Health and Addiction Services Tri-Cities Mental Health and Substance use	(604) 777-8451 (604) 777-8417	Mental Health and Addiction Services Tri-Cities Mental Health and Substance use
Tri-Cities Home Health & Community Care	(604) 777-7300	Tri-Cities Home Health & Community Care
Fraser Health Authority Mental Health & Substance Abuse	(604) 777-8400	Fraser Health Authority Mental Health & Substance Abuse
Tri-Cities Public Health Unit	(604) 949-7200	Tri-Cities Public Health Unit

MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line HealthLinkBC	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	
BC Ambulance Service	(604) 872-5151	
BC Nurseline	(604) 215-4700	
Home Care Nursing	1-855-412-2121	
Home Rehabilitation Services	1-855-412-2121	
Nurse Next Door	604-553-3330	
Better At Home	(604) 936-3900	
Drug Treatment Centre Coquitlam	1-877-254-3348	
Adaptive Clothing	(604) 983-3303	
Aids to Independent Living	(604) 930-9073	
Assisted Living Registry	1-866-714-3378	
Online Medical Support – Medeo Need to see Doctor first	1-888-297-2973	
Adult Day Programs Wilson Seniors Centre, Port Coquitlam Dogwood Pavilion, Coquitlam Glen Pine, Coquitlam Kyle Centre, Port Moody	(604) 927-7970 (604) 927-6098 (604) 927-6940 (604) 469-4561	Day Programs for Adults 50+ Day Programs for Adults 50+ Day Programs for Adults 50+ Day Programs for Adults 50+
Dementia Coaching and Advocacy - Karen Tyrell	(778) 789-1496	Independent Specialist and Professional Coach for Dementia
New View Society	(604) 941-3222	Drop-in Centre and programs for individuals dealing with mental health issues

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	(604) 433-1711 1-866-465-6873	Lower Mainland Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Shelter Aid for Elderly Renters (SAFER)	(604) 433-2218	

Home Adaptations for Independence Program (HAFI)	(604) 646-7055	
Advocacy and Appeals Advocacy SHARE	(604) 540-9161	
Fraser Health Authority Home Health Care	(604) 777-7300	
SHARE Family and Community Services	(604) 936-3900	also hosts Better at Home
Tri-Cities Transition House	(604) 941-7111	Domestic Violence Crisis Housing, Counseling, Family Support
Property Tax Deferment	(250)387-0555 1-888-355-2700	
Post Office (Canada Post)	1-800-267-1177	
Community Care Facilities—Fraser Health Belvedere Care Centre Cartier House Care Centre Dufferin Care Centre Eagle Ridge Manor Foyer Maillard Hawthorne Seniors Care Centre Lakeshore Care Centre The Madison	(604)939-5991 (604)939-4654 (604)552-1166 (604)461-2022 (604)937-5578 (604)941-4051 (604)939-9277 (604)936-9231	
Other Care Facilities & Retirement Residences Astoria Retirement Residence Earl Haig Retirement Residence L.J. Christmas Manor Mayfair Terrace Retirement Residence Nicola Lodge Parkwood Manor Residences at Belvedere RJ Kent the Residences Shaughnessy Care Centre	(604) 944-2341 (604) 937-3790 (604) 936-8122 (604) 552-5552 (604) 945-0058 (604) 941-7651 (604) 939-1930 (778) 285-5554 (604) 468-4856	
Affordable Housing Society	(604) 433-2218	
Cooperative Housing Federation of BC	(604) 879-5111	
Independent Living BC	(604) 433-2218	
Seniors Services Society of BC	(604) 520-6621	
Fraser Health Authority	(604) 587-4600	
Residential Tenancy Branch	(604) 660-2421	

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	(604) 936-3900	hosted by SHARE Family and Community Services
Grocery Shopping & Delivery		see Food Services below
Meals on Wheels	(604) 942-7506	
Senior Citizen's Repair Service	(604) 529-1100	
Simon Fraser University Seniors Program	(778) 782-8000	
Coquitlam Continuing Education	(604) 936-4261	
City of Port Moody—The Club	(604) 492-2595	

LEGAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Seniors First BC (SAIL) Legal Advocacy Program and Elder Law Clinic	604-437-1940 1-866-437-1940	Lower Mainland Toll free
Legal Aid	1-866-577-2525	
NIDUS – Representation Agreements Personal Planning Resource Centre	(604) 408-7414 1-877-267-5552	Voice mail Toll free
Public Guardian and Trustee of BC	1-604-660-4444	
Peoples Law School	604-331-5400	
UBC Law Students Legal Advice Program	(604) 822-5791	
Lawyer Referral Services	(604) 687-3221	
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Tri-Cities Transition House	(604) 941-7111	Domestic Violence Crisis Housing, Counseling, Family Support

SERVICE	CONTACT NUMBER	NOTES
HandyDART/Taxi Saver/Handy Card	(604) 953-3680	Serving Tri-Cities, Burnaby and New West
BC Bus Pass for Seniors Program	1-866-866-0800	
Compass Card TransLink Services	(604) 398-2042 (604) 953-3333	Bus, Skytrain, Seabus, West Coast Express
Taxi (s) Coquitlam Taxi Bel-Air Taxi A Safe Ride Ltd. Bonny's Taxi Port Moody Taxi	(604) 942-7777 (604) 433-6666 (778) 239-9411 (604) 931-3333 (604) 942-7777	
Parking Permit (disabled) SPARC BC	(604) 718-7733	
Drivers' Licenses	(604) 661-2255	
TransLink Trip Planner	(604) 953-3333	Lower Mainland
		*** Tri-Cities Senior Planning Network held a Transportation Forum to have community dialogues and policy advocacy around Transportation.

TRANSPORTATION

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Alzheimer-Dementia Support Alzheimer Society	(604) 681-8651 1-800-936-6033	Lower Mainland Toll free
Tri-Cities Diabetes Health Centre	(604) 949-7771	
Alzheimer Society of BC Resource Centre	(604) 298-0780	
Cancer Connection (Canadian Cancer Soc.)	1-888-939-3333	
Dementia Helpline	1-800-936-6038	
MedicAlert Safely Home	1-855-581-3794	
Provincial Respiratory Outreach Program	1-866-326-1245	
Tri-Cities Caregiver Support & Education Program	(778) 789-1496	
Arthritis Answers Line	1-800-321-1433	
Arthritis Society	(604) 714-5550	
Arthritis Support Group (Delia)	(604) 464-2890	
BC Seniors Line	1-800-465-4911	
H.E.A.R. (Anna)	(604) 939-0327	
Library Service in the Community	(604) 937-4140	
Ex-Libris Talking Book Club	(604) 469-4637	
Peer-to-Peer Assistance	(604) 927-6098 (604) 927-6940	Assistance for applications, OAS, CPP, etc.
Stroke Recovery Branch	(604) 927-6093	
Tri-Cities Mental Health Office	(604) 777-8400	
Crossroads Hospice Society	(604) 945-0606	
Tri-Cities Cleaning Services	(604) 464-8904	
Safe Care Home Support	(604) 945-5005	
Driving Miss Daisy	(778) 237-7433	
Nurse Next Door	(604) 265-0559	
Canadian National Institute for the Blind	(604) 431-2121	
Canadian Council of the Blind	(604) 931-6835	Pat Roy
Deaf & Hard of Hearing Western Institute	(604) 736-7391	

Osteoporosis Canada	(604) 685-2582	
Parkinson Society	(604) 662-3240	
Tri-Cities Parkinson's Group	(604) 941-1296	
Nar-Anon Family Group Helpline	(604) 878-8844	
Family Caregivers of BC	1-877-520-3267	
Chronic Conditions Self-Management	(604) 940-1273	
Multiple Sclerosis Society of BC	(604) 689-3144	
W.H.O. Group (Women Helping Others)	(604) 544-2956	

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Band Office Kwkwetlem First Nation	(604) 540-0680	
SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Citizenship & Immigration Canada	1-888-242-2100	
SUCCESS	(604) 468-6000	Settlement Services; Translation; Family and Community Development programs; Seniors programs; Peer Counseling
Seniors Enrichment Program (SEP)	(604) 468-6000	

IMMIGRANT SERVICES**MUNICIPAL SERVICES**

SERVICE	CONTACT NUMBER	NOTES
Coquitlam City Hall	(604) 927-3000	
Port Coquitlam City Hall	(604) 927-5411	
Port Moody City Hall	(604) 469-4500	
Village of Anmore	(604) 469-9877	
Village of Belcarra	(604) 937-4100	
Coquitlam Recreation Parks & Culture	(604) 927-3000	
Port Coquitlam Recreation	(604) 927-5411	
Port Moody Parks & Recreation	(604) 469-4500	
Port Moody Library	(604) 469-4575	
Coquitlam Public Library-City Centre Branch	(604) 554-7323	
Coquitlam Public Library-Poirier Branch	(604) 937-4141	
Port Coquitlam Terry Fox Library	(604) 927-7999	

Wilson Centre, Port Coquitlam	(604) 927-7970	Programs for Adults 50+
Dogwood Pavilion, Coquitlam	(604) 927-6098	Programs for Adults 50+
Glen Pine, Coquitlam	(604) 927-6940	Programs for Adults 50+
Kyle Centre, Port Moody	(604) 469-4561	Programs for Adults 50+

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GIS	1-800-622-6232	Service Canada
Old Age Security (OAS)	1-800-277-9914	
Guaranteed Income Supplement (GIS)	1-800-277-9914	
Canada Pension Plan (CPP)	1-800-277-9914	
BC Employment and Income Assistance	1-866-866-0800	
Service BC	(604) 660-2421	
Senior's Supplement	1-866-866-0800	
Funeral Costs	1-866-866-0800	
Canada Revenue Agency	1-800-959-8281	
TIPS – Tax Information Phone Service	1-800-267-6999	
SHARE Family & Community Services	(604) 936-3900	Tax Prep Workshops & More
Wilson Centre	(604) 927-7970	Tax Prep workshops
Community Volunteer Services for Seniors	(604) 927-7919	Tax Prep workshops
Credit Counselling Society	604-527-8999	
Employment Insurance Benefits	1-800-206-7218	
Veterans Affairs Canada	1-866-522-2122	

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Crossroads Hospice Society	(604) 945-0606	
Community Bereavement Programs	(604) 949-2274	
Counselling Clinicians	1-800-909-6303	
SHARE Family & Community Services	(604) 540-9161	Coquitlam Counselling Centre
SHARE Family & Community Services	(604) 936-3900	Port Moody Counselling Centre

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank SHARE Family and Community Services	(604) 936-3900	also runs Better at Home
Meal Delivery POCOMO Meals on Wheels	(604) 942-7506	
Grocery Delivery Smart City Foods	(604) 558-3663	
Grocery Delivery Thrifty Foods	(604) 949-4251	

GOVERNMENT REPRESENTATIVES

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